SOUTHERN AREA LOCALITY PLANNING GROUPS

CYPSP Children & Young People's Strategic Partnership

ISSUE 56 | 1st APRIL 2021

FYI

For Your Information

Welcome to the 56th edition of our information bulletin, FYI (For Your Information).

Over a year since our first Covid-19 lockdown and we have endeavoured during this time to inform on services, activities and information available that may improve outcomes for children and young people in the Southern area.

Our next edition will be on Thursday 15th April. Please submit relevant information to us by 13th April, with some guidance notes included on the last slide. You will also find dates for our forthcoming Locality Planning Group meetings which are open to those working or volunteering with children, young people or family support services.

Stay connected!

Kerry O'Hagan and Darren Curtis
Locality Development Team, Southern Trust Area

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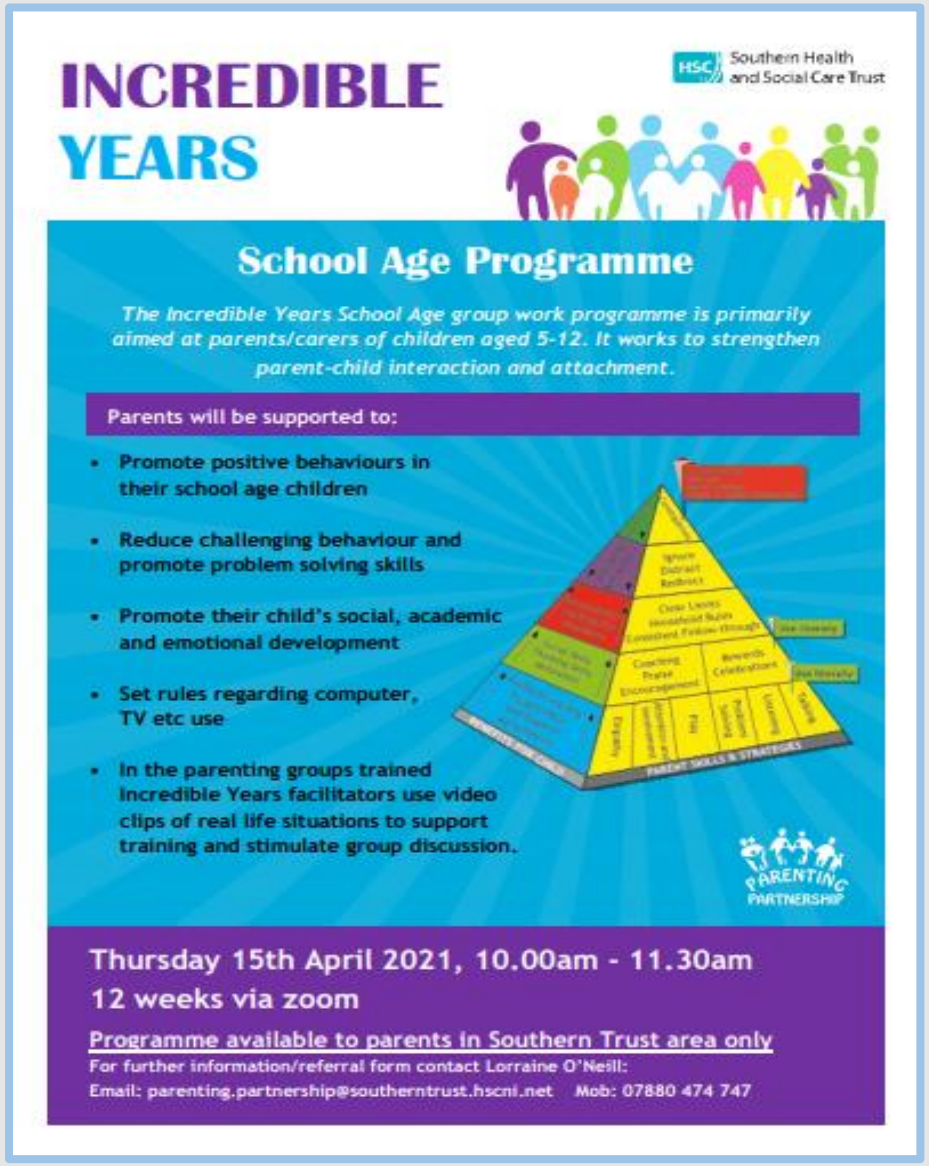
Stay **connected…**

Stay **updated…**

Stay **supported…**

www.cypsp.hscni.net



Click HERE

Email: parenting.partnership@southerntrust.hscni.net

SOUTHERN TRUST AREA

CAPPNI

"promoting therapeutic skills for children and young people"

Recruitment for September 2021 Intake

PG Cert / Dip / MA in Working With Children, Young People and Families: A Psychoanalytic Observational Approach (M7N, Belfast)

(most suitable for staff working with children across the developmental stages – a limited number of funded places are available. The course is PQ accredited for the Specialist Award in Social Work)

AND

PG Cert / Dip / MA in Perinatal and Early Years Work: A Psychoanalytic Observational Approach (M9N, Belfast)

(most suitable for those working with early years/ under 5's- a limited number of funded places are available. The course is PQ accredited for the Specialist Award in Social Work)

Both courses are a Tavistock Centre and University of Essex partnership and are delivered locally at

NICVA, 61 Dunoairn Gardens, Belfast BT15 2GB

Or will continue to be delivered online dependent on government advice

Teaching Day - Thursday

The courses are suitable for professionals working in a wide range of settings including mental health, social care, educational, voluntary and community. Applications are welcome from those with a professional qualification in social work, clinical psychology, psychiatry, paediatric medicine, nursing, health visiting, teaching. Consideration will be given to those without an undergraduate degree or professional qualifications but who have extensive experience in working with children and families.

Both of these courses normally attract 75% funding.

For further information and how to apply please click on the following link
https://tavistockandportman.nhs.uk/training/prospective-students/courses-by-type/outside-of-london/belfast/

Or contact

Brian Cairns at briancairns1961@hotmail.co.uk

To apply CLICK HERE

The Tavistock and Portman NHS

NHS Foundation Trust

Please note we are now taking applications for the P.G. Diploma/MA in Observational Studies Courses (M7 & M9) October 2021 intake. For further details on applying please contact Brian Cairns @ briancairns1961@hotmail.co.uk. Alternately you can apply via the following link

Intensive Study Event
Thursday 22nd April 2021
(2.00 -4.30pm)

with **Monica Lanyado**

Child and Adolescent Psychotherapist, founding Course Organiser of the Child and Adolescent Psychotherapy Training at the Scottish Institute of Human Relations, Edinburgh (now Human Development Scotland).

Complex Traumatic Childhood Losses, Mourning, Acceptance, Endings and Beginnings

'The losses that severely traumatised and neglected children have suffered are heart-breaking but it can be hard to see the intensity of their emotional pain behind their very disturbed behaviour. Their distress, anger or, for some, level of dissociation often has a profound impact on anyone who tries to form a new relationship with them. When feelings of loss start to be communicated in therapy, sometimes not until the ending of therapy which is a new but different kind of loss, healthy mourning can free up emotional growth in the child. This process is illustrated with two clinical examples.'

Monica Lanyado is a child and adolescent psychoanalytic psychotherapist who has worked with severely neglected and traumatised children for over 45 years. She trained at the Tavistock Clinic, and when she moved to Edinburgh became the founding Course Organiser of the Child and Adolescent Psychotherapy Training at the Scottish Institute of Human Relations, Edinburgh (now Human Development Scotland).

She was co-editor of the Journal of Child Psychotherapy (1995-8) and has published many Journal articles, and taught and given papers at conferences in the UK and Europe.

Having now retired from clinical practice, Monica continues to supervise colleagues and trainees, to write, give papers and seminars. She is a training case supervisor at Independent Psychoanalytic Child and Adolescent Psychotherapy Association (IPCAPA). She has published the following books, some of which have been translated into German, Italian, Czech, Finish and Japanese: *The Presence of the Therapist: Treating Childhood Trauma (2004), Transforming Despair to Hope. Reflections on the Psychotherapeutic Process with Severely Neglected and Traumatised Children* (2018), and co-edited with Ann Horne, *The Handbook of Child and Adolescent Psychotherapy: Psychoanalytic Approaches (1999, 2009), A Question of Technique (2006), Through Assessment to Consultation (2009), Winnicott's Children (2012),* and *An Independent Mind: Collected Papers of Juliet Hopkins*

Please book your place by clicking on the link below

https://www.eventbrite.com/e/complex-traumatic-childhood-losses-mourning-acceptance-endings-beginning-tickets-142983258493

Cost: Free—Unlimited places available For further information or queries please contact Deirdre

SOUTHERN TRUST AREA

We are delighted to be joined by Dr. Gabor Maté for the second of our 2021 ASCERT Online Seminar Series.
The online Zoom event will take place on **Tuesday 20th April 2021, 7pm to 8.30pm**.
We will speak to Dr. Maté about addiction, trauma and the impact Covid is having on all of our lives. There will be an opportunity to ask questions directly to Dr. Gabor Maté.

For full event details and registration, visit our Eventbrite Event Page https://www.eventbrite.co.uk/e/a-conversation-with-dr-gabor-mate-tickets-146552924743

Tickets cost £5. To apply for a concessionary ticket, please email info@ascert.biz.

