Down and Ards & North Down CYPSP Locality Planning Groups

Fortnightly News

August 2020

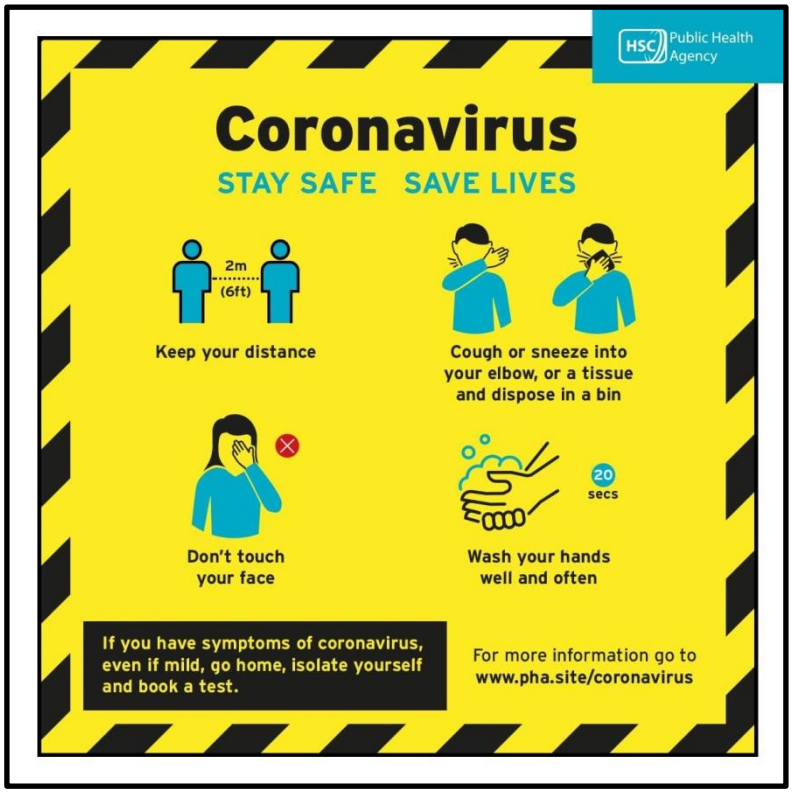
Issue 27

Welcome to this bumper 27th edition of Fortnightly News, the E-newsletter which shares information to improve the outcomes for Children and Young People in your Locality.

As Children prepare to return to School we have some useful information on how to manage during this changeabe time.

Nuala McArdle

& Noelle Hollywood



CYPSP Children & Young People's Strategic Partnership

TOGETHER FOR FAMILIES ARDS & NORTH DOWN

working together and with families DOWN LOCALITY PLANNING GROUP

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

http://**nia1.me/440**

Dear Locality Planning Member

I hope this email you finds you well in these strange and challenging times.

As many of you will be aware in 2018 CYPSP started to carry out the first survey of our Locality Planning Group members, with the plan to make it a biennial survey. The response to 2018 survey was fantastic, and gave us lots of feedback on the LPG process, which the members of the Partnership and Outcomes Group found really useful. The info graphics of the responses are available on the website.

We had hoped to carry out this year's survey in March but with the circumstances at the time decided it was best to hold it back until now.

It would be great if you could spare a few minutes out of your time to click on the link below and complete the survey. https://www.surveymonkey.co.uk/r/VYYF7F7

The survey will be open until 26 August.

CYPSP
Children & Young People's Strategic Partnership

ParentingNI

Tips for results day

Exam results day can be stressful for parents and young people. It is normal to want the very best for your child's future and therefore feel a little anxious about their results. Things will be a little different this year, which may also be a cause for concern for a lot of parents. However, there are some things you can do to help support your child ahead of results day.

Be open and honest

Have a conversation with them in advance of results day. It's important to be open with your young person in order to discuss any concerns they may have.

Anxiety

Address your young person's anxiety. Talk to them about how they are feeling, recognise any fears they have and determine what support they need or want. Talking about their thoughts and how they would like you to support them ensures your young person is fully involved in the process.

Discuss a 'Plan B'

Talk about a plan B, as this is a challenging year with no actual exams it will be more difficult when it comes to results. Look and research what other options are available as a 'Plan B'.

Be prepared

Be prepared and have all the key information ready, i.e school number, UCAS number, careers advisor number.

Plan what to do on results day

Chat about what they would like to do on results day that is special to them e.g. one to one time with parent, special meal, spend time with friends. It might be difficult if your young person doesn't want to spend time with you and instead want to celebrate with to go friends, but agree another day that you can spend time together to celebrate no matter what the results are.

Reassure

Put yourself in your young person's shoes, reflect on your own education journey and think about how you felt on results day. Provide reassurance, comfort and praise that whatever the results you love them and are proud of your young person.

parentingni.org
Support Line: 0808 8010 722

ParentingNI

Support Line: 0808 8010 722

ParentingNI

Tips for results day

Results day is anxious time for young people and their parents. Remember that worrying won't change the results, so here are a few things to bear in mind before the day arrives!

Get a good night's sleep

We can often find it difficult to sleep if we have worries playing on our mind but a nice sleep the night before will put you in a good frame of mind for what lies ahead. Sticking to a normal routine will also help to keep things as worry free as possible. If you are well rested emotions are less likely to boil over due to tiredness.

Be prepared for 'Plan B'

If the results don't go the way you're hoping for or aren't what you expected, encourage your young person to think about other options, for example looking at different courses/universities through Clearing.

Keep calm and don't panic

Try to remain calm and encourage your child to stay calm and not to worry if they don't get the results they need or would have liked. Encourage them to take deep breaths and to relax as it will make it easier to process everything and think through their next steps.

Remember to reassure

Try to promote the positives regardless of the results. Your young person will probably worry about letting you down so reassure them that they won't be letting anyone down and that you will be there for them to work through the next steps.

Take your time

Encourage your child not to make decisions too quickly. Sit with them to discuss what they want to do next and weigh up the options. Clearing opens in the afternoon and so gives you time to prepare and reassess the situation before starting the process.

