CYPSP
Children & Young People's Strategic Partnership

Edition 16/ 2020 *October 2020*

Family Support Hubs Newsletter

This edition includes:

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- ParentLine NI
- Family Mediation NI
- Screen Time
- Outcome Monitoring Report
- Pocket Booklets
- Parenting Week 2020
- Child Law Hub
- Childcare & Work Survey
- Health & Wellbeing of Parents Survey
- Parenting Programmes
- Nutrition Webinars
- CMO Letter to parents/carers of children in childcare

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- Lisburn SureStart – Sept-Dec Prog
- Virtual Song & Rhyme Sessions
- Solid Start Weaning

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- Men's Advisory Project
- Domestic & Sexual Abuse Helpline

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- PBNI
- Addiction NI

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- Community Support

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- PHA's Contract Tracing Service
- Advice on Car Sharing
- Information for Parents & Carers

Welcome to **Edition 16/2020** of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at **7 October 2020.**

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

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

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

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

Where are the hubs?
Click on map:-

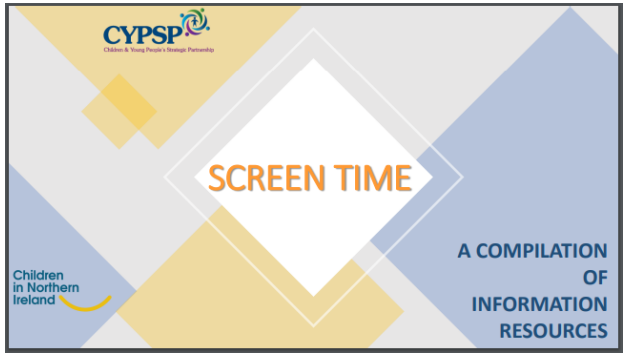
Parent LineNI™

FREE LOCAL HELPLINE
0808 8020 400

Open 6 days a week
Mon-Thurs 9am -9pm
Friday 9am -5pm
Saturday 9am - 1pm

CHAT ONLINE
www.ci-ni.org.uk

EMAIL
parentline@ci-ni.org.uk



Resource which includes research, multi-media information and links to work carried out with regards to screen time.
Read Here

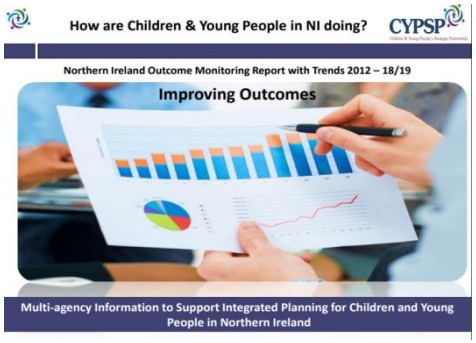
fmni family mediation

COVID-19 SEPARATED PARENTS MEDIATION AVAILABLE NOW VIA ONLINE PLATFORMS

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

***Contact us** on **028 9024 3265** or enquiry@familymediationni.org.uk or administration@familymediationni.org.uk*

www.familymediationni.org.uk



How are our children and young people doing across Northern Ireland by each Trust area?

DOWNLOAD our latest outcome monitoring report providing trend analysis in relation to the Government's eight high level outcomes.

Imagine being a child and facing separation from your brothers / sisters… This is the reality for many of the children / young people in our care. But what are the benefits to keeping siblings living together? Read NI Adoption & Foster Care's blog at: https://adoptionandfostercare.hscni.net/blogs/siblings/

TOGETHER FOR FAMILIES ARDS & NORTH DOWN
working together and with families DOWN LOCALITY PLANNING GROUP
early intervention lisburn

New pocket booklets for parents, families and professionals providing a range of family contacts, programmes and opportunities within the Ards & North Down, Down and Lisburn Locality areas.

Ards & North Down Booklet

Down Booklet

Lisburn Booklet

children's law centre

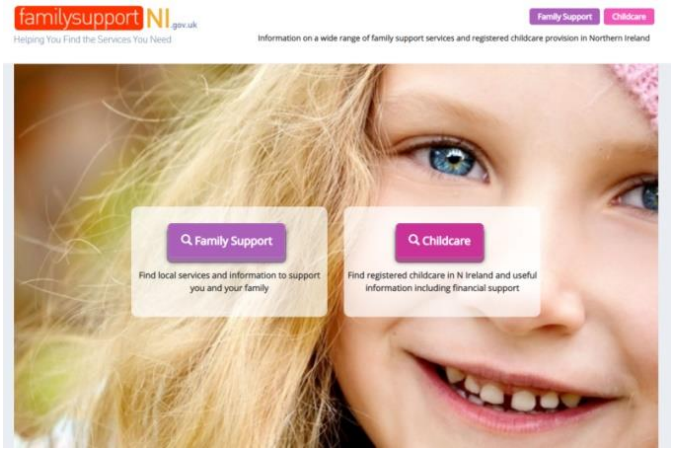
Check out Children's Law Centre's new Child Law Hub for frequently asked questions about children and COVID-19, education, care and much more.

https://childrenslawcentre.org.uk/child-law-hub/

Parenting Week is Nearly Here!

Parenting Week is a celebration of the important role parents play in their children's lives.

Further Information



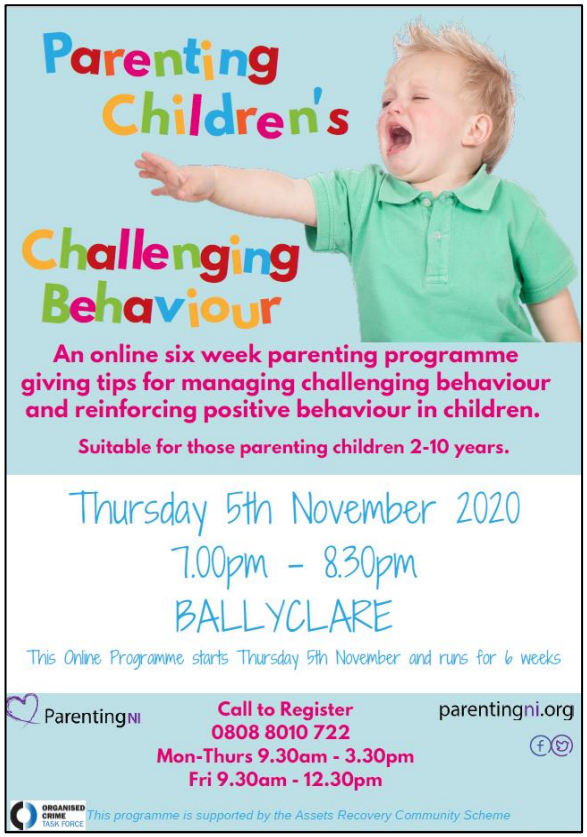
If you need to find a local support service or childcare, visit the **Family Support NI Website** which holds information on a wide range of family support services and registered childcare provision across NI.

Children in Northern Ireland

Health & Wellbeing of Parents Survey

We at Children in Northern Ireland operate the Regional Parent Helpline, Parentline NI. We want to ensure the voice of parents is heard in all levels of decision making but especially at Government level. We are therefore asking all parents to complete a survey to allow us to inform Government of what action they need to take to help parents, children and young people.

The survey can be found at
https://www.surveymonkey.co.uk/r/K3K5CSS
It only takes a few minutes to complete and you will be entered into a draw to win a £50 Amazon voucher.



