

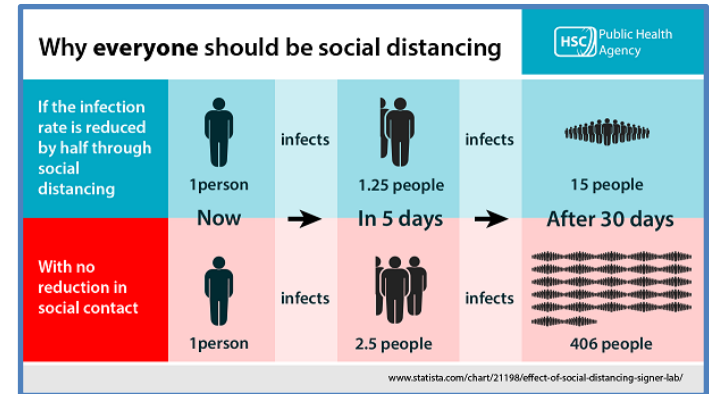
Fortnightly News

July 2020

Issue 25

Welcome to the 25th edition of Fortnightly News, the E-newsletter which shares information to improve the outcomes for Children and Young People in your Locality. This edition has information and links, changes to service delivery and managing Covid-19 for you to share.

Nuala McArdle
& Noelle Hollywood



Fortnightly News

If you would like to contribute to Fortnightly News, we would love to include your contributions.

- Please submit the information in the format you would like it to be included. We won't transform a word-heavy document into a flyer, please make it easy for us!
- Less words, bigger pictures!
- We do not advertise or endorse those events or programmes which are privately funded as a business.
- Fortnightly News will be issued every fortnight, on a Friday morning. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
- We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
- Your feedback is welcome.(We are not perfect, but will strive to be as good as we can.)
- Please let us know if Fortnightly News has helped your service, event or activity in anyway.

For more information on' Fortnightly News ' contact
noelle.hollywood@setrust.hscni.net or 07872422101

We have launched a new programme of investment that will provide support to [#communities](#) in response to the impact the [#COVID19](#) pandemic. For info and more see [pha.site/CommunityFunding](#)
[#communityfunding](#)
[#smallgrants](#)

**Apply for
PHA
small
grants!**



ASSOCIATION FOR INFANT MENTAL HEALTH (NORTHERN IRELAND)

HSC South Eastern Health
and Social Care Trust

"I felt extremely alone, anxious, overwhelmed and at some points depressed. My ABC PiP worker really listened and cared about what I had to say, this helped with my anxiety, dealing with a difficult partner, loneliness and my fear of not connecting with my baby. I was provided with a range of resources which mentally prepared me for the arrival of my baby."

ABC PiP Service User



Contact Details:

ABC PiP
8 Moss Road
Ballygowan
BT23 6JE
(028) 9598 8056
email: ABCPiP@setrust.hscni.net



Brain Development

Babies are born learning. From birth to age 3 are critical years for the development of language skills that are foundational for future learning success.

Parents are a child's first and most important teacher.

Language

The number of words that a child knows when he or she enters kindergarten is the most important predictor of a child's success or failure.

Reading aloud grows your child's vocabulary and introduces many words and concepts that you might not use in everyday conversation.

Knowledge

Books are a pleasure, yes, and they are also informative. You and your child can learn something new when you read aloud.



Why Read Aloud?

Love of Reading

Parents that read aloud demonstrate that reading is important, that reading is pleasurable, that reading is valued.

Bonding

Is there anything better than sharing a good book with a child in your lap?

Literacy Skills


Vocabulary. Phonics. Familiarity with the printed word. Storytelling. Comprehension. Reading aloud is invaluable for building literacy skills.

If you would like more information on Infant Mental Health and the ABC PiP Service email: ABCPiP@setrust.hscni.net

Don't take risks with a sick child



 If your child is unwell and you are worried contact your GP.

 If you think your child is seriously ill you should take them to the nearest Emergency Department. Ring ahead if they have a respiratory condition.

Our GPs and most Emergency Departments are still open for business and are ready to care for sick children.



Red



Emergency department

Go to the nearest emergency department or phone 999

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch.
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts grunting.
- Severe difficulty in breathing becoming agitated or unresponsive.
- Is going blue round the lips.
- Has a fit/seizure.
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive.
- Develops a rash that does not disappear with pressure (the 'Glass test').
- Has testicular pain, especially in teenage boys.

Amber



Phone GP surgery or Out of hours

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession) or head bobbing.
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual).
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down.
- Has extreme shivering or complains of muscle pain.
- Babies under 3 months of age with a temperature above 38°C.
- Infants 3-6 months of age with a temperature above 39°C.
- All infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried.
- Has persistent vomiting and/or persistent severe abdominal pain.
- Has blood in their poo or wee.
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness.

During the current coronavirus crisis access to services may be delayed, if after four hours you have not been able to speak to a GP then take your child to the nearest Emergency department.