Try to relax

Try to make sure everyone is relaxed in the lead up to results day. Encourage your young person to do things they enjoy to put them at ease such as going for walks, spending time with friends, have a nice family meal together or watch their favourite movie or TV show. You might want to also encourage your young person to stay off social media as others posting about their anxiety might make them feel worse.

parentingni.org
Support Line: 0808 8010 722

PREPARING FOR RESULTS DAY

MANAGE YOUR OWN EMOTIONAL STATE

DO SOMETHING FOR YOURSELF TO RELIEVE YOUR STRESS

BE PRACTICALLY READY- HAVE LOG IN CODES, TIMES, TEACHERS NAMES ETC

BE REALISTIC IN YOUR EXPECTATIONS

THE BIGGEST REALITY IS YOU CAN ALWAYS REPEAT EXAMS, IT IS NEVER THE END OF THE ROAD

Parent LineNI™

Parents, carers, family members...

if you need us
we're here

0808 8020 400

Parent LineNI™

What can I do if I'm unhappy about my results?

Speak to your school or college about whether you have grounds for an appeal. They will then decide whether to submit an appeal to the Council for the Curriculum, Examinations and Assessment (CCEA) on your behalf.

This year, there will be no charge for appeals. CCEA chief executive Justin Edwards said this week that a broader scope for appeals is being allowed for this year's A-level and GCSE awards.

The organisation said in a statement: "Schools and colleges may hold strong evidence of students' prior performance from mock examinations and, for GCSE examinations, some completed units.

"As part of the appeals process this year, CCEA will consider such evidence."

Ards
Community Network Centre
43-45 Frances Street, Newtownards, BT23 7DX
Tel: 028 9181 4625
Email: info@ardscommunitynetwork.com
Web: www.ardscommunitynetwork.com

Do you need school uniforms that are clean and in good condition?

Please Call Into:

Ards Community Network Centre

Call in and see what's available for next term!

Opportunity to View Uniforms:

Mon 10th Aug to Thurs 13th Aug 10am – 4pm
Mon 17th Aug to Thurs 20th Aug 10am – 4pm
Mon 24th Aug to Thurs 27th Aug 10am – 4pm
Tues 1st Sep to Thurs 3rd Sep 10am – 4pm
Mon 7th Sep to Thurs 10th Sep 10am – 4pm

Primary and Secondary School Uniforms:

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

We operate a COVID secure building, please adhere to the guidelines and help us all stay safe.

Thank you

Have your plans changed?
Are you at a loose end in September?

M-POWER NORTH DOWN COULD BE FOR YOU!

Earn up to £8 per day, attend 3 days per week &

- Meet new people
- Gain qualifications
- Enjoy outdoor activities & much more!

Based in Bangor Mainstreet

Aoife on 073 9141 7195 for more info

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

STARTS 14TH SEPT 2020

INTERESTED? TO JOIN CONTACT:

FUTURESPROJECT@NIHE.GOV.UK

FUTURES OUTREACH CO-ORDINATOR (EOIN CONWAY) : 07920518125

belfast met | START360 | Housing Executive | Peace Northern Ireland - Ireland

#EAHighFive: 5 ways to wellbeing

Be Active!

Learn how to do something that you couldn't do on your own before.

Getting dressed or tying your shoelaces

Fixing yourself something to eat

Riding your bike or going without stabilisers

Be Independent

ea Education Authority

Primary Behaviour Support & Provisions

Keep Learning!

How have you have been creating new neuron pathways?

Robyn has been learning how to take care of the tomato, strawberry and herb plants in her mini-greenhouse!

Nifty Neurons...

Keavy has been learning to cook different meals. Here she is making a pizza!

High Five

ea Education Authority

Primary Behaviour Support & Provisions

Take Notice!
ea Education Authority
Primary Behaviour Support & Provisions
High Five Friday
Sunny days with my family
Playing online with my friends
Be Thankful
What are you thankful for?

Give!
High Five Friday
Be Generous
Who have you been giving your time to?
ea Education Authority
Primary Behaviour Support & Provisions

Be **supportive**
Be **careful**
Be **alert**
Be **kind**

FREE E-learning module

A free E-learning module is available for anyone working or volunteering across the statutory,voluntary and community sectors

www.pha.site/psychologicalfirstaid

EE WiFiCall 22:50

Newry, Mourne and Down District Council

11 hrs ·

HMRC

12 August at 16:01 ·

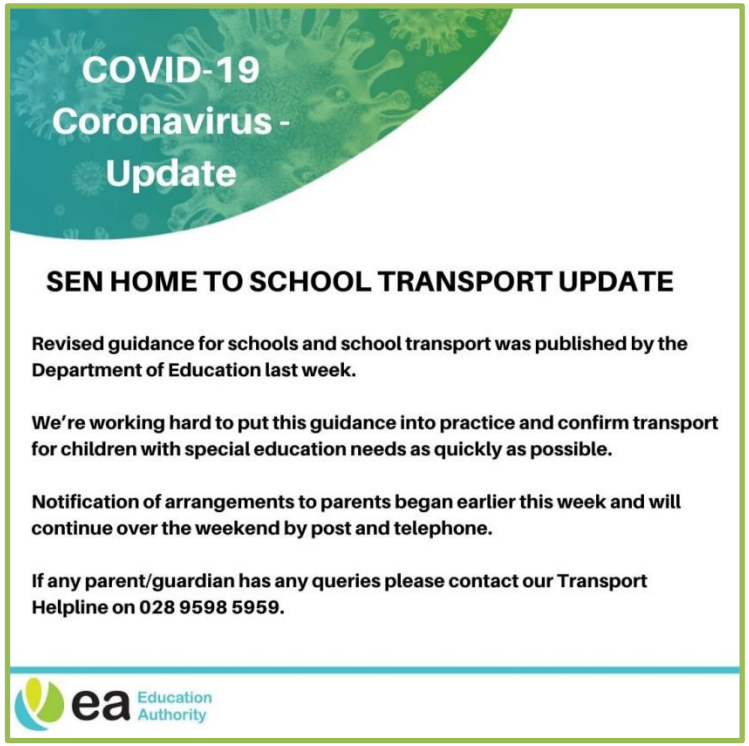
As children begin to return to schools across the UK, don't forget that many parents will be eligible for Tax-Free Childcare, saving up to £2,000 per child, per year for services such as breakfast clubs, nurseries and after-school clubs 👇 https://www.childcarechoices.gov.uk/?utm_source=HMRCgovuk&utm_medium=OwnedFacebook&utm_campaign=TFC20

Emergency numbers

Emergency services	NI Gas emergency service
999 or 112	**0800 002 001**
Flooding Incident Line	NI Water
0300 2000 100	**03457 440 088**
NI Electricity Networks	Housing Executive
03457 643 643	**03448 920 901**
	Report a blocked road
	0300 200 7891

nidirect.gov.uk

Education Authority www.eani.org



Peep tips | Personal Social and Emotional Development:

Understanding and managing behaviour – recognising positive behaviour

Remember to recognise and label the behaviour you'd like to encourage in your child:

'You played really well with the puzzle while I washed up!'

