

Fortnightly News

April 2020

Issue 16

Welcome to this 16th edition of Fortnightly News, the E-newsletter which shares information to improve the outcomes for Children and Young People in your Locality. As we adjust to the impact of the corona virus, this special edition has information on lots of home based activities, changes to service delivery and managing covid 19 for you to share.

Nuala McArdle
& Noelle Hollywood



Parents, carers, family members...
if you need us
we're here

0808 8020 400





**24 HOUR
DOMESTIC &
SEXUAL ABUSE
HELPLINE
0808 802 1414**

If you, or someone else,
is in immediate danger,
ring 999, otherwise
you can reach the police
24/7 on **101** or at
www.psni.police.uk



CORONAVIRUS (COVID-19)

**WE ALL
MUST DO IT
TO GET
THROUGH IT**



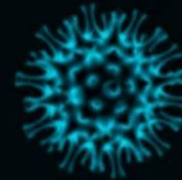
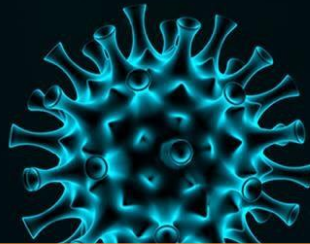
STAY HOME



KEEP DISTANCE



WASH HANDS



 **CORONAVIRUS** (COVID-19) 



Diabetes Helpline

028 9536 0600

Email: diabetic.helpline@hscni.net

This new helpline service for those living with diabetes in NI will run 7 days a week from 9am - 3pm.



Bank Holiday Benefit Payment Dates

Important Information

If your normal payment date falls on a Bank Holiday, you will be paid earlier

Easter Bank Holiday

For people with benefit payments due on Friday 10th April, Monday 13th April and Tuesday 14th April 2020 their payments will be made on Thursday 9th April 2020



DfC

Department
for Communities
www.communities-ni.gov.uk



STILL HERE FOR YOU!

April 2020

#StaySafe

WHAT WE OFFER & HOW TO CONNECT

#YMCAconnects



CRISIS RESPONSE SERVICE FOR ISOLATED & VULNERABLE

FOOD, MEAL & PRESCRIPTION DELIVERIES, AND WELLBEING PHONE CALLS

☎ 07591 840539 ☎ 07483 347258 ☎ 07591 840805

YOUTH WORK

ONLINE & PHONE SUPPORT
FOR YOUNG PEOPLE

☎ 07591 840489



AFTER SCHOOL CLUB

SUPPORT FOR CHILDREN &
PARENTS AT HOME ON PLAY

☎ 07591 840361



HOUSING SUPPORT

1-2-1 PHONE & ONLINE
SUPPORT ON HOUSING ISSUES

☎ 07591 840390



ETHNIC MINORITIES SUPPORT

BILINGUAL ADVOCACY & EUSS SUPPORT
FOR MIGRANTS & REFUGEES

☎ 07591 840529



07483 122843



info@northdownymca.org



YMCA North Down



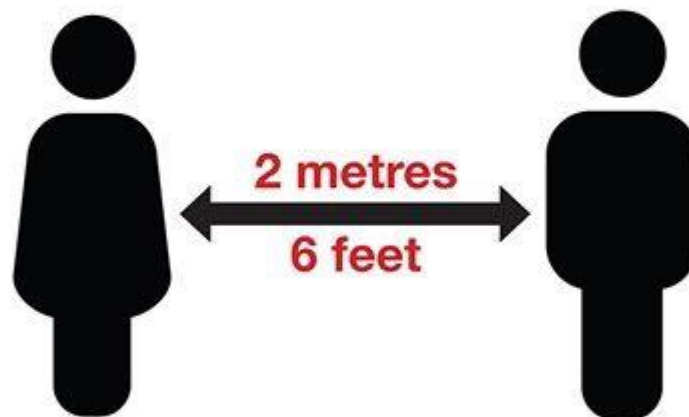
@northdownymca



@northdownymca

COVID-19 (coronavirus)

**Everyone in Northern Ireland should
now be using social distancing**



Stay at least 2 metres (6 feet) away from other people

The latest information and advice on coronavirus
is available at www.pha.site/coronavirus



South Eastern Health
and Social Care Trust

COVID-19 Public NOTICE

STAY SAFE:

WHAT IS SOCIAL DISTANCING?



