



# COVID-19: Weekly Family Support Hubs Newsletter

## This edition includes:

- PHA – Take 5
- Minding your Head
- Dealing with worry in difficult times
- PHA Directory
- PHA Stress Control Classes
- PHA Stay Active at Home
- Aware Resources
- Mental Health Resources
- CAUSE Helpline
- WHSCT Resources
- Lifeline
- End the Stigma
- HSCB First Aid E-Learning
- Niamh Louise Foundation
- Apps4healthcareni
- Feel Good Today/Mental Health
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- Women's Aid - Tending to Emotional Wounds
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- Guidance for Domestic Abuse
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- Helplines
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- AMH – Healthy Me
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- PHA Quit Kit
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- Tips to Survive a Furlough
- Volunteer Now
- Drug Advice
- Don't Get Locked In
- Probation Board for NI
- Addictions NI
- Alcohol and You
- You, Your child and Alcohol
- Focus on Alcohol
- Mocktail recipes
- Parenting NI – Tips for play with your baby
- EA High Five Newsletter
- Centre for Autism
- CYPSP Daily Updates
- Family Support NI

This edition of the newsletter provides advice, resources and project updates as of 20<sup>th</sup> May 2020.

**The Family Support Hubs continue to be open for referrals during the current situation. They will try to access Family Support agencies during this time but this will be subject to individual projects ability to respond.**

If you want to advise us of any changes to service provision or have particular needs you want to source during the current situation please contact [Helen.dunn@hscni.net](mailto:Helen.dunn@hscni.net) and we will try to connect with the appropriate information.

There are 29 family support hubs across Northern Ireland supporting families. [www.cypsp.hscni.net/family-support-hubs/#ffs-tabbed-23](http://www.cypsp.hscni.net/family-support-hubs/#ffs-tabbed-23)

If you would like a service to be included in the next edition of the newsletter please send details to: [cypsp@hscni.net](mailto:cypsp@hscni.net)







Mental Health  
Awareness Week  
18-24th May 2020

For a range of resources and support  
log onto  
[www.MindingYourHead.info](http://www.MindingYourHead.info)

#MHAW20  
#kindnessmatters



#### Dealing with worry in difficult times



#### Help with worry in these challenging times

This booklet provides some ideas on  
how to look after your well being  
and provides links to other  
resources that you might helpful.

[Download Here](#)  
[Listen on YouTube Here](#)



Directory of services to help  
improve mental health and  
emotional wellbeing.

[View Directory](#)

A new course of **FREE** online



**Stress Control Classes**

**start on Monday 11th May**

**For details and to register visit:**

**[WWW.STRESSCONTROL.ORG](http://WWW.STRESSCONTROL.ORG)**



## Stay active at home



**Activity at home will help  
your wellbeing, manage stress, promote positive  
feelings and sleep and is a chance to have some fun**







**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

**SUPPORT SERVICES  
DURING COVID-19  
OUTBREAK**

**Weekly Online Support Groups**  
Meetings are held via Skype  
Email [info@aware-ni.org](mailto:info@aware-ni.org) to  
register your interest.



**Support Email Service**  
[info@aware-ni.org](mailto:info@aware-ni.org)  
Provides support and information.

**Support Line**  
Monday - Friday 11am-3pm  
07548530931  
07340488254



**Dedicated Coronavirus Webpage**  
[aware-ni.org/covid-19-support](http://aware-ni.org/covid-19-support)  
Useful information and resources.

Useful resources from AWARE to help  
with anxiety, depression and looking  
after your mental health

[View Resources](#)

**MENTAL HEALTH AWARENESS WEEK**  
18-24 MAY 2020

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)



Email:  
[support@cause.org.uk](mailto:support@cause.org.uk)

[www.cause.org.uk](http://www.cause.org.uk)

**Struggling to support someone with a  
complex mental illness?**

**CAUSE Helpline 0800 103 2833**

Monday, Wednesday & Friday 10am - 4pm  
Tuesday & Thursday 12 noon - 8pm

[Support for mental health carers](#)

**If so please get in touch!**





Useful resources produced by the Western Health & Social Care Trust on:

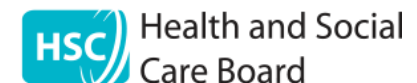
- [Supporting Parents who are Worried About Their Children's Emotional Health & Well-being During Lockdown](#)
- [How to Support Someone who is Suicidal](#)
- [How to Support Someone With Anxiety](#)
- [How to Support Someone who is Experiencing Domestic Abuse](#)
- [Signposting for Domestic Abuse](#)