Children are more likely to repeat behaviour for which they receive positive attention!

peep supporting parents and children to learn together

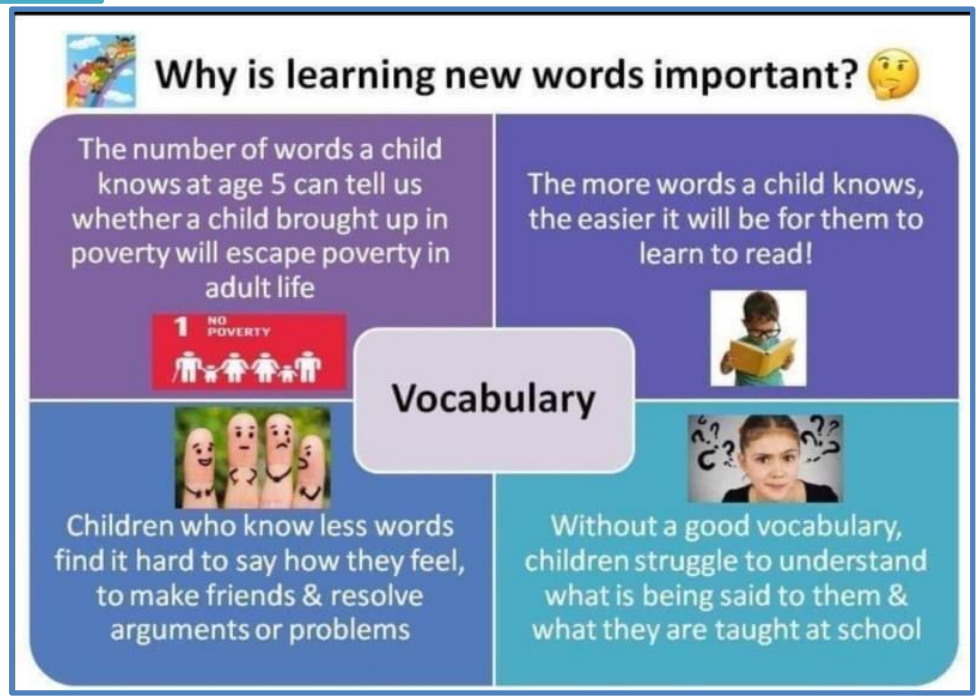
Find more Peep tips: @PeepleCentre

www.peeple.org.uk

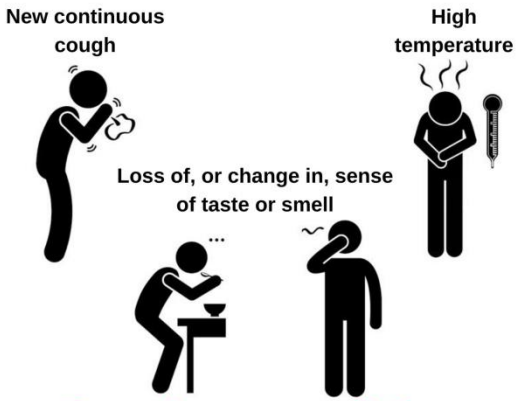
HELP KIDS TALK

SING LISTEN LOOK TALK

www.facebook.com/helpkidstalk



Symptoms of COVID-19



If you have any of these symptoms, get tested

HSC Public Health Agency

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 — STAY SAFE — SAVE LIVES

HSC Health and Social Care

NHS

YOUR NHS NEEDS YOU. HELP US FIND A VACCINE FOR COVID-19.

Join the NHS COVID-19 vaccine research registry today:
nhs.uk/researchcontact

BE PART OF RESEARCH

South Eastern Health and Social Care Trust

Minor Injury Unit
Downe Hospital

From 10 August 2020 Downe Minor Injuries Unit will be open 7 days per week, 9.00am - 5.00pm

Telephone Triage
Patients should phone for advice and will be instructed on the appropriate place and time for them to be seen, an appointment may be allocated.

(028) 4483 8091

Downe Hospital Minor Injuries Unit is a nurse-led service and is able to treat:

- Children over 5 years old
- Cuts and grazes
- Sprains and strains
- Sports injuries
- Limb injuries
- Bites and stings
- Burns and scalds
- Removal of foreign bodies from ears, eyes, nose
- Dressing changes and removal of stitches

If you are unwell or have an Emergency, you should dial 999

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

Believe in children Barnardo's Northern Ireland

EARLY VOCABULARY TARGETS:

core words

more, help, all done, on, off, in, out, up, down, go, stop, mine

descriptors

little, big, happy, sad, hungry, clean, dirty, fast, slow, hot, cold

nouns

people, toys, foods, animals, body parts, clothing items

verbs

eat, drink, play, give, open, wash, run, read, sleep

SAVE FOR LATER: COLORS, NUMBERS, LETTERS, SHAPES

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

HSC Health and Social Care

- 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.

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.

HSC Public Health Agency

Diabetes Network NI

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.
NORTHERN IRELAND

What just happened booklet

ACEs
Adverse Childhood Experiences
Be the Change

The EITP Trauma Informed Practice Project have developed a short guidance booklet for Parents and Carers of Children in response to COVID-19. We hope you find this a helpful resource. Please share with your colleagues and networks.