Green



Self-care

If none of the features mentioned in amber or red are present:

- You can continue to provide your child's care at home.
For more information see:
www.nidirect.gov.uk/conditions/childhood-illnesses
- Additional advice is available to families for coping with crying of well babies at: **www.iconcope.org**
- Additional advice is available for children with complex health needs and disabilities at: **www.wellchild.org.uk**

If you are still concerned about your child, call your GP surgery

Parents don't ignore the signs of
type 1 diabetes because of COVID-19

Undiagnosed type 1 diabetes can be fatal.

Toilet

Tired

Thirsty

Thinner

If parents are concerned about their child they should have their blood glucose (sugar) checked either in the GP surgery or local pharmacy.

Bend Don't Break - Building strengths to help people cope with life's pressures

Bend Don't Break is a workbook that people can work through in their own or with support.

People who have used this work have found it helped them:

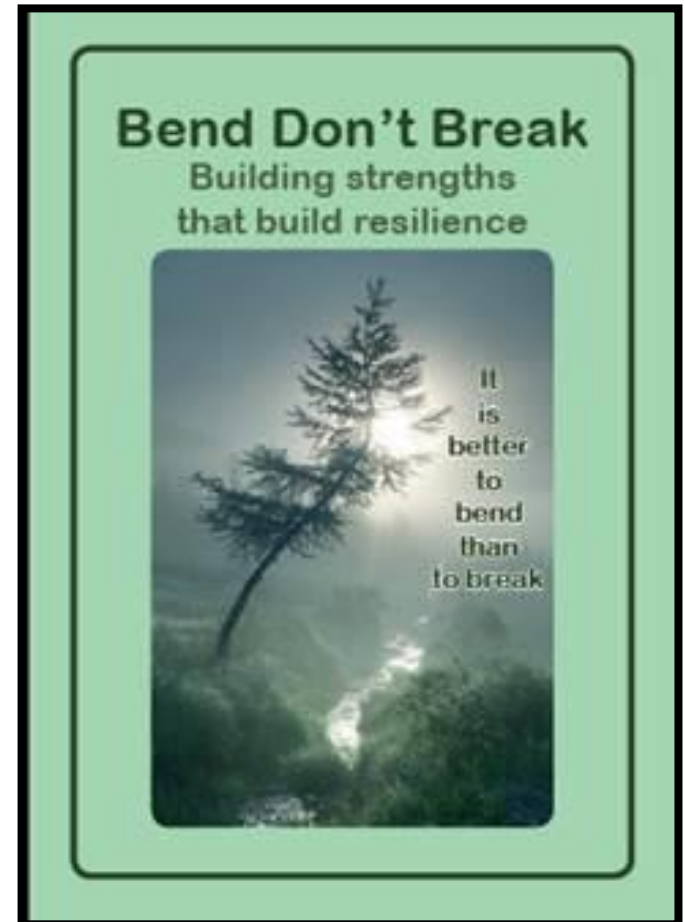
- **Deal with stress and problems**
- **Be less anxious**
- **Lift their mood**

A range of organizations are using it with people. If you would like to see a copy and work through it on your own visit

<http://www.setrust.hscni.net/healthyliving/2583.htm>

What one person has said about Bend Don't Break:

"I learned so much. It is the kind of information that everyone needs. It really helped give me control."



These are certainly worrying times.

We created a booklet with practical suggestions to improve wellbeing with links to resources. It can be downloaded from

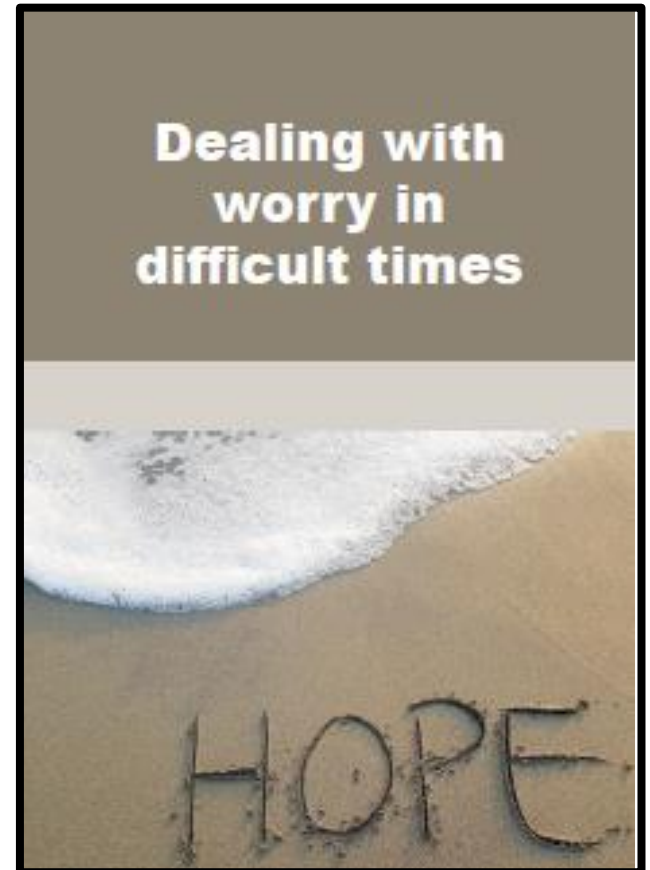
[http://www.setrust.hscni.net/pdf/pocket guide for worry.pdf](http://www.setrust.hscni.net/pdf/pocket%20guide%20for%20worry.pdf)

If you would rather hear the messages in the booklet:

<https://www.youtube.com/watch?v=dIYhhhqf9Gc>

Or by searching for Ed Sipler on You Tube

We hope you find these helpful.