Social distancing measures are steps you can take to reduce the social interaction between people. This will help reduce the transmission of coronavirus (COVID-19). They are:

1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
2. Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible
3. Work from home, where possible. Your employer should support you to do this. Please refer to employer guidance for more information
4. Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs
5. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media

Use telephone or online services to contact your GP or other essential services

Everyone should be trying to follow these measures as much as is pragmatic. For those who are over 70, have an underlying health condition or are pregnant, we strongly advise you to follow the above measures as much as you can, and to significantly limit your face-to-face interaction with friends and family if possible. This advice is likely to be in place for some weeks.

For further information: <https://www.publichealth.hscni.net>

Virtual Visiting is a great way to help us fight COVID-19



We have free WIFI across our sites so why not take advantage of this and visit your loved one virtually!

Our staff will assist patients to set this up on their devices if they can, but please remember to be patient as our staff must prioritise clinical work and patient care.

Online Courses for Parents & Parents-to-be

FREE for
parents, grandparents
and carers across
NORTHERN IRELAND

From bump to 12
months, lifetime
access



Access Code:
NIBABIES

go to www.inourplace.co.uk

Apply the 'ACCESS' code for a 100% discount!
Fill in some details to create an account

To return to the course(s) go to
www.inourplace.co.uk and sign in!



**Public Health
Agency**

For technical support contact
solihull.approach-parenting@heartofengland.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

Handwashing and respiratory hygiene

There are general principles you can follow to help prevent the spread of respiratory viruses, including:

- washing your hands more often - with soap and water for at least 20 seconds or use a hand sanitiser when you get home or into work, when you blow your nose, sneeze or cough, eat or handle food
- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid close contact with people who have symptoms
- cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash your hands
- clean and disinfect frequently touched objects and surfaces in the home

Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



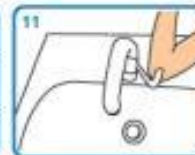
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Hand washing should take 15-30 seconds

What should you do if you have hospital and GP appointments during this period?

- We advise everyone to access medical assistance remotely, wherever possible.
- However, if you have a scheduled hospital or other medical appointment during this period, talk to your GP or clinician to ensure you continue to receive the care you need and consider whether appointments can be postponed.

Public Notice: COVID-19

Please be aware that calls from our hospitals may come from an 0800 number.

**If you receive a call from
0800 077 8730
please answer it.**



Stay at home if you have coronavirus symptoms

Stay at home if you have either:

a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

Do not go to a GP surgery, pharmacy or hospital.

Use the 111 online coronavirus service to find out what to do.

Use the 111 online coronavirus service:

<https://111.nhs.uk/covid-19/>

Information: Only call 111 if you cannot get help online.

How do you look after your mental wellbeing?

Understandably, you may find that social distancing can be boring or frustrating. You may find your mood and feelings are affected and you may feel low, worried or have problems sleeping and you might miss being outside with other people.

At times like these, it can be easy to fall into unhealthy patterns of behaviour which in turn can make you feel worse. There are simple things you can do that may help, to stay mentally and physically active during this time such as:

look for ideas of exercises you can do at home on the NHS website

- spend time doing things you enjoy – this might include reading, cooking, other indoor hobbies or listening to the radio or watching TV programmes
- try to eat healthy, well-balanced meals, drink enough water, exercise regularly, and try to avoid smoking, alcohol and drugs
- keep your windows open to let in fresh air, get some natural sunlight if you can, or get outside into the garden
- You can also go for a walk outdoors if you stay more than 2 metres from others.