Eight week programme supporting mums and female carers to achieve a calmer and violent free home:

Mums/female carers living in
PORTADOWN
Tuesdays
6th Oct – 1st Dec 2020
7.00pm – 9.00pm

Mums/female carers living in
BELFAST
Thursdays
8th Oct – 3rd Dec 2020
7.00pm – 9.00pm

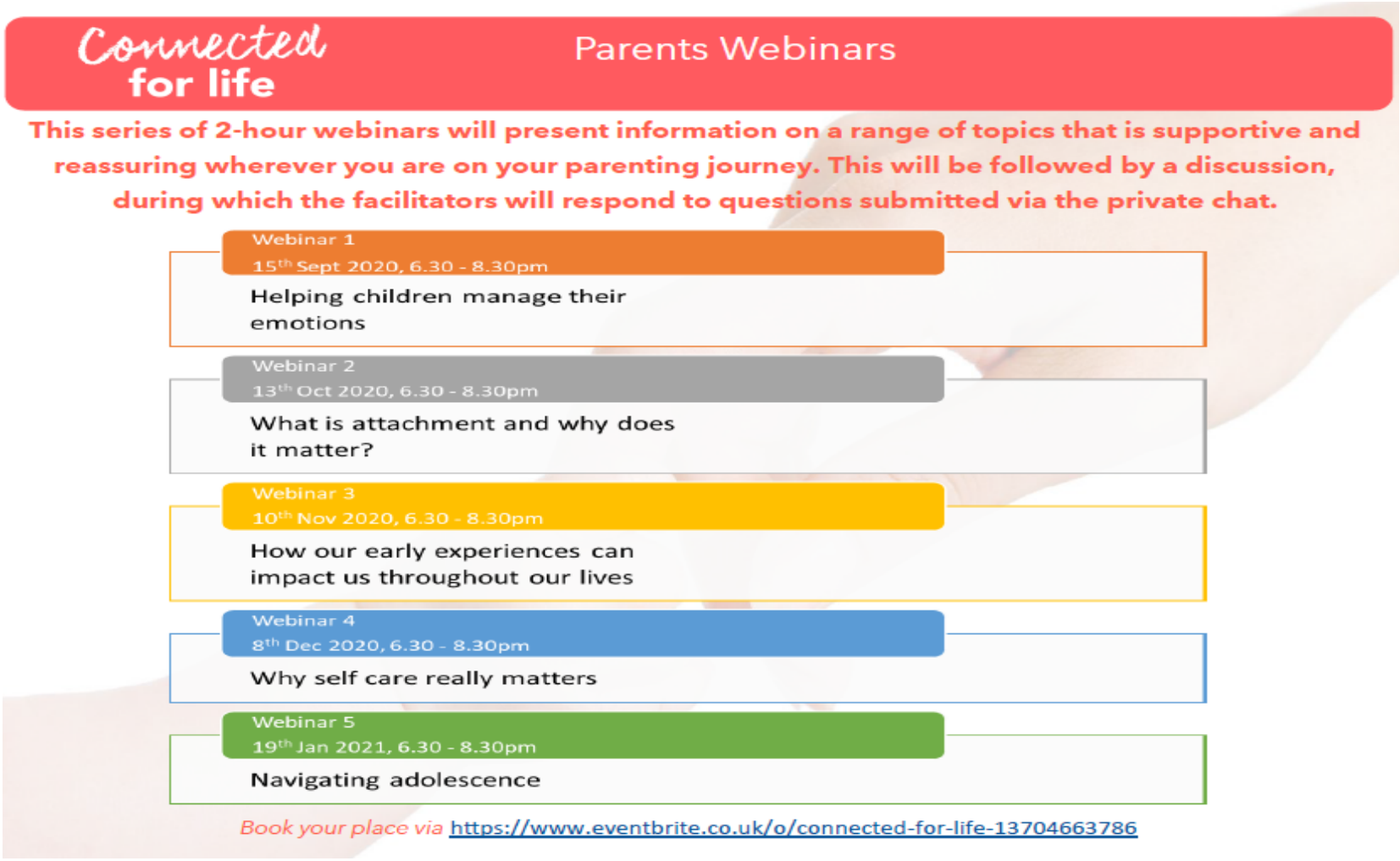
Further information and booking details

Parent Support

Upcoming Parenting Programmes

For lots of information and support to help you with parenting, visit the CYPSP Covid-19 Support and Resources webpage **HERE** and click on each filter button.

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



If you think you could do with some helpful advice about nutrition and feeding your family for less, we have a number of log-in webinars that could help.

[Dates/Times/Links to Webinars]

[Tips on feeding your family and how to help them make healthily choices.]

Vaccinate kids as the first line of defence against flu - [find out more here]

Department of Health
An Roinn Sláinte
Männystrie O Poustie
www.health-ni.gov.uk

Letter from Chief Medical Officer, Dr McBride to all parents and carers of children in childcare – [Read Here]

September to December Programmes

Online based programmes

Programme	Online	Time
Cook It	Via closed Facebook group and phone calls	W/C 2nd November for 6 weeks

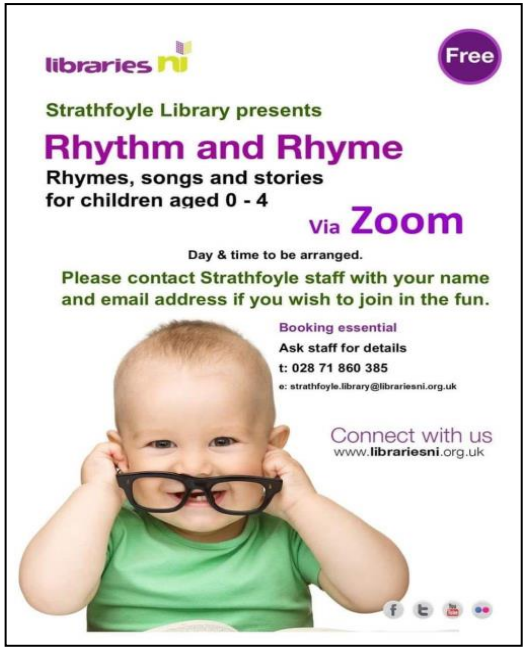
Programme	Online	Time
Rhythm, Rhyme and Story Time (0-3 year olds)	Via Facebook	Ongoing

Programme	Online	Time
Sensory Explorers (0-3 year olds)	Via closed Facebook group	TBC

Programme	Online	Time
Breastfeeding Group	Via ongoing Facebook closed group Further support available by an optional weekly Zoom session or phone call support	Closed Facebook Group support- ongoing Zoom or phone call support: Every Wednesday 11- 12pm

If you would like to book a place on one of our closed Facebook or Zoom programmes, please send us a Facebook message or call us on 02892 666987.

Lisburn Sure Start



Caramel Apples

Ingredients

7 small granny smith apples (about 2 1/4 lbs)
15 oz. caramels, such as Werther's Chewy*
3 Tbsp heavy cream
Various toppings, optional (see notes(**)

Instructions

1. Rinse and thoroughly dry apples with a paper towel. Insert a caramel apple stick***. Having toppings ready if you'll be adding some to apples.
2. Line a 13 by 9-inch baking sheet or baking dish with a sheet of parchment paper, spray parchment paper with non-stick cooking spray, set in the fridge.
3. Place caramels and heavy cream in a microwave safe bowl (about 5 cup size bowl)****.
4. Heat in microwave in 30 second increments, stirring well between intervals, until melted and smooth. This will take about 2 - 3 minutes. If caramel is extra runny let it cool just briefly so it doesn't run right off the apples.
5. Dip apples one at a time into caramel on an angle so it covers nearly to the top center. Rotate and turn to coat apple. Lift apple and let excess run off, then run bottom of apple along inside edge of bowl to remove excess caramel. Lift apple and turn apple upside down to let caramel run up the apple a little then immediately roll in toppings (or sprinkle with toppings) before caramel sets.
6. Turn apples upright and place on prepared baking sheet in fridge, repeat process with remaining apples. As needed reheat caramel in microwave in 15 second increments for a runny, dip-able consistency.
7. Allow caramel to set completely, about 30 minutes in the fridge (you can eat them before this but if you want caramel to firm back up the wait the 30 minutes). Cut apples into slices just when ready to enjoy so they don't brown.