Northern Ireland's 24/7 crisis helpline is available to take your call

If you need immediate counselling support call now and speak to a counsellor



Free to call from all mobiles and landlines



Interim guidelines and Psychological First Aid E-Learning

[Further information](#)





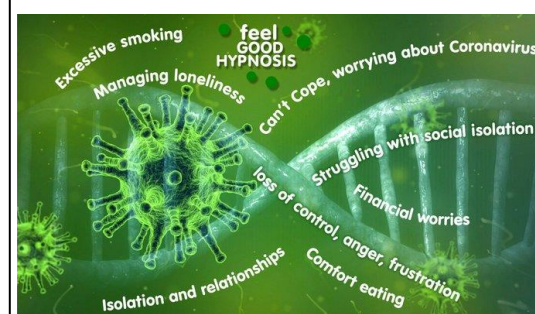
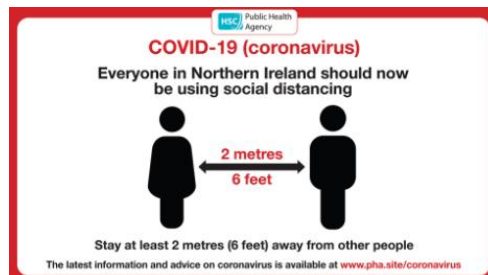
**The Niamh Louise Foundation**  
*hand someone a feather today*

Details on the Niamh Louise Foundation and support available to those experiencing thoughts of suicide or self harm and those who have been bereaved by suicide can be viewed [here](#).

Further information and resources are also available on their website at:  
<http://www.niamhlouisefoundation.com/>

**HSC** Health and Social Care Board

[Publications on services to support mental health](#)



How's your mental health? Keep track of the latest blogs and advice at [https://www.feel-good.today/mental\\_health/](https://www.feel-good.today/mental_health/)  
Click through and get some free audio download to help you through these times (no sign up required)

Find apps to support your health and wellbeing during COVID-19

Discover apps to help you at [apps4healthcareni.hscni.net](https://apps4healthcareni.hscni.net)



Service provided by **ORCHA**



**HSC** Health and Social Care

[VIEW APP LIBRARY](#)

**nshn**  
National Self Harm Network

**forum**



Online support forum, supporting individuals who self harm as well as families and carers.

[Join Forum](#)



**Helplines NI**  
listen. support. inform

[www.helplinesni.com](http://www.helplinesni.com)

New COVID-19 helplines added to website offering a wide range of support  
Community Helpline  
Diabetes Helpline  
HMRC Helplines for businesses and many more!







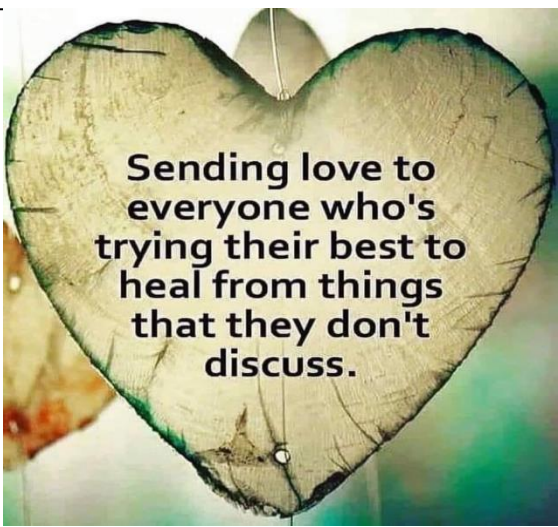
# Social and Emotional Learning

## SEL Kindness Challenge

Can you complete our SEL Kindness Challenge?  
Colour in each box when you've completed that challenge.



With Other Children	When At Home	When Home Schooling	Towards Adults
Invite a friend to play an online game with you	Give a compliment to someone at home	Send your teacher an email to say hi and make them smile	Write a letter to an elderly relative or neighbour and post it to them
Text a friend and ask how their day was	Use your calming down strategies	Help a younger brother or sister with something they don't understand	Donate food to a food bank
Sort through old items of clothing and find things you can donate to charity when shops re open	Set the table for dinner and clear up afterwards	Tidy up your work station and keep it neat and organised	Clap to thank the NHS and display your Rainbow picture on your window
Send a friend a letter or card to let them know you're missing them	Tidy your bedroom without being asked	Write a poem about kindness	Leave a thank you note for your postman/woman
* Bonus * Think of one act of kindness of your own!	* Bonus * Think of one act of kindness of your own!	* Bonus * Think of one act of kindness of your own!	* Bonus * Think of one act of kindness of your own!