SUMMER SCHEME FOR KEY WORKERS

Lisnagarvey High School
Kid's Club in the Downshire Hospital.

Wednesday 1 July - Friday 21 August 2020
Children aged 5-12 years

ARE YOU INTERESTED?
APPLY ON STAFF INTRANET OR CONTACT
GLORIA/LOUISE AT FIRST STEPS DAY NURSERY
ON (028) 9262 9396



South Eastern Health
and Social Care Trust



@nikkimiles_



South Eastern Health
and Social Care Trust



**SureStart Ards are excited to announce
the launch of our new webpage with lots of
information and fun activities for families
and children.**

**Make sure to visit at:
www.surestartards.com**



Hope everyone is keeping well and safe just a
reminder that our website is full of lots of ideas
/information/you tube videos for the family.

Visit Down SureStart.

You tube for baby movement, reflexology, rhyme time,
story time, SureStart monthly challenge and more to
come in the future.

www.downsurestart.org





Down Surestart receive PHA funding to provide fruit and vegetables to groups, programmes and the local nursery and playgroup settings within the catchment area. Due to the pandemic we have had to rethink how to effectively redirect this funding. The Family fruit and vegetable packs scheme was devised to target those families most in need and or suffer from the financial strain at this time. Health care and education staff refer into the scheme and the families receive fruit and vegetable boxes along with healthy eating information packs containing some useful and simple recipes.

We contacted the parents asking how they found the packs and feedback was very positive. They found the pack extremely useful especially that shielding or could not get to shops; others learned or began to cook from scratch and froze the meals. All families were very grateful for the boxes.

Below is a simple, easy cook recipe some of our parents made.

Have a go and enjoy!

VEGETABLE CURRY

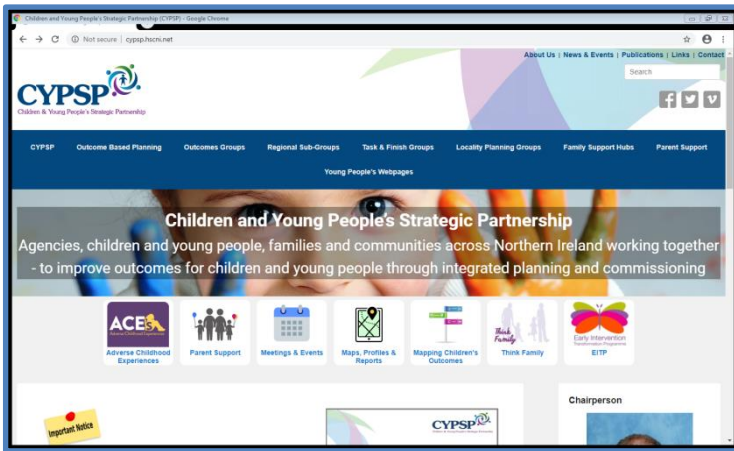
Serves 6

INGREDIENTS;

- 1 large onion
- 2 large carrots
- 2 Medium potatoes
- ½ cauliflowers
- 2 teaspoons olive oil
- 2 Teaspoons curry powder
- 2.5 teaspoons uncooked brown rice
- 1x400g chopped tomatoes
- 100g lentils
- 1 low salt vegetable stock cube dissolved in water
- 100mls cup semi- skimmed milk
- 150g frozen peas

METHOD;

1. Prepare the vegetables. Peel and slice the onion, peel and dice the carrots and potatoes, cut the cauliflower into florets and wash thoroughly
 2. Add the oil to a large saucepan, place over a gentle heat, add the curry powder and cook for 2 minutes
 3. Stir in the onions and cook for 1 minute
 4. Meanwhile , check the rice packet for the cooking time and boil it following the instructions on the packet
 5. Place the lentils in a sieve and wash
 6. Add the carrots, cauliflower, potatoes, tomatoes, lentils, stock and milk. Bring to the boil, stirring. Cover and simmer for 15 minutes, stirring occasionally
 7. Gently stir in the peas and lemon juice. Bring back to the boil then cover and simmer for approximately 5 minutes or until all vegetables are tender
 8. Drain the rice and rinse with boiling water
- Serve immediately with boiled rice



<http://www.cypsp.hscni.net/covid-19-daily-updates/>

Please find links for latest resources & information;

[Education Authority Newsletter](http://www.cypsp.hscni.net/education-authority-high-five-newsletter/)

<http://www.cypsp.hscni.net/education-authority-high-five-newsletter/>

[Bereavement Booklet](http://www.cypsp.hscni.net/hope-in-crisis-bereavement-booklet/)

<http://www.cypsp.hscni.net/hope-in-crisis-bereavement-booklet/>

Family Support Newsletter June Edition

<http://www.cypsp.hscni.net/download/fs-hubs/COVID-19-Family-Support-Newsletter.pdf>

[CYPSP Resource pack for children and young people](http://www.cypsp.hscni.net/resource-pack-for-children-young-people/)

<http://www.cypsp.hscni.net/resource-pack-for-children-young-people/>



See link below to our Face Book page;

Why not follow and enjoy.....

