

Fortnightly News

January 2021

Issue 37

Welcome to the 37th edition of Fortnightly News, the E-newsletter which shares information to improve outcomes for Children and Young People in your Locality. We begin 2021 with an air of optimism as the corona virus vaccine is being rolled out, there is still disruption to schools as virus rates increase. Pre-school and Primary School registration open till 29th January, more details inside. Kindest regards
Noelle Hollywood

Who is considered a "close contact"?



Someone who:

- has spent significant time in your household
- is a sexual partner
- has had face-to-face contact (within 1 metre), including being coughed on or having skin-to-skin physical contact
- has been within 1 metre of you for one minute
- has been within 2 metres of you for more than 15 minutes (either as a one-off contact, or added up together over one day)
- has travelled with you in a vehicle.



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](mailto:noelle.hollywood@setrust.hscni.net) or 07872422101**



Is your child is due to start pre-school or primary school in September 2021? The admissions process for pre-school and primary school opens at 12 noon Thursday 7 January 2021, and closes 12 noon 29 January 2021.

To assist your application please take a minute to watch this guidance video.

It is also important you read the admissions criteria of the school/s you are considering and/or applying to. Schools criteria and subtitled versions of this video in additional languages including sign language can be accessed on EA website <https://www.eani.org.uk/parents/admissions>

**[For help and advice
parents/guardians can contact
admissions helpdesk via email;](#)**

preschooladmissions@eani.org.uk

primaryschooladmissions@eani.org

Traveller/Roma/Syrian/Asylum Seeker/Refugee Families

Can I ask your organisation to check in on any Traveller/Roma/Syrian or Asylum Seeker/Refugee families you work with who have children in this age bracket and remind them of the closing date. The email last week details how to support those who are struggling to apply online. Please feel free to contact me or any of your usual contacts within the Intercultural Education Service if you have any questions.

Many thanks

**Karen Turner | Assistant Advisory Officer Traveller Team |
Intercultural Education Service
Children and Young People's Services**

**Education Authority
Tullygally Regional Centre, 21 Meadowbrook Road Craigavon
BT65 5EP
T: 028 38317054 | DD: 207054 | Mobile 07765411285 | email
Karen.turner@eani.org.uk Web: <https://www.eani.org.uk>**

ODYSSEY PARENTING YOUR TEEN PROGRAMME

I HATE THIS
HOUSE!

You do
my head
in!

Get out of
my room!

I DON'T WANT
TO TALK ABOUT
IT. LEAVE ME
ALONE!

SOUND FAMILIAR?

Helping you deal with
the reality of living
with teenagers

Call to register:
0808 8010 722

Mon-Thurs 9.30am-3.30pm
Fri 9.30am - 12.30pm

South Eastern Trust
Wed 20th Jan -
Wed 10th Mar 2021

Join us Online
Every Wednesday
for 8 weeks
7.00 pm - 8.30 pm



ParentingNI

Odyssey
Parenting

HSC Public Health
Agency
Programme supported by the HSC

Teenagers are struggling with all the uncertainty and changes; exams cancelled, home schooling, parents working from home, not able to socialise with friends....

if you have a teenager and would like some support to help you through this period call Parenting NI on 08088010722 to register for this parenting course

SEHSCT are currently recruiting staff to work in respite/ short break provision for children and young people with learning difficulties and sometimes physical needs. The Trust is offering 6 month contracts and hours range from 12 hours per week to full time. Would you be able to share with any contacts. The locations will be Greenhill, Newcastle and/ or Lindsay House, Dunmurry. A fantastic opportunity.

We are also offering 3 month contracts for a range of hours for care staff for our general children's residential homes.

Please see link below:

<https://www.hscworkforceappeal.co.uk/residential-care/>



women's aid

North Down and Ards

02891 273196

women's aid



We are open! If you need support call Monday to Friday 9a.m.- 5 p.m. 02891 273196. You are not alone.



Jesteśmy otwarci! Jeseli potrzebujesz pomocy, zadzwon do nas od poniedziałku do piątku od 9ej do 17ej. nr telefonu 02891 273196. Nie jesteś sama.



Suntem deschisi. Dacă ai nevoie de ajutor, nu ezita să ne contactezi de luni până vineri între orele 9:00 și 17:00 sau la numărul de telefon 02891 273196. Nu ești singură.



Vi är öppet! Om du behöver hjälp du kan ringa måndag till fredag från kl 9 am till kl 5 pm 02891 273196. Du är inte ensam.



Olemme avoinna! Jos tarvitset tukipuhelua, soitta meille maanantaista perjantaihin 9-17 02891 273196. Et ole yksin.



Estamos abiertos! Si necesitas ayuda, llámanos al 02891 273196 de Lunes a Viernes de 9:00 a 17:00. No estás sola.