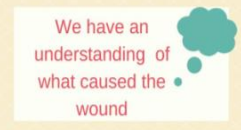
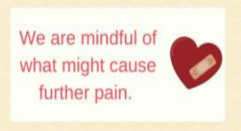
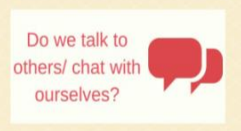


## TENDING TO EMOTIONAL WOUNDS

### Physical Wound



### Emotional Wound



Winnicott's own words of advice:  
"Be good to yourself"  
"Be honest with yourself"  
"Have a word with yourself"







NORTHERN EMOTIONAL  
WELLBEING SERVICE

If you are feeling anxious, low in mood or suffering from mild to moderate mental health difficulties, we're here to help.

To set up an appointment for telephone or video counselling, complete our online referral form at:

[www.links counselling.com/NEWS](http://www.links counselling.com/NEWS)

Or give us a call on 028 3834 2825

Stayed connected and stay safe, but don't journey alone.

*\*This service is for people living within the Northern Trust Area and is fully funded by The Northern Health and Social Care Trust*



Northern Health  
and Social Care Trust

#noonejourneysalone

**CORONAVIRUS (COVID-19)**

**COMMUNITY HELPLINE**  
**0808 802 0020**

COVID19@ADVICENI.NET  
TEXT ACTION TO 81025

**DON'T DELAY**

**If you are unwell, use the HSC**

[www.hscboard.hscni.net/dont\\_delay\\_help/](http://www.hscboard.hscni.net/dont_delay_help/)



Health and  
Social Care

CORONAVIRUS (COVID-19)



24 important organisations have collaborated to create guidance for family, friends & communities witnessing domestic abuse.

As well as, safety & wellbeing advice for victim/survivors during Covid-19.

**Now offered in over 15 languages!**

[View Guidance](#)





# Online Course Timetable

18TH MAY - 29TH MAY 2020

Courses Delivered Via **zoom**

Course	Date	Time
Practicing Self Care	18th May	10.30am - 11.00am
Covid Wellness Toolbox	19th May	2.30pm - 3.00pm
Getting a Good Night's Sleep	20th May	4.00pm - 4.30pm
Mindful Sleep	21st May	4.00pm - 4.30pm
Mindfulness and Relaxation	22nd May	10.30am - 11.00am
5 Ways to Wellbeing	26th May	2.30pm - 3.00pm
Tips for Anxiety During COVID-19	27th May	11.00am - 11.30am
Steps to 'Appiness	26th May	11.00am - 11.30am
Models of Wellbeing	29th May	10.30am - 11.00am

**Interested in a course?**  
**Get in touch to register today -**  
📞 NI (028) 7186 5149 or ROI (086) 606 9480  
📧 [recoverycollegewest@westerntrust.hscni.net](mailto:recoverycollegewest@westerntrust.hscni.net)

📱 @InnovationRecov



## 5 ways to help others who are grieving

- 1 Think about how you might **send your condolences** - write a card, complete an online condolence, send a text or telephone. Share photos or drop food and little gifts at a person's door to offer comfort.
- 2 **Reach out.** Make yourself available not just in the short term but in the weeks and months to come.
- 3 **Ask a friend how they are doing.** Ask what might help, listen carefully.
- 4 **Offer practical help,** for example with meals, shopping etc.
- 5 **Offer to help with technology,** for example with setting up video calls, WhatsApp or other ways of keeping in touch.



## Careers

The Department for the Economy's Careers Service provides an impartial, all-age careers information, advice and guidance service, to help young people and adults make informed choices about their future career paths.

[Download Bulletin](#)





Christians Against Poverty can help if you are feeling the weight of debt, struggling to find work or just need a bit of help budgeting.