SOUTHERN TRUST AREA

The Parenting Network are hosting a 2-part webinar series in partnership with Tusla to promote the importance of self-care for practitioners who support parents and families. Use the following link to register CLICK HERE

CHILDREN AND YOUNG PEOPLE REVEAL THEIR EXPERIENCES IN LETTERS OF LOCKDOWN

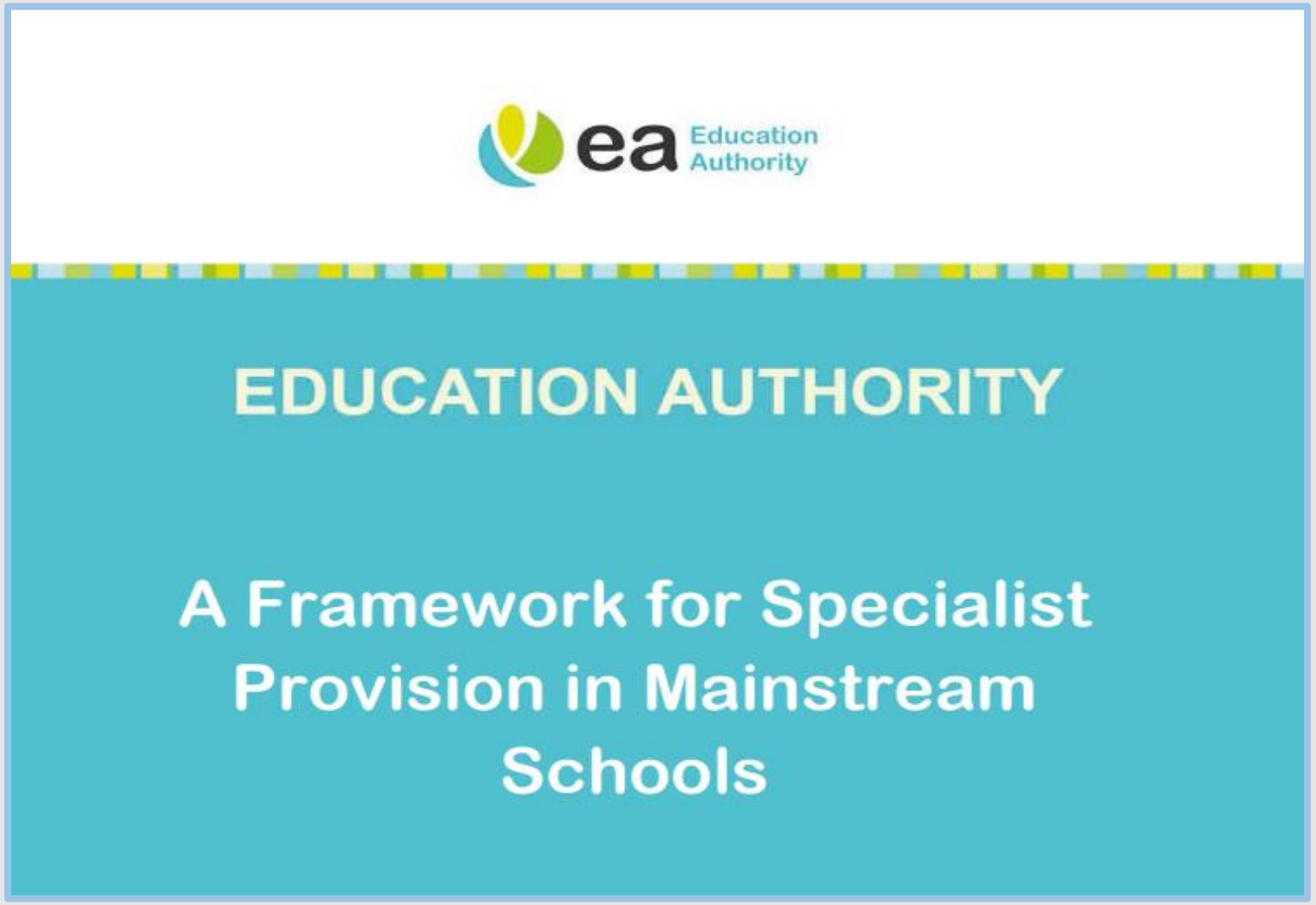
CHILDREN and young people from across Northern Ireland have put pen to paper and shared their experiences of the pandemic by creating 'Letters of Lockdown' which have published in a booklet.

The initiative, which was organised by Children in Northern Ireland (CiNI), invited children and young people to write a letter or draw a picture about their time during lockdown and all the entries have been made into a booklet which is available to download from the charity's website.

Ellen Finlay, Policy Officer from Children in Northern Ireland (CiNI) said: "We are delighted with the response to our 'Letters of Lockdown' project and would like to thank every single child and young person who took the time to create their entry. The emotive booklet is a collection of drawings, poems and letters which highlight the impacts of this global pandemic including the loss of connection, the impact on emotional health and wellbeing, and social exclusion and isolation."

To download the 'Letters of Lockdown' booklet, visit the CiNI Community Hub, here: CLICK HERE

SOUTHERN TRUST AREA



Website: https://www.eani.org.uk/publications/consultations/public-consultation-on-the-draft-framework-for-specialist-provision-in

innovation recovery
education for mental wellbeing

April
COURSE TIMETABLE

	EAST HUB	
Practicing Self Care	Wed 7th	11.30am - 12.30pm
Tips for Motivation Getting a Good Night's Sleep	Thurs 8th	11.30am - 12.30pm 3.00pm - 3.30pm
Understanding & Managing Anxiety (WEEK 1) Maintaining My Wellness	Mon 12th	10.30am - 11.30am 3.00pm - 4.00pm
Understanding Depression (WEEK 1) Hope & Optimism	Tues 13th	10.30am - 11.30am 3.00pm - 3.30pm
Understanding & Managing Anxiety (WEEK 2) Finding Joy Through Gratitude	Mon 19th	10.30am - 11.30am 3.00pm - 3.30pm
Understanding Depression (WEEK 2) Recognising & Strengthening your Resilience	Tues 20th	10.30am - 11.30am 3.00pm - 4.00pm
Coping with Change	Mon 26th	10.30am - 11.30am
Self-Care for Carers	Tues 27th	2.30pm - 4.00pm

Call or email to book your space

NI (028) 3025 7012 or ROI 086 031 8919
Ronda.Hamilton@southerntrust.hscni.net

FREE ONLINE WORKSHOPS

COURSES DELIVERED VIA ZOOM

SOUTHERN TRUST AREA

Onside Project

The ONSIDE Project offers people who are 16+ and who have a disability, the opportunity to get more digitally and socially included. Participants receive a tablet device, and get 6/7 sessions of beginners group training on things like email, using zoom, online safety and accessing books and magazines online for free and lots more. Participants are also linked with a Community Navigator who will then map out tailored social connections e.g. online hobbies, online health & well-being classes and social media platforms, based on participants' interests and needs. After the training has finished there is also the opportunity to get involved in volunteering on the project too.

Here's a link to more info: https://www.disabilityaction.org/pages/category/onside-project

ONSIDE
creating community connections

SOUTHERN TRUST AREA

CARERS TRUST NORTHERN IRELAND

make carers count 213,980 reasons to care Northern Ireland

CARERS TRUST - RECREATIONAL ART CLASS

3 WEEK Course with Massaret

Tues 13th, 20th & 27th April

@10.00AM-12.00pm

ALL CARERS in the SOUTHERN TRUST AREA ARE WELCOME!

This course will open your eyes to discover the artist within you. It will introduce you to materials and equipment needed. The course is suitable for beginners and those with some experience.

A Very Relaxing and Fun Course

Please email rallen@carers.org

to receive your link to Join Us for our Live Workshop!

Looking forward to meeting YOU!

You will receive by email a list of items required for the workshop

HSC Southern Health and Social Care Trust

Quality Care - for you, with you

© Carers Trust. Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: Carers Trust, Unit 101, 164–180 Union Street, London SE1 0LH.

To register email rallen@carers.org

innovation recovery

education for mental wellbeing

interreg

Self-Care for Carers

Whether you care for a child, a friend or neighbour, the demands on you as a Carer can be rewarding and challenging. We know how important it is to care for a loved one but it is also important that you look after yourself. This 3 hour course (split over 2 weeks) offers Carers the opportunity to explore experiences and feelings associated with their caring role and aims to increase knowledge of self-care, its strategies; and where to access further Carer support.

FREE ONLINE COURSE

WHERE:	ZOOM
WHEN:	Friday 23rd & Friday 30th April 2021
TIME:	11:00 am – 12:30 pm

To register, contact Michelle Moult:
mmoult@carers.org or 07702819111

To register email mmoult@carers.org

SOUTHERN TRUST AREA

Regional Nutrition Webinars - May

Food and Mood

This webinar looks at healthy eating and explores the links between food and mood.

Thur 13th May 11-12pm

Link:
https://tinyurl.com/foodandmood-May

Nutrition for Your Teenager

Tues 18th May 6.30-7.30pm

Find out more about nutrition for teens if you are a parent/carer of a young person or someone who works with this age group.

Link:
https://tinyurl.com/Teenagers-May
Meeting ID: 850 7082 4031
Passcode: 40029581

Healthier diet, healthier you

This webinar is for anyone who wants to find out more about healthy eating.

Tue 25th May 11-12pm

Link:
https://tinyurl.com/HDHY-May
Meeting ID: 875 0424 4529
Passcode: 24815705

Feeding Under Fives

Mon 26th May 11-12pm

This webinar is for anyone interested in finding out more about nutrition for toddlers and children under 5 years old.

