



# Family Support Hubs Newsletter

This edition includes:

## ACTIVITIES FOR KIDS

- BookTrust HomeTime
- Parenting NI - Daily Tips
- Think U Know – Cyber Aware Activity Sheet
- Libraries NI – Children’s Storytime
- Safefoods – Active Play Ideas
- PlayBoard NI – Top Play Props
- CYPSP – Children & Young People’s Resource Pack / Support & Resources
- ni4kids – August Magazine

## YOUNG PEOPLE

- AFC – Floating Support Service
- Social Distancing Survey
- Domestic Abuse Guide for Young People
- The Prince’s Trust – 2020 Youth Index Results
- BBC Young Reporter Competition
- Secondary Students’ Union of NI
- Further Education, Employment, Learning & Skills

## BACK TO SCHOOL

- EA - Free School Meals/Uniform Grant Applications, Home to School Transport Checklist for Parents, Home to School Transport Helpline
- Dept of Education – Education Restart Information, Updated re-opening guidance for pre-school education settings
- VOYPIC - Advocacy Service
- Barnardo’s – Back to School Activity Booklets
- Autism NI – Resources to help with returning to school
- Do I Need to Keep My Child Off School?

## CHILD CARE

- Employers for Childcare – Family Benefits Advice, Digital Newsletter
- PlayBoard NI – Preparing to Reopen Your School Age Childcare Setting
- Family Support NI
- Childcare Recovery Fund

## PARENTING / CARERS

- Child Safety in the Home Course
- ParentLine NI
- Family Mediation NI
- Your Rights in Work Factsheet
- A-Z Guide for Unpaid Carers
- Post-natal Depression Factsheet
- When will this all be over? Blog
- Positive Approaches to Discipline
- Connect for Life – Parents Webinars
- Disabled Children – Helpful Guide
- Autism Private Member’s Bill Survey
- CYPSP – Support & Resources

## COVID ADVICE / GUIDANCE

- Testing, StopCOVID NI App, Vaccine Research

## MENTAL HEALTH

- Helplines NI, Minding Your Head, Stress Control Classes

## YOUNG PEOPLE’S MENTAL HEALTH

- Elephant Room, Barnardo’s Report, Youth Access, FLARE

## SUPPORT

- Clanrye Group, Innovation Recovery, Grief & Bereavement Resources, Atlas Centre

## GOOD NEWS STORY

## WHAT WE ACHIEVED IN 2019/20

Welcome to **Edition 15/2020** of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 24 August 2020.

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

Hubs are continuing to work hard to provide vital support to children and families. We have 29 Family Support Hubs in operation covering all of Northern Ireland since 2013.

Hubs co-ordinate existing statutory/community and voluntary services:-

- To improve access to early intervention family Support services by matching the needs of referred families to family support providers.
- To improve coordination of early intervention family support services by creating a collaborative network of community, voluntary and statutory providers.
- To improve awareness of early intervention family support services.
- To assess the level of unmet need for early intervention family support services and inform the Trust’s CYPSP Outcomes Groups.

For More information or to make a referral visit  
<http://www.cypsp.hscni.net/family-support-hubs>

Where are the hubs?  
Click on map:-



# ACTIVITIES FOR KIDS



**Activities that are perfect for keeping little minds busy**

#BookTrustHomeTime



Looking for fun things to keep your children entertained? Book Trust HomeTime have loads of downloadable activities including puzzles, colouring, crafts and more –

[Find activities](#)



## Cyber Aware Activity Sheet

These fun, quick, five minute activities have been created by The National Cyber Security Centre to help families think about how they can be Cyber Aware.

Choose the activity most suitable for your child's age and development.



[Download Here](#)



## Daily tips for play

Role playing shops, home life and school gives children opportunity to share how they see the world.



Support Line: 0808 8010 722  
parentingni.org



## Daily tips for play

Baking and cooking at home can be part of play. It's a fun activity which also allows children to taste and experience different food.



Support Line: 0808 8010 722  
parentingni.org



Tune into Libraries NI YouTube channel on weekdays at 2.30pm for Children's Storytime

[Tune in here](#)



Active play ideas from 'safefoods'. Games that get the kids physically active & are safe to play indoors – [find out more here](#)

**PlayBoard's top play props**

**Sticks**

Here are some ideas but ... it's up to you and your imagination!

**Xs and Os** - also known as tic-tac-toe, all you need is some small twigs, leaves and twine. Cut the twigs into four equal lengths and tie with twine to make the grid shape. Make little Xs by crossing and tying two smaller twigs together. Using the leaves as the Os, you're all set!

**Frisbee** - make your own using just 5 lolly pop sticks. Watch our 'how to' video on YouTube. Play frisbee golf by setting up hoops outside and trying to get a hole in one.

**Catapult** - find a Y shaped stick then cut an elastic band and attach to either side of the top.

**Bow & arrow** - to make the bow, tie a piece of wool to the top and bottom of a long, straight stick, using a smaller stick as the arrow.

**Triple long jump** - place three long sticks on the ground far enough to jump over with only one foot allowed in each section. If you touch a stick or miss the gap you are out. Move the first stick up to where the last person's foot lands and keep going!

**Wind chimes** - these can be made from a range of materials including twigs. Gather six twigs, one larger and five of varying sizes. Decorate your twigs and attach using string so they hang from the larger twig. Hang in your garden and listen as they blow in the wind.