Freephone: **0800 328 0006**

<https://capuk.org/i-want-help>



**St Vincent De Paul (Northern Ireland) –  
Belfast**

(028) 90351561

[info@svpni.co.uk](mailto:info@svpni.co.uk)

**Derry Office**

(028) 71265489

[svp.derry@svpni.co.uk](mailto:svp.derry@svpni.co.uk)

**West Belfast**

(028) 90601899

<https://www.svp.ie/home.aspx>



We are Currently Working on Updating our Website

For our advice services contact:

Dungannon Tel: 02887 750211

Magherafelt Tel: 02879 633079

Cookstown Tel: 02886 761875

For The Junction contact:

Tel: 02887 448 448

For all other STEP information contact

Tel: 02887 750211 or visit:

[www.facebook.com/STEPMidUlster](http://www.facebook.com/STEPMidUlster)



StepChange provides free and impartial advice on debt and money management

<https://www.stepchange.org/how-we-help/debt-advice.aspx>



Debt help and advice  
Freephone Helpline

**0800 028 1881**

or email

[debt@adviceni.net](mailto:debt@adviceni.net)



**A Message from the  
Society of St. Vincent De Paul, Newry**

We are here to help. If you are struggling financially during these difficult times, contact us today.

**All calls are treated confidentially.**

St. Joseph's Conference, Mill Street **028 3025 2968**  
Sacred Heart Conference, Bridge Street **075 9232 1453**  
St. Brigid's Conference, The Meadow/Derrybeg **075 1717 0286**



**"Fear not; calm will follow  
the storm and perhaps soon."**

St. Vincent De Paul



Information on support and advice services offered by the Salvation Army.

[Go to Website](#)





## HEALTHY ME ZOOM SESSION FOR PARENTS & CARERS

In recognition of Mental Health Awareness week, 18th – 24th May 2020, the AMH MensSana team have developed a bitesize session based on our 'Healthy Me' programme for parents and carers around this year's theme of 'Kindness'.

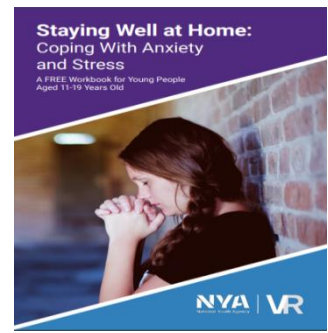
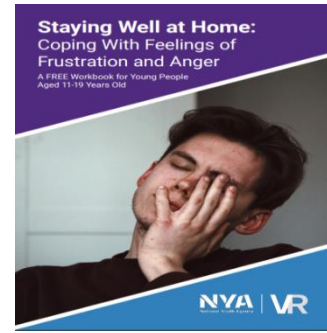
This session aims to:

- Identify the issues you are facing during lockdown
- Raise awareness about mental health
- Highlight self-care techniques for building resilience and confidence
- Show how and where to access support

3 sessions will be delivered online each day via Zoom and will last 30 minutes, so you can choose a day and time that suits you best.

**Monday 18th – Friday 22nd May 2020**  
10:30am, 3:30pm & 8:00pm

If you are interested in attending, please register [HERE](#) via Eventbrite where further details are available



Workbooks to help young people aged 11-19

[Staying Well at Home: Coping with Feelings of Frustration and Anger](#)

[Staying Well at Home: Coping with Anxiety and Stress](#)



Blog that helps explain why understanding teenagers' brains can help us to support them during COVID-19.

[View Blog Here](#)



Facilitating Life and Resilience Education is part of the Education Authority Youth Service developed in partnership with the Public Health Agency, Support young people 11-25 years promoting positive mental health.

[Information Leaflet](#)





## NURTURE YOUR CHILD'S MENTAL HEALTH THROUGH PLAY

Play is crucial to children's healthy development and happiness and is vital for children's mental health and wellbeing.

It is through playing that children, from a very young age, engage with and learn about the world around them. Play allows children to create and explore the world; developing lifelong skills and competencies. From birth through to teenage years, babies and children develop important social and emotional skills through watching, listening, and interacting with you and through their play. Good play experiences can therefore help nurture children's emotional and mental health.

Play is a natural part of childhood and through play, children:

- make sense of the world;
- can feel in charge, express and learn to manage their feelings;
- build skills and self confidence in themselves;
- learn about relationships – making friendships, negotiating with others, leading and following, being patient, caring for others;
- develop resilience and empathy, and learn to control their impulses or frustrations;
- learn how to make decisions, fix mistakes and to feel better and
- HAVE FUN!

How parents or adults can support children's play:

- allow time for play – try not to schedule too much into a child's day (whatever age);
- provide playthings (dependent on child's age) and allow children to play in their own way both indoors and outdoors;
- play and interact with babies, toddlers and children throughout the day – most children love adult company and babies in particular need frequent positive interaction and engagement with adults;
- join in when invited - follow the child's lead and resist the temptation to always direct a child's play experiences;
- watch for play cues - children have different ways of signaling if they would like adult involvement or help, resources or encouragement and
- BE A POSITIVE, PLAYFUL ROLE MODEL!