Instructions

Instructions

KIDS ACTIVITIES FOR THE HALLOWEEN BREAK

Orange filled Jack O'Lanterns Recipe

Ingredients

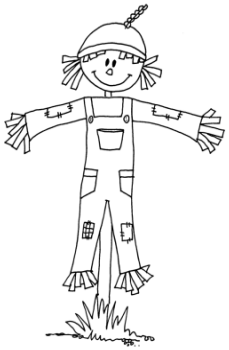
- 4 large oranges
- 2 cups of mixed fresh berries
- about 4 kiwis, peeled and diced
- 2 Tbsp raw honey

Instructions

1. In a medium bowl mix the berries, kiwi and honey.
2. Cut a hole around the orange stem.
3. Using a spoon, scoop out the insides and place it in a bowl.
4. Keep in the fridge and use it for smoothies later on.
5. Sketch the desired face of your Jack-o-lantern.
6. Using a small knife, cut along chosen design.
7. Remove loose pieces of orange skin and discard them.
8. Fill them up with fruit and put the stem back on.

Scarecrow Word Search

s	a	c	o	r	n	s	t	i	c	s	a	r	s	p
e	p	o	t	e	i	n	i	k	i	r	e	d	u	r
p	s	w	o	r	t	s	p	i	d	b	n	m	l	i
a	e	o	d	m	c	g	n	a	u	o	p	a	f	c
r	j	r	r	a	t	n	d	c	s	k	y	m	r	s
a	h	c	s	r	r	i	k	e	i	i	e	p	e	n
k	u	e	o	a	v	e	q	n	i	n	l	i	t	a
e	o	r	d	t	t	m	a	r	a	g	l	n	n	d
l	e	a	i	c	n	i	c	s	e	c	o	g	u	p
m	l	c	u	o	r	j	t	t	u	b	w	a	c	l
y	p	s	r	n	g	s	n	f	l	e	a	v	e	s
c	p	a	s	w	i	m	e	g	n	a	r	o	u	g
f	a	l	l	a	t	i	o	n	o	m	k	o	y	s



fall
pumpkin
leaves
scarecrow
rake

red
orange
yellow
apple
acorn

www.kidspuzzlesandgames.co.uk

Autumn / Fall Word Scramble

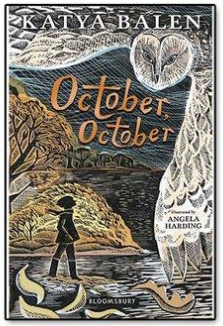
LAFL
KERA
NCAOR
VAHRETS
PKPIUMN
VLAEES
CSRARECOW
PPLAE
WEYLOL
GNORAE

www.kidspuzzlesandgames.co.uk

Crayola

Free Halloween printable colouring pages from Crayola

[Print Here]



'an immensely touching, well-written story about the pleasures and perils of wildness'

BookTrust

MEDIA INITIATIVE FOR CHILDREN

RESPECTING DIFFERENCE PROGRAMME TRAINING SESSIONS

Workshop	Date	Time	Venue
1	5th, 6th, 12th and 13th October	10am-1pm	Online
2	19th, 26th October, 2nd, 9th November	6pm-9pm	Online
3	10th, 11th, 18th, 19th November	10am-1pm	Online

AN OPPORTUNITY FOR EARLY CHILDHOOD CARE AND EDUCATION SETTINGS IN THE **SOUTH BELFAST, LISBURN & CASTLEREAGH** AND **ARDS & NORTH DOWN COUNCIL AREAS** TO PARTICPATE IN THE EVIDENCE BASED MEDIA INITIATIVE FOR CHILDREN RESPECTING DIFFERENCE PROGRAMME

What is the Respecting Difference Programme?
Children need opportunities to discuss and acknowledge the similarities and differences between themselves and others. They also need to be able to express more effectively feelings associated with similarities and differences, including those of feeling left out. The Media Initiative for Children helps children to understand the meaning of acceptance and respect for others. Major research has found strong and robust evidence that the programme is effective in improving outcomes in young children in relation to their social and emotional development and awareness of and attitudes towards cultural differences. Moreover, these effects represent the added value to early years settings that the programme provides in enhancing social and emotional learning and promoting understanding of, and respect for differences.

For further information or to register for these online events please contact Aveen Owens on [redacted]

COMMUNITY RELATIONS COUNCIL

early years

To register contact aveeno@early-years.org

CALLING ALL CHILDREN & YOUNG PEOPLE

Children in Northern Ireland are inviting you to take part in our project Letters of Lockdown.

We would love you to write a letter or draw a picture about your experience of lockdown.

The letters/pictures will be displayed in our office and there will be prizes given for the top three.

You can pretend to write your letter to a family member, a friend or anyone you like as long as it tells us about your experience of lockdown.

Take a photo of your letter and email it to us here: ellen@ci-ni.org.uk

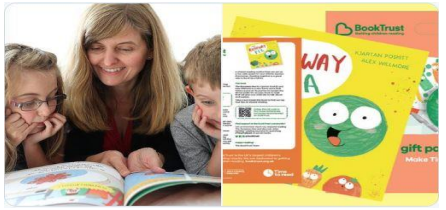
Please do not include any identifying information about yourself in your letter. Please only include your first name and age.

1st Prize: Amazon Fire Tablet
2nd Prize: £25 book token
3rd Prize: £15 book token

Closing Date: 31 October 2020

In the latest issue of the High Five newsletter, there are lots of ideas about being brave.

DOWNLOAD HERE



Time to Read Campaign

This initiative supports transition to primary school for 740,000 children in England and Northern Ireland.

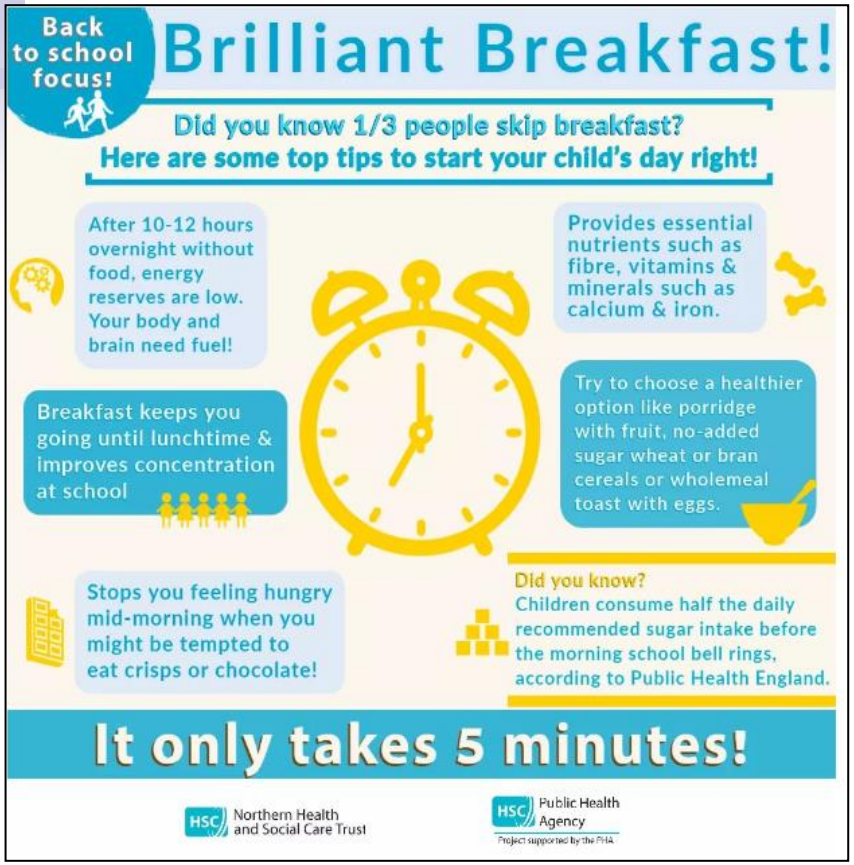
FIND OUT MORE

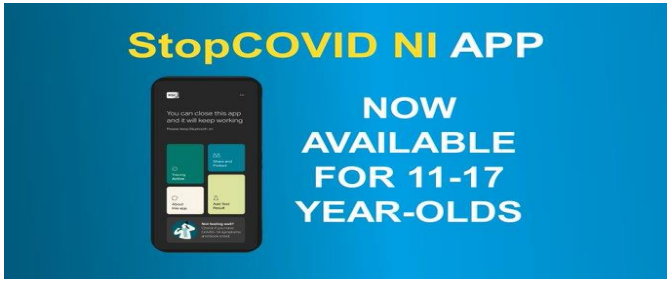
Childhood During Coronavirus

In the last few months Action for Children's frontline staff have been a vital lifeline for vulnerable children. These key workers have supported nearly 10,000 children and young people. But we know more has to be done to support children in crisis – **read the report here**

ni4kids Autumn Issue Out Now!