Playday is coordinated by PlayBoard NI, Play England, Play Wales & Play Scotland. [www.playday.org.uk](http://www.playday.org.uk) [www.playboard.org](http://www.playboard.org)

PlayBoard NI is registered with the Charity Commission for NI NIC104724, company limited by guarantee no. NI30225, charity no. XR86639

**PlayBoard's top play props**

**Cardboard box**

Here are some ideas but ... it's up to you and your imagination!

**Fort or castle** - make a simple den using just one box or an elaborate castle using lots of boxes. Draw on or cut out windows, decorate and add cosy cushions and blankets.

**Aquarium** - using a shoe or cereal box cut off one of the sides. Colour the inside of the box blue. Draw fish, sea creatures and plants on pieces of cardboard or paper. Add sand, rocks, shells or plants at the bottom of the box. Stick some fish and creatures on the back of the box and hang some from the top with string, to swim around your aquarium!

**Toy car, aeroplane or fire truck**

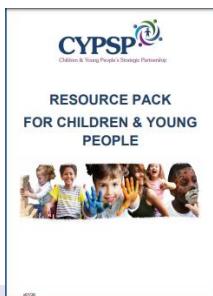
**Cardboard costume**

**Piñata** - cut out two matching cardboard shapes as well as some strips as wide as you want the piñata to be. Decorate and tape together to create your 3D shape, adding your treats. Cut two small holes at the top and add string or rope to tie it up.

Playday is coordinated by PlayBoard NI, Play England, Play Wales & Play Scotland. [www.playday.org.uk](http://www.playday.org.uk) [www.playboard.org](http://www.playboard.org)

PlayBoard NI is registered with the Charity Commission for NI NIC104724, company limited by guarantee no. NI30225, charity no. XR86639

## More play ideas from Playboard NI



For more kids activities, check out the CYPSP

- [Children & Young People's Resource Pack](#)
- [Support & Resources page](#)

on the CYPSP Website.



Read the August edition of ni4kids magazine [here](#)

Floating Support Service

## Safe as houses

Supporting young people living in Omagh and Fermanagh aged 16 – 25 that are homeless, at risk of homelessness or leaving care.

We listen to you  
Meet when and where it suits you  
Make Plans with you  
Work with people that are important to you

Floating Support Service  
2A Holmview Terrace  
Omagh  
County Tyrone  
BT79 0AH

Telephone: 028 8225 9495  
Instagram: sperrinlandfss  
Twitter: @actnforchildren

Charity no: 1097946/SC038092 Company no: 4764232 © Action for Children 2020.

### 28% OF YOUNG PEOPLE

in Northern Ireland say they feel powerless to change their future

L'ORÉAL PARIS | Prince's Trust Northern Ireland

It's important that we tackle the issues that young people here in NI face. Take a look The Prince's Trust 2020 Youth Index results which measures young people's happiness & confidence in areas of their life!

[Download Report](#)

**Aged 16-25??  
We want to hear YOUR views on  
'Social Distancing'**

**Please complete this 10-15min survey to share  
YOUR VOICE**

 <http://tiny.cc/pyrksz> 

**\*\*Survey completers will be entered into a raffle to win a £100 Amazon voucher\*\***

**For more info contact Emma Berry: [E.Berry@qub.ac.uk](mailto:E.Berry@qub.ac.uk)**



Are you a young person affected by domestic abuse?

Action for Children, The Children's Society and Women's Aid have worked together to produce a guide specifically for young people on how to get help – [View Here](#)



Calling all young people (aged 11-18) who are passionate about an issue or with interesting personal experiences and would like to share with a wider audience. The BBC Young Reporters Competition is for you.

Further information on how you can get involved [here](#).



Secondary Students' Union of Northern Ireland is a place for students in NI to have a say in their education, become leaders and making lifelong connects. For further information and details on how to become a member visit [www.ssuni.org](http://www.ssuni.org)



# springvale

employment & learning solutions

ARE YOU AGED 16-17?

# LEARN!

EARN WHILE YOU LEARN

GET PAID TO GET QUALIFIED  
£40-£52 per week (Travel costs included)

# ENROL NOW

REFER A FRIEND AND GET £25\*

£40 a week  
(doesn't  
affect family  
benefits)

Travel  
allowance  
paid

£360-£520  
attendance  
bonuses and 37  
paid holidays a  
year

Housing and  
childcare  
allowance could  
apply to you

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

Text us for more  
info

**07852985165**

200 Springfield Rd  
Belfast  
BT12 7DR



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

# ENROL NOW!

Gain an NVQ recognised qualifications at Level 1/2 in professional and technical skills with 2/3 days practical work experience each week, all taught within state of the art facilities. Improve your chances of finding the right job or further education opportunity.



**TEXT: 07852 985 165**

Training for Success is the Department for the Economy's professional and technical training provision for 16-17 year olds.

\*New learners must stay at least 6 weeks on the TFS programme before fee is paid

**SKILLS  
TO SUCCEED**

TRAINING  
FOR SUCCESS



Department for the  
Economy  
[www.economy-ni.gov.uk](http://www.economy-ni.gov.uk)

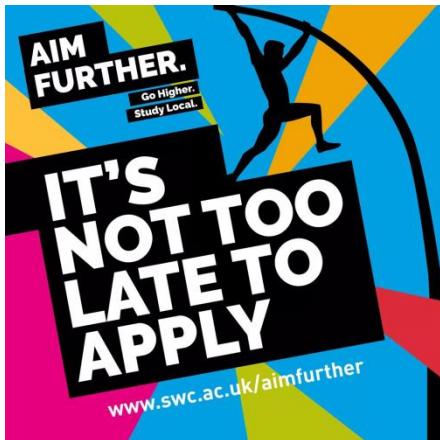
**FULL-TIME HIGHER EDUCATION PLACES STILL AVAILABLE**

Over 50 HE courses offered

SRC

**Southern Regional College**

[Search for Courses](#)



**South West Regional College**

Watch SWC "On Demand" course videos to see if there's something for you:  
[www.swc.ac.uk/aimfurther](http://www.swc.ac.uk/aimfurther)

**Full-Time Prospectus 2020/21**

Training for Success Prospectus 2020/21 | Full-Time Apprenticeship Prospectus 2020/21 | Full-Time Further Education Prospectus 2020/21 | Full-Time & Part-Time Higher Education Prospectus 2020/21

Download Now!