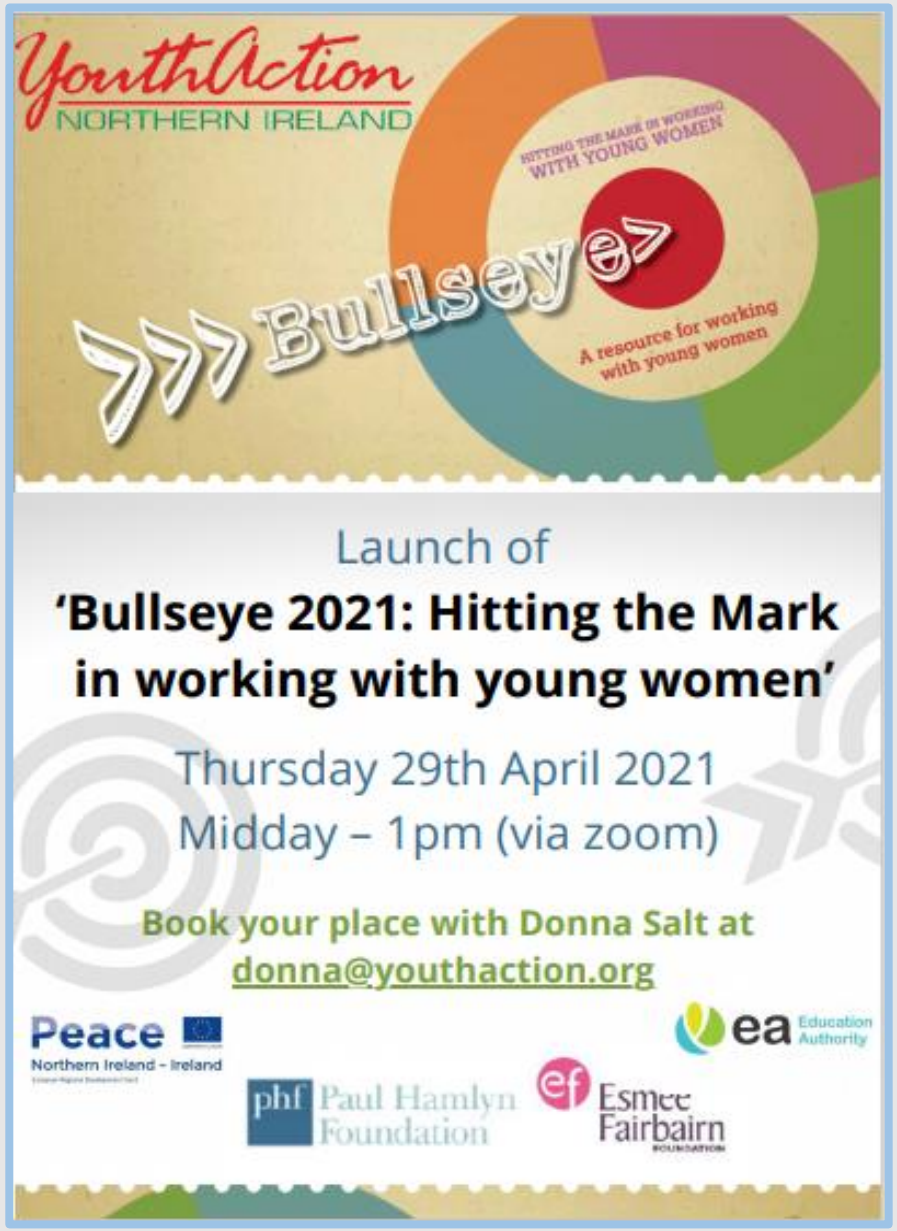
Link:
https://tinyurl.com/HHK-May
Webinar ID: 874 7791 4233
Passcode: 300947

HSC Public Health Agency
Project supported by the PHA

HSC Health and Social Care

CYPSP Children & Young People's Strategic Partnership

SUBMIT YOUR INFORMATION / UPDATES / RESOURCES TO: localityplanning@ci-ni.org.uk



YouthAction NI invite you to attend an online launch of our

'Bullseye 2021: Hitting the mark in working with young women.'

This will take place via zoom on Thursday 29th April 2021 from Midday to 1pm.

If you can attend, please confirm with Donna Salt at donna@youthaction.org

SOUTHERN TRUST AREA

Email Nicola.reid@volunteernow.co.uk

Email: karen@youthaction.org

'Help Kids Talk run FREE BASIC AWARENESS TRAINING WEBINARS on a fortnightly basis. In our webinar we discuss infant mental health and share our top tips for supporting speech, language and communication development in children aged 0-6 years. The webinar is suitable for both parents and practitioners and are available to everyone across Northern Ireland.

Please click on the following link to register for a date that suits you: https://view.pagetiger.com/basic-awareness-webinar-training-dates

SOUTHERN TRUST AREA

SOUTHERN TRUST AREA

UNDERSTANDING YOUR CHILD SOLIHULL APPROACH

ourplace

HSC Public Health Agency

NHS

Online courses available for parents FREE (prepaid) for residents of Northern Ireland

1. Understanding pregnancy, labour, birth and your baby
Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

2. Understanding your baby
Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

3a. Understanding your child (0-19 yrs) (main course) or
3b. Understanding your child with additional needs
Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

4. Understanding your teenager's brain (short course)
Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

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

www.inourplace.co.uk
www.solihullapproachparenting.com

Go to:
www.inourplace.co.uk
and enter the 'access code'
NIBABIES
To return to the course(s) go to inourplace.co.uk and sign in!

NHS

UNDERSTANDING YOUR CHILD SOLIHULL APPROACH

Online course for residents of Northern Ireland

'Understanding your brain (for teenagers only!)'

- Have you noticed changes in your behaviour?
- Do you sleep more than you used to?
- Want to know why teenagers are more open-minded?

Your brain is changing! Find out more!

9 Modules

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

Register on:
www.inourplace.co.uk
and enter the 'access code'
NIBABIES
to gain FREE (prepaid) access where eligible

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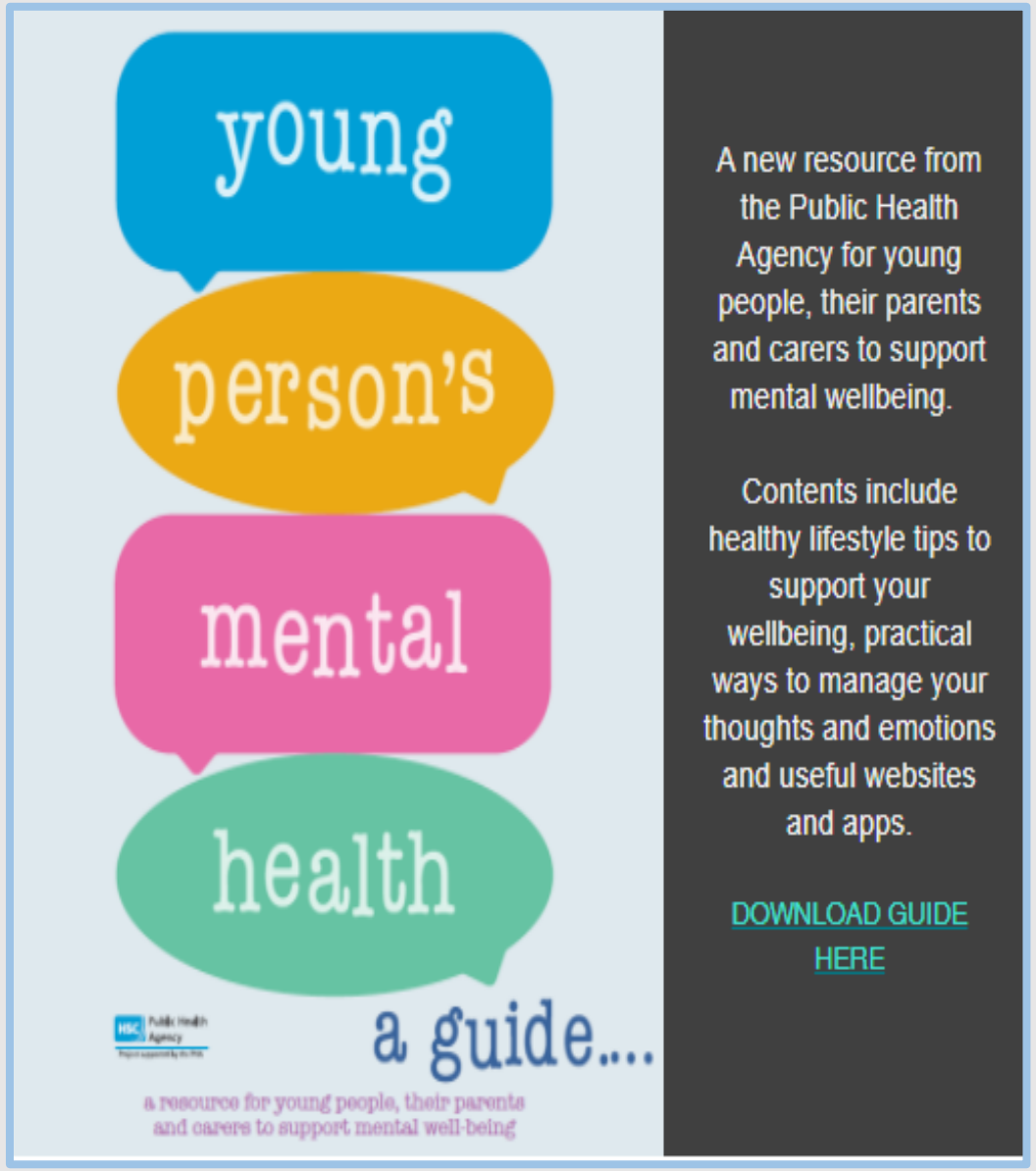

CLICK HERE

CYPSP Children & Young People's Strategic Partnership

SUBMIT YOUR INFORMATION / UPDATES / RESOURCES TO: localityplanning@ci-ni.org.uk

SOUTHERN TRUST AREA

Autism NI are offering free online courses. Book your place.
CLICK HERE or contact 02890401729

Email training@pipshopeandsupport.org

SOUTHERN TRUST AREA

A new Text-a-Nurse service has been launched to provide young people with a secure and confidential text messaging service to a school nurse for advice and support.

The service is aimed at 11 to 19 year olds and will be delivered by the School Nursing Teams.

Southern Trust Text –A-Nurse 07507 328057

SOUTHERN TRUST AREA

PHONE FIRST

Make sure you PHONE FIRST before going to Craigavon Area or Daisy Hill Hospital Emergency Departments, or South Tyrone Hospital Minor Injuries Unit.

0300 123 3 111

TEXT RELAY: 18001 0300 123 3 111

Operating Monday to Friday 9am to 6pm

Get directed to the right care

Avoid busy waiting rooms

Stay safe

Save time

FOR EMERGENCIES - 999

Including: stroke, heart attack, loss of consciousness, breathing difficulties, severe bleeding or major trauma

ALWAYS CALL 999 IMMEDIATELY

HSC Health and Social Care

DoH www.health-ni.gov.uk

How to access Urgent and Emergency Care Services

For Urgent Care Treatment that is not life threatening, PHONE FIRST before going to Craigavon Area or Daisy Hill Hospital Emergency Departments, or South Tyrone Hospital Minor Injuries Unit

0300 123 3 111

TEXT RELAY: 18001 0300 123 3 111

Operating Monday to Friday 9am to 6pm

FOR EMERGENCIES THAT ARE LIFE THREATENING 999

Including: stroke, heart attack, loss of consciousness, breathing difficulties, severe bleeding or major trauma

ALWAYS CALL 999 IMMEDIATELY

AMBULANCE

An ambulance will be sent as appropriate

A healthcare professional will guide you to the right care, first time

- Emergency Departments
- Mental Health Services
- Urgent Care Centres
- Further Investigations
- Minor Injuries Unit
- GP, Pharmacy or Community Care

SOUTHERN TRUST AREA

The procurement/tender process for MACE funded Universal, Targeted and Specialist interventions in NI is open again.
All details are on www.etendersni.gov.uk for all opportunities to tender.

http://cawt.hscni.net/mace-project-in-northern-ireland-childrens-family-services-tender-opportunity-now-open/

Further Info: CLICK HERE

MACE Project in Northern Ireland: Children's/Family Services Tender Opportunity Now Open!