**Looking after your
mental health during
the coming days and weeks**

**Try to relax - take a break from
reading about what's going on
and do something fun or
relaxing**



**Unplug - turn off the news for a while.
Netflix binge, watch a film
or read a book instead**


**If you're feeling overwhelmed or your
thoughts are racing, take deep
breaths - in for 7 seconds, out for 11**




**Go for a walk or do a workout -
exercise is one of the best things for
your mental health, and your immune
system.**

**Connect with others -
especially if you are housebound.
Make use of phone calls and
FaceTime.**



A photograph of a young couple with long hair, smiling and looking down at their newborn baby who is lying in their arms. The background is softly blurred, suggesting an indoor setting with natural light. The entire image is overlaid with a semi-transparent purple filter.

A guide to looking after the mental health of you and your baby

 Public Health
Agency

Project supported by the PHA

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

Please note below **Autism NI's** current availability and services update. Should you have any further queries don't hesitate to contact me directly or our Director of Family Support, Kelly Maxwell.

We will keep you updated should any further changes occur.

Autism NI have adopted a work from home policy for the majority of staff. We have taken the decision to postpone all direct face to face services including Support Group meetings, Youth Clubs, Training and home visits.

However, Autism NI remains open and all other services (including Helpline/Support queries) remain available.

Our Helpline number is 028 9040 1729 (option 1).

HERE TO HELP

We are sad to announce that our HUB needs to close due to the need to reinforce the importance of social distancing to help keep people safe. There are a few important things we can offer:



We will continue to share useful information via social media and our Ezine so please send all information to Lindsey on: admin@ndcn.co.uk and follow us on facebook-[northdowncommunitynetwork](https://www.facebook.com/northdowncommunitynetwork) and Twitter@NDCN_Bangor



A befriending call a few times a week – please call us on: **02891 461386** or email: manager@ndcn.co.uk to put your name down or someone you think would benefit. The service will include a phone call, support and if needed, prescription collection and delivery as well as other referrals.



For young people & parents – please stay in touch via Instagram [@dice_bangor](https://www.instagram.com/dice_bangor) or facebook DICE Project, and contact Caitlin on: **07311 211634** or email: dicecoordinator@ndcn.co.uk



If you need help with a free food hamper contact Bangor Foodbank phone: **02891 271800** or **07821 791 674** or Email info@bangormi.foodbank.org.uk



If you have money to pay for groceries but can't get out or need to self-isolate, the team at Bangor Elim can come and take your shopping list and money for groceries and deliver to your home – the number is: **028 9127 1800** or email: info@bangorelim.com



To receive furniture, please contact Kiltonga Christian Centre on: **07748235009**

Please remember if you have a new cough or fever to go home and contact **NHS 111** for advice.

JustGiving™ NDCN have also started a Justgiving 'HERE TO HELP' hardship fund page – to be able to receive donations that can be passed on for gas/electric for people in need, to donate please go to: www.justgiving.com and search for 'ndcn here to help hardship' or the link: https://www.justgiving.com/campaign/ndcnHERETOHELP?utm_term=aG4JPYKzE

NORTH DOWN COMMUNITY NETWORK

Community Hub • Flagship Centre • Main St • Bangor • BT20 5AU
www.ndcn.co.uk Charity Number: NIC102333

Please stay home, stay safe, be wise and kind as always



EU Settlement Scheme Advice

Freephone 0800 138 6545

Text EUSS to 6664 or email euss@adviceni.net

Monday to Friday 10am-4pm

Debt Advice Service

Freephone 0800 028 1881

Monday to Friday 8am-6pm

Text ACTION to 81025 or email: debt@adviceni.net

Independent Welfare Changes Helpline

Freephone 0808 802 0020

Monday to Friday 9am-5pm or email:

welfarechanges@adviceni.net

Tax and Benefits Advice

Freephone 0800 988 2377

Monday to Friday 9am-5pm or email: tax@adviceni.net

Business Debt Service

Freephone 0800 083 8018

Monday to Friday 9am-5pm or email: bds@adviceni.net

Historical Institutional Abuse advice and support

Call **028 9064 5919** and ask for a HIA advisor

Monday to Friday 9am-5pm or email: hia@adviceni.net

Advice NI Training

Advice NI is the leading provider of nationally accredited Advice and Guidance, Legal Advice and Independent Advocacy Qualifications in Northern Ireland. For a list of courses, please visit our website.