Bangor | Downpatrick | Lisburn | Newtownards | #OnlineAndOpenForBusiness | www.serc.ac.uk | SERC

**South Eastern Regional College**

It's not too late to apply for Full-Time courses starting in September.

Visit: <http://ow.ly/ck2U50B0GJW>



**North West Regional College**

No matter what your results have been, either you have applied to NWRC, or still are considering your options, rest assured that we're ready to take your career to the next level.

For more visit [www.nwrc.ac.uk/results](http://www.nwrc.ac.uk/results)



**Belfast Met**

Got your results? What's next?

[Find Your Place](#)

**Online Enrolment**

Enrol for a course from the comfort of your own home!

Let us help!  
Email [admissions@nrc.ac.uk](mailto:admissions@nrc.ac.uk)  
**NORTHERN**  
Regional College

**Northern Regional College**

Stay home and enrol online using the application portal!

<http://ow.ly/lIQI50AWxDa>

For help regarding applying and enrolling contact [admissions@nrc.ac.uk](mailto:admissions@nrc.ac.uk)

**ARE YOU AGED 16-24?  
LOOKING FOR SOME DIRECTION?  
DO YOU WANT TO FIND YOUR FUTURE?**

**futures Project ONLINE**

FUTURES IS A PERSONAL DEVELOPMENT SUMMER PROGRAMME FOR YOUNG PEOPLE:

- EARN UP TO £40 PER WEEK & KEEP YOUR BENEFITS!
- GAIN NEW SKILLS & QUALIFICATIONS (OCN LEVEL 2)
- YOU'LL HAVE A MENTOR TO SUPPORT YOU
- WEEKLY CHECK-IN WITH FACILITATORS/KEYWORKER
- TAKE PART IN FUN ACTIVITIES WITH WEEKLY TASKS
- DAILY HEALTHY HOUR FOR SELF CARE
- CREATIVE JOURNALING, RELAXATION, BOOK CLUB & MORE
- BELFAST MET STUDENT ID THROUGH UNIDAYS APP

**YOU'LL NEED:**

- INTERNET ACCESS
- SMARTPHONE OR TABLET
- FACEBOOK ACCOUNT

**INTERESTED? TO JOIN CONTACT:**  
**FUTURESPROJECT@NIHE.GOV.UK**  
FUTURES OUTREACH CO-ORDINATOR : 07920518125  
(EOIN CONWAY)

**START360**

**Housing Executive**

**Peace**  
Northern Ireland - Ireland

**belfast met**

**START360**

**14TH SEPT 2020**

**Donegal Youth Service Youth Work Ireland**

**SouthWest College**

**TIDES**

**Youthscape**  
Are you aged 14 - 24?

Come and Join our online Programme and be part of the Youthscape Community

**YOUTHSCAPE PROGRAMME COMMENCING MON 31ST AUGUST 2020**

Do you know of any young people aged 14-24 who need a supportive programme to help guide them on to their next stage in life? If yes, then Youthscape might be a great option for them!

[Further information](#)

**TRAINING FOR SUCCESS**

**ENHANCE YOUR PROFILE**

**Maximise Your Potential!**

**brysonfutureskills.org/**

Bryson Future Skills offer a wide range of vocational career choices as part of the Training for Success programme.

More information at:  
<https://brysonfutureskills.org/>



## Free School Meals Applications

Check Eligibility      Apply Online or Complete Paper Form      Provide Verification Documentation      Complete & Submit / Return Form

For more info visit [eani.org.uk/fsm](http://eani.org.uk/fsm)

**ea** Education Authority

### Free School Meals/Uniform Grant Applications

EA have compiled Frequently Asked Questions on their website to assist any parents/guardians who may have any queries in relation to applications for 2020/21.

Visit <http://eani.org.uk/fsm>

## Home to School Transport Helpline

028 9598 5959

*Open Monday to Friday,  
between the hours of 8.30am - 12.30pm  
and 1.30pm - 5.30pm*

**ea** Education Authority

## Home to School Transport

Checklist for Parents

Check transport schedule before travel      Ensure your child washes their hands prior to getting on the vehicle

Consider alternative or active travel to school      Your child should not travel if they have any Covid-19 symptoms

**ea** Education Authority

Before you travel make sure you've read EA's advice for parents and pupils <http://eani.org.uk/education-restart...>. Pupils using Translink services can check their schedule before travelling at <http://translink.co.uk/schoolservices>

### EDUCATION RESTART

WE ALL  
MUST DO IT  
TO GET  
THROUGH IT

STAY SAFE      SAVE LIVES

Information from the Department of Education for children and young people returning to school – [Read Here](#)



Updated re-opening guidance for pre-school education setting is now available at:  
<https://www.education-ni.gov.uk/sites/default/files/publications/education/Pre-School-Education-Guidance-for-re-opening-settings-17-August-2020.pdf>



Are you worried about going **Back to School?**

Going back to school, college or university can be a bit daunting every year. And this year, after being out for so long, it may be even more worrying and stressful.