‘Rhythm and Rhyme and Story-telling’

<https://www.facebook.com/homestartnorthdown/>

**Home Start Down
District
Supporting
Families through
Covid 19**



Do you have at least 1 child under 5? Would you be glad of some extra support or a listening ear during these difficult days?

One to One on-line Support for Parents

A volunteer or staff member provides ongoing, weekly one to one support to parents by phone, skype or zoom, offering emotional and practical support.

Counselling Service- One to one counselling available on-line from a fully qualified Counsellor with BACP membership

Join a Family WhatsApp Groups—Family Group Workers will provide emotional support, play ideas, signposting and a chance to check in with other parents with at least 1 child under 5.

Specialist Virtual Support Groups-Using zoom, we are developing virtual groups where parents can participate in workshops focusing on issues such as mindfulness, managing children’s behaviours and coping skills.

Support Email Service -Provides information and support about a whole range of issues.

**For more information: contact: ballynahinch@homestartdd.org
downpatrick@homestartdd.org
newcastle@homestartdd.org or pm us at Home Start Down Face
Facebook**

Parenting NI understand how difficult it is at the moment for practitioners, front line staff and families. To help families during this difficult time we have been providing free support through our Support Line, online resources, podcasts, articles, top tips, etc. However to ensure we meet the needs of families and those working with families we have developed (please see attached information leaflets):

- a suite of training for practitioners which we can provide to groups
- two training sessions for practitioners to individually join at £15 each
- group sessions to support groups of parents

Ideally we would prefer to provide all of this free, however with very limited resources we are unable to do so. To help support the sector during this difficult time we are offering the following at a special discounted rate of £200 per course for groups of 20 and if you buy 3 you get the 4th free. In addition we are providing the Motivating Parents and Difficult Conversations later this month for individuals to join.

Difficult Conversations

Have difficult conversations with families can be challenging, therefore it is important to develop effective techniques

AIM: To gain a better understanding of how to hold effective conversations

Motivating Parents

During this challenging time motivating parents can be difficult. It is important to explore why parents are feeling unmotivated and develop techniques to encourage participation

AIM: To support practitioners in encouraging motivation in parents

Engaging Effectively with Parents

Engaging parents during this pandemic can be problematic. It is important to understand the barriers parents are currently facing and explore techniques to more effectively engage parents

Aim: To refresh our awareness of engaging effectively with parents

Managing Stress

As a practitioner effectively managing your stress during this pandemic is vitally important.

Aim: To support practitioners to effectively recognise and manage stress

Parents, carers, family members...

**if you need us
we're here**

0808 8020 400



For further information please contact ; Maria Rogan maria@parentingni.org or Lauren Walls laurenw@parentingni.org
For more resources from parenting NI search <https://mailchi.mp/7dd14f74ee24/parenting-ni-update-4403428>



WE'RE OPEN!

Family Mediation NI

continues to offer
mediation sessions
via online platforms
to those separated parents who
wish to engage in child
focussed mediation

FMNI now provides online mediation*
Call us to avail of HSCB funded service
for separated parents

Sessions offered to parents wishing to avail of
mediation during COVID-19 and beyond*

**subject to suitability*

For more information, please contact
02890 243265
or enquiry@familymediationni.org.uk
or administration@familymediationni.org.uk
visit www.familymediationni.org.uk

South Eastern Trust
Family Support Hub Service during COVID-19

The Trust Family Support Hubs will continue to operate to support families in need of support during the COVID-19 crisis. We will be working closely with voluntary and community partners to best meet the needs of families during this time.

- ❖ Referrals will continue to be made via the Trust Family Support Hub using the same referral criteria.
- ❖ During the Covid-19 Crisis verbal consent from families will be accepted.
- ❖ Home visits will not be completed for the foreseeable future. Family Support staff based in the Trust, Surestarts, Homestarts, Barnardos, Action for Children and the YMCA will continue to offer interventions to families using other forms of communication and support, such as:
 - Phone calls offering guidance around behaviour management, techniques for emotional regulation, emotional support for children/parents
 - Therapeutic support with children and young people using phone calls/ skype/ zoom etc.
 - Resource packs to be provided to families providing techniques re behaviour and boundary setting, home schooling, activities to engage children and promote healthy routines (infection control will be adhered to)
 - Appropriate telephone follow up with families based on need. Some families may require daily telephone calls given the current crisis.
 - Signposting to voluntary and community agencies where appropriate for practical support.

Please send all referrals to: familysupporthubs@setrust.hscni.net or post to:

Karen Otley
Family Support Co-ordinator (Trustwide)
Laganside House
Lagan Valley Hospital

For any queries please contact:

Direct Dial: **02892501357**
Internal ext: **84441**

This is the Northern Ireland service to register for access to a priority online supermarket delivery slot from Asda, Iceland, Sainsbury's or Tesco.

Is this for me?