Contact Us

Tel: 028 9064 5919 www.adviceni.net, info@adviceni.net   @AdviceNI

NI Charity No. NIC100008

**Employers
For Childcare**



Family Benefits Advice Service

**Freephone helpline:
0800 028 3008**

Lines open Monday-Friday 10am-4pm
Email hello@employersforchildcare.org
www.employersforchildcare.org

Providing free, impartial and confidential advice to
parents, employers and childcare providers on a wide
range of childcare and work-related issues.



AREN'T GOING ANYWHERE!

In line with government guidance and for the safety of our service users and staff, we have made the decision to close our Start360 offices in Belfast, Ballymena, Derry and Lurgan.

However, we're still working. You can reach us for ADVICE, SUPPORT or to REFER to our services on:

07923129559 or info@start360.org

Hi All

As of Wednesday 18th March 2020 Ards Community Network Centre will be closed until further notice.

All room bookings and internal and external meetings have been cancelled effective immediately with access to the building not permitted.

Could you please reply by return to confirm that you have received this email.

Staff will be working from home and can be contacted by email: info@ardscommunitynetwork.com or Facebook Messenger.

Look after yourselves,

Kind Regards

All at Ards Community Network.

Ards Community Network

43-45 Frances Street

Newtownards

BT23 7DX

Tel: 02891 814625

Email: info@ardscommunitynetwork.com

Domestic Abuse

Women's
Federation Northern Ireland

We know that the government's advice on self or household-isolation will have a direct impact on women and children experiencing domestic violence and abuse in Northern Ireland. Home is often not a safe place for survivors of domestic violence and abuse. We are concerned that social distancing and self-isolation will be used as a tool of coercive and controlling behaviour by perpetrators and will shut down routes to safety and support. Safety advice and planning for those experiencing domestic abuse should be included in the national government advice on COVID 19.

The impact of self-isolation will also have a direct impact on specialist services, who are already operating in an extremely challenging funding climate and will be rightly concerned about how to continue delivering life-saving support during the pandemic. They could see challenges in funding, staff shortages and further demand for their help. We welcome today an announcement from the Department of Communities who fund our refuges and outreach services that there would be no impact to the voluntary and community sector.

As an organisation, we have made provisions in order to continue our key frontline work. Women's Aid have major contingency plans which have been put in place by all our local groups in a bid to continue to support women and children using multi communication formats, where face to face contact may be a current health and safety risk. Please contact your closest local Women's Aid groups to get more info on these diversified services.

Women's Aid across Northern Ireland is made up of nine local groups and Women's Aid Federation NI. We are continually working together to understand the impact COVID 19 is having on women and children experiencing domestic violence and abuse and their service provision.

We are calling on our local Assembly to consider the safety and specific needs of survivors of domestic violence and abuse in Northern Ireland and services as a fundamental priority within their advice, guidance and contingency planning for COVID 19. We also call on Government to recognise our workers within frontline services as 'key workers'. Our work is critical to the Covid-19 response regarding prioritisation for education provision.