**Remember, we're here to help!**

Our Advocacy Service can offer advice and support. Just give us a call (028 9024 4888) or email ([info@voypic.org](mailto:info@voypic.org)) for more info.

It's always difficult going back to school after the big summer holiday. And this year, after more than 5 months out, many young people are feeling nervous about going back. Contact VOYPIC's Advocacy Service for advice and support - 028 9024 4888 [info@voypic.org](mailto:info@voypic.org)



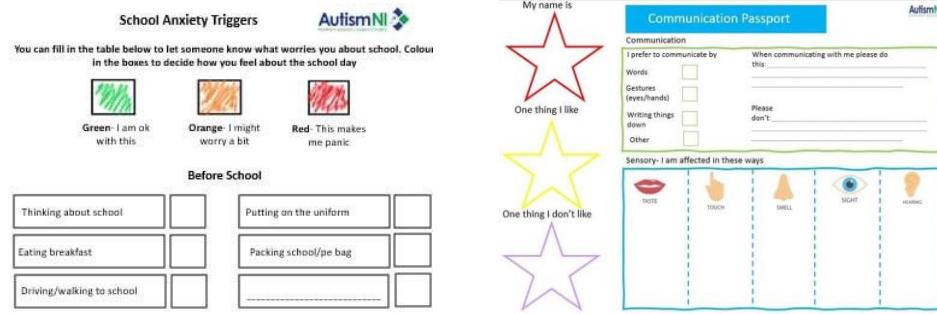
Check out these activity booklets developed by Barnardo's to help students feel confident and calm when returning to school

[Back to School – Primary](#)

[Back to School – Secondary](#)



Books can be a great way to help reassure little ones before their first day of school or nursery! BookTrust have put together a little list of stories that you might like to read together: <https://booktrust.org.uk/booklists/s/startng-school/>



**School Anxiety Triggers**  
You can fill in the table below to let someone know what worries you about school. Colour in the boxes to decide how you feel about the school day

	Green - I am ok with this		Orange - I might worry a bit		Red - This makes me panic
---	---------------------------	---	------------------------------	---	---------------------------

**Before School**

Thinking about school	<input type="checkbox"/>	Putting on the uniform	<input type="checkbox"/>
Eating breakfast	<input type="checkbox"/>	Packing school/pe bag	<input type="checkbox"/>
Driving/walking to school	<input type="checkbox"/>		<input type="checkbox"/>

**My name is**  
One thing I like  
  
One thing I don't like  


**Communication Passport**  
I prefer to communicate by  
Words:  Gestures (eyes/hands):  Writing things down:  Other:   
When communicating with me please do this: \_\_\_\_\_  
Please don't: \_\_\_\_\_

**Sensory - I am affected in these ways**

TASTE	TOUCH	SMELL	SIGHT	HEARING
-------	-------	-------	-------	---------

Resources from Autism NI to help autistic children cope with anxieties and transitioning back to school.

[School Anxiety Triggers Visual Board](#) - to help explain some worries that children and teenagers may have with returning to school.

[Communication Passport](#) - an effective way of summarising information that will help during transitions such as moving to a new school or a news school year.



# Do I need to keep my child off school?



Public Health  
Agency

## Chicken Pox

Until all spots have crusted over

## Conjunctivitis

No need to stay off but school or nursery should be informed

## Diarrhoea & Vomiting

48 hours from last episode

## Glandular Fever

No need to stay off but school or nursery should be informed

## Hand, foot & mouth

No need to stay off but school or nursery should be informed

## Impetigo

Until lesions are crusted & healed or 48 Hours after commencing antibiotics

## Measles or German Measles

4 days from onset of rash

## Mumps

5 days from onset of swelling

## Scabies

Until after first treatment

## Scarlet Fever

24 hours after commencing antibiotics

## Slapped Cheek

No need to stay off but school or nursery should be informed

## Whooping Cough

48 Hours after commencing antibiotics

## Flu

Until recovered

## Head Lice

No need to stay off but school or nursery should be informed

## Threadworms

No need to stay off but school or nursery should be informed

## Tonsillitis

No need to stay off but school or nursery should be informed



## Employers For Childcare

Do you have questions  
about Tax-Free  
Childcare?

- Am I eligible?
- How does it work?
- How much money could I save?
- Can I use it along with Childcare Vouchers?

Call our **Family Benefits Advice Service** on  
0800 028 3008 for free, impartial and  
confidential advice.



Watch PlayBoard NI's webinar on  
'Preparing to Reopen Your School Age  
Childcare Setting' [here](#)



## Sign up for our digital newsletter

At this critical time for childcare,  
make sure you stay up to date with all  
the latest developments as they  
impact on parents, employers and  
childcare providers.

Sign up to receive our latest news  
direct to your inbox at  
[www.employersforchildcare.org](http://www.employersforchildcare.org)

## Employers For Childcare

[Sign Up For Newsletter Here](#)

**family support NI .gov.uk**  
Helping You Find the Services You Need

Family Support      Childcare

Information on a wide range of family support services and registered childcare provision in Northern Ireland

**Q Family Support**  
Find local services and information to support you and your family

**Q Childcare**  
Find registered childcare in N Ireland and useful information including financial support

If you need to find a local support service or  
childcare, visit the [Family Support NI Website](#)  
which holds information on a wide range of family  
support services and registered childcare  
provision across NI.