Interested in being listed as a Provider on the Northern Ireland MACE Dynamic Framework Agreement for the provision of Trauma Informed and Trauma Specific Interventions?

For information on how to apply go to: www.etendersni.gov.uk

Tender closes 30th April 2021

Instructions to register to attend a Zoom Awareness Session scheduled for 12th April 2021.

Please note if you wish to attend you must request the Awareness Session joining instructions via the eTendersNI portal before 3pm on Friday 9th April 2021.

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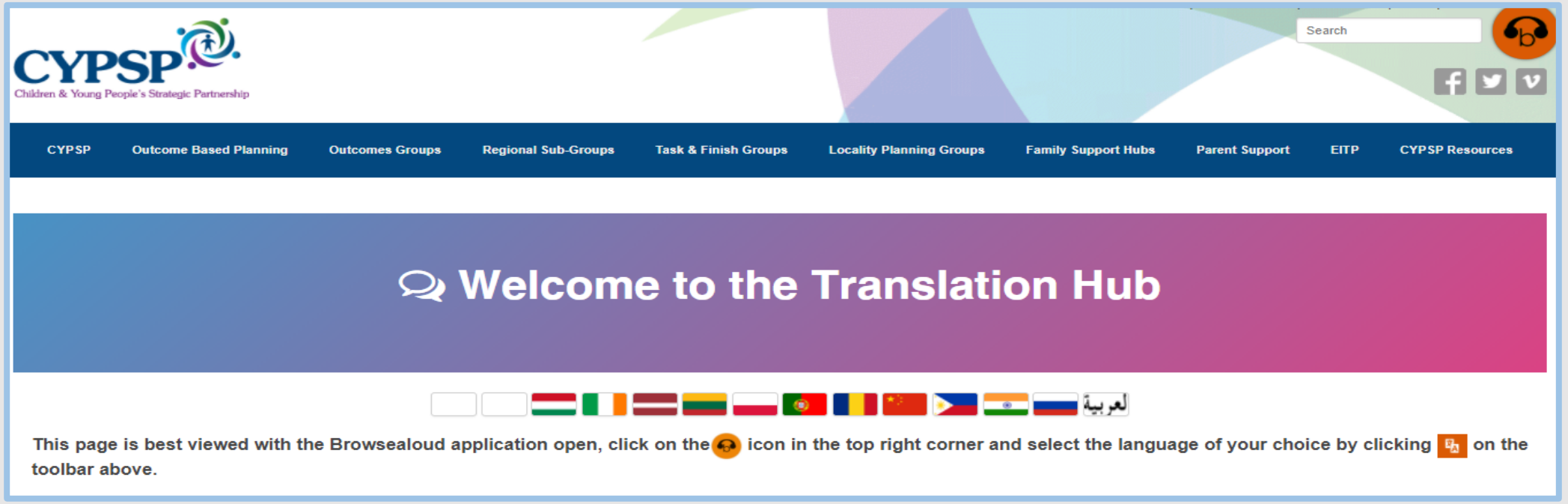
CYPSP TRANSLATION HUB



We continue to update our new Translation Hub. If you support BAME communities across NI please share this link directly with your families. Also If you would like to add content, contact information or a link - email: cypsp@hscni.net Please share widely

To access the page Click HERE.

SOUTHERN TRUST AREA

Listen to the latest podcast on Mental Health during Lockdown HERE

For more advice / support / guidance:

Call ParentLine **FREE** on **0808 8020 400**

Webchat / E-mail / Podcasts / YouTube

Parent LineNI™

Call Parentline NI today for advice, support or guidance.

0808 8020 400

Back to School or Childcare Setting: Supporting you to support your child.

Parentline NI is running FREE and confidential one to one sessions with Parent Support Officer Kathy.

The aim of these sessions is to support any parent/carer who is concerned about their child's separation anxieties or reluctance to return to school.

- Explore your own strengths and feelings.
- Explore ways of coping with change and building resilience.
- Explore separation anxiety and approaches which may help your child to overcome it.
- Explore school reluctance, its various causes and some positive coping strategies.
- Explore co-regulation and ideas to strengthen family communication and relationships.

When: Every Thursday in March and April

For more information or to book a place call free 0808 8020 400

facebook.com/parentlineni

@ChildreninNI

Parent LineNI™

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SUBMIT YOUR INFORMATION / UPDATES / RESOURCES TO: localityplanning@ci-ni.org.uk

To Book CLICK HERE

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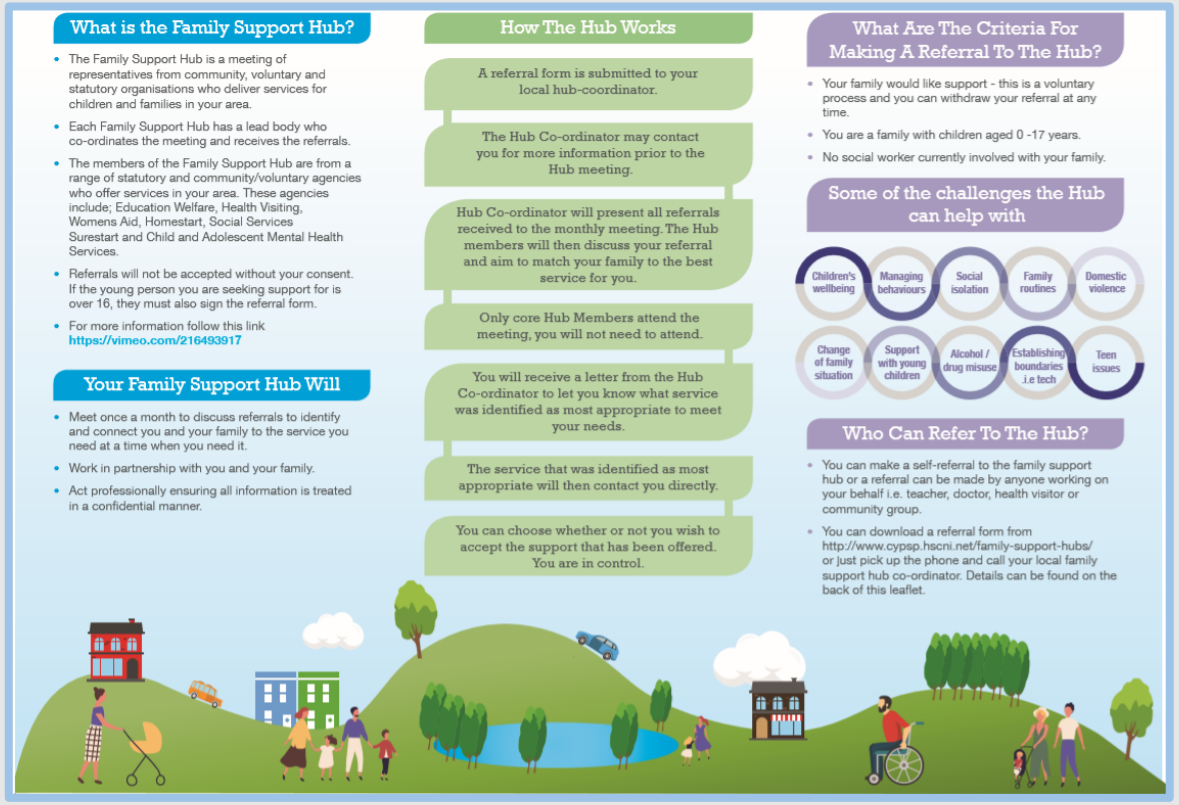

Our 3 **Family Support Hubs** in the Southern Area continue to operate and are open for referrals

Due to ongoing developments with COVID-19, access to Family Support agencies during this time will be subject to individual projects ability to respond

Please make any **referrals by e-mail** (E-mail addresses available HERE)

Link to latest Family Support Hub Newsletter Click Here

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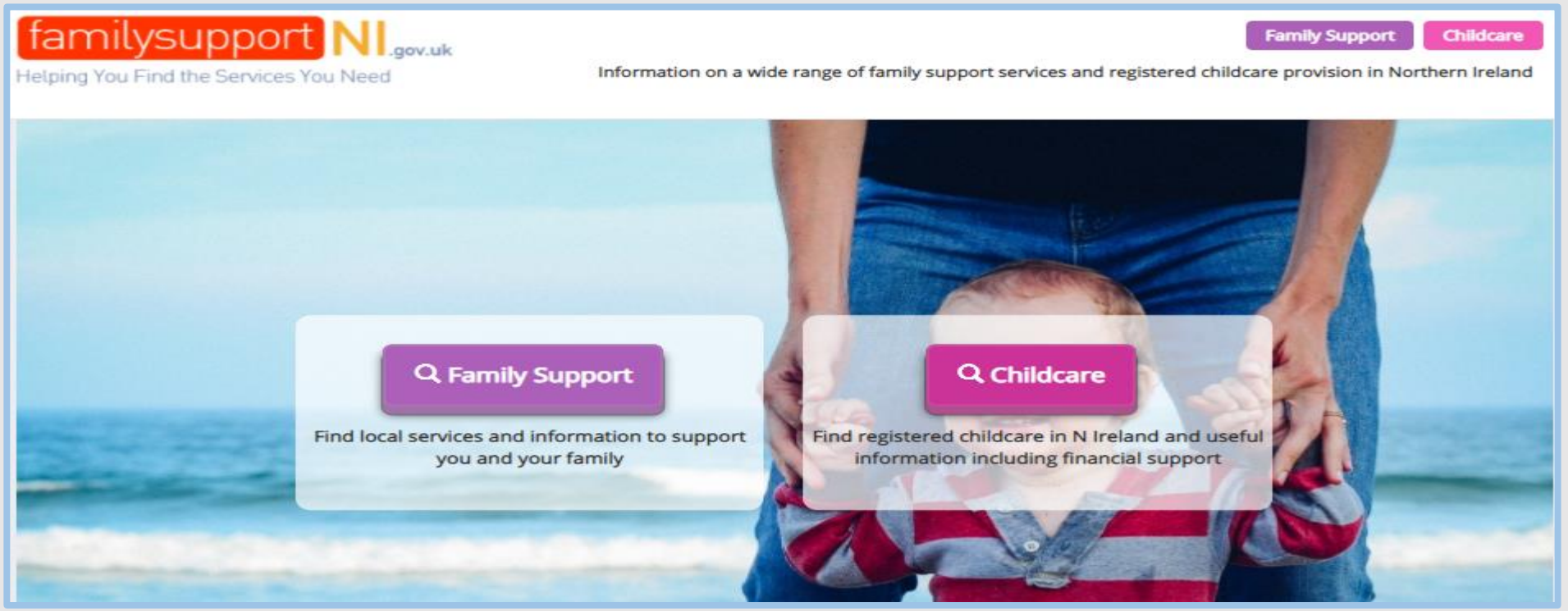