This booklet is available to download on the SBNI website along with our other ACE/Trauma Informed Practice resources and information booklets at:

https://www.safeguardingni.org/aces/publications-and-helpful-resources

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:

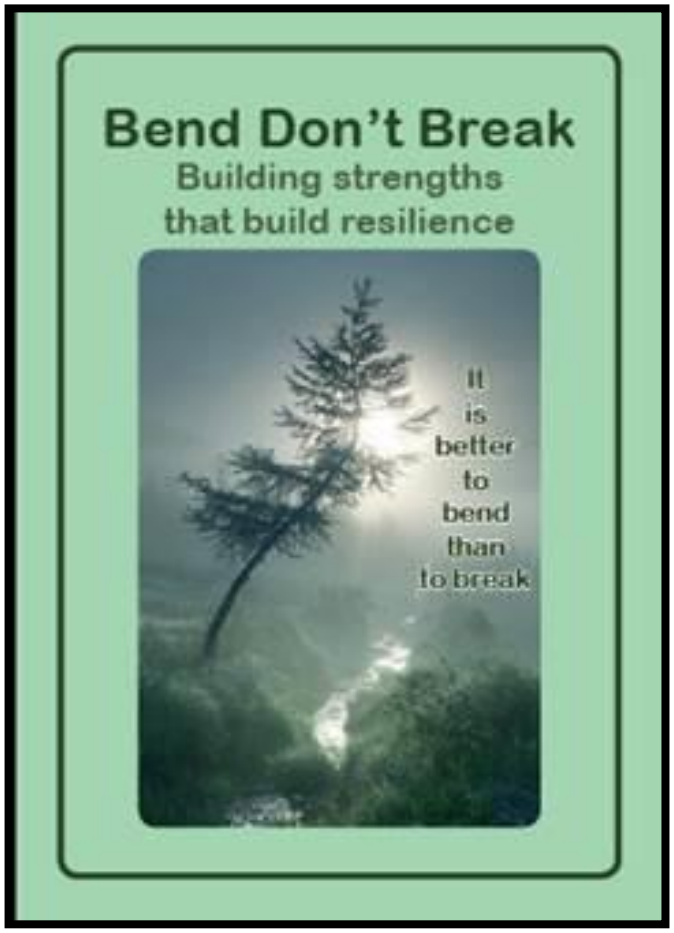
- **Deal with stress and problems**
- **Be less anxious**
- **Lift their mood**

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.

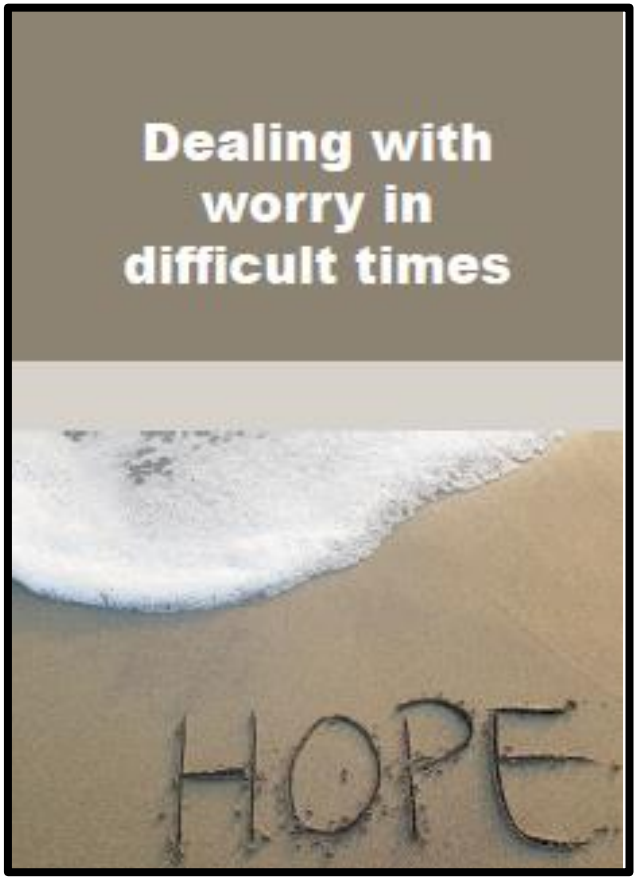
We created a booklet with practical suggestions to improve wellbeing with links to resources. It can be downloaded from

http://www.setrust.hscni.net/pdf/pocket guide for worry.pdf

If you would rather hear the messages in the booklet:
https://www.youtube.com/watch?v=dlYhhhqf9Gc

Or by searching for Ed Sipler on You Tube

We hope you find these helpful.



South Eastern Health and Social Care Trust

SureStart Ards

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:

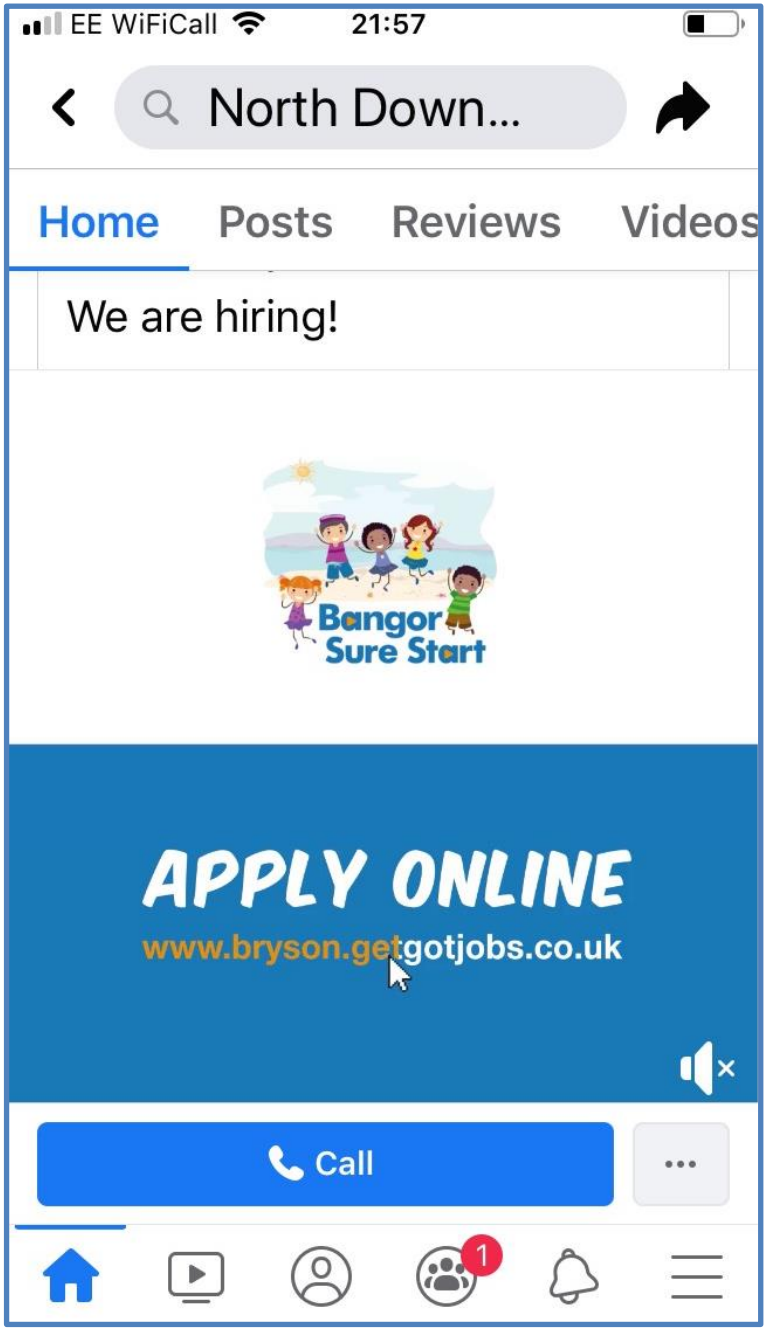
www.surestartards.com

DOWN SureStart

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

EE WiFiCall
21:57
North Down...
Home
Posts
Reviews
Videos
We are hiring!
Bangor Sure Start
WE'RE HIRING!
FAMILY WORKER
Call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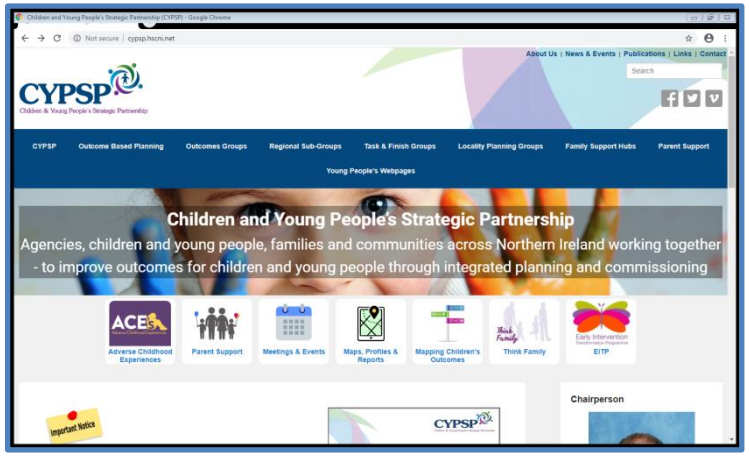
North Down...
Home
Posts
Reviews
Videos
We are hiring!
Bangor Sure Start
APPLY ONLINE
www.bryson.getgotjobs.co.uk
Call



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Please find links for latest resources & information;

Education Authority Newsletter
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/covid-19-daily-updates

CYPSP Resource pack for children and 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 WhatApp 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

fmni

family mediation
NORTHERN IRELAND

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 Health and Social Care Trust

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**

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

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

libraries ni

Storytelling Summer Camp Webinar with Liz Weir

In this two-day online camp, listen to stories and learn some storytelling skills
For children aged 8 – 11 years