Women's Aid – including Live Chat, email, the Survivors Forum and local services: [womensaid.org.uk/information-support/](https://www.womensaid.org.uk/information-support/)

Northern Ireland Local services: www.womensaidni.org/get-help/local-groups/

**domestic and
sexual abuse
helpline**
0808 802 1414
Freephone confidential 24/7 helpline
Call now.

dshelpline.org

We have worked hard to put together an educational resource kit which is now available on our website. Just want to inform you as this is a good resource for parents/carers and professionals supporting families. It is on our Facebook and linked In. The following is the link to the kit on the website:

<http://www.autismni.org/educational-resources.html>

Our Helpline is available on 02890 401729 (Option 1).

Kind regards,

Kelly Maxwell
Autism NI
Director of Family Support

Telephone: 07979505571

EISS in ArdsND area – the service continues to provide services in this area, as far as possible we are trying to continue with face to face services with families. When families or staff are not in a position to have home visiting we will continue to provide support via other technological means eg: regular phone calls, face Time and Skype.

EIFSS covering all of the SET locality – we currently have a large waiting list and have closed for referrals for the next four weeks and will review at that point. As above we will continue to offer home visiting for as long as possible and work creatively in all other situations as above if this is not possible.

As we all know the situation is evolving and changing at a fast pace and we will make decisions as to how we provide services based on government and internal advice. I will keep you up to date.

Can I ask you share this with any organisations you think it may be of benefit to.

Kind regards

Kathie



Heard *and not* seen



Public Urged to Stay Local if Getting Active Outside

Outdoor Recreation Northern Ireland is urging the public to stay local if getting active outside during the COVID-19 outbreak.

Outdoor Recreation Northern Ireland has joined a group of 35 leading national outdoor activity, tourism, nature, health and rescue organisations, to come together to back the Prime Minister's call for the public to behave responsibly while exercising outside. In a joint statement, the group offers support to the Government and advises the nation on how to stay active safely during the COVID-19 outbreak.

DID YOU KNOW?

When breastfeeding, your body identifies bacteria and viruses found in your baby's body and environment. You then produce antibodies specifically tailored to those infections and deliver them to your child through your milk.



Special Educational Needs Helpline



028 9598 5960

Open Monday - Friday
from 9am - 5pm



make the  call

to ensure you're getting all the money
and supports you're entitled to

0800 232 1271



St Vincent
de Paul Society

England and Wales

Turning Concern into Action





Public Health
Agency



CATCH IT.



BIN IT.



KILL IT.



**of brisk walking
every day
can reduce
stress**



**Even a short walk can help reduce stress and improve your mood.
Give your mental health a boost by hopping off the bus or train a
couple of stops early and walking the rest of the way to work.**