You can register if you:

- Live in Northern Ireland
- You or someone you provide care for have been advised by your/their Doctor (GP) to avoid all face to face contact for 12 weeks; and
- Do not have access to alternative help and support for shopping from family or friends, or other local networks

These stores will make every effort to offer you an online delivery slot, but it is dependent on demand and cannot be guaranteed.

Register a request for a priority online supermarket delivery slot in Northern Ireland for those who have been advised by their Doctor(GP) to shield themselves (avoid all face-to-face contact for 12 weeks)

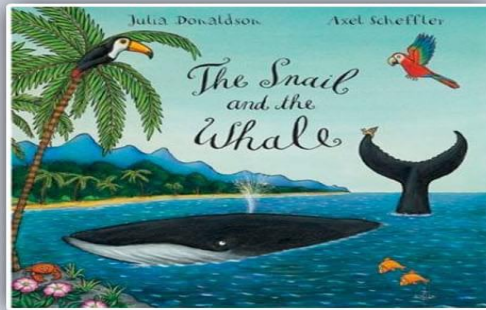
<https://www.nidirect.gov.uk/services/register-priority-online-food-delivery>

Or contact:

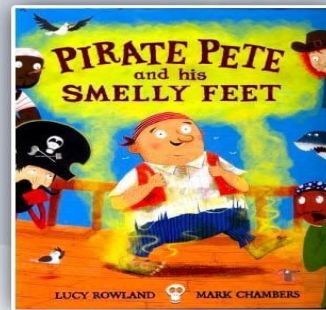
COVID-19EmergenciesResponseProgramme@communities-ni.gov.uk

Every weekday 11:30am on Youtube

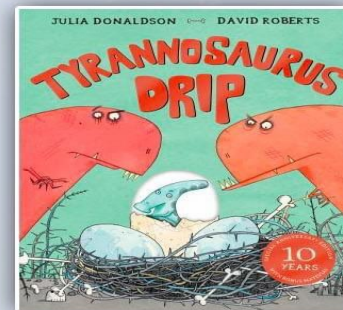
Monday



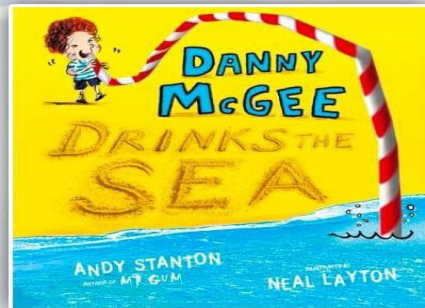
Tuesday



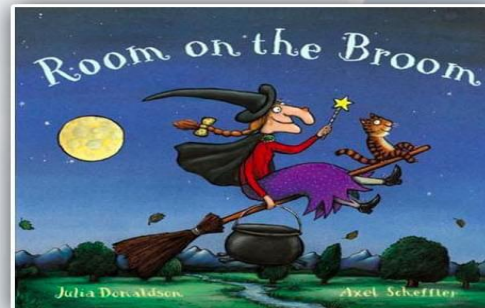
Wednesday



Thursday



Friday



**ARE YOU CONCERNED ABOUT THE SAFETY OR
WELFARE OF A CHILD?
IF SO, PLEASE CONTACT:**

**SOUTH EASTERN HSC TRUST
CHILDREN'S SERVICES GATEWAY TEAM**

Tel: 0300 1000 300

9.00am - 5.00pm

Monday - Friday

RESWS

Tel: (028) 9504 9999

5.00pm - 9.00am

Monday - Friday

(24hrs Saturday/Sunday/Bank Holidays)

#MentalHealthAwarenessWeek

Be kind to yourself



Prioritise nutrition

Keep learning

Get active

Be mindful

 **ea** Education Authority



School Transport Online Application Helpdesk

0300 200 7824

Monday - Friday

9am - 5pm

 **ea** Education Authority

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

COVID-19 Coronavirus - Update

Free School Meals / Uniform Grants Update 2020/21

Current Eligible Families - Parents/guardians who are currently in receipt of support for the 2019/20 school year will receive a pre-populated application form from the Education Authority, which must be completed and returned. Forms to begin arriving week commencing 6 July 2020.

New Applicants - New applicants will be able to apply online via the EA website from Wednesday 8 July 2020.

To help avoid any delays please endeavour to complete and return your application form with any supporting verification documentation as soon as possible.

Our staff will process completed applications as quickly as possible and during the peak processing period of July - September it may take up to 6 weeks to process your claim. We would appreciate your patience and understanding during these times.

For further information and to apply please visit our website:
www.eani.org.uk/financial-help/free-school-meals-school-uniform-allowance

Domestic Abuse

Women's

Federation Northern Ireland

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

dsahelpline.org

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

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/

Useful Helplines*

Coronavirus Helpline	0808 802 0020
Advice NI Tax & Benefits Helpline	
<ul style="list-style-type: none"> • Tax Credits • Child Benefit • Childcare Costs • PAYE • Self-Assessment • National Minimum Wage 	0800 988 2377
Housing Executive	
<ul style="list-style-type: none"> • General enquiries • Repairs • Out of hours emergency repairs • Benefits enquiries 	0344 8920 900 0344 8920 901 0344 8920 901 0344 8920 902
Law Centre NI Helpline	028 9024 4401
Money Advice Service Helpline	0800 138 7777
Welfare Changes Freephone Helpline	0808 802 0020
Benefit Enquiry Line (NI) provides info on:	
<ul style="list-style-type: none"> • Attendance allowance • Disability living allowance • Carer's allowance • Carer's credit 	0800 220 674
Personal Independence Payment (PIP) - New Claim	0800 012 1573
- Existing Claim	0800 587 0932
The Rainbow Project	028 9145 7877
NI Prisoners' Families	0808 808 2003

* Correct at time of publication.