Wednesday 19 – Thursday 20 August
11:00am to 12:30pm

Booking Essential
To book your place email
cypteam@librariesni.org.uk

libraries ni

Armstrong Storytelling Trust

Silly Squad

Summer Reading Challenge 2020

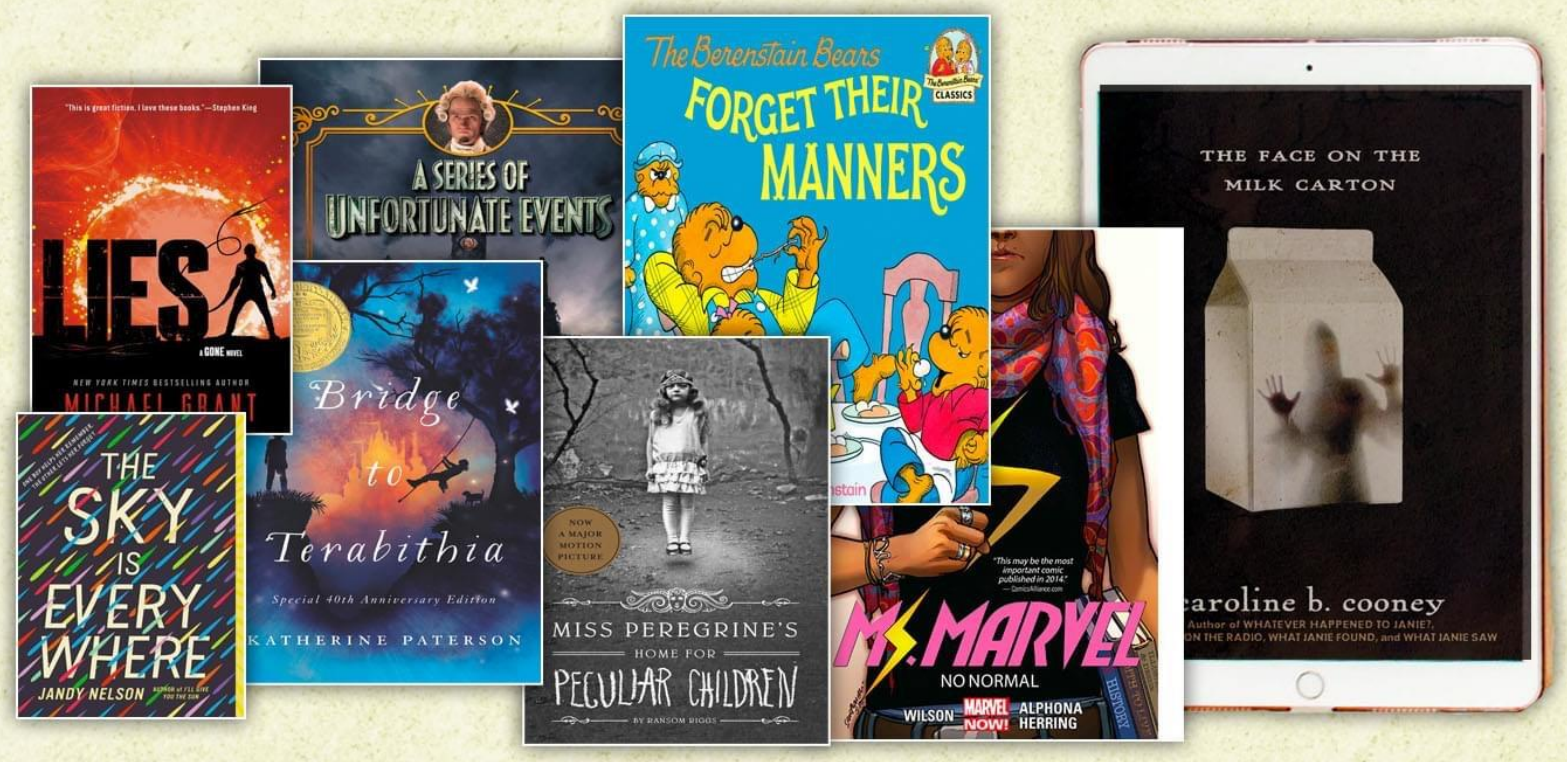
Libraries NI is delighted to announce details of Silly Squad, Summer Reading Challenge 2020 produced by The Reading Agency and delivered by Libraries. The Silly Squad, Summer Reading Challenge, is a free, exciting way to keep young people aged 4 - 11 years reading during the summer months.

Due to the current circumstances in relation to COVID-19 and with school life disrupted, this year's Silly Squad, Summer Reading Challenge will be even more beneficial in helping parents and carers to find fun, family-friendly activities to support children in maintaining and developing their reading levels.

Free access to children's eBooks

Available to download to your tablet
or mobile device in minutes

libraries ni



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)

HSC South Eastern Health and Social Care Trust

Domestic Abuse

Women's
Federation Northern Ireland

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

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

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

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

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

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

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

Lifestyle LAB at Kilcooley Women's Centre

The Directory

Health & Wellbeing Response: COVID 19

Useful Helplines*

Coronavirus Helpline	0808 802 0020
Advice NI Tax & Benefits Helpline • Tax Credits • Child Benefit • Childcare Costs • PAYE • Self-Assessment • National Minimum Wage	0800 988 2377
Housing Executive • 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: • Attendance allowance • Disability living allowance • Carer's allowance • Carer's credit	0800 220 674
Personal Independence Payment (PIP) - New Claim - Existing Claim	0800 012 1573 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: YouTube

Kilcooley Women's Centre

HSC Public Health Agency — Project supported by the PHA

HSC South Eastern Health and Social Care Trust

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!

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

HSC 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

BFF
BreastFeeding Friends
Offering Peer Support to Breastfeeding Mums
HSC South Eastern Health and Social Care Trust

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/

BFF
BreastFeeding Friends
Offering Peer Support to Breastfeeding Mums
HSC South Eastern Health and Social Care Trust

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.

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

SUPPORT SERVICES DURING COVID-19 OUTBREAK

Weekly Online Support Groups

Meetings are held via Skype
Email info@aware-ni.org 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.

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

Looking after your mental health during the coming days and weeks

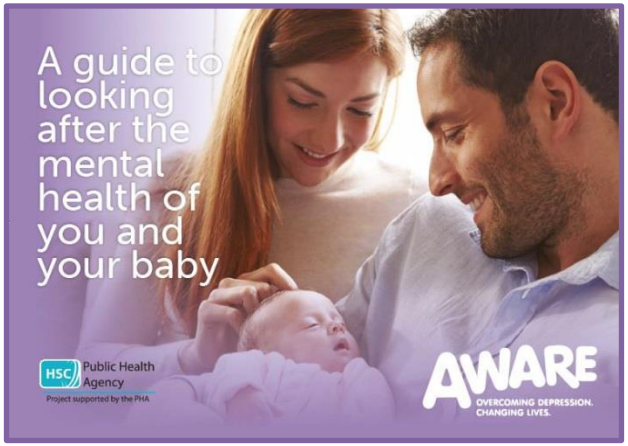
Try to relax - take a break from reading about what's going on and do something fun or relaxing

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.



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

advice ni
the independent advice network

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.

ymca north down

STILL HERE FOR YOU!

April 2020
#StaySafe
#YMCAconnects

WHAT WE OFFER & HOW TO CONNECT

CRISIS RESPONSE SERVICE FOR ISOLATED & VULNERABLE

FOOD, MEAL & PRESCRIPTION DELIVERIES, AND WELLBEING PHONE CALLS

07591 840539 07483 347258 07591 840805

YOUTH WORK

ONLINE & PHONE SUPPORT FOR YOUNG PEOPLE

07591 840489

AFTER SCHOOL CLUB

SUPPORT FOR CHILDREN & PARENTS AT HOME ON PLAY

07591 840361

HOUSING SUPPORT

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

07591 840390

ETHNIC MINORITIES SUPPORT

BILINGUAL ADVOCACY & EUSS SUPPORT FOR MIGRANTS & REFUGEES

07591 840529

07483 122843 info@northdownymca.org

YMCA North Down @northdownymca @northdownymca

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
'**July Notes**', the local e-newsletter

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:

NDCN

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 and Twitter@NDCN_Bangor

Community Hub

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.