How to nurture your child's mental and emotional health:



Life often throws challenges our way and it is through talking, listening interacting and playing that children learn to deal with these situations and develop new knowledge and coping skills.

As parents remember you play a vital role in encouraging children to be healthy.

- ☺ Make time for fun and "down time" with your children, especially as they get older.
- ☺ Enjoy some time watching, listening and playing with your child.
- ☺ Allow your child to learn from their own mistakes with support.
- ☺ Give your child age appropriate freedoms and help them learn their own limits; show them you trust them to make appropriate decisions.

Visit <https://www.education-ni.gov.uk/articles/play-matters> to find Play Briefing sheets on various play topics. Recreate some of your childhood play memories and make some time to play each day.

For more information on Play Matters contact Angela Stallard or Pamela Baxter at 028 91 279208 [playmatters@education-ni.gov.uk](mailto:playmatters@education-ni.gov.uk)





## If your child tells you they're struggling:

1. Thank them for sharing and acknowledge how they're feeling
2. Ask them how they would like you to help and explain any next steps
3. Visit [youngminds.org.uk/parents](https://youngminds.org.uk/parents) for our help and advice including our Survival Guide
4. If you're really worried about your child, call our Parents Helpline on **0800 802 5544**
5. Talk to your GP as they are the route in to mental health support services (you can go with or without your child.)

#Take20

## COVID-19 Coronavirus - Update

### Independent Counselling Service for Schools (ICSS)

Reminder to all post primary pupils:  
Counselling continues to be available via telephone and video calling.  
Contact your school for details, or if you can't get your school, contact Links  
Counselling or Family Works NI.  
See our website for more information:  
[eani.org.uk/educational-support-services](https://eani.org.uk/educational-support-services)



## Still... Listening Supporting Caring



## Even in a Time of Crisis

**Your School Age Mothers  
Coordinator is here to help**

### CONTACT US

Lisa Grimley  
077 4896 2439  
[lisa.grimley@eani.org.uk](mailto:lisa.grimley@eani.org.uk)

Adele Fulton  
077 3997 6804  
[adele.fulton@eani.org.uk](mailto:adele.fulton@eani.org.uk)

Yury Fleming  
077 3997 6781  
[yury.fleming@eani.org.uk](mailto:yury.fleming@eani.org.uk)

Janice Stewart  
078 2686 6481  
[janice.stewart@eani.org.uk](mailto:janice.stewart@eani.org.uk)

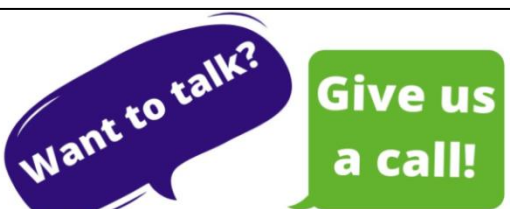
Deborah Gormley  
078 0566 7007  
[deborah.gormley@eani.org.uk](mailto:deborah.gormley@eani.org.uk)

*It won't be like this forever*

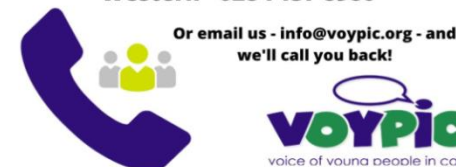


Are you worried about the impact of COVID-19 on  
your child's right to:  
Education  
Employment  
Or parent/child contact?

Check out our FAQs on their rights at:  
[www.childrenslawcentre.org.uk](https://www.childrenslawcentre.org.uk)



**Belfast / South Eastern - 028 9024 4888**  
**Northern - 028 2563 2641**  
**Southern - 028 3831 3380**  
**Western - 028 7137 8980**







Information and support for children and young people (up to age 18 years) and their families who live in the SHSCT.

[Visit Website](#)



A young persons Guide to Child and Adolescent Mental Health Services in NI

[Download Here](#)

# NSPCC

Advice to help parents and carers understand why children and teenagers self harm, and what you can do to support them

[Read Here](#)



Website created for young people, carers and professional to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.

[Go to Website](#)

If your child finds it difficult to talk about their feelings, here are some conversation starters that you can use

## Questions to ask your child in self-isolation **YOUNGMINDS**







# Help us to learn more about friendships for young people with a learning disability or who are autistic

## Who can help?



- Young people with a learning disability or who are autistic and aged 14-25
- Parents of young people with a learning disability or who are autistic and aged 14-25
- Teachers of young people with a learning disability or who are autistic and aged 14-25
- Youth workers of young people with a learning disability or who are autistic and aged 14-25

## Purpose of the Research



We are a group of peer researchers (seven young people from Mencap, two youth workers from Mencap and one PhD researcher).