Providing daily lifestyle, wellbeing and health support for all.

We're Social! Follow us on:   

The Hen's Shed....

a fabulous new programme for Women delivered by Kilcooley Women's Centre, Bangor. It's a place where women can learn and grow together, empowering and supporting each other whilst learning a broad range of skills and taking time out from busy lives.

The shed aims to bring people together, targeting deprivation and social isolation and most importantly it is not just a shed. Classes will be timetabled and will range from Health and Wellbeing classes, Beginners Gardening, Cookery, Arts and Crafts and of course free time for individuals to work on their own projects.

We look forward to welcoming people to join the project in late August/ Early September. If you want to add your name to our expression of interest form, please send your contact details via email to seanna@kilcooleywomenscentre.co.uk or telephone 028 9147 8292.



HEN'S SHED



Helplines NI website has been updated to include details of UK and NI helplines that have been setup in response to Coronavirus. To date, over 20 new helplines covering a range of topics (e.g. community helpline, befriending, government grants, pregnancy) have been established specifically in response to coronavirus. For more information visit: <https://www.helplinesni.com/>

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

www.inourplace.co.uk

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.

Watch the video to find out more:

<http://www.human-milk.co.uk/>

Our Breastfeeding Peer Support Service, BFF, is available to all breastfeeding women; all you have to do is ask your Midwife or Health Visitor to make a referral.

Breastfeeding Peer Support is mother to mother support given by women who have breastfed (or are still breastfeeding) and would like to support other mothers in their breastfeeding journey.

All our volunteers have completed a training course and are registered with the South Eastern HSC Trust Volunteer Service.

Although our Breastfeeding Support Groups have been suspended amid the Covid 19 situation we have a lot of other support still available.

As well as the BFF Service mentioned above there are other resources available:

- 24 hours support from:

Midwife Led Unit LVH: 02892633534

Midwife Led Unit DPK: 02844616995

Maternity Unit Ulster Hospital: 02890550469 or 02890550403

- **National Breastfeeding Helpline: 0300 100 0212** 9.30 am- 9.30pm/ 7 days a week, also on Instagram and Facebook.

Webchat service at www.nationalbreastfeedinghelpline.org.uk

- **La Leche League: 0345 120 2918** www.laleche.org.uk, also on Facebook and Instagram

- **NCT Helpline: 03003 300771** *am-10pm 7 days a week

- **Lisburn Breastfeeding Support Group** Facebook page

- **Breastfeeding in Northern Ireland** Facebook page

- Check out our breastfeeding resource page at

www.setrust.hscni.net/healthyliving/2457.htm with helpful videos and other links.



SUPPORT SERVICES DURING COVID-19 OUTBREAK

Weekly Online Support Groups
Meetings are held via Skype
Email info@aware-ni.org to
register your interest.



Support Email Service
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
Useful information and resources.



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



Project supported by the PHA



Autism NI

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).

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



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.



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](https://twitter.com/northdownymca)



[@northdownymca](https://www.instagram.com/northdownymca)

START360™

Putting YOU at the centre

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



County Down
Rural Community
Network



Healthy Living Centre Alliance



County Down
Rural Community
Network

Ballymote Centre, 40 Killough Road, Downpatrick,
BT30 6PY

Tel: 02844612311

Email: info@countydownrcn.com

<http://countydownruralcommunitynetwork.com/>

for further information and copy of latest copy of

'June Notes', the local e-newsletter

Ards Community Network and the CYPSP Ards and North Down Locality Planning Group is supporting families in the **Ards and North Down** area with a **Back to School Uniform Project** making this time of year a little less stressful for families!

If you have school uniforms that are clean and in good condition please donate items to Ards Community Network Centre

Drop Off Dates:

Mon 15th June to Thurs 18th June 10.30am – 3pm

Mon 22nd June to Thurs 25th June 10.30am – 3pm

Mon 29th June to Thurs 2nd July 10.30am – 3pm

***With the present situation and Social Distancing guidelines we would ask that you drop the uniform items into the large boxes placed at our front door**

Primary and Secondary School Uniforms:

- Blazers, Jumpers & Sweatshirts
- Shirts, Trousers, Skirts & Pinafores, Ties
- Coats, Schoolbags / Book Bags
- PE shorts, skorts, sports tops, PE bags



Let's work together and find these clothes a good home!



Community Network Centre

43-45 Frances Street, Newtownards, BT23 7DX

Tel: 028 9181 4625

Email: info@ardscommunitynetwork.com

Web: www.ardscommunitynetwork.com

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.