READ HERE





[FIND OUT MORE]

space
Supporting People and Community Enterprise
FRIENDS RESILIENCE
My Youth Friends
My friend's youth is an evidence-based programme that has been proven to decrease anxiety and depression in adolescents. The programme develops participants' confidence by arming them with positive strategies to problem solve challenges in every area of their lives. The programme focuses on integrity to self and positivity in the face of peer pressure, which is crucial during this volatile time of life.
Location: 5-7 Marcus Street, Newry
Time: 4.30pm
Start Date: 3rd November
Every Tuesday for six weeks
Limited places available
Aged 12-15
To register, contact Aine
02830835764
dminespace-ni.com
NATIONAL LOTTERY FUNDED

FILM
PHOTOGRAPHY
SOCIAL MEDIA MARKETING
EVENT MANAGEMENT
Féile 2020
CREATIVE MEDIA COURSES
FREE
FOR PARTICIPANTS AGED 13+ WHO ARE LOCATED IN OR HAVE A SUBSTANTIAL IMPACT IN THE CREGGAN OR BRANDYWELL AREAS
STARTING OCTOBER 2020
GAIN KNOWLEDGE AND LEARN TECHNIQUES THAT WILL ASSIST YOU WITH FUTURE VOLUNTEERING, EMPLOYMENT, EDUCATION OR TRAINING OPPORTUNITIES IN THE FILM, MEDIA OR EVENTS INDUSTRY
LEARN FROM INDUSTRY EXPERTS AND LOCAL SUCCESS STORIES
CONTACT MARYFEILEDERRY@GMAIL.COM FOR MORE INFORMATION OR TO SEE IF YOU QUALIFY
FUNDED THROUGH CIT ARTS & CULTURE DERRY
The Executive Office
co-operationireland

ADVICE FOR HOMELESS YOUNG PEOPLE

Action for Children

AVOIDING HOMELESSNESS

Get advice immediately if you think you might become homeless.

HOMELESS 16-17 YEAR OLDS

You can ask your local Health & Social Care Trust or the Housing Executive to help you if you are 16 or 17 and have nowhere safe to live.

HOMELESS 18-21 YEAR OLDS

If you're aged between 18 and 21 you should ask the Housing Executive for help if you are homeless. They will investigate to see if you pass all four tests for homelessness. Make sure that you tell the the Housing Executive if you have spent any time in care as a young person The Housing Executive will work with Social Services to try to help you.

HOMELESSNESS FOR PEOPLE AGED OVER 21

If you're over 21 or you're over 18 and have no history of being in care, you should ask the Housing Executive for help if you are homeless or think you're going to be homeless soon

CONTACT NUMBERS:

NIHE Homelessness Line on: 03448 920 908
NIHE: 03448 920 900.
WHSCT Social Services: 028 95 049 999

Sperrin & Lakeland Floating Support Service: 02882 259 495

inspire students

support@inspirewellbeing.org

YouthAction 75 NORTHERN IRELAND

Get Set YOUTHACTION NORTHERN IRELAND

GET SET for Crafty Covid

Free part-time programme!
Learn new creative skills to work from home on a budget that are good for you and your mental health

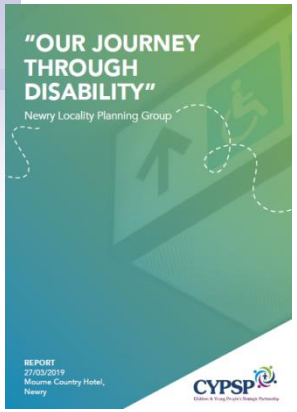
- Candle prints
- Box frames
- Engraving
- Upcycling

All activities FREE for school leavers
and young people 16-24 years not in work.
All activities meet Covid-19 social distancing guidelines

If you want to learn more get in touch with:
Naomi@youthaction.org
or call 028 90240551

Programme spaces are limited so get in quick!

Department for the Economy | European Union European Social Fund Northern Ireland | Fermanagh & Omagh District Council | an tIúr, Mhúrn agus an Dúin Newry, Mourne and Down | Armagh City Banbridge & Craigavon Borough Council | The Henry Smith Charity | Garfield Weston Foundation



CYPSP are pleased to announce the forthcoming launch of 'Our Journey Through Disability'. This report is the outcome of a co-production initiative by parents and families in the Newry Locality, supported and facilitated by the CYPSP Southern Outcomes Group. The information and recommendations will be used in the development of multi-agency/disciplinary plans to support needs of children with disability and their families across the regional CYPSP network .
Visit http://www.cypsp.hscni.net/our-journey-through-disability-30sep20/ for further information and to download the report.

Apply Now for Family Fund

We know things are difficult right now. If you have not received a grant since 1 April 2020 you will be able to re-apply again now. Access your account here https://familyfund.org.uk/my-account

The Newry Mourne and Down Local Advisory Group is co-hosting a stakeholder engagement event online on 20th Oct. The event is to look at how the youth service does engage with children with disabilities and how this can be improved.

Further Information & Registration Details

Autism NI are encouraging you to complete the consultation that the Minister of Education has launched. The SEN Regulations and The SEN Code of Practice are key to the effective delivery of the SEN system.
View consultation documentation / submit a consultation response

contact For families with disabled children

FREE online workshops for parents with disabled children and SEN: Money matters; Encouraging positive behaviour; Wellbeing for parents; Helping your child sleep; Support for speech and language issues. Book your place today at http://ow.ly/3v4Z50BiXAs

Have you recently found out that your child has a disability or additional needs? Order your copy of a FREE Helpful Guide with all the information and hep you need to enjoy family life – Order Here

AWARE

OVERCOMING DEPRESSION. CHANGING LIVES.

YOUNG PEOPLE'S SUPPORT GROUP

for young adults aged 18 - 25 who are experiencing mental health problems such as depression, bipolar disorder, stress or anxiety

Group meets every 2 weeks on Zoom

Every other Wednesday 3pm - 4pm

- Meet other young people
- Support each other
- Share experiences
- Discuss self-help strategies
- Improve coping skills
- Build resilience
- Reduce stress and anxiety
- Manage mental health

The group will start on Wednesday 28th October 2020

To register your interest please email tom@aware-ni.org or call 07759484268

in partnership with HSC South Eastern Health and Social Care Trust

aware-ni.org

Parent LineNI — Helping Your Child Deal With Their Anxieties

One of the ways we assist children is to build their confidence in taking (age appropriate) control of situations that affect them, in doing this we teach them that difficult emotions may not be pleasant but sometimes we have to live with them and that these feelings, although frightening and unsettling, can be manageable.

Ask your child how they might deal with things

By doing this we are allowing the busy brain to be constructively busy, allowing it to work on coming up with solutions as opposed to busying itself being worried.

Remember the importance of age appropriateness, a perfectly good solution to a child being upset or afraid is to tell an adult.

ASK - Who might you want to tell? What if you couldn't get them? Anybody else? What might you say?