We want to learn more about what friendship means for young people with a learning disability or autism, how having a learning disability or being autistic impacts friendships, the training or teaching on friendships that is offered and the support young people need for friendships.

This research is being completed to allow Christine to complete her PhD thesis and to allow the peer researchers to think of ways to better support young people with their friendships.

## How to take part

There are two ways to take part, you can choose to do an online interview (video call or skype) or an online survey.



Contact Christine (PhD Researcher) for an interview or more information about the research:

Email: [cbower01@qub.ac.uk](mailto:cbower01@qub.ac.uk)

Tel: 07595051775



Young people's survey can be found here:

<https://survey.sogosurvey.com/r/JNfuLz>



Parent's survey can be found here:

<https://survey.sogosurvey.com/r/JNfuLz>



Youth workers survey can be found here:

<https://survey.sogosurvey.com/r/YefTNB>



Teachers survey can be found here:

<https://survey.sogosurvey.com/r/KzGrz4>



Thank you!



# Adopt a Grandparent



## Help us to make an older person's day!

We are asking our young people to get creative and send us in pictures / artwork / cards / jokes and letters.

We will send these to elderly and vulnerable people living in our community to know that we care at a time when many are feeling isolated and lonely.

We will make sure that your artwork / letters etc. are distributed around your local community.

Please forward all items by email to the contacts below and include your name, age and school on anything sent in.

## #AdoptAGrandparent

## Contact Information

Melanie Rintoul (North East and West); [melanie.rintoul@radiushousing.org](mailto:melanie.rintoul@radiushousing.org) / 077417 41525  
 Geraldine Dougan (Mid Ulster); [geraldine.dougan@radiushousing.org](mailto:geraldine.dougan@radiushousing.org) / 07483 328455  
 Sharon Traynor (Belfast); [sharon.traynor@radiushousing.org](mailto:sharon.traynor@radiushousing.org) / 07483 328463





# WHATS ON OFFER?

@ EYH & MACS

EYH are a charity that are working to end youth homelessness on a national scale to give vulnerable young people a future. MACS are a charity partner with EYH and in being so are able to give our young people amazing opportunities these include:

## HOUSING FUND

Young people can apply for financial support towards deposit up to £1500.

## BURSARY FUND

Young people can apply for bursaries of up to £500 to help toward training, education and employment.

EYH are constantly reviewing and adding programmes and funds to this - we will update when we receive more information.

See attached info sheet and application form for further information



For more information contact:  
028 90 313163 or [info@macsni.org](mailto:info@macsni.org)

South West College



- CAREERS ADVICE
- MENTORING
- HIGHER EDUCATION
- TRAINING

ARE YOU AGED 16-65?  
AND UNSURE WHERE YOUR  
FUTURE IS GOING  
WE CAN HELP YOU REACH  
YOUR DESTINATION

IF YOU ARE NOT IN EMPLOYMENT, EDUCATION OR TRAINING & LIVING IN A NEIGHBOURHOOD RENEWAL AREA, SOUTH WEST COLLEGE HAS THE PROGRAMME FOR YOU

ENNISKILLEN: 078 311 22703

DUNGANNON: 077 717 28588

OMAGH: 077 342 81030



Department for Communities







## 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](http://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](http://www.inourplace.co.uk) and sign in!



**HSC** Public Health  
Agency

For technical support contact  
[solihullapproach-parenting@heartofengland.nhs.uk](mailto:solihullapproach-parenting@heartofengland.nhs.uk)  
or 0121 296 4448 Mon-Fri 9am-5pm



Serious about quitting  
smoking?

Then take the first step  
and order your **free**  
Quit Kit today!

Visit  
[www.stopsmokingni.info](http://www.stopsmokingni.info)  
Never give up on giving  
up!



## CORONAVIRUS (COVID-19)

### Diabetes Helpline

**028 9536 0600**

Email: [diabetic.helpline@hscni.net](mailto:diabetic.helpline@hscni.net)

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



Health and  
Social Care



## Tips to Survive a Furlough



- Evaluate Savings
- Create a Budget
- Minimize Credit Card Use
- Apply for Unemployment
- Update Your Resume
- Consider Temporary Work
- Stay Motivated
- Care for Your Health



Does your group  
involve volunteers?