CORONAVIRUS PSNI UPDATE

#COVID19 #StayHomeSaveLives



WASH OUR HANDS REGULARLY

Use hot water
and soap or
sanitizer



COVER OUR MOUTH AND NOSE

When sneezing
or coughing,
then bin tissue



STAY HOME

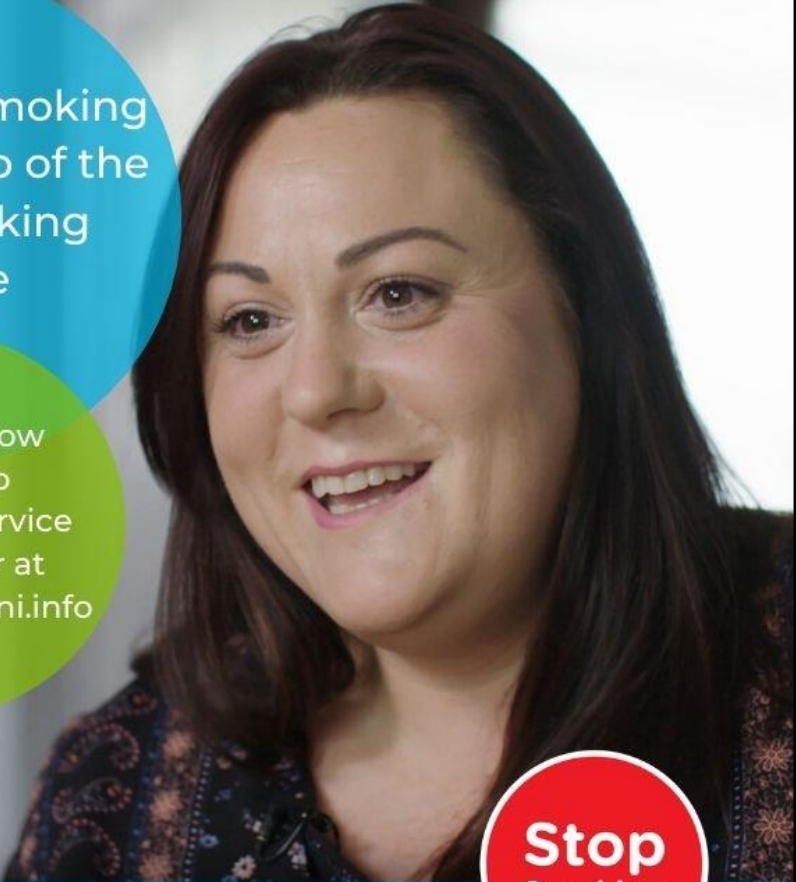
Only leave your
home when it is
necessary, in line
with government
advice



STAY CONNECTED

Keep in touch
with friends,
family and
neighbours

we care • we listen • we act



Lorna quit smoking
with the help of the
Stop Smoking
Service

Find out how
the Stop
Smoking Service
helped her at
stopsmokingni.info

**Stop
Smoking**

helping you to quit



Public Health
Agency



Children in Northern Ireland and Relate NI have been commissioned by the Health and Social Care Board to deliver a regional parenting helpline. The helpline is called Parentline NI, it is for parents, carers and family members.

ParentLine NI is here for all parents, offering support, guidance or advice, wherever you are on the parenting journey.

Parentline NI is open from 9am to 9pm Monday to Thursday, 9-5pm Friday and 9am to 1pm on Saturday. Our Service is available through a range of different channels including telephone, face to face and online.

Call us for FREE on: 0808 8020 400

Chat online at www.ci-ni.org.uk/parentline-ni

Flyers and posters are available on request, email parentline@ci-ni.org.uk

Staywell Guide to Colds & Flu

Rest up
and stay at home



Drink plenty of
fluids



Blow your nose
Catch it, Bin it, Kill it



Wash hands
regularly



Talk to your
Pharmacist



Flu Vaccine

Get the free flu vaccine if
you're in one of the
'At Risk' groups



Public Health
Agency

**STAYWELL
THISWINTER**

Health Development Training Courses South Eastern Trust Area

April 2020 to March 2021

For all details please search;

<http://www.setrust.hscni.net/pdf/Health%20Development%20Training%20Directory%20Apr%202020%20to%20March%202021.pdf>



Physical activity guidelines for children and young people

- Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least **60 minutes per day across the week**. This can include all forms of activity such as **physical education, active travel, after-school activities, play and sports**.
- Children and young people should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.
- Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity.

These Department of Health guidelines are designed to help professionals and practitioners working with children and young people understand the type and amount of physical activity children and young people should do to benefit their health.



DRUG AND ALCOHOL SUPPORT SERVICES

SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: JUNE 2019

Disclaimer: Whilst every effort has been made to ensure the accuracy of the information provided in this directory, we do not accept any responsibility or liability for any errors that have occurred. It is recommended that you always check directly with providers that their service or organisation meets your requirements.

This publication can also be downloaded from www.drugsandalcoholni.info



Services for Adults

MARC Project

Drop in service for chronic drinkers in the North Down and Ards area offering basic care, housing and crisis support.

The Link

☎ Tel: 028 9182 1124

South Eastern Outreach Team

Low threshold service aimed at those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to commit to formal treatment (including chronic drinkers and injecting drug users).