DICE CONNECTIONS PROJECT

For young people & parents – please stay in touch via Instagram @dice_bangor or facebook DICE Project, and contact Caitlin on: 07311 211634 or email: dicecoordinator@ndcn.co.uk

Bangor N.I. foodbank

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

BANGOR ELIM CHURCH

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

Kiltonga Christian Centre

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

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

JustGiving™

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

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

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

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

Believe in children
Barnardo's
Northern Ireland

Heard and not seen

Special Educational Needs Helpline

028 9598 5960

Open Monday - Friday from 9am - 5pm

ea Education Authority

COVID-19 Coronavirus - Update

SEN HOME TO SCHOOL TRANSPORT UPDATE

Revised guidance for schools and school transport was published by the Department of Education last week.

We're working hard to put this guidance into practice and confirm transport for children with special education needs as quickly as possible.

Notification of arrangements to parents began earlier this week and will continue over the weekend by post and telephone.

If any parent/guardian has any queries please contact our Transport Helpline on 028 9598 5959.

ea Education Authority

Parents Plus Special Needs Programme Launch 18th September 2020

We are delighted to announce the launch of the first in the world, evidence-based Special Needs Programme, developed to respond to the complex and under served needs of young people with an Intellectual Disability, 12 – 25 years, and their families. Until now, there have been no tailored parenting programmes for parents of adolescents with I.D. to help them deal with the significant challenges they face during this time.

Join the free ONLINE launch on Friday 18th of Sept 10am -11.30am to learn about the impact of this much needed support.

www.parentsplus.ie

advice ni
the independent advice network

the trussell trust

APRIL 2018 - MARCH 2019

1.6 MILLION

EMERGENCY FOOD PARCELS WERE GIVEN TO PEOPLE IN CRISIS BY TRUSSELL TRUST FOOD BANKS

make the call to ensure you're getting all the money and supports you're entitled to **0800 232 1271**

SVP

St Vincent de Paul Society
England and Wales
Turning Concern into Action

christians against poverty
CAP

DRUG AND ALCOHOL SUPPORT SERVICES

SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: JUNE 2019

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

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

HSC Public Health Agency

SEastern DRUG & ALCOHOL

Services for Adults

MARC Project
Drop in service for chronic drinkers in the North Down and Ards area offering basic care, housing and crisis support.
The Link
Tel: 028 9182 1124

South Eastern Outreach Team
Low threshold service aimed at those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to commit to formal treatment (including chronic drinkers and injecting drug users).
Open Access/Self Referrals Accepted
Simon Community
Tel: 074 3575 4307
Tel: 074 3575 4302
Tel: 074 3575 4301

Community Based Adult (Step 2) Service
One to one therapeutic treatment and support service for alcohol and/or drug misuse. Family members can also get advice and support - regardless of whether their significant other is seeking help.
Open Access/Self Referrals Accepted
Dunlewey Addictions Service
Tel: 028 9039 2547
Tel: 077 0817 6225

Statutory Addiction Service
Provided by a range of specialist teams within community and hospital settings.
GP & Mental Health Professional Referrals
SEHSCT
Tel: 028 9151 2159 (Newtownards)
Tel: 028 9266 8607 (Lisburn)
Tel: 028 4451 3921 (Down)
Residential treatment is accessible through the statutory addiction service.
Addiction Service Referrals
Ward 15, Downshire.
Tel: 028 4451 3922

Young People/Family

Bangor Youth Engagement Service (YES)
A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.
Open Access
Extern (based in Bangor YMCA)
Tel: 028 9145 4290

Strengthening Families Programme
Parents and children participate in the programme, both separately in teen and parent sessions, and then together in family sessions (7 week programme).
Targeted at At-Risk/Vulnerable Families
SEHSCT
Tel: 028 9250 1357

Targeted Lifeskills Service
Groupwork programmes for young people, aged 11-25, focussed on lifeskills and harm reduction.
LYMCA
Tel: 028 9267 0918

Steps 2 Cope
Online support and self help resources for young people, aged 11-18, affected by a parent's use of alcohol.
ASCERT & Barnardos
www.stepstocope.co.uk

DAISY
One to one and group therapeutic treatment and support service for children and young people aged 11-25. Family members can also get advice and support - regardless of whether their significant other is seeking help.
Open Access/Self Referrals Accepted
Start 360 & ASCERT
Tel: 028 9043 5815

Pharos
Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.
Social Services/Addiction Services Referrals
Barnardos
Tel: 028 9066 3470

DAMHS (Drug and Alcohol Mental Health Service)
Offering a range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.
GP/CAMHS Referrals
BHSCT DAMHS
Tel: 028 9063 8000

Specific Groups

Needle and Syringe Exchange Sites
Clear Pharmacy
5 Church Street, Bangor
Tel: 028 9127 1820
Gordon's Pharmacy
35-37 Market Street, Downpatrick
Tel: 028 4461 2014
56 Bow Street, Lisburn
Tel: 028 9267 4747
2a Regent Street, Newtownards
Tel: 028 9181 3217

Group Support
Call or go online to find a meeting near you:
Alcoholics Anonymous
12 Step Programme/Group Meetings
www.alcoholicsanonymous.ie
AlAnon
Group Support for Family Members
Tel: 028 9068 2368
www.al-anonuk.org.uk
Alateen
Group Support for Teenagers
Tel: 028 9068 2368
www.al-anonuk.org.uk/alateen
Narcotics Anonymous
12 Step Programme/Group Meetings
Tel: 078 1017 2991
www.na-ireland.org

Community/Stakeholder Support
South Eastern Drug and Alcohol Coordination Team/Connections Service (SEDACT Connections)
The DACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.
Tel: 0800 254 5123 (ASCERT)
www.drugsandalcoholni.info
connections@sedact.info

Workforce Development Training
A range of drug and alcohol training courses for those working with adults, children and young people.
ASCERT
Tel: 0800 254 5123

Drink, Work and Me
Offers one to one and online support alongside training to enable employers to recognise the impact of alcohol related harm on the individual and the workplace.
Addiction NI
028 9066 4434
www.drinkworkandme.com

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

drugsand alcoholni
"Addressing drugs and alcohol together"

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.