## #ChildcareRecovery Support Fund

Online user-friendly application for  
all registered childcare providers

Apply from 27 July 2020  
[www.early-years.org/childcare-recovery-support-fund](http://www.early-years.org/childcare-recovery-support-fund)

**early years**  
the organisation for young children

Further information on the Childcare Recovery Fund is  
available to [view here](#)

## RoSPA Child Safety in the Home

6 October 2020  
Two 2 hour sessions  
10am-12 noon  
1.30-3.30pm  
via Webex Digital Platform

Facilitator: RoSPA's Jim Oran  
To book a place please request an application form from  
**email:**  
[pwb.training@southerntrust.hscni.net](mailto:pwb.training@southerntrust.hscni.net)

**Closing date for applications: 25 September 2020**

**Once registered a pre-course information will be shared.**



This course will provide an overview of home accidents and an insight into injury prevention in critical areas.

It is aimed at those who play a role in the prevention of childhood accidents in the home:-

- People caring for families and their children.
- Community groups, health professionals and statutory organisations

**Delegates will develop skills in:**

- Promoting safer home environments
- The importance and need for home safety
- Recognising who is most at risk from home accidents and why
- The causes, consequences and related costs of home accidents
- Accident prevention measures and methods of assessing, prioritising and controlling risk
- Effective interventions and how to evaluate them

All delegates will receive a RoSPA certificate on completion of training.

This course qualifies for Continuing Professional Development points.

## Children and Young People's survey

Are you aged 9-25? We want to hear from you! What would improve your health and wellbeing?

Are you the parent of someone aged 0-25? Tell us what your child/young person needs to improve their health and wellbeing.

It takes two minutes to complete, just click the survey monkey link.

Northern Health and Social Care Trust

Children & Young People's Partnership

[Complete Survey](#)



## COVID-19 SEPARATED PARENTS MEDIATION AVAILABLE NOW VIA ONLINE PLATFORMS

**“**We at Family Mediation NI are mindful that just because social isolation is in place to stay safe and stay well mums and dads still need to work out arrangements for their children. Mediation is more vital now than ever... That's why our team has online mediation in place now to help separated parents

~ Joan Davis, Director

**Contact us on 028 9024 3265 or**  
[enquiry@familymediationni.org.uk](mailto:enquiry@familymediationni.org.uk) or  
[administration@familymediationni.org.uk](mailto:administration@familymediationni.org.uk)

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



## Your rights in work

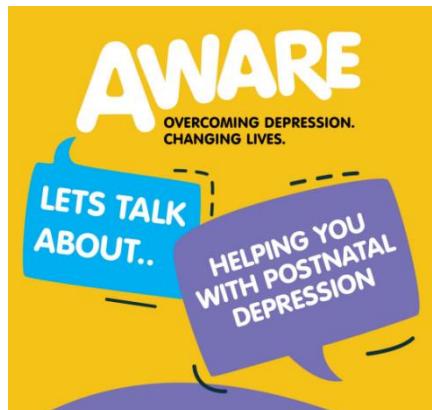


This factsheet applies to Northern Ireland only.

[carersni.org](http://carersni.org)

If you're juggling work & caring, check out this factsheet from Carers NI on 'Your rights in work'. It provides vital information about supporting working carers & the options to explore before taking the major step of leaving employment.

[Download Factsheet](#)



With post-natal depression affecting more than 1 in 10 women within a year of giving birth, AWARE have put together a resource to help you recognise the signs & symptoms and help you get support – [Download Here](#)



A-Z Guide for unpaid carers to help with accessing information, support and services.

[Download Guide](#)



**Healthy conversations**

**'When will all this be over?'**

This blog from PHA and Relate NI looks at healthy and honest conversations with children and explores how parents can approach challenging conversations – [Read Here](#)



## Positive Approaches to Discipline

This Free Online Zoom Session for families living in the Western Trust will explore:

- Tips & techniques for managing children's behaviour
- Effective & healthy discipline strategies

Tuesday  
15th  
September  
2020  
7pm - 8pm

Call us to register on freephone 0808 8010 722

Available Mon - Thurs 9:30 am - 3:30 pm  
& Fri 9:30 am - 12:30 pm

parentingni.org



This programme is supported by the Assets Recovery Community Scheme



This Helpful Guide for families caring for a child with additional needs guides you through what can be a confusing system of support.

[Request your free copy here](#)

For ALL Parents/Carers: FREE supportive and reassuring information sessions on the challenges of parenting. Click on the link below to sign up to any of the sessions you are interested in.

### Connected for life

#### Parents Webinars

This series of 2-hour webinars will present information on a range of topics that is supportive and reassuring wherever you are on your parenting journey. This will be followed by a discussion, during which the facilitators will respond to questions submitted via the private chat.

Webinar 1

15<sup>th</sup> Sept 2020, 6.30 - 8.30pm

Helping children manage their emotions

Webinar 2

13<sup>th</sup> Oct 2020, 6.30 - 8.30pm

What is attachment and why does it matter?

Webinar 3

10<sup>th</sup> Nov 2020, 6.30 - 8.30pm

How our early experiences can impact us throughout our lives

Webinar 4

8<sup>th</sup> Dec 2020, 6.30 - 8.30pm

Why self care really matters

Webinar 5

19<sup>th</sup> Jan 2021, 6.30 - 8.30pm

Navigating adolescence

Book your place via <https://www.eventbrite.co.uk/o/connected-for-life-13704663786>



### Autism Private Member's Bill Survey 2020

You can help make a difference to Autism Services in Northern Ireland. Make your voice heard by taking part in this survey.