If we help a child break BIG worries into small manageable worries, then we reinforce the idea that the world and more importantly THEIR world is not a scary place for them.

It is understandable that worries might arise for Parents and children in relation to Covid related concerns- more specifically the reintegration of "normal activities"

Respect a child's concerns and then aid them in coming up with solutions.

ASK - what might help you feel less worried?

Reinforce what they already know, but encourage them to say it themselves, eg washing your hands, covering your mouth with your elbow etc.

Young Hearts and Minds Conference
22 June 2021 – ICC Belfast

Further details on the programme for the day and tickets can be found at https://www.youngheartsminds.com/

CHILD & ADOLESCENT MENTAL HEALTH SERVICES

The Autumn edition of the CAMHS NI Newsletter is now available, offering ideas on things you can do to promote positive mental wellbeing and tips for improving your sleep routine.

DOWNLOAD HERE

How to Practice Mindfulness at Home with Children

With the air of uncertainty we've become all too familiar with this year, it's important to practice mindfulness with your little ones. These family-friendly activities help children feel calm and be kind to themselves – **view here**

Beginning a new chapter at College or University can be exciting, however the pandemic may mean that, instead of getting involved in campus life, many will start a new course at home, with classes on-line. So, university or college life might look a little different this year – **read more here**

Mental Health Mail

The Family Wellness Project in Northern Ireland is an early intervention mental health project for children aged five–to–12–years and their families.

Find out more at:
https://www.parentingni.org/family-wellness-project/about-family-wellness-project/

ACTION CALENDAR: OPTIMISTIC OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"Choose to be optimistic. It feels better" - Dalai Lama			1 Write down your most important goals for this month	2 Look for reasons to be hopeful even in difficult times	3 Take the first step towards a goal that really matters to you	4 Be a realistic optimist. See life as it is, but focus on what's good
5 Start your day with the most important thing on your list	6 Do something constructive to improve a difficult situation	7 Remember that things can change for the better	8 Make progress on a project or task you have been avoiding	9 Avoid blaming yourself or others. Just find the best way forward	10 Take time to reflect on what you have achieved this week	11 Focus on a positive change that you want to see in society
12 Look for the good intentions in people around you today	13 Put down your To-Do list and let yourself be spontaneous	14 Do something to overcome an obstacle you are facing	15 Look out for positive news and reasons to be cheerful today	16 Thank yourself for achieving the things you often take for granted	17 Share your most important goals with people you trust	18 Make a list of things that you are looking forward to
19 Set hopeful but realistic goals for the week ahead	20 Find the joy in completing a task you've put off for some time	21 Let go of the expectations of others and focus on what matters	22 Share an inspiring idea with a loved one or colleague	23 Write down 3 specific things that have gone well recently	24 Recognise that you have a choice about what to prioritise	25 Plan a fun or exciting activity to look forward to
26 Start the week by writing down your top priorities & plans	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Find a new perspective on a problem you face	30 Set a goal that links to your sense of purpose in life	31 Think of 3 things that give you hope for the future	

ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/optimistic-october

Keep Calm · Stay Wise · Be Kind

INSPIRE INTRODUCES

The WELLBEING SESSIONS Live

World Mental Health Day

Saturday 10th October 2020

Check out the line up for the day

MINDING YOUR HEAD .INFO

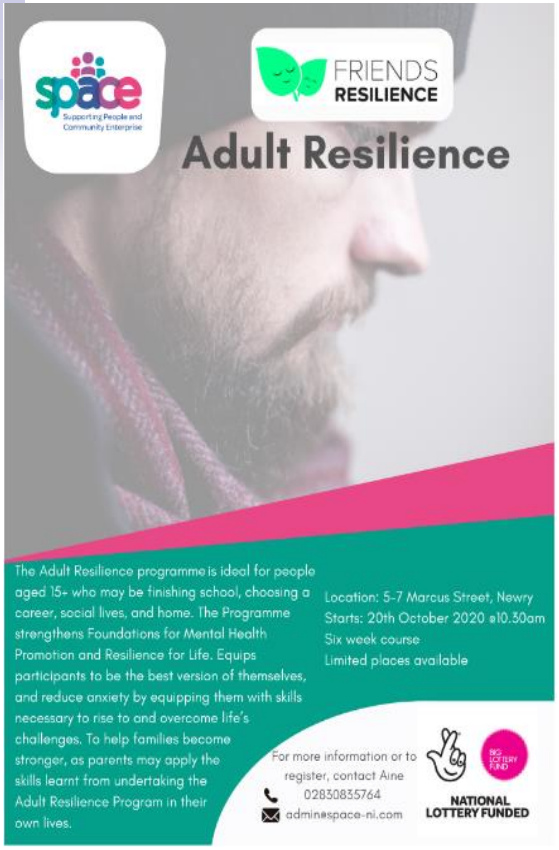
Information, self-help guides and ways to find support on a range of mental health and wellbeing issues, available at: **www.mindingyourhead.info**

How can I help my family cope emotionally with the pandemic?

Lots of us are being asked to stay at home or keep our distance right now. This can feel scary, but there are simple ways to manage stress and feel less anxious. Find our how you can help your family cope emotionally during a pandemic – **read here**

How Can I Support My Child at University?

Coronavirus restrictions are making university life very uncertain right now. This can take its toll on the student's mental health. It can also worry you as a parent, so we've outlined some things you can do to support your child from afar – **Read More**



Register directly at
https://nacn.org/wp/register/

Learn to recognise the signs of stress is essential for a good mental wellbeing. Visit http://ni.stresscontrol.org for free online stress control classes!

For more info, email
info@aware-ni.org

innovation recovery
education for mental wellbeing

Online Course Timetable

OCTOBER 2020

Courses Delivered Via ZOOM

Course	Date	Time
Write to Recovery (Week 3)	Thurs 1st	2.00pm - 3.00pm
8 Models of Wellbeing	Fri 2nd	2.30pm - 3.00pm
Elevenses Coffee Morning Hope & Optimism	Mon 5th	11.00am 2.30pm - 3.00pm
5 Ways to Wellbeing	Tues 6th	2.30pm - 3.00pm
Understanding Anxiety (Week 1 of 2)	Wed 7th	10.30am - 11.30am
Write to Recovery (Week 4)	Thurs 8th	2.00pm - 3.00pm
Mindfulness	Fri 9th	11.00am - 11.30am
Elevenses Coffee Morning Living Beyond Depression	Mon 12th	11.00am 2.00pm - 2.30pm
Building a Healthy Self-esteem	Tues 13th	2.30pm - 3.00pm
Understanding Anxiety (Week 2 of 2)	Wed 14th	10.30am - 11.30am
Practicing Self-Care	Thurs 15th	10.30am - 11.00am
Mindfulness	Fri 16th	11.00am - 12.00am

Interested in a course? Get in touch and register today:

NI: (028) 7186 5149
ROI: (086) 606 9480

NI: recoverycollegewest@westerntrust.hscni.net
ROI: Innovation.RecerySouth@hse.ie

@InnovationRecov

Health and Social Care

innovation recovery
education for mental wellbeing

Online Course Timetable

OCTOBER 2020

Courses Delivered Via ZOOM

Elevenses Coffee Morning Mindful Sleep	Mon 19th	11.00am 8.00pm - 8.30pm
Maintaining my Wellness	Tues 20th	10.30am - 11.30am
Coping with Change	Wed 21st	10.30am - 11.00am
Introduction to Trauma and Healing	Thurs 22nd	11.00am - 12.00pm
Mindfulness	Fri 23rd	11.00am - 12.00pm
Elevenses Coffee Morning Living Beyond Depression	Mon 26th	11.00am 10.30am - 11.00am
Top Tips for Self-motivation	Tues 27th	2.00pm - 2.30pm
Tips for Getting a Good Night's Sleep	Wed 28th	10.30am - 11.30am
Practising Self-Care	Thurs 29th	10.30am - 11.00am
Navigating the Mental Health Services	Fri 30th	11.00am - 11.30am