Open Access/Self Referrals Accepted

Simon Community

☎ Tel: 074 3575 4307

☎ Tel: 074 3575 4302

☎ Tel: 074 3575 4301

Community Based Adult (Step 2) Service

One to one therapeutic treatment and support service for alcohol and/or drug misuse. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

Dunlewey Addictions Service

☎ Tel: 028 9039 2547

☎ Tel: 077 0817 6225

Statutory Addiction Service

Provided by a range of specialist teams within community and hospital settings.

GP & Mental Health Professional Referrals

SEHSCT

☎ Tel: 028 9151 2159 (Newtownards)

☎ Tel: 028 9266 8607 (Lisburn)

☎ Tel: 028 4451 3921 (Down)

Residential treatment is accessible through the statutory addiction service.

Addiction Service Referrals

Ward 15, Downshire

☎ Tel: 028 4451 3922

Young People/Family

Bangor Youth Engagement Service (YES)

A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.

Open Access

Extern (based in Bangor YMCA)

☎ Tel: 028 9145 4290

Strengthening Families Programme

Parents and children participate in the programme, both separately in teen and parent sessions, and then together in family sessions (7 week programme).

Targeted at At-Risk/Vulnerable Families

SEHSCT

☎ Tel: 028 9250 1357

Targeted Lifeskills Service

Groupwork programmes for young people, aged 11-25, focussed on lifeskills and harm reduction.

LYMCA

☎ Tel: 028 9267 0918

Steps 2 Cope

Online support and self help resources for young people, aged 11-18, affected by a parent's use of alcohol.

ASCERT & Barnardos

☎ www.stepstocope.co.uk

DAISY

One to one and group therapeutic treatment and support service for children and young people aged 11-25. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

Start 360 & ASCERT

☎ Tel: 028 9043 5815

Pharos

Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.

Social Services/Addiction Services Referrals

Barnardos

☎ Tel: 028 9066 3470

DAMHS (Drug and Alcohol Mental Health Service)

Offering a range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.

GP/CAMHS Referrals

BHSCT DAMHS

☎ Tel: 028 9063 8000

Specific Groups

Needle and Syringe Exchange Sites

Clear Pharmacy

☎ 5 Church Street, Bangor

☎ Tel: 028 9127 1820

Gordon's Pharmacy

☎ 35-37 Market Street, Downpatrick

☎ Tel: 028 4461 2014

☎ 56 Bow Street, Lisburn

☎ Tel: 028 9267 4747

☎ 2a Regent Street, Newtownards

☎ Tel: 028 9181 3217

Group Support

Call or go online to find a meeting near you.

Alcoholics Anonymous

12 Step Programme/Group Meetings

☎ www.alcoholicsanonymous.ie

AlAnon

Group Support for Family Members

☎ Tel: 028 9068 2368

☎ www.al-anonuk.org.uk

Alateen

Group Support for Teenagers

☎ Tel: 028 9068 2368

☎ www.al-anonuk.org.uk/alateen

Narcotics Anonymous

12 Step Programme/Group Meetings

☎ Tel: 078 1017 2991

☎ www.na-ireland.org

Community/Stakeholder Support

South Eastern Drug and Alcohol

Coordination Team/Connections Service

(SEDACT Connections)

The DACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.

☎ Tel: 0800 254 5123 (ASCERT)

☎ www.drugsandalcoholni.info

☎ connections@sedact.info

Workforce Development Training

A range of drug and alcohol training courses for those working with adults, children and young people.

ASCERT

☎ Tel: 0800 254 5123

Drink, Work and Me

Offers one to one and online support alongside training to enable employers to recognise the impact of alcohol related harm on the individual and the workplace.