[Complete Survey](#)



The CYPSP central Support & Resources page is updated regularly. You can filter by theme for lots of up to date advice, information, fun activities for Children and Young People, events, ideas and support.

[Visit Resource](#)

## Symptoms of COVID-19

New continuous cough  
High temperature  
Loss of, or change in, sense of taste or smell

If you have any of these symptoms, get tested

**HSC** Public Health Agency

COVID-19 mainly spreads from person to person

But it can also be left on objects and surfaces...

So if you touch something contaminated and then touch your face or another's face, you might all fall ill.

11 Mar 2020

World Health Organization Western Pacific Region

**Test ✓ Trace ✓ Protect ✓** HSC Health and Social Care

If you receive a positive COVID-19 test result you will be contacted by the PHA's Contact Tracing Service on (028) 9536 8888.

It is really important that you answer this call to help us identify close contacts and reduce further spread.

**HSC** Public Health Agency

**WE ALL MUST DO IT TO GET THROUGH IT** STOP. SAVE LIVES

**Coronavirus**  
STAY SAFE SAVE LIVES

Keep your distance  
Cough or sneeze into your elbow, or a tissue and dispose in a bin  
Don't touch your face  
Wash your hands well and often

If you have symptoms of coronavirus, even if mild, go home, isolate yourself and book a test.

For more information go to [www.pha.site/coronavirus](http://www.pha.site/coronavirus)

**HSC** Public Health Agency

Everyone with COVID-19 symptoms is now eligible for testing.

**GET TESTED**

**HSC** Public Health Agency

If you have symptoms get tested!

For more info on locations & how to get a test visit [www.pha.site/cvtesting](http://www.pha.site/cvtesting)

**StopCOVID NI**  
DOWNLOAD THE APP NOW

Available on App Store Google Play

Download The StopCOVID NI app today and help stop the spread of #COVID19

<https://apps.apple.com/gb/app/stopcovidni/id1519404160>

<https://play.google.com/store/apps/details?id=net.hscni.covidtracker>

If you live in Northern Ireland you could

## HELP US FIND A VACCINE FOR COVID-19.

Join the NHS COVID-19 vaccine research registry today: [nhs.uk/researchcontact](http://nhs.uk/researchcontact)

**BE PART OF RESEARCH**

**HSC** Public Health Agency **HSC** Health and Social Care

**COVID-19**  
Simple steps save lives

**HSC** Public Health Agency

**Wash your hands regularly** **Keep your distance** **Wear a face covering where needed**

## MENTAL HEALTH

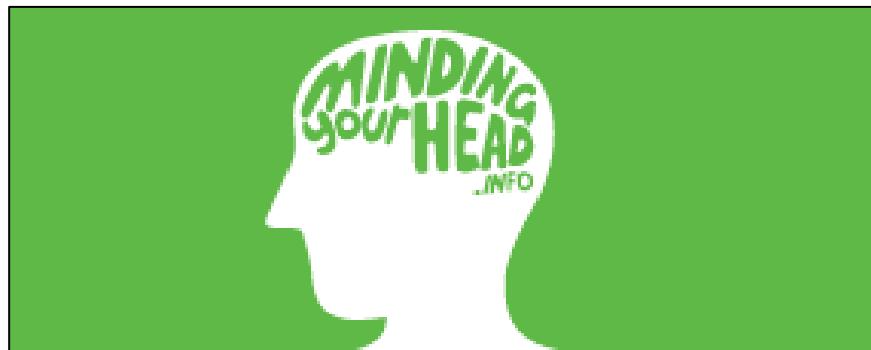
 **Helplines NI**  
listen. support. inform.

[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!







Information, self-help guides and ways to find support on a range of mental health and wellbeing issues, available at:

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

**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**





# Free online stress control classes

Anxious      Trouble sleeping      Worry      Panic

[www.ni.stresscontrol.org](http://www.ni.stresscontrol.org)

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

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



Service provided by  **ORCHA**

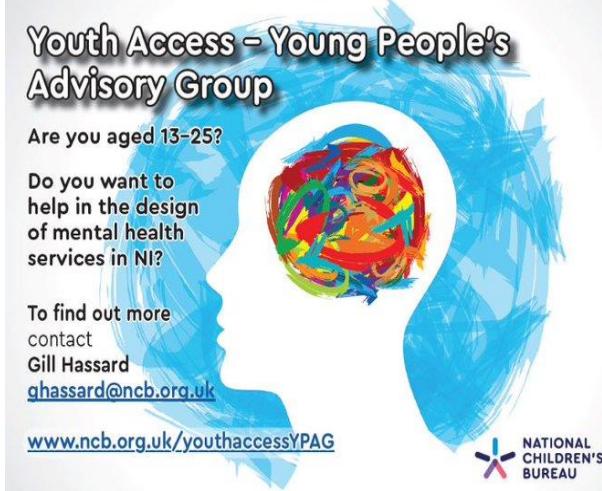
  
Department of Health  
An tArd-Síofnach  
Ministry of Public  
[www.health-ni.gov.uk](http://www.health-ni.gov.uk)

 **Health and Social Care**



**ELEPHANT IN THE ROOM**  
Exploring young people's awareness of mental health in Northern Ireland

At the end of July, members of the Elephant in the Room (EITR) campaign group appeared before the Executive Working Group on Mental Wellbeing, Resilience and Suicide Prevention to discuss mental health reform, including the recommendations from the ETR report. Further information and report is available to [read here](#).