Check out the www.familysupportni.gov.uk website, making it easier for people in NI to find out about **family support services** and ALL REGISTERED **childcare providers** in NI

Childcare Providers, as services continue to re-open, please **check your details are correct and up-to-date**
(Quick Tip: Type name into Keyword Search in 'Childcare' Section)
Do you have vacancies? Have you indicated other offerings for parents looking for childcare?
Send additions / amendments to info@familysupportni.gov.uk

Latest **COVID-related information** available via dedicated COVID Information Section HERE

SOUTHERN TRUST AREA

CYPSP
Children & Young People's Strategic Partnership

ONLINE RESOURCES & INFORMATION

Calling all children, young people, parents/carers, colleagues!

Visit our **central resource** HERE & **filter by theme** for fun activities, education, books, art, recipes, parenting support, help, contacts & advice all **updated daily**

CYPSP
Children & Young People's Strategic Partnership

SUBMIT YOUR INFORMATION / UPDATES / RESOURCES TO: localityplanning@ci-ni.org.uk

NSPCC Learning

Keeping children safe during COVID-19

We've produced safeguarding resources to help support your work with children, young people and their families during the coronavirus pandemic.

Further info. https://learning.nspcc.org.uk/

SOUTHERN TRUST AREA

DFC Support Schemes and Funding

Warm, Well and Connected

People in extreme need can get through this scheme £50 electric / £49 gas top up / 300 litres of oil.

Other avenues of support should be explored before applying to Warm, Well and Connected. For example, if you are in a crisis situation and need emergency help or support with living expenses then you should check if you are eligible to apply for Discretionary Support (see information below).

For more information: https://www.nidirect.gov.uk/articles/coronavirus-covid-19-practical-support-individuals

Warm, Well and Connected Grant community and voluntary groups (CWSAN + COSTA)

The Warm, Well and Connected (WWC) programme can assist you reach out to communities to help people that have been acutely affected by COVID 19. We are asking your group to help identify what jointly we can do for those most vulnerable in your community to stay Warm, Well and Connected.

The targeted groups range from children right through to older people and the themes are **physical activity, mental health, nutrition and tackling Isolation.** If you are thinking of running any activities for these groups and themes between now and 31st March 2021 (only those activities that are permissible under relevant Government Covid 19 restrictions at the time your project is scheduled for).

Telephone Seamus: 07591 707621

Email: wwc@cwsan.org

Cold Weather Payments

In recognition of the cold weather and increased costs associated with heating a home the Department also has in place its Cold Weather Payment. This payment is triggered as a result of Cold Weather and is paid automatically to those who are in receipt of a qualifying benefit and live in a postcode area where the temperature is, or forecast to be, zero degrees or below for seven consecutive days.

People can find out more and check if their postcode is in an area due to receive payments triggered by cold weather by going to nidirect.

For more information: https://www.nidirect.gov.uk/services/cold-weather-payment-checker?postcode=BT71&op=Search

Annual Winter Fuel Payments

In addition to this support you will already be aware of the Annual Winter Fuel Payments made to those people over the age of 65 and these have been and continue to be issued in the normal way. These payments are non COVID related payments.

For more information: https://www.nidirect.gov.uk/articles/winter-fuel-payment

COVID-19 Heating Payment

The Department has put in place a one-off heating payment for those people who are in receipt of Pension Credit, or are in receipt of certain disability benefits (at the higher rates) in recognition of additional costs arising from the Covid-19 pandemic.

It is important, if you think you are eligible but have not received your payment by 15 February 2021, that you **report this before 30 April 2021.**

If you think you are eligible and have not received a payment by 15 February 2021 please contact the relevant office below:

Pension Credit	0800 587 0892
Attendance Allowance and Disability Living Allowance	0800 587 0912
Personal Independence Payment	0800 587 0932

Telephone: 02879 396 124

For more information: https://www.nidirect.gov.uk/articles/coronavirus-covid-19-and-benefits

Discretionary Support

A person who is in an extreme, exceptional or crisis situation can apply for assistance from the Discretionary Support. A person will make their application to Discretionary Support and taking account of the personal circumstances a decision maker may make an award in the form of an interest free loan or non-repayable grant.

Telephone: 0800 587 2750

To apply online: https://www.nidirect.gov.uk/services/claim-discretionary-support

Discretionary Support self-isolation grant

A non-repayable Discretionary Support self-isolation grant may be available to a person or any member of their immediate family who has either been diagnosed with COVID-19 or told to self-isolate in accordance with the latest guidance published by the Regional Agency for Public Health and Social Well-being.

Telephone: 0800 587 2750

Universal Credit Contingency Fund Short-term Living Expenses Grant

A Universal Credit Contingency Fund payment is a non-repayable grant. It may be available to people normally within the first Universal Credit assessment period following a new application to Universal Credit and who are continuing to experience financial difficulties.

Telephone: 0800 587 2750

For more information on discretionary support, discretionary support self-isolation grant and universal credit contingency fund short-term living expenses grant please visit: https://www.nidirect.gov.uk/articles/extra-financial-support#toc-2

COVID -19 Community Helpline

- freephone: 0808 802 0020
- email: covid19@adviceni.net
- text: ACTION to 81025
- complete a form on the Advice NI Website- https://www.adviceni.net/eform/submit/covid-support-referral

Make the Call

This service provides an individual benefit, service and support check

Telephone: 0800 232 1271

For more information: https://www.nidirect.gov.uk/campaigns/unclaimed-benefits

Advice NI

This free service offers free, independent, high quality advice on issues from benefits and deby to housing and employment.

Telephone: 0800 915 4604

Email:advice@adviceni.net

Local Advice Service

Mid Ulster Advice Services (MIDAS)

MIDAS is an integrated local advice service delivered across Mid Ulster to those in need. It is free, confidential, independent and provided by qualified, experienced and empathetic advisors.

Dungannon:

028 8775 0211

Cookstown:

028 8676 1875

SOUTHERN TRUST AREA

Northern Ireland COVID-19 Vaccination Programme

COVID-19 vaccination

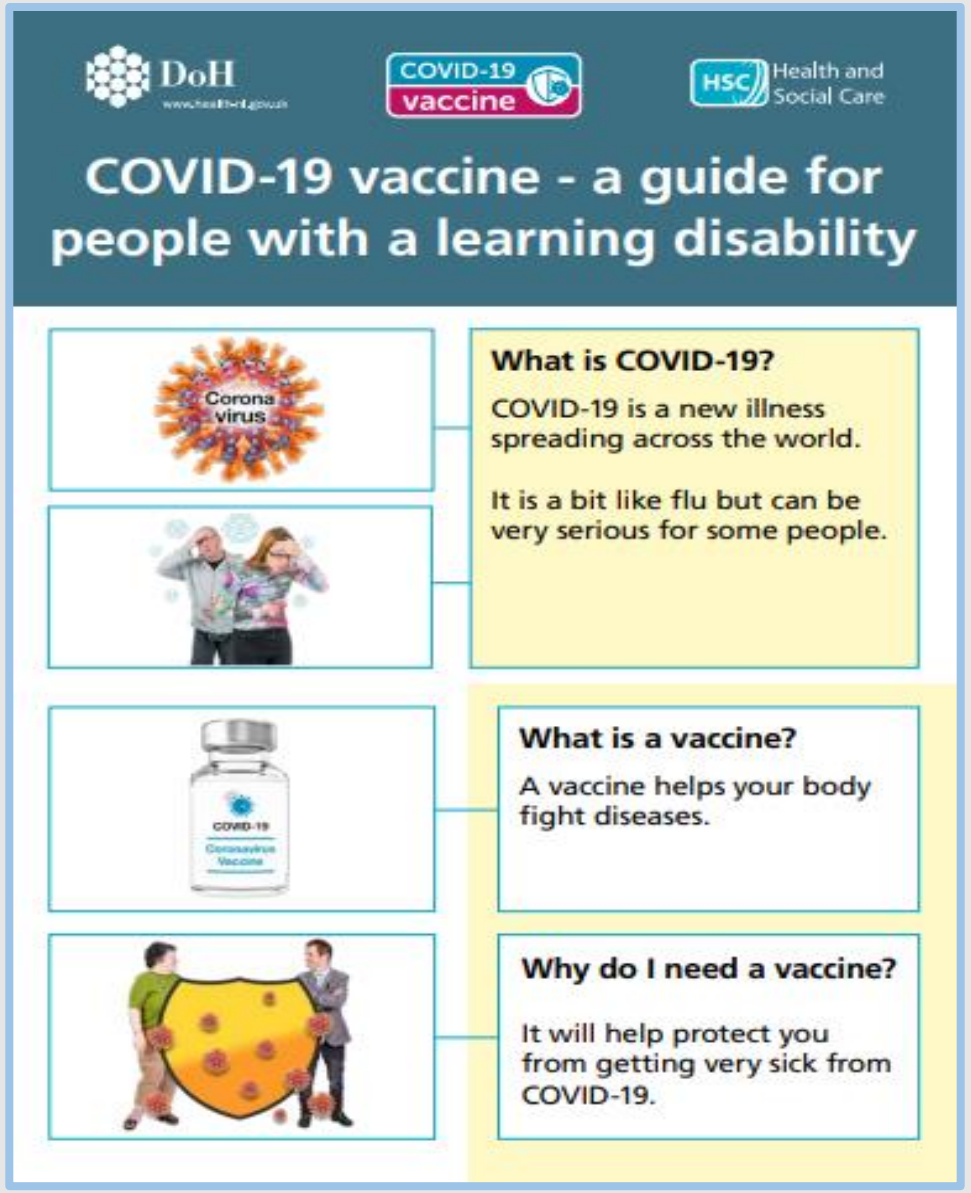
For information on Covid Vaccine, please click HERE

SOUTHERN TRUST AREA

Department of Health | An Roinn Sláinte | Männystrie O Poustie

If you are the main carer of someone who is elderly or disabled and you are 18 or over you can now book a vaccination via contact your local Trust care co-ordinator.