Interested in a course? Get in touch and register today:

NI: (028) 7186 5149
ROI: (086) 606 9480

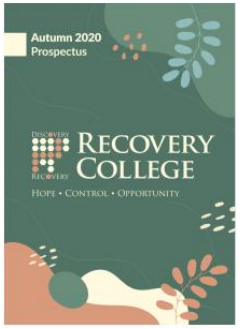
NI: recoverycollegewest@westerntrust.hscni.net
ROI: Innovation.RecerySouth@hse.ie

@InnovationRecov

Health and Social Care

Northern Region Recovery College

[September & October 2020 Timetable]



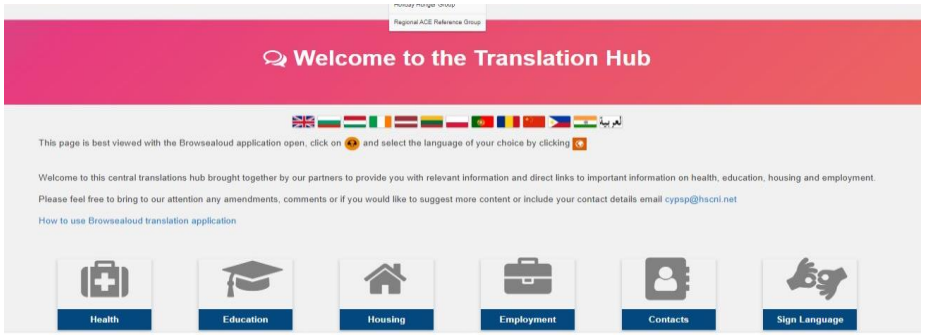
Western Trust Recovery College

[Autumn 2020 Prospectus]

BAME

Helping <u>everyone</u> to feel included

Every person deserves an online experience that's welcoming, we have therefore added Browsealoud to the CYPSP website which adds text-to-speech, reading and translation support, helping to make our content easily accessible to those who have hidden disabilities, such as dyslexia or other reading difficulties; visual impairments; and translations for English Language Learners. - **Further Information**



A new central Translations Hub providing regional multi-agency translated information, advice and relevant links, has just been launched and is available at http://www.cypsp.hscni.net/translation-hub/

Believe in children
Barnardo's

Barnardo's have now proudly launched 'Bolo', a new UK helpline for Black & Asian children, young people & families affected by Covid -19.
Bolo is a word used in many languages including Hindi, Urdu & Gujarati, meaning 'speak'.
Webchat at https://helpline.barnardos.org.uk/ or call 0800 1512605

Women's Aid Across NI

Women's Aid is the lead voluntary organisation challenging and addressing domestic violence and abuse in Northern Ireland. WAFNI is the umbrella body of nine Women's Aid groups across NI. Women's Aid groups throughout NI provide refuge and a range of emotional and practical support services, including outreach and aftercare to women and children suffering from domestic violence and abuse.

1. Antrim, Ballymena, Carrickfergus, Larne & Newtownabbey Women's Aid	reception@womensaidabcln.org	028 2563 2136
2. Armaghdown Women's Aid	admin@womensaidarmaghdown.org	028 3025 8704 or 028 3839 7974
3. Belfast & Lisburn Women's Aid	admin@belfastwomensaid.org.uk	028 9066 6049
4. Causeway Women's Aid	womensaidcoleraine@btinternet.com	028 7035 6573
5. Fermanagh Women's Aid	womensaidfermanagh@btopenworld.com	028 6632 8898
6. Foyle Women's Aid	info@foylewomensaid.org	028 7141 6800
7. Mid-Ulster Women's Aid	admin@midulsterwomensaid.org.uk	028 8676 9300
8. North Down & Ards Women's Aid	info@ndawomensaid.org	028 9127 3196
9. Omagh Women's Aid	info@omaghwomensaid.org	028 8224 1414
10. Women's Aid Federation Northern Ireland	info@womensaidni.org	028 9024 9041

Open Monday - Friday 09:00 - 17:00

Did you know that free public transport is accessible to those fleeing domestic abuse? You can avail of this if refuge / emergency accommodation has been arranged for you through the NI Housing Executive, the 24hr Domestic & Sexual Abuse Helpline or Women's Aid Federation NI. Further information at: https://bit.ly/2CfhHIX

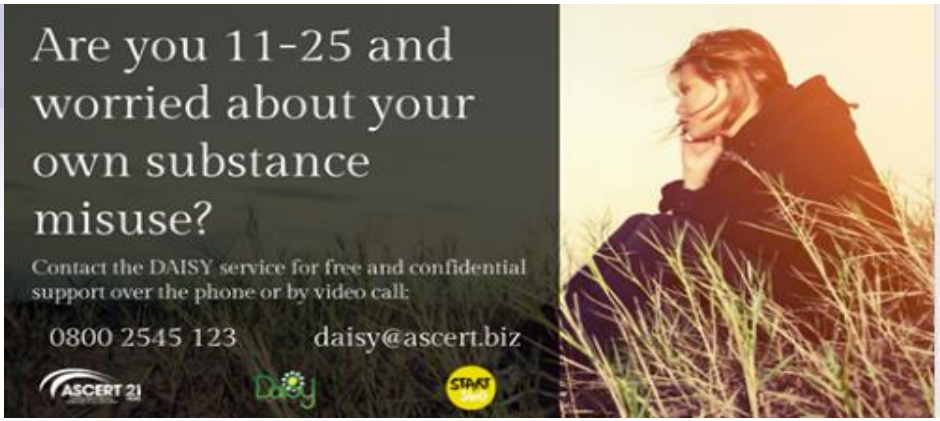
mens advisory project

Call The Mens Advisory Project today, for confidential support and information on

Belfast. 028 9024 1929
Foyle. 028 7116 0001

Victim Support NI

Belfast Hub: 02890 243133 | Foyle Hub: 02871 370086
belfast@victimsupportni.org.uk | foyle@victimsupportni.org.uk


Are you 11-25 and worried about your own substance misuse?
Contact the DAISY service for free and confidential support over the phone or by video call:
0800 2545 123
daisy@ascert.biz
ASCERT 21
Daisy
START

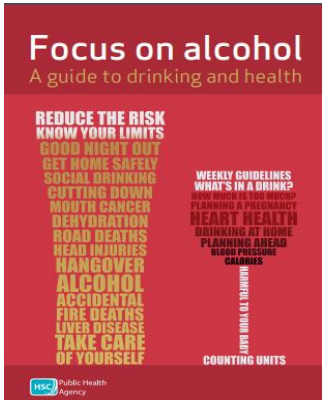
RAPID:
Safely removing illegal drugs and unwanted prescription medication within the community.
NORTHERN IRELAND
MEDICINES AWARENESS WEEK 2020
drugsandalcoholni
There are over 50 RAPID bins installed in Northern Ireland.
HSC Public Health Agency
/NIDACTS facebook twitter
www.drugsandalcoholni.info/RAPID

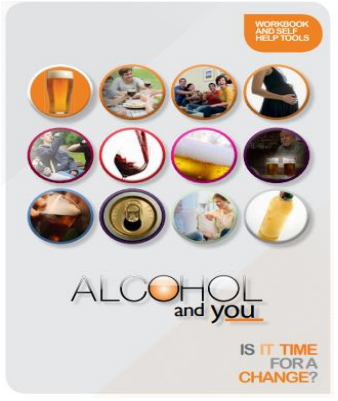
ARE YOU LIVING WITH A PARENT/CARER WHO IS MISUSING DRUGS OR ALCOHOL OR DEALING WITH MENTAL HEALTH DIFFICULTIES?
VISIT STEPSTOCOPE.CO.UK FOR TOOLS THAT CAN HELP YOU COPE DURING THIS TIME.
STEPS 2 COPE
ASCERT 21
Barnardo's
AFINet
COMMUNITY FUND