**Youth Access - Young People's Advisory Group**

Are you aged 13-25?  
Do you want to help in the design of mental health services in NI?  
To find out more contact Gill Hassard [g.hassard@ncb.org.uk](mailto:g.hassard@ncb.org.uk) [www.ncb.org.uk/youthaccessYPAG](http://www.ncb.org.uk/youthaccessYPAG)

NATIONAL CHILDREN'S BUREAU



Mental Health UK



Helpful article from Mental Health UK for young people who have received disappointing exam results - [Read Here](#)



**New Term  
New Challenges  
New Opportunities**

Putting Children's Mental Health at the Heart of Education

Believe in children Barnardo's Northern Ireland

August 2020

New report from Barnardo's NI: 'New Term, New Challenges, New Opportunities – Putting Children's Mental Heath at the Heart of Education'. With the new school term on the horizon, mental health and wellbeing needs to be the top priority – [Read Full Report Here](#)



The Flare programme engages with young people to raise their awareness of positive mental health, how to find support and develop their confidence, resilience and coping strategies.

[Get support here](#)



Download the latest Mentally Healthy Schools coronavirus toolkit: supporting the return to school

MENTALLY HEALTHY SCHOOLS Anna Freud National Centre for Children and Families

Toolkit from Mentally Healthy Schools' bringing together lots of useful resources for school staff, parents, carers and children, all focused on making sure the return to classrooms is a mentally healthy one.

[Download it here](#)

# SUPPORT

 **Clanrye Group**  
2020 Programmes

**Offering a range of free support programmes and activities for the whole community to enjoy at home / socially distanced**

 <b>Family fun activities</b> Including exercise and fun activities	 <b>Online Courses</b> Including online safety for parents
 <b>Help finding work</b> CV's, application forms & Interviews	 <b>Family Support</b> Including parent & relationship support
 <b>The Mill Online Cafe</b> Online social cafe open to everyone	 <b>Health &amp; Well-being support</b> Support if you are feeling stressed, anxious or lonely
 <b>Computer Skills</b> Help to improve your computer skills	 <b>Community Hub Support</b> Help with food and befriending

Give us a call on 028 3089 8119  
or email [info@clanryegroup.com](mailto:info@clanryegroup.com)

  
**innovation recovery**  
education for mental wellbeing



**Online Course Timetable**

The timetable for September's FREE online courses is now live and open for registrations.

[September Timetable](#)

  
Grief and bereavement during the COVID-19 pandemic

  
Supporting yourself and others

If you have lost a loved one during the COVID-19 pandemic, there are resources and support information available.

Visit: [www.pha.site/covid19-bereavement](http://www.pha.site/covid19-bereavement)

<b>September at ATLAS CENTRE</b> <i>Learning &amp; Support for Everyone</i>		
We have taken all reasonable precautions to keep you safe while attending Atlas		
<ul style="list-style-type: none"><li>• Social Distancing</li><li>• Hand Sanitising</li><li>• Robust Cleaning &amp; Sanitising</li><li>• Face Masks Available</li></ul>		
<b>Monday</b>		
<b>Body Shape, Style &amp; Personality for Mums, creche available</b> Monday 7 <sup>th</sup> Sept 6 wks 10am – 12pm Criteria applies, call for more info	<b>Barre Taster Session</b> Floor, Chair Ballet, Ballroom Movement Monday 7 <sup>th</sup> Sept 12:15pm – 1pm	<b>Famous Art &amp; Artists</b> Learn about them and create art in their style Monday 14 <sup>th</sup> Sept 6 wks 1.30 – 3.30
<b>Tuesday</b>		<b>Wednesday</b>
<b>Supporting Parents</b> Tea, Coffee, Chat Free Creche Available Tuesday 8 <sup>th</sup> Sept (weekly) 10.30 – 11.30	<b>Coping with Grief &amp; Loss</b> Loss of income, job, pet, loved one.... 23rd Sept 6 Weeks 10am – 12pm	<b>Grounding Techniques for 8-10 yrs</b> Start date 9 <sup>th</sup> Sept 4 – 5pm 8 weeks
		<b>Thursday</b>
<b>All About Art Therapy Parenting Tips</b> Thursday 3 <sup>rd</sup> Sept 4 wks 10am – 12pm	<b>Start from the Heart Parenting Class</b> Thursday 1 <sup>st</sup> Oct 10 wks 10am – 12pm	<b>Friday</b>
		<b>Mindful Parenting</b> Friday 4 <sup>th</sup> Sept 10.00 -11.30
 <b>Atlas Creche</b>	<b>Contact Us:</b> Phone * email * WhatsApp * Facebook * text 02892 605807/07927 970847 Email: <a href="mailto:info@atlaswomenscentre.co.uk">info@atlaswomenscentre.co.uk</a> Facebook: Atlas Centre Lisburn	
Creche places are available with morning classes. Priority is allocated to parents who meet funders criteria. Please call for more details.		

Please note that places are very limited and booking essential.



## Newry & Mourne Family Support Hub/SPACE-NI

After talking to parents and children who were referred to SPACE-NI via the Family Support Hub, it was clear that after many months of lockdown parents needed some respite and children needed to reconnect with friends. The team at Space took on the challenge of planning a summer scheme whilst adhering to all the Covid-19 guidelines, it was no easy feat. We knew whatever we did had to be high energy, outdoors and with restricted numbers and with the increased numbers of referrals from parents asking for support for managing their children's anxiety we wanted to add in some therapeutic element to it, so animals got thrown into the mix.