## Check out our **GOOD PRACTICE GUIDANCE**

when involving volunteers  
and volunteering during  
the Covid-19 crisis

<https://bit.ly/2wCSXaV>





# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

**THERE IS ALWAYS RISK WHEN TAKING DRUGS**

## DRUG ADVICE

**Now is an extra risky time - it's safer not to use**

**A WEAK IMMUNE SYSTEM AND DRUG USE, CAN MAKE YOU MORE AT RISK OF SERIOUS ILLNESS FROM COVID-19**

- ✓ Wash your hands with soap and water for at least 20 seconds - before and after you handle, prepare or take drugs
- ✓ Use alcohol wipes on surfaces where you prepare drugs (you can get these from needle exchanges and / or pharmacies)
- ✓ If you are snorting drugs, crush as finely as possible before use, to reduce the risk of nasal damage/bleeding
- ✓ Use an unused straw, rolled up post-it or clean piece of paper
- ✓ Look after yourself and look out for others
- ✗ Do not share drug paraphernalia like needles, syringes, spoons, tooters, crack pipes
- ✗ Do not use notes or keys if snorting drugs as they harbour infection
- ✗ Do not pass around or share cigarettes or joints
- ✗ Avoid physical contact with others if preparing or using drugs

For more information visit [hse.ie/coronavirus](https://hse.ie/coronavirus)



# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

## Harm reduction advice for people who use drugs

It's always safer not to use drugs, but if you do, reduce the harm



You are at risk of serious illness from the coronavirus.



Be mindful of your mental health during this worrying time.



Wash your hands and clean surfaces and equipment before and after drug use to protect yourself.



Stay indoors as much as possible and limit your contact with other people.



Don't share drugs or equipment as this can spread infection.



Keep in touch with family, friends and healthcare workers.



Make arrangements to get your regular supply of opioid treatment or contact your GP to begin treatment.



If you have a high temperature, breathing difficulties, shortness of breath or a cough, phone your GP and self-isolate by avoiding all contact with other people.



Reduce the risk of overdose by limiting your drug use, not mixing drugs and carrying a supply of Naloxone.

Visit [hse.ie](https://hse.ie) and [drugs.ie](https://drugs.ie) for updated factual information and advice or call 1850 24 1850.

Protection from coronavirus.  
It's in our hands.



Rialtas na hÉireann  
Government of Ireland



# DON'T GET LOCKED IN

During social distancing, several countries are reporting an increase in home drinking.

The UK Chief Medical Officers' guidelines for both men and women say that:

- you are safest not to drink more than 14 units a week, to keep your risks from alcohol to a low level;
- if you do drink as much as 14 units per week, it is best to spread this evenly over three days or more;
- if you are pregnant or think you could become pregnant, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.

**Make your health and home life a priority by following these tips..**



## Choose Alcohol Free Days

Plan at least two or three alcohol free days during your week. The more alcohol free days the better!



## Don't Stockpile

Don't stockpile alcohol in your home – plan your weekly shop. Only buy as much as you have decided you want to drink during the week. Opt for low-alcohol or no-alcohol choices.



## Keep it Late

It can be tempting to drink earlier when you are at home during the day – try to delay any drinking until as late as possible, especially if there are children in your home. Consider a 'time rule' – e.g. No alcohol in our house until after 10pm



## Mind the Children

Children can become afraid when adults are drinking. Avoid drinking alcohol until children have gone to bed. Make sure there is at least one non drinking adult in the house at all times.



## Out of Sight

Keep alcohol out of sight and out of reach of children. When you pour a drink, put the remainder away out of sight or in another room so you are not tempted to reach for more. Drink water to quench thirst before drinking.



## Help is Out There

Making changes can be hard. You can find local help and support by visiting [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info) and clicking on "Services near you".

[www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

**HSC** Public Health Agency



Adapted with permission from the Alcohol Forum



WORKBOOK AND SELF-HELP TOOLS

ALCOHOL and you

IS IT TIME FOR A CHANGE?



**PBNI CONTINUE TO WORK WITH PEOPLE WHO HAVE ADDICTIONS.**

We work with partners to tackle substance misuse and provide support and interventions to those under probation supervision.