To make an appointment please contact Carers Co-Ordinator
Southern Trust
•Telephone: 028 3756 6284
•email: carers.coordinator@southerntrust.hscni.net



Easy read version to COVID vaccines CLICK HERE

Coronavirus

Advice on car sharing

At this time please **avoid car sharing**, but if you have to, please follow these simple steps

- Wash hands or use sanitiser before and after journey
- Wear face coverings
- Share with the same small group only
- Keep windows open
- Sit as far away as possible
- Clean car surfaces after every journey (including seatbelts and internal/external handles)

Safer shopping during COVID-19

If you have:

- a new continuous cough
- a high temperature
- a loss of or change in sense of smell or taste

you must **stay at home** and arrange a test. Visit pha.site/cvtesting or call 119 if you can't get online.

Ask a friend or neighbour to get some essentials for you and leave them at the door for you to collect.

Remember:

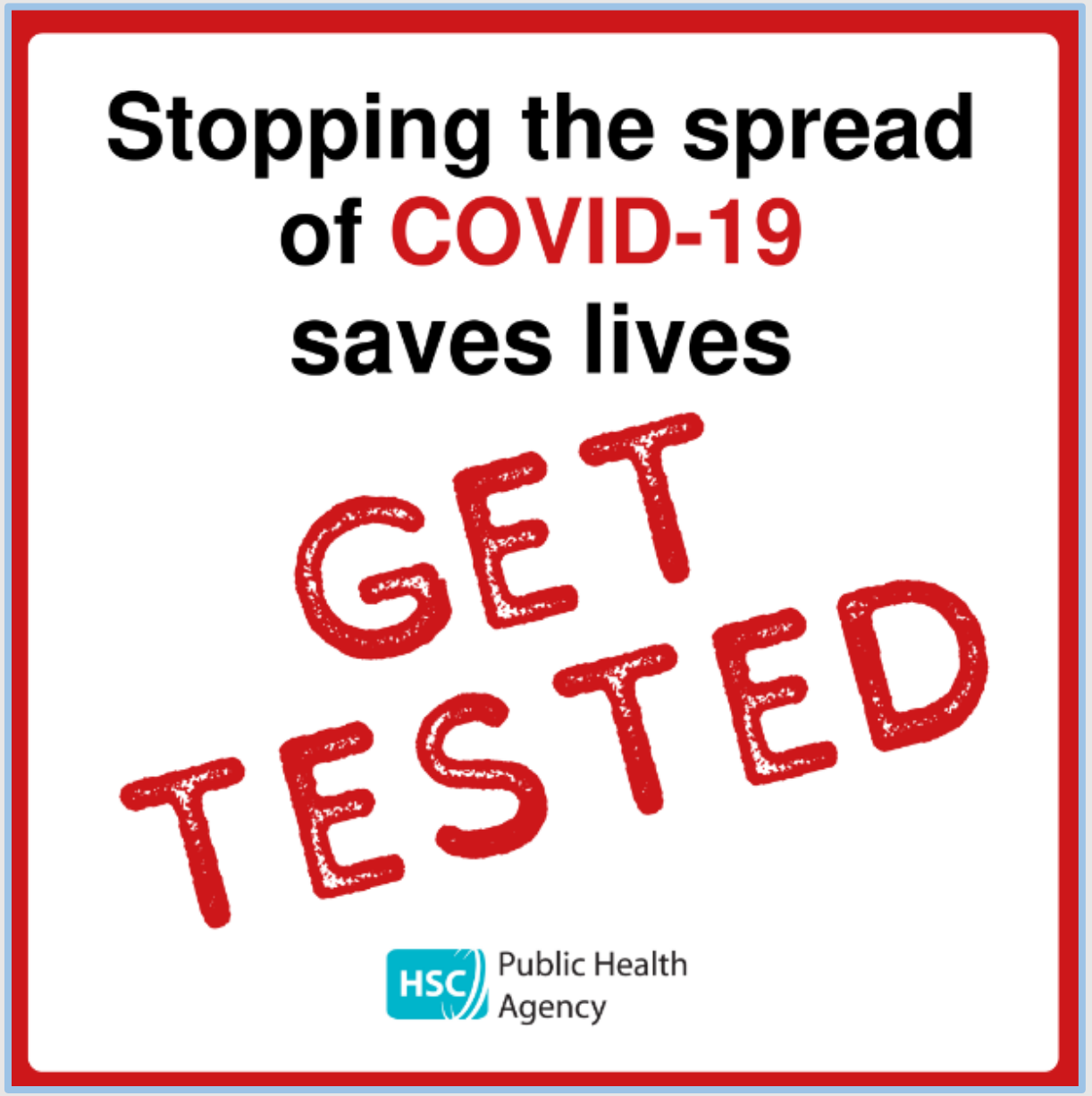
1. **Before shopping**
   Wash your hands for 20 seconds
2. **While shopping**
   - wear a face covering and avoid touching it/your face
   - if sanitiser is available, wipe handles on trolley/basket before and after use
   - stay 2m (6ft) apart from the next person
   - use a contactless payment card if possible
3. **After shopping**
   Wash your hands for 20 seconds

WE ALL MUST DO IT TO GET THROUGH IT

STAY SAFE SAVE LIVES

HSC Public Health Agency

SOUTHERN TRUST AREA

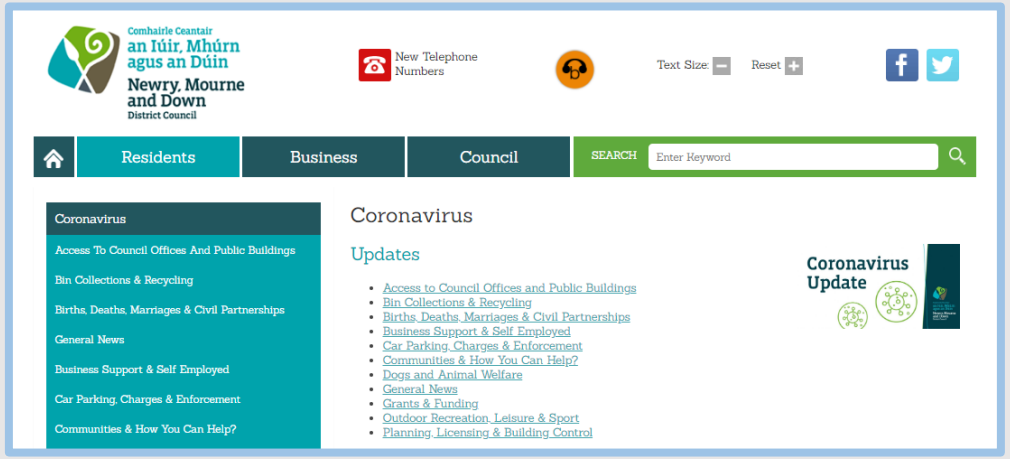


SOUTHERN TRUST AREA

COUNCILS ARE CONTINUING TO MONITOR THE EVOLVING SITUATION WITH COVID-19

FOR ONGOING LOCAL INFORMATION, UPDATES & ADVICE VISIT:

HERE



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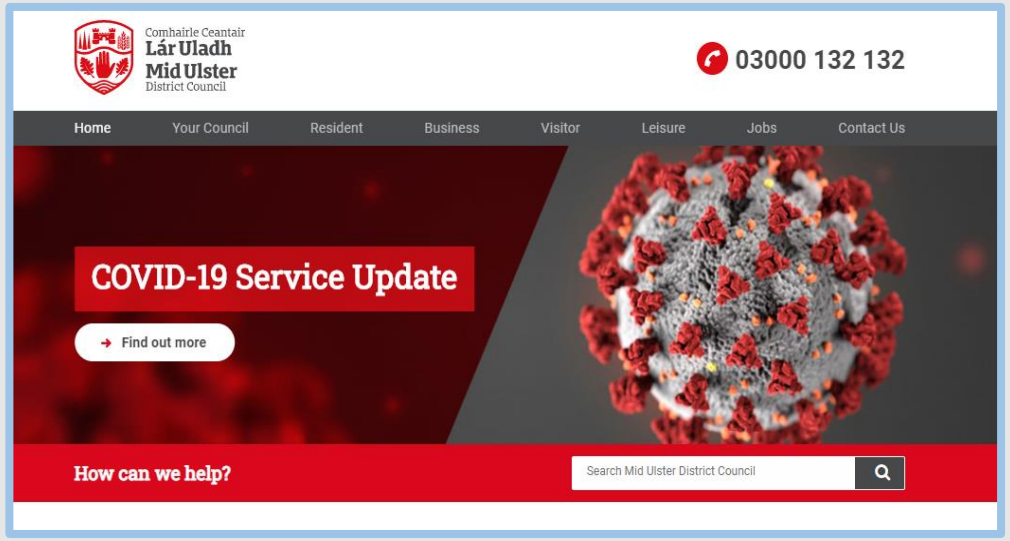