Coronavirus COVID-19
WE ALL MUST DO IT TO GET THROUGH IT
STAY SAFE
SAVE LIVES
Drug overdose and Coronavirus (COVID-19)
It's an extra risky time. It's safer not to use drugs at all.
There are new risks during the COVID-19 pandemic.
Changes to the drug market could increase your overdose risk.
You are at greater risk of drug overdose if you have COVID-19.
You can't be sure of the contents of drugs or how you will react: tablets not prescribed to you are also a risk.
Changing the type of drugs you use or using new drugs increases your risk of overdose.
Using alone or in isolation is dangerous: let someone know.
Start very low and go very slow and leave at least two hours before using more.
Avoid using more than one drug at a time: this includes using with alcohol and prescription medication like methadone or benzodiazepines.
Tolerance: not taking drugs for a space of time and starting again could lead to overdose.
Think about Opioid Substitution Treatment. This could help you manage your use and reduce overdose. Contact your local GP for further information and referral.
Get Naloxone for you or a friend. This could save your life.
Don't be afraid to get help if you or a friend becomes unwell after using drugs.
It's important you get medical support as soon as possible by calling 999.
There is a range of support services available in Northern Ireland for people affected by alcohol and/or drugs. Information on these services can be found at www.drugsandalcoholni.info
HSC Public Health Agency
Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net
Find us on:
Adapted with permission from the Health Service Executive.
09/20

PBNI CONTINUE TO WORK WITH PEOPLE WHO HAVE ADDICTIONS.
We work with partners to tackle substance misuse and provide support and interventions to those under probation supervision.
PBNI Probation Board for Northern Ireland

HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED
OUR COMMUNICATION MIGHT BE DIFFERENT BUT WE ARE STILL HERE TO SUPPORT YOU
YOU CAN CONTACT OUR TEAM VIA EMAIL OR PHONE TO REFER TO OUR SERVICES
www.addictionni.com or
call 028 9066 4434
/addictionni
addictionni


Focus on alcohol
A guide to drinking and health
REDUCE THE RISK
KNOW YOUR LIMITS
GOOD NIGHT OUT
GET HOME SAFELY
SOCIAL DRINKING
CUTTING DOWN
MOUTH CANCER
DEHYDRATION
ROAD DEATHS
HEAD INJURIES
HANGOVER
ALCOHOL
ACCIDENTAL
FIRE DEATHS
LIVER DISEASE
TAKE CARE
OF YOURSELF
WEEKLY GUIDELINES
WHAT'S IN A DRINK?
HEART HEALTH
DRINKING AT HOME
PLANNING AHEAD
BLOOD PRESSURE
CALORIES
COUNTING UNITS
HSC Public Health Agency


WORKBOOK AND SELF-HELP TOOLS
ALCOHOL and you
IS IT TIME FOR A CHANGE?

the trussell trust
Stop UK Hunger

Find a Food Bank Near You

This fund applies to Armagh Banbridge Craigavon council area

WOODLAND TRUST

Woodland Trust Tree Planting Programme

The Woodland Trust are giving away free tree packs to community groups and schools. For further information on the programme and details on how to apply visit https://www.woodlandtrust.org.uk/plant-trees/schools-and-communities/

The Community Foundation Northern Ireland

Current Grant Opportunities

TESCO
Bags of Help
is back!

Tesco Community Grants

During October/December 2020 the grant scheme will provide grants to support projects focused on children and young people - find out more at https://tescobagsofhelp.org.uk/home/community-apply-bags-help-grant/

Got a great idea to support your community and would like to chat about it?

COMMUNITY FUND

Get in touch with us. We love to hear your ideas.

Call us on 028 4378 0003

Email us at enquiries.ni@tnlcommunityfund.org.uk

Chat to us on social media

- Facebook @tnlCommunityFundNorthernIreland
- Twitter @TNLComFundNI

#NationalLottery

Funding available in Northern Ireland

National Lottery Awards for All

Funding of £300 - £10,000 is available for projects up to 12 months in length.

We will fund organisations with great project ideas that:

- bring people together and build strong relationships in and across communities
- improve the places and spaces that matter to communities
- help more people to reach their potential, by supporting them at the earliest possible stage.

Interested in applying? Visit www.tnlcommunityfund.org.uk for more information

COMMUNITY FUND

Funding available in Northern Ireland

Empowering Young People

- Applications are welcome for projects led by VCSE groups.
- Your project should last between one and five years and work with young people aged 8-25.
- Funding is for between £10,000 and £500,000.
- Young people must be involved in the planning and delivery of projects.

Interested in applying? Visit www.tnlcommunityfund.org.uk for more information

COMMUNITY FUND

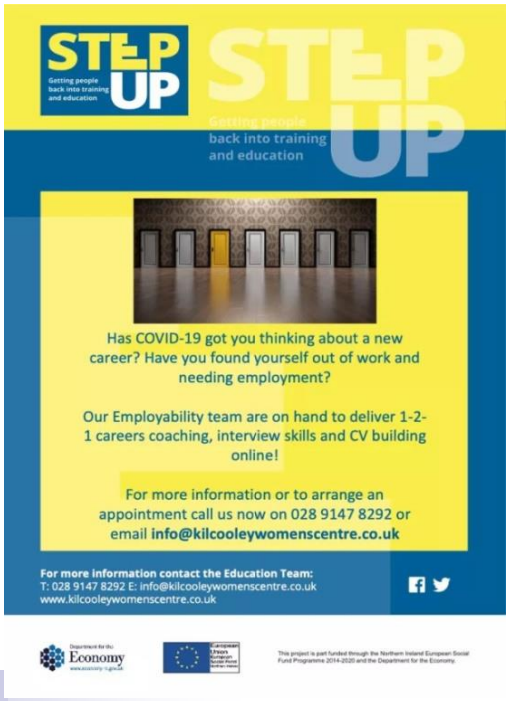
Funding available in Northern Ireland

People and Communities

- Applications welcome from constituted VCSE groups.
- Your project should last between one and five years; funding is for between £10,000 and £500,000.
- Involve the people you want to help in planning the project.
- Build on the knowledge, skills and experience the community already has.
- Show us how your project relates to other activities and services in your community.