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

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



Special Educational Needs Helpline



028 9598 5960

Open Monday - Friday
from 9am - 5pm



Come learn with us online in our

virtual classroom

Next week class timetable

MONDAY

Goal
Setting
Part 1

11.00am
to
11.45am



TUESDAY

Goal
Setting
Part 2

11.00am
to
11.45am

WEDNESDAY

Coping with
stress &
Building
resilience

Part 1

11.00am
to
11.45am

THURSDAY

Coping
with stress
& Building
resilience

Part 2

11.00am
to
11.45am

To join
Contact
your
Stepping
Stones key
worker
today.





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



DRUG AND ALCOHOL SUPPORT SERVICES

SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: JUNE 2019

Disclaimer: HSC and PHA have taken every care to ensure the accuracy of the information provided in this directory, we do not accept any responsibility for liability for any errors that have occurred or is recommended that you check their details are up to date for the latest or registered telephone numbers.

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 Ands 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

Dunleavy 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 programme for young people, aged 11-25, focused on life skills and harm reduction.

LYMCA

☐ Tel: 028 9267 0918

Steps 2 Cop

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

ASCERT & Barnardos

☐ www.stepscope.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

☐ 25-27 Market Street, Downpatrick

☐ Tel: 028 4461 2014

☐ 56 Bow Street, Lisburn

☐ Tel: 028 9267 4747

☐ 2a Regent Street, Newcastle

☐ 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

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 Connection)

The SEDACT 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

☐ connectors@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

Mixing

reduce your risk of harm



- Alcohol and cannabis together can lead to the cannabis having a stronger effect than normal. You can also experience physical and psychological side effects.
- When using alcohol and cannabis together, you may experience nausea, vomiting, dizziness, paranoia and/or panic.

Find out more at www.pha.site/mixing

Medicines • Alcohol • Drugs



For more detailed information on services available in your HSC area visit: www.drugsandalcoholni.info



In Crisis? Call Lifeline

FREE 24/7 HELPLINE
0808 808 8000

SMOKEFREE HOMES AND CARS

Do you live in a healthy home?

‘We all have the right to live and work in a smoke free environment.’

Exposure to second-hand smoke directly impacts on the health and wellbeing of children, vulnerable groups and pets. Community workers will be trained & equipped with information to enable families to have a healthier

‘Smokefree Home’

Make your home and car smoke free today

**Contact; Lisa on 07714153607 or Cathy
07715044886**

For information on training and support.





Maternity Stop Smoking Service

2019 - 2020



4195

women booking in the South Eastern HSC Trust to have their baby.
(Ulster, Lagan Valley and Downpatrick Midwifery Led Units)

517

517
of which were smokers



70%

of women stop smoking
smoke-free wombs

and remain
successfully quit
at 4 weeks



Stop Smoking
Services



478 (92%)

were advised about
Stop Smoking
Services
and signposted
appropriately

208

women enrolled
into Specialist
Stop Smoking Service



75%

of partners referred
quit smoking



40%

were given
pharmacological support
(patches, gum etc.)
to aid quit

Gum



Stop Smoking
Patches

Some quotes from
service users:

"Thank you, I couldn't
have managed this
without your support".

"I am so grateful,
thank you."

"You have changed
my life".



If you need support to stop smoking please contact: Lisa Harper / Cathy Bell Tel: 07715 044 886

www.stepstocope.co.uk

Support for young people affected by alcohol, drugs or mental health problems in the family www.stepstocope.co.uk

Are you 11 to 18 years old and affected by someone in the family's alcohol, drug use or mental health problems.

At www.stepstocope.co.uk there is a lot of useful information for young people who are living in a home where there is alcohol or other drug misuse, or mental health problems.

There is also a confidential self-help tool that you can work through online. It guides you through 5 steps that help you to think about:

What living with this is like for me

Information: Learning things I will find useful

How I cope with it all

What support I use

Where I can get further help

It is up to you how you use this website. You can use information at your own pace and the self-help tool is completely anonymous.

ARE YOU LIVING WITH A PARENT/CARER
WHO IS MISUSING DRUGS OR ALCOHOL
OR DEALING WITH MENTAL HEALTH
DIFFICULTIES?



VISIT STEPSTOCOPE.CO.UK FOR TOOLS
THAT CAN HELP YOU COPE DURING THIS
TIME.

STEPS **COPE**

ASCERT 21

Believe in
children
Barnardo's
Northern Ireland

South Eastern Health
and Social Care Trust

AFINet

COMMUNITY
FUND



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

Youth Health Advice Service



HSC South Eastern Health
and Social Care Trust



Ruth |Ewing, Youth Advice Nurse
Mob: 07753310352
serchealth@setrust.hscni.net

Monday – Lisburn
Tuesday – Ards
Wednesday – Downpatrick
Friday – Bangor
9.30am -- 3.30pm

Understanding teenagers brains

Wired for connection

Deirdre McAliskey, National Children's Bureau, and Brendan Bonner, PHA, explain why understanding teenagers' brains can help us to support them during COVID-19. To view our complete series of COVID-19 blogs.