HERE

SOUTHERN TRUST AREA

FOR ONGOING CORONAVIRUS INFORMATION, ADVICE & UPDATES VISIT:

nidirect government services | tédíreach seirbhísí rialtais

HERE

Department of Health | An Roinn Sláinte | Männystrie O Poustie

HERE

HSC Public Health Agency

HERE

GOV.UK

HERE

Department of Education

HERE

HSC Health and Social Care Board

HERE

Helplines Network NI
listen. support. inform

HERE

nicva

HERE

advice ni
the independent advice network

HERE

CYPSP Children & Young People's Strategic Partnership

SUBMIT YOUR INFORMATION / UPDATES / RESOURCES TO: localityplanning@ci-ni.org.uk

ParentingNI
MACE
WALKING ON EGGSHELLS
NON VIOLENT RESISTANCE PROGRAMME
Child to parent violence is an abuse of power through which the child or adolescent attempts to coerce, control or dominate others in the family.
Supporting parents & carers to achieve a calmer and violent free home
Overcome sense of helplessness
Develop a support network
Stop destructive behaviours
Improve family relationships
All parents / carers will complete an initial telephone assessment to ensure the programme is suitable for their family circumstances.
NEWRY & MOURNE AREA
Non Violent Resistance online programme for parents/carers living in Newry & Mourne Area
WEDNESDAYS
28th April - 16th June 2021
8 Weeks
7.00pm - 9.00pm
Programme welcomes those parenting 11-13 years specifically
CALL TO REGISTER
0808 8010 722
CAWT
HSC Health and Social Care
interreg

ParentingNI
PARENTING APART FOR DADS PROGRAMME
Six week parenting programme supporting dads to minimise the impact of separation on children
The programme explores:
✓ Emotional impact
✓ Parenting roles
✓ Changes in relationships
✓ Legalities
✓ Financial impact
✓ Moving on
NEWRY AND MOURNE AREA
Six week online course starting
Thursday 29th April 2021 at 7.30pm - 9.00pm
Requests for places on the programme can be made by calling
0808 8010 722
Programme welcomes those parenting 0-3 years and 11-13 years specifically
HSC Health and Social Care
For more information visit:
parentingni.org
MACE
interreg
CAWT

ARMAGH, S.ARMAGH & NEWRY LPG AREA

Performing Trauma-Informed Assessments: The MACE Toolkit training

- 3 hour interactive course
- Available to practitioners working with children and families in the Armagh area, Newry & Mourne, Cavan and Monaghan border areas

Aims of the course:

- Understand the concept of trauma-informed assessments
- Understand helpful and unhelpful practitioner behaviours during assessment
- Identify potential sources and signs of childhood trauma
- Understand protective factors and how they interact with risk factors to influence positive outcomes
- Identify appropriate interventions to support families affected by trauma
- Understand the process of support pathway planning and review
- Understand how to use the MACE Trauma-Informed Practitioner's Toolkit alongside their own assessment forms (e.g. UNOCINI, Meitheal, Signs of Safety, etc.)

Please contact Jessica Fields to register: jessica.fields@westerntrust.hscni.net

Please note that all sessions will be 10 am – 1 pm and delivered over Zoom. (17 places per session)

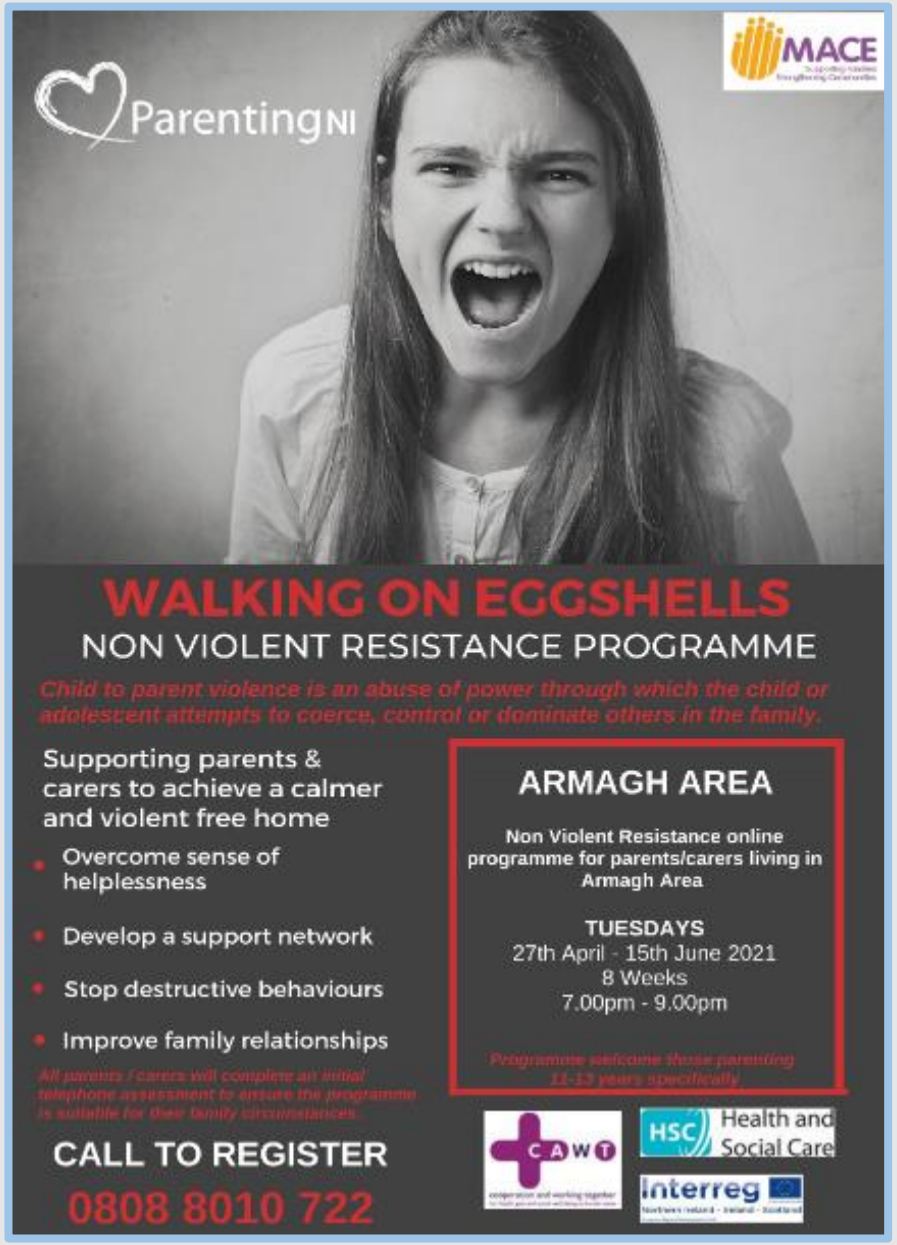
- 21st, 29th April
- 6th, 12th, 21st May
- 2nd, 8th, 17th, 25th June
- 3rd, 7th, 10th, 15th September
- 1st, 5th, 6th, 7th October
- 9th, 12th, 17th, 24th November

"Working to reduce Multiple Adverse Childhood Experience (MACE)
Supporting families and Strengthening Communities"

CYPSP Children & Young People's Strategic Partnership

SUBMIT YOUR INFORMATION / UPDATES / RESOURCES TO: localityplanning@ci-ni.org.uk

ParentingNI
PARENTING APART FOR MUMS PROGRAMME
Six week parenting programme supporting mums to minimise the impact of separation on children
The programme explores:
✓ Emotional impact
✓ Parenting roles
✓ Changes in relationships
✓ Legalities
✓ Financial impact
✓ Moving on
ARMAGH AREA
Six week online course starting
Monday 26th April 2021 at 7.30pm - 9.00pm
Requests for places on the programme can be made by calling
Free phone 0808 8010 722
Programme welcomes those parenting 0-3 years and 11-13 years specifically
For more information visit:
parentingni.org
HSC Health and Social Care
MACE
Interreg
CAWT