South Eastern Health and Social Care Trust

Take5 steps to wellbeing

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

and remain successfully quit at 4 weeks

208

women enrolled into Specialist Stop Smoking Service

Stop Smoking Services

478 (92%)

were advised about Stop Smoking Services and signposted appropriately

75%

of partners referred quit smoking

40%

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

Stop Smoking Patches

Gum

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**

Designed by Publications - Communications Department

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.

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

South Eastern Health and Social Care Trust

SERC Health

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

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

Understanding teenagers brains

Wired for connection

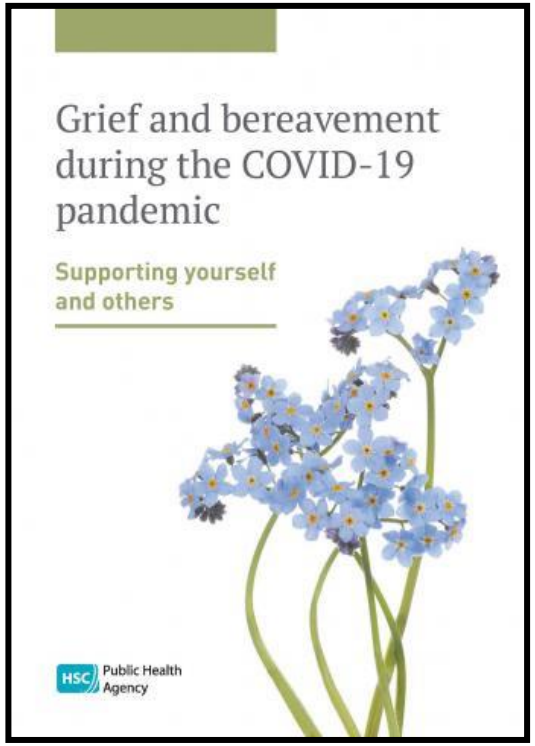
Deirdre McAliskey, National Children's Bureau, and Brendan Bonner, PHA, explain why understanding teenagers' brains can help us to support them during COVID-19. To view our complete series of COVID-19 blogs.
https://www.publichealth.hscni.net/node/5175

Public Health Agency

NATIONAL CHILDREN'S BUREAU

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

Locality Planning Meetings for 2020

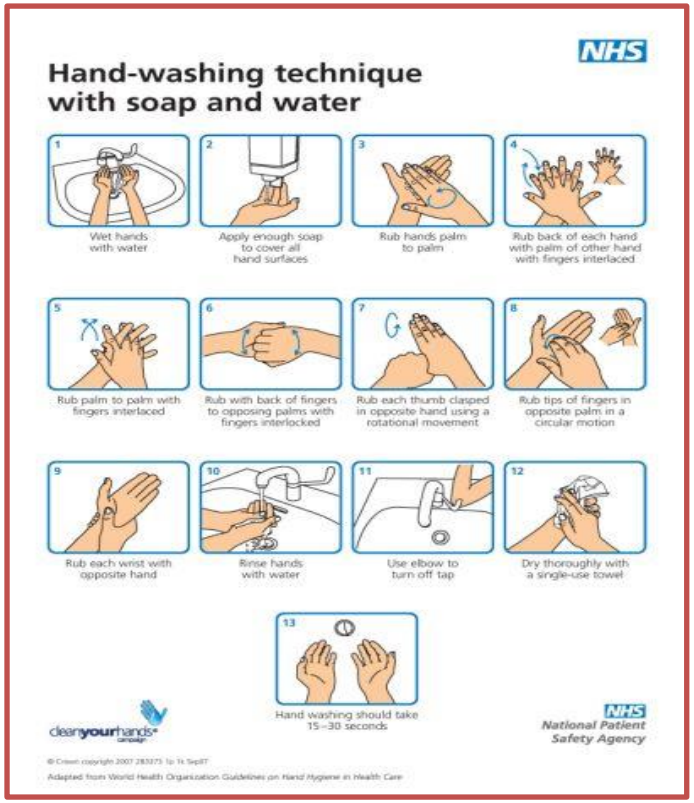
Ards & North Down LPG

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
10th Sept. 2:30 zoom
2nd December



Handwashing and respiratory hygiene

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

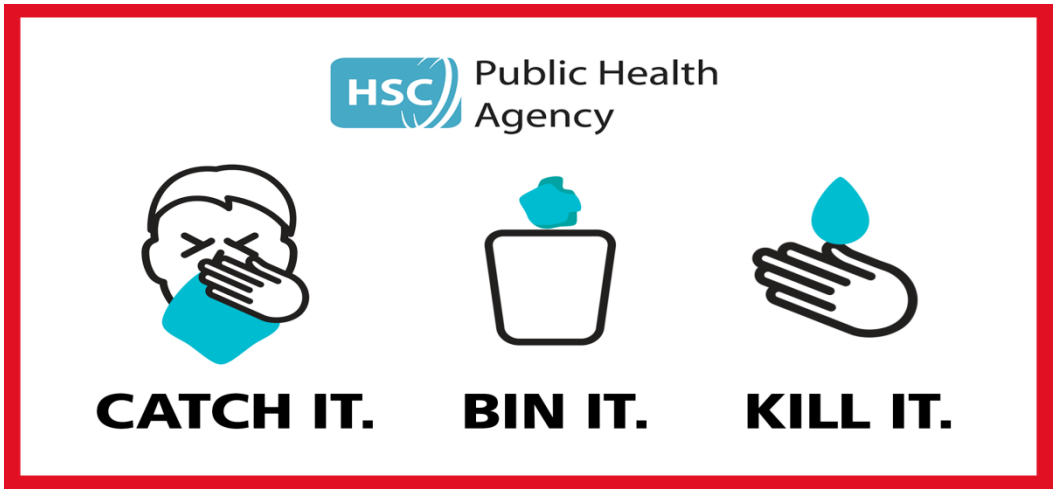
- washing your hands more often - with soap and water for at least 20 seconds or use a hand sanitiser when you get home or into work, when you blow your nose, sneeze or cough, eat or handle food
- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid close contact with people who have 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.

HSC South Eastern Health and Social Care Trust



Self-care is giving the world the best of you, instead of what's left of you.

Katie Reed

JANINERIPPER.COM