**PBNI** Probation Board for Northern Ireland

**HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED**

OUR COMMUNICATION MIGHT BE DIFFERENT BUT WE ARE STILL HERE TO SUPPORT YOU

YOU CAN CONTACT OUR TEAM VIA EMAIL OR PHONE TO REFER TO OUR SERVICES

[www.addictionni.com](http://www.addictionni.com) or

call 028 9066 4434

[f](https://www.facebook.com/addictionni) [i](https://www.instagram.com/addictionni) [/addictionni](https://www.youtube.com/addictionni)

**addictionni**  
Reducing harm, promoting recovery

## Focus on alcohol

A guide to drinking and health

REDUCE THE RISK  
KNOW YOUR LIMITS  
GOOD NIGHT OUT  
GET HOME SAFELY  
CUTTING DOWN  
MOUTH CANCER  
DERMATITIS  
ROAD DEATHS  
HEAD INJURIES  
HANGOVER  
ALCOHOL  
ACCIDENTAL  
FIRE DEATHS  
LIVER DISEASE  
TAKE CARE OF YOURSELF

WEEKLY GUIDELINES  
WHAT'S IN A DRINK?  
PLANNING A PREGNANCY  
HEALTHY HEALTH  
DRINKING AT HOME  
PLANNING AHEAD  
BLOOD PRESSURE  
CALORIES

COUNTING UNITS



Ditch the booze and say hello to health with our 5 refreshingly gorgeous drinks

**ALCOHOL and you**





## Tips for play with your baby

Research shows 75% of your child's brain development occurs after birth. Play helps promote that development by stimulating the brain through the formation of connections between nerve cells.

It's never too early to introduce play so why not try:

- Get close to your baby give them time to study your face. Stick your tongue out or pull facial expressions and they may mimic these back.
- Sing or try nursery rhymes that involve touch e.g. 'round and round the garden'
- Talk to your baby, mirror the sounds they make, give kisses and use tickles and gentle touch.
- Play peek-a-boo using a sheet or your hands.
- Role play hand clapping and encourage your baby to try.
- Give your baby different objects to feel – soft toys, rattles or cloth books with pages of different textures – discovery is fun for babies.
- Use bath time as a relaxing way to introduce bubbles and water play.



parentingni.org  
Support Line: 0808 8010 722



High Five newsletter with lots of ideas and information linked to the five steps of wellbeing.

[Download Here](#)



CENTRE FOR AUTISM  
MIDDLETOWN

[Useful Information and Resources](#)



CYPSP  
Children & Young People's Strategic Partnership

Daily Updates

[Click here to stay informed](#)

familysupport NI.gov.uk  
Helping You Find the Services You Need

If you would like to find out more about family support services in your area please see the Family Support NI website at:  
[www.familysupportni.gov.uk](http://www.familysupportni.gov.uk)





THRiVE is a collaboration of parents, schools, community organisations and other agencies working together to improve outcomes for children and young people in Rathcoole and Monkstown, Newtownabbey.

THRiVE is a Locality Planning Group and links with CYPSP and Family Support Hub.

During lockdown, everyone has been working together to support children, young people and families.

Schools have been working collectively to ensure families have access to technology to support learning at home and being attentive to the needs of families most affected, linking them to family support.

Our Parent Champions have been actively involved in our WE CAN campaign, encouraging other parents that WE CAN survive the challenges of COVID-19. Parents have been supporting other families in the community.

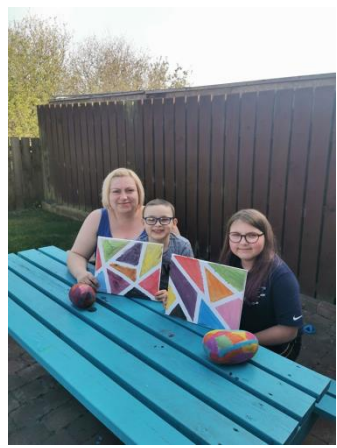
Community organisations have been energetic in their response, delivering food parcels, making yummy soup, creating youth activity packs, raising money by designing NHS badges, delivering plants and helping with gardening.

Families have been amazing supporting learning at home and sharing the WE CAN approach with their children. Winners of our WE CAN goody bag shared stories of how they were keeping active in lockdown. Some photo examples of creativity and resilience...

Follow us on...

Facebook: <https://www.facebook.com/ThriveGroupNewtownabbey/>

Instagram: <https://www.instagram.com/wecannewtownabbey/?hl=en>



For further information on Family Support Hubs in your area?

Contact: Helen Dunn, Regional Coordinator of Family Support Hubs Email: [Helen.dunn@hscni.net](mailto:Helen.dunn@hscni.net)