Over lockdown families with disabled children were telling us how exhausted, frustrated and worn down they were feeling. With the loss of many respite opportunities, no schools and lockdown they had no time to spend with their other children and hadn't had a day out for months as they struggled to manage the care of one child with additional needs whilst keeping siblings safe and entertained. In response on a beautiful Wednesday morning we headed to Mount Panther Farm with 6 families (22 children and 7 adults) and enough staff to ensure that each parent had someone to help them share the care throughout the day. Feedback from parents, children and staff was amazing. One parent whose daughter is non verbal told us how she couldn't believe the number of new sounds her daughter made as she interacted with the animals; another was delighted to be able to spend quality 1:1 time with each of her children. At the end of the day we had tired kids, new friends and happy mums who swapped telephone numbers and have all signed up to a walking group we will be running in September.

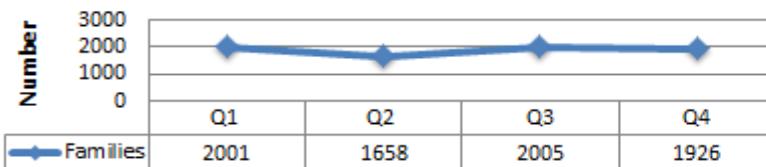
The following week saw the start of our "Wild and Woolly" Summer scheme. Set in the beautiful grounds of Narrow Water Castle and despite the horrendous weather, each day 12 new children donned their wet gear, riding hats and welly boots to ride ponies, puddle jump, fly kites, build dens, take part in colour runs and scavenger hunts and just enjoying wild play in the hundreds of acres of farmland and forest of Narrow Water Castle. Not once did we hear a complaint about the rain instead, we had beaming faces and one participant told us "this has been the best day of my life". Watching the children engage with the ponies, cats and dogs was uplifting and one little boy with autism told us he had never felt his heart beat so hard with happiness.



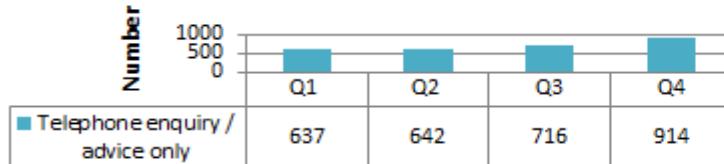
# WHAT WE ACHIEVED IN 2019/20



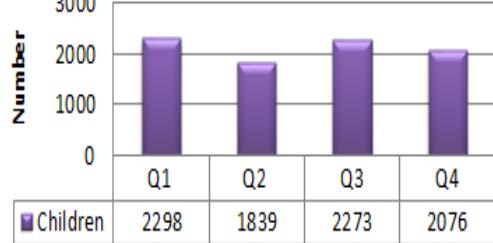
**Number of Families Referred 2019/20**



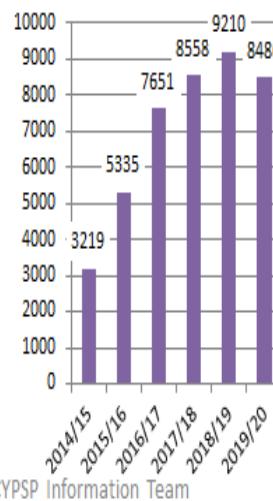
**Telephone enquiry /Advice only 2019/20**



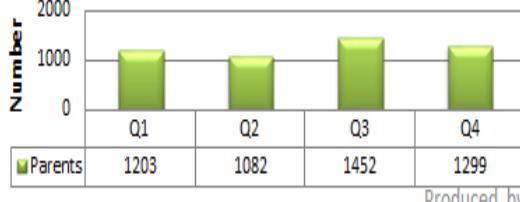
**Number of Children Referred 2019/20**



No. of Children  
(2014/15 to 2019/20)



**Number of Parents Referred 2019/20**



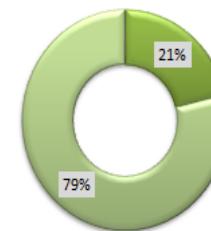
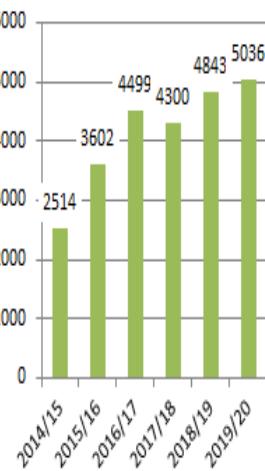
Produced by CYPSP Information Team

**Number of Families Referred –  
(2014/15 to 2019/20)**

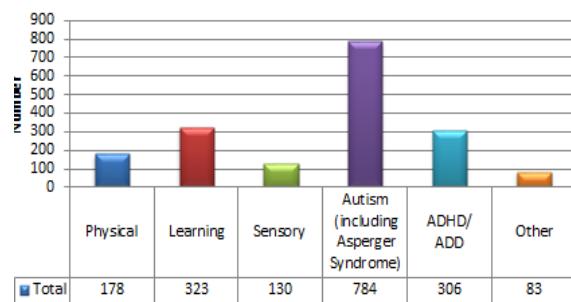


In 2019/20, **7590** families were referred through family support hubs, **453** more families than in 2018/19, slightly over a **6%** increase. There were also **2909** telephone enquiry/advice only calls in 2019/20, with a significant increase in Qtr4.

No. of Parents  
(2014/15 to 2019/20)



- Total Children with a Disability (No=1804)
- Total Children Referred without a Disability (No = 6682)



Download our Annual Family Support Hub Report Card [here](#)

For further information on Family Support Hubs in your area?

Email: [cypsp@hscni.net](mailto:cypsp@hscni.net) or Visit <http://www.cypsp.hscni.net/family-support-hubs/>