Interested in applying? Visit www.tnlcommunityfund.org.uk for more information

COMMUNITY FUND

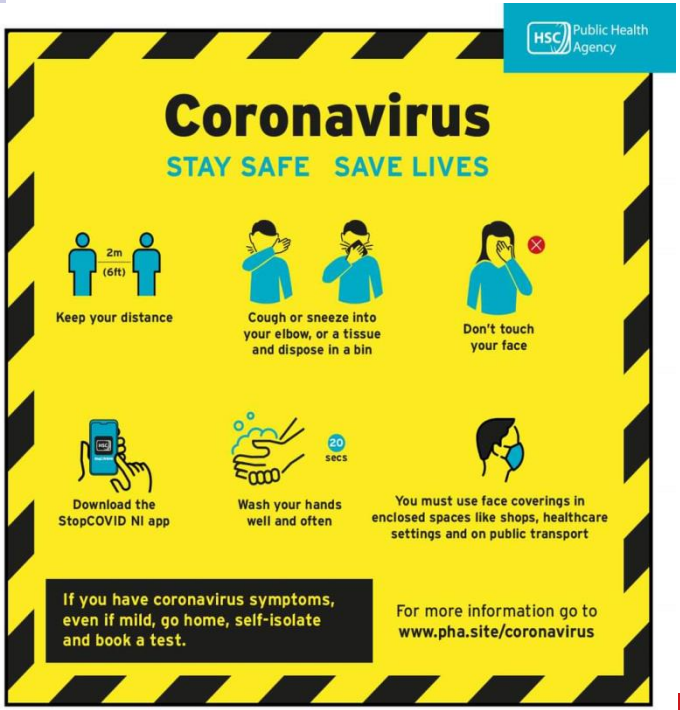


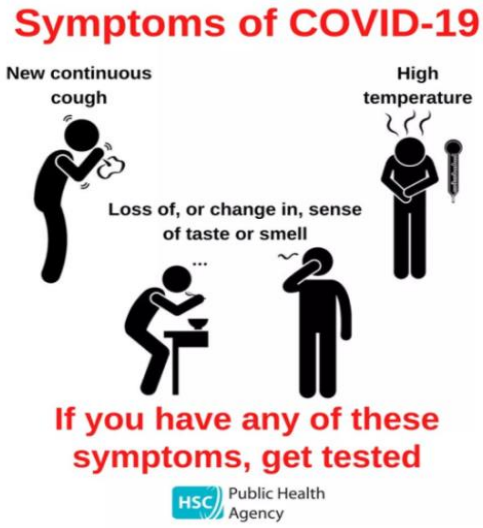
Have a look in the back of the wardrobe and in the under the stairs cupboard for any forgotten coats, scarves or gloves, and DONATE them to our Winter Coat Event.

We need coats for children, teenagers and adults - both male and female, that still have good wear in them! We'll also accept brand new hats with labels still on. Drop them into Conway Mill before 19th October.

Please DO NOT donate any other clothing items or uniforms.

If you or someone you know needs a winter coat, pop into the Courtyard area of Conway Mill on Wednesday 28th October from 1pm to 5pm.





The app will tell you automatically if you've been near another app user who tests positive. Download the App now.
Apple App Store: https://buff.ly/2P9vzHN
Google Play: https://buff.ly/3hTFfST

If you have symptoms get tested!

For more info on locations & how to get a test visit www.pha.site/cvtesting

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If you receive a positive COVID-19 test result, or you are a close contact of someone who has tested positive, the PHA's Contact Tracing Service will ring you from (028) 95368888. It is essential that you answer this call. Please add this number to your phone's contacts now so it'll recognise who's calling if we need to get in touch.

A new text alert service for close contacts of positive COVID-19 cases has been introduced. It will strengthen the speed of the Contact Tracing Service ad enable contacts to take action quickly to reduce the risk of further spread.

Read more at www.pha.site/TextService

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)

Got coronavirus symptoms?

New continuous cough, high temperature, loss of taste and/or smell

Self-isolate

Stay at home for 10 days. Anyone in your households should isolate for 14 days

Get tested

Visit **www.pha.site/cvtesting** to book a test at your nearest centre or order a home test kit. Call 119 if you cannot book online.

If you have been in close contact with someone who has tested positive, you must **self-isolate for 14 days** even if you have followed the advice in this leaflet.

HSC Public Health Agency

Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

Find us on

Adapted with permission from Swindon Borough Council

COVID-19: HELP SAVE LIVES

- WASH YOUR HANDS
- KEEP YOUR DISTANCE
- WEAR A FACE COVERING*
- DOWNLOAD Stop COVID NI

WE ALL MUST DO IT TO GET THROUGH IT — STAY SAFE — SAVE LIVES

* CERTAIN FACE COVERING EXEMPTIONS APPLY

INFORMATION FOR PARENTS & CARERS

Everyone has a role to play in keeping our schools safe and helping to stop the spread of COVID-19.

DON'T SEND YOUR CHILD TO SCHOOL IF THEY HAVE COVID-19 SYMPTOMS.

VISIT NIDIRECT.GOV.UK/CORONAVIRUS TO BOOK A TEST ONLINE. CALL 119 IF YOU CANNOT BOOK A TEST ONLINE.

YOU SHOULD BOOK A COVID-19 TEST IF YOUR CHILD HAS:

A HIGH TEMPERATURE
This means they feel hot to touch on their chest or back (you do not need to measure their temperature).

OR

A NEW CONTINUOUS COUGH
This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if they usually have a cough, it may be worse than usual).

OR

A LOSS OR CHANGE TO THEIR SENSE OF SMELL OR TASTE
This means they've noticed they cannot smell or taste anything, or things smell or taste different to normal.

IF YOUR CHILD DOES NOT HAVE SYMPTOMS OF COVID-19 BUT HAS OTHER COLD-LIKE SYMPTOMS, SUCH AS A RUNNY NOSE, THEY DO NOT NEED TO BE TESTED AND THEY OR MEMBERS OF YOUR HOUSEHOLD DO NOT NEED TO SELF-ISOLATE. YOUR CHILD CAN ATTEND SCHOOL IF FIT TO DO SO.

HERE'S WHAT TO DO IF:

YOUR CHILD HAS COVID-19 SYMPTOMS

WHAT TO DO?
- DO NOT SEND YOUR CHILD TO SCHOOL
- Book a COVID-19 test
- Household self-isolates
- Inform school immediately about test result

WHEN CAN MY CHILD RETURN?
Your child can return to school if the test is negative providing they are well enough, have not had a fever for 48 hours and if they haven't been advised to self-isolate by the PHA Contact Tracing Service.

YOUR CHILD TESTS POSITIVE FOR COVID-19

WHAT TO DO?
- DO NOT SEND YOUR CHILD TO SCHOOL
- Inform school immediately about test result
- Self-isolate for at least 10 days as advised by the PHA.

WHEN CAN MY CHILD RETURN?
Your child can return to school after 10 days even if they still have a cough / loss of smell or taste. These symptoms can last for several weeks.

SOMEBODY IN MY HOUSEHOLD HAS COVID-19 SYMPTOMS

WHAT TO DO?
- DO NOT SEND YOUR CHILD TO SCHOOL
- The household member should book a COVID-19 test
- Household self-isolates
- Inform school immediately about test result

WHEN CAN MY CHILD RETURN?
Your child can return to school if the symptomatic household member's test is negative and if they haven't been advised to self-isolate by the PHA Contact Tracing Service.

SOMEBODY IN MY HOUSEHOLD TESTS POSITIVE FOR COVID-19

WHAT TO DO?
- DO NOT SEND YOUR CHILD TO SCHOOL
- Inform school immediately about test result

WHEN CAN MY CHILD RETURN?
Your child can return to school when they have completed 14 days of self-isolation without any symptoms*.

CONTACT TRACING HAS IDENTIFIED MY CHILD AS A CLOSE CONTACT

WHAT TO DO?
- DO NOT SEND YOUR CHILD TO SCHOOL
- Self-isolate for at least 14 days as advised by the PHA Contact Tracing Service

WHEN CAN MY CHILD RETURN?
Your child can return to school when they have completed 14 days of self-isolation without any symptoms*.

YOUR CHILD HAS BEEN IN CONTACT WITH SOMEONE WHO HAS BEEN IDENTIFIED AS A CLOSE CONTACT

WHAT TO DO?
- Attend school as normal
- If your child does not have any COVID-19 symptoms they should carry on with normal activities.

YOUR CHILD HAS TRAVELLED ABROAD AND HAS TO SELF-ISOLATE

WHAT TO DO?
- DO NOT SEND YOUR CHILD TO SCHOOL
- Self-isolate for 14 days in line with quarantine advice

WHEN CAN MY CHILD RETURN?
Your child can return to school when they have completed 14 days of self-isolation without any symptoms*.

*If your child has been identified as a close contact of a case of COVID-19, or has returned from travel abroad and is self-isolating, they must self-isolate for 14 days regardless of a negative COVID-19 test result.

Further information, including Frequently Asked Questions for Parents and Carers, can be found on the Department of Education's website at www.education-ni.gov.uk

HSC Public Health Agency

Department of Education

EDUCATION RESTART

WE ALL MUST DO IT TO GET THROUGH IT

For further information on Family Support Hubs in your area?

Email: cypsp@hscni.net or Visit http://www.cypsp.hscni.net/family-support-hubs/