ParentingNI
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ARMAGH AREA
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TUESDAYS
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Programme welcome those parenting 11-13 years specifically
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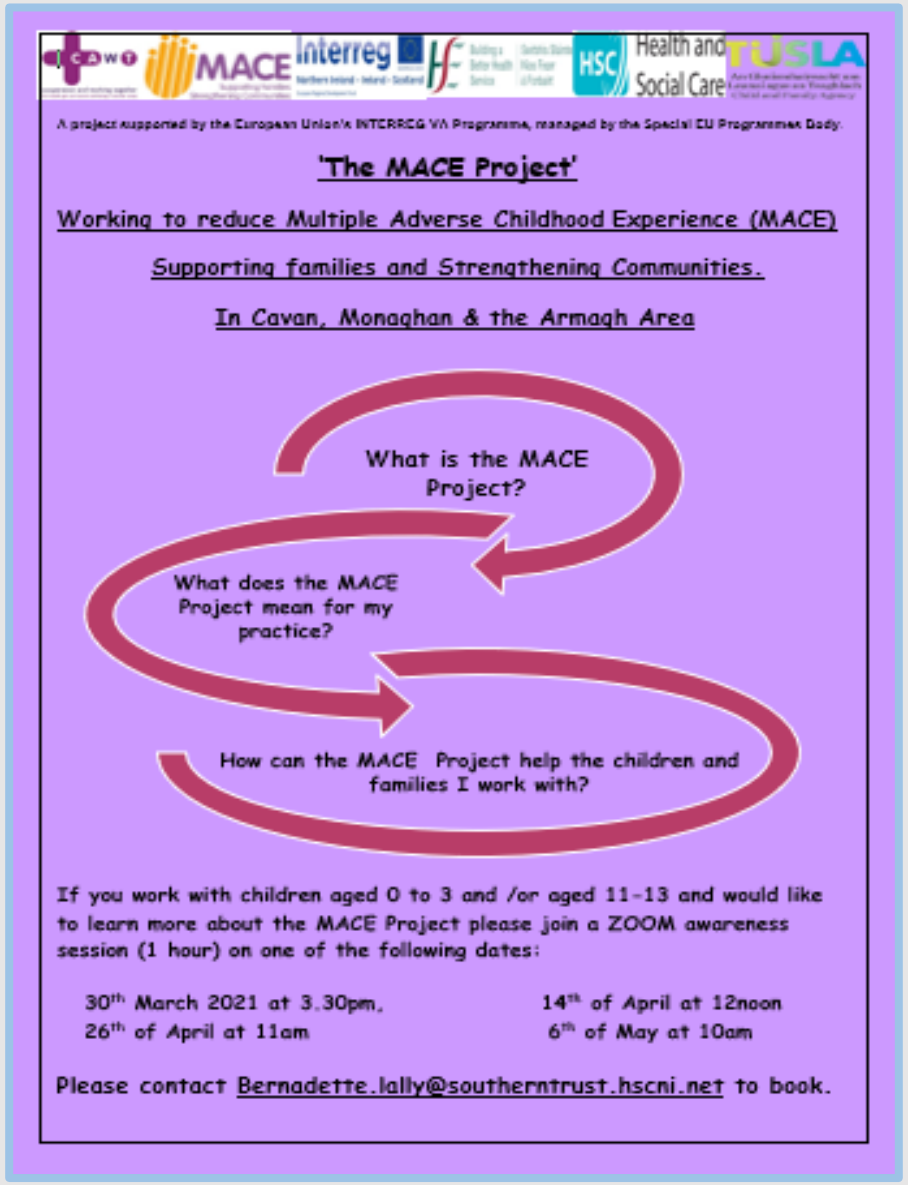
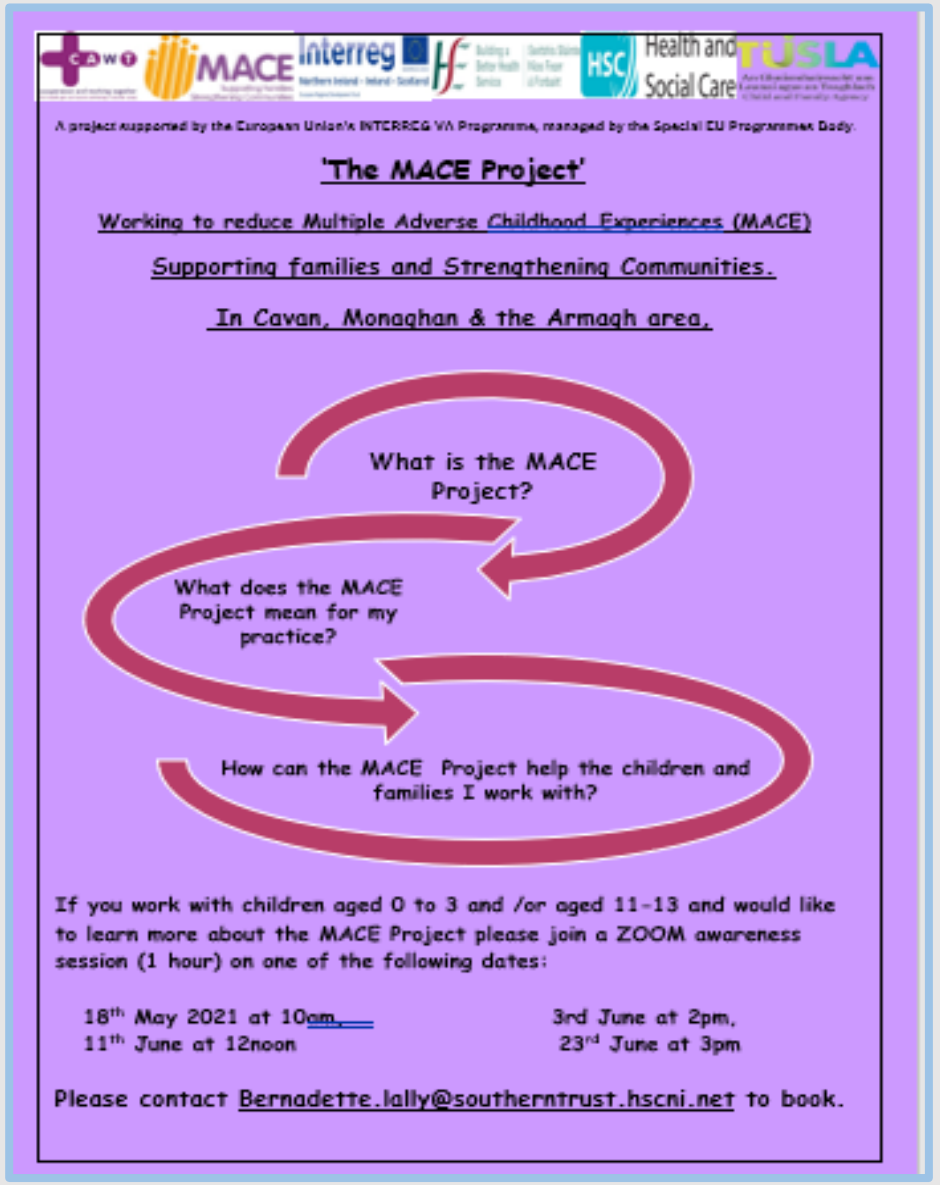
ARMAGH LPG AREA





Email: bernadette.lally@southerntrust.hscni.net

POP UP SHOP
POP UP SHOP
POP UP SHOP
POP UP SHOP
POP UP SHOP
POP UP SHOP
pre-loved
school uniform
free to new homes
Kochany mundurek szkolny bezpłatnie do nowych domów
pre-iubită uniformă școlară gratuită pentru case noi
qabl almadrasat sy muahad mjani 'iilaa manazil jadida
Click and Collect
To order, email by Friday for the following week with age, school and items required.
uniformsarmagh@gmail.com
Tuesday 10.30-12.30 Foodbank Armagh Elim Church
Thursdays 10.30-12.30 - ACV 40 Scotch Street
The service will be closed 6th and 8th April
Armagh foodbank
ACV
armagh city vineyard

ARMAGH & DUGANNON LPG AREA

Bolster Website [Click Here]

Park Power is a series of strength and balance exercises for people of all ages, that do not require any equipment and makes use of the benches within a park – and Lurgan Park is the very first Park Power location within the borough!

At seven benches in Lurgan Park you will see instructional signs detailing the exercises you can try – sit to stand, bench press, bicep curls, arm raise, front knee extension, leg flexion and one leg stand.

Park Power is part of the Get Moving ABC initiative For more information, please visit: https://getactiveabc.com/hw_programs/park-power/

ABC COUNCIL AREA

Department for Communities | Craigavon & Banbridge Volunteer Bureau | Armagh City Banbridge & Craigavon Borough Council

Application Guidelines for funding for Volunteer Covid Support in ABC Council area.

This is a DFC initiative which is being administered by Craigavon & Banbridge Volunteer Bureau on behalf of ABC Council.

To be eligible for the grant your constituted group must be involved in the delivery of covid supporting activities.

This grant is only eligible for expenditure incurred from 1ST April 2020 until 31 March 2021.
Any grant awarded will be a maximum of £500 to cover volunteer expenses including:

- PPE for Volunteers (paid by volunteers individually & accompanied with receipt)
- Travel

Section 3
Include Management Committee volunteers

CLOSING DATE IS 4PM ON MONDAY 12th April 2021.

Department for Communities | Craigavon & Banbridge Volunteer Bureau | Armagh City Banbridge & Craigavon Borough Council

VOLUNTEER FUNDING OPPORTUNITY

Good News. DFC have released funding to support the volunteers working in the volunteer led community groups delivering against Covid-19.

In our Council area **Craigavon & Banbridge Volunteer Bureau** will be delivering the scheme in partnership with **Armagh Banbridge Craigavon Council.**

Grants of up to £500 will be available to cover volunteer costs. (Subject to number of applications)

- PPE for Volunteers (paid by volunteers individually & accompanied with receipt)
- Travel Costs for Volunteers

Applications are open to those organisations engaging in supporting the community through the pandemic. Examples of what that support might look like includes:

- Fundraising for the local foodbank
- Making up and delivering Food parcels
- Shopping
- Prescription Banking/post office lifts
- Meals on wheels
- Good morning calls
- Befriending
- Online support
- Community interaction

For more information or an application pack please contact either:

Donna Stewart
Craigavon & Banbridge Volunteer Centre
Office 2
1st Floor Legahory Centre
Craigavon
BT65 5BE
info@youcanhelp2.org
02838 342741

Joanne Scorah
Craigavon & Banbridge Volunteer Centre
Office 2
1st Floor Legahory Centre
Craigavon
BT65 5BE
info@youcanhelp2.org
02838 342741

Further Info. and application form E: info@youcanhelp2.org

To find out more https://getactiveabc.com/hw_programs/get-moving-community-sports-leader-programme/

SOUTHERN AREA LOCALITY PLANNING GROUPS

CYPSP
Children & Young People's Strategic Partnership

ISSUE 56 | 1st APRIL 2021

FYI

For Your Information

Some friendly guidance to those who are submitting information to FYI:

1. 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!
2. Less words, bigger pictures!
3. We do not advertise or endorse those events or programmes which are privately funded as a business.
4. Information will usually be included for x2 editions (1 month), unless requested or if your event takes place sooner.
5. FYI will be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
6. We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
7. Your feedback is welcome. (We are not perfect but will strive to be as good as we can.)
8. Please let us know if FYI has helped your service, event or activity in any way.

***** UPCOMING 2020/21 LPG MEETINGS *****

Newry LPG:	12th May 2021
Armagh LPG:	6th May 2021
Craigavon LPG:	18th May 2021
Banbridge LPG:	26th May 2021
Dungannon LPG:	13nd April 2021
South Armagh LPG:	20th April 2021

Per ongoing guidance, all meetings are currently planned to take place via Zoom and will begin at 10am

View / Share recent editions of 'FYI' newsletter:

Issue 55 – 11th March Issue 54 – 25th February

For general newsletter information, contact:

Kerry O'Hagan @ localityplanning@ci-ni.org.uk or Darren Curtis (07725232566)

CYPSP, 2nd Floor, Health & Social Care Board, Tower Hill, Armagh. BT61 9DR