Addiction NI

☎ 028 9066 4434

☎ www.drinkworkandme.com

For more detailed information on services

available in your HSCT area visit:

www.drugsandalcoholni.info



In Crisis? Call **Lifeline**

FREE 24/7 HELPLINE
0808 808 8000

Take5

steps to wellbeing

**Looking after your
mental health while
you stay at home.**





Directory of services to help improve mental health and emotional wellbeing, for the latest edition please search;

www.publichealth.hscni.net/sites/default/files/2020-01/SouthEastern_area_card_2020.pdf

Focus on alcohol

A guide to drinking and health

**REDUCE THE RISK
KNOW YOUR LIMITS**

GOOD NIGHT OUT

GET HOME SAFELY

SOCIAL DRINKING

CUTTING DOWN

MOUTH CANCER

DEHYDRATION

ROAD DEATHS

HEAD INJURIES

HANGOVER

ALCOHOL

ACCIDENTAL

FIRE DEATHS

LIVER DISEASE

TAKE CARE

OF YOURSELF

WEEKLY GUIDELINES

WHAT'S IN A DRINK?

HOW MUCH IS TOO MUCH?

PLANNING A PREGNANCY

HEART HEALTH

DRINKING AT HOME

PLANNING AHEAD

BLOOD PRESSURE

CALORIES

HARMFUL TO YOUR BABY

COUNTING UNITS



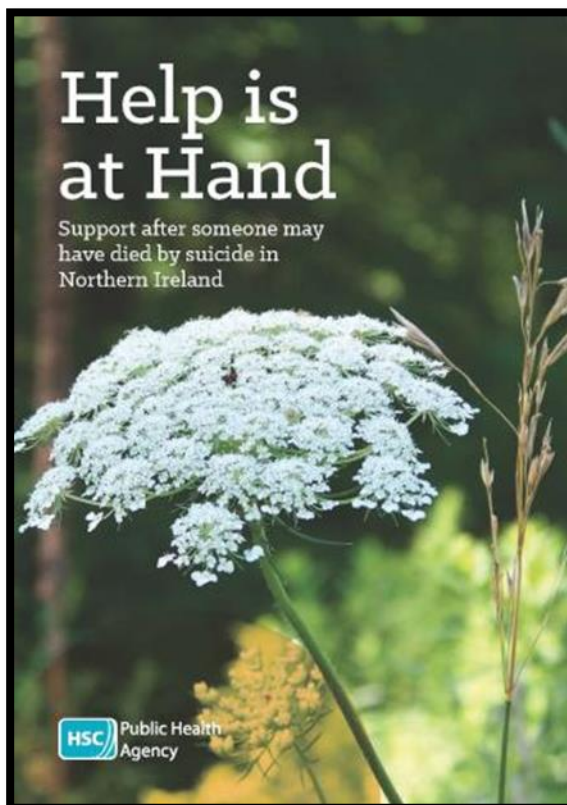
Public Health
Agency

Help is at Hand

The purpose of this new booklet from the Public Health Agency is to provide practical guidance and emotional support following a possible death by suicide.

**Call Lifeline on:
0808 808 8000**

**Deaf and hard of hearing
Textphone users:
18001 0808 808 8000**



[https://www.publichealth.hscni.net/sites/default/files/2020-01/Help is at hand B5 Booklet 01 20.pdf](https://www.publichealth.hscni.net/sites/default/files/2020-01/Help%20is%20at%20hand%20B5%20Booklet%2001%2020.pdf)

Locality Planning Meetings for 2020

Ards & North Down LPG

25th March **CANCELLED**

20th May

23rd September

25th November

10am -12

Please let us know if you
would like to host an LPG in
the Ards and North Down
Area

Down LPG

1st April **CANCELLED**

3rd June

7th October

2nd December

10am -12

Meetings held in Ballymote
Centre (above Supervalu)
Downpatrick



Thursdays at 8.00pm



[#clapfor NHS](#)

[#clapfor carers](#)

[#stayhomesavelives](#)



you can be

SAD, ANGRY, UPSET,
ANXIOUS, DRAINED,
OVERWHELMED,
UNSURE, OR AFRAID

and still be
POSITIVE.

@POSITIVELYPRESENT