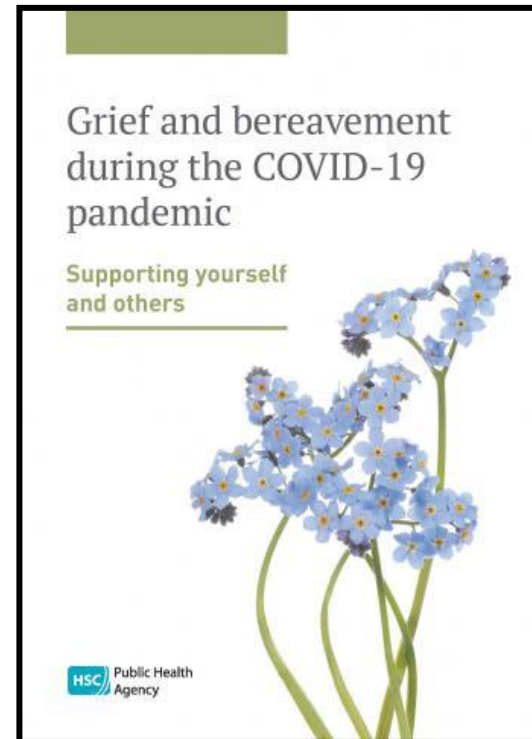
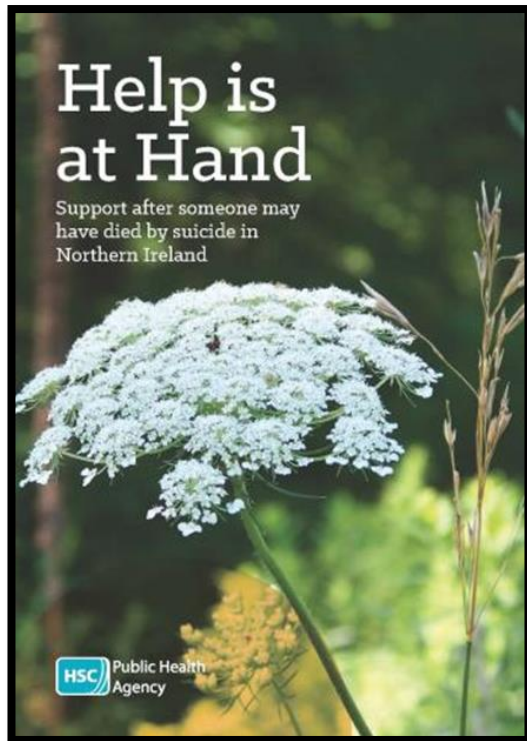
<https://www.publichealth.hscni.net/node/5175>

HSC Public Health
Agency



Help is at Hand

The purpose of these booklets from the Public Health Agency is to provide practical guidance and emotional support following bereavement.



Bereavement Resources

<https://www.publichealth.hscni.net/publications/covid-19-bereavement-resources>

Help is at Hand

[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 CANCELLED

23rd September

25th November

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

Down LPG

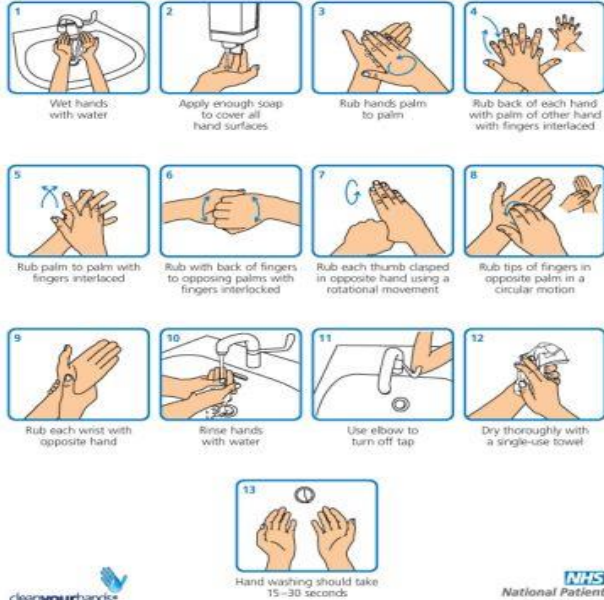
1st April CANCELLED

24th June 11am via zoom

7th October

2nd December

Hand-washing technique with soap and water



© Crown copyright 2007 283275 1p 11 Sept07
Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care

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

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.



Public Health Agency



CATCH IT.



BIN IT.



KILL IT.



*Go for a walk
to clear your head
when you feel
overwhelmed*

ACTION FOR HAPPINESS

#JumpBackJuly



'THE FARMER'
IT'S ALL ABOUT FRUIT
AND VEGE FOR THEM



'THE FLORAL
QUEEN'



I WANT THEM ALL!!
I WANT IT NOW!!!



'THE PLANT KILLER'
WHO KILLS IT EVERY
-TIME :p

Types of Plant lovers

@idotdoodle



'THE PLANT GEEK'
WHO KNOWS IT ALL!



THE CACTI/SUCCULENT
COLLECTOR



'THE NEWBIE'
WHO HASN'T
GOT A CLUE :c



THE ONE WITH AN
'URBAN JUNGLE'