Wir haben geöffnet! Wenn Sie Hilfe benötigen, rufen Sie uns an 02891 273196. Montag bis Freitag von 9.00 bis 17.00 Uhr. Du bist nicht alleine.



Nous sommes ouverts! Si vous avez besoin d'assistance, appelez du lundi au vendredi de 9 h à 17 h au 02891 273196. Tu n'es pas seule.



Siamo aperti! Se hai bisogno di supporto chiama dal lunedì al venerdì dalle 9:00 alle 17:00 allo 02891 273196. Non sei sola.



हम राजी हैं। अगर आपको सपोर्ट कॉल की आवश्यकता है तो सोमवार से शुक्रवार सुबह 9 बजे शाम 5 बजे तक। 02891273196 पर। तुम अकेले नहीं हो

ਅਸੀਂ ਖੁੱਲ੍ਹੇ ਹਾਂ। ਜੇ ਤੁਹਾਨੂੰ ਸਹਾਇਤਾ ਦੀ ਜ਼ਰੂਰਤ ਹੈ ਤਾਂ ਸੋਮਵਾਰ ਤੋਂ ਸ਼ੁੱਕਰਵਾਰ ਸਵੇਰੇ 9 ਵਜੇ ਤੱਕ 02891273196 ਤੇ ਕਾਲ ਕਰੋ। ਕੀ ਤੁਸੀਂ ਇਕੱਲੇ ਨਹੀਂ ਹੋ



我们是开放的。如果您需要支持，请在周一至周五上午9点至下午5点致电02891273196。你不是一個人

我們是開放的。如果您需要支持，請在周一至周五上午9點至下午5點致電02891273196。你不是一個人



営業しております。

サポートが必要な場合は月曜日から金曜日9～17時承っております。

あなたは1人じゃない。



اگر آپ کو کسی بھی مدد کی ضرورت ہو، تو ہمیں کال کریں سوموار سے جمعہ تک، صبح 9 سے شام 5 بجے تک
02891273196 یا
آپ اکیلے نہیں ہیں



mes atviri! jei jums reikia palaikymo, skambinkite pirmadieniais – penktadieniais 9–17 val. telefonu 02891 273196. tu nesi vienas!



Jemi hapur! Nqs ke nevojë për ndihmë telefono 02891 273196 hënë-e premte 9am 5 pm. Nuk je vetëm!



Oleme avatud, kui vajate tuge, helista esmaspäevast reedeni kella 9-17 või 02891 273196. Sa ei ole üks



we zijn open, indien u ondersteuning/hulp nodig hebt, kunt u bellen op het nummer 02891 273196 van maandag tot vrijdag van 9 tot 17 uur. U bent niet alleen!



Vi er åpen! Om du trenger hjelp du kan ringe mandag til fredag fra kl 9.00 til 17.00 eller 02891 273196 Du er ikke alene.



Estamos abertos, se precisar de apoio ligue de segunda-feira à sexta-feira, das 9.00 às 17.30 02891 273196. Não está sozinha



Είμαστε ανοιχτά, αν χρειάζεσαι βοήθεια τηλεφώνησε από Δευτέρα ως Παρασκευή από τις 09.00 π.μ ως τις 05.00 μ.μ. 02891 273196. Δεν είσαι μόνη

Contact Numbers

- You can contact The Freephone 24hr Domestic and Sexual Abuse Helpline Tel: **0808 802 1414** (Managed by Nexus NI) 24/7
- In an emergency contact the PSNI on **999**
- PSNI non-emergency number is **101**

women's aid

PHA SHORT-TERM FUNDING PROGRAMME

Nearly £1 million
of PHA funding is supporting
communities across
Northern Ireland

Find out more:
pha.site/FundingProgramme



Community Hub

SUPPORT SERVICES & INFORMATION SUMMARY AUTUMN-WINTER 2020

- 02891 461386
- manager@ndcn.co.uk
- www.ndcn.co.uk
- [northdowncommunitynetwork](https://www.facebook.com/northdowncommunitynetwork)
- [@NDCN_Bangor](https://twitter.com/NDCN_Bangor)

In response to the needs of residents and our member groups, North Down Community Network has compiled this summary of multiple support services available. This is to help and inform people who can't access the internet, or who feel that there is so much information out there that they don't know where to start looking. This is the second edition of the summary and is being distributed to 32,000 homes across Bangor over the Autumn-Winter period. It is not an exhaustive booklet, so please call NDCN if there is a particular need you have that is not covered in this summary and we will do our best to help.



Information correct at time of print

<https://ndcn.co.uk/wp-content/uploads/2020/12/Winter-Booklet-2020.pdf>

When a Child in Primary School requires additional support, RISE NI: the multidisciplinary team can support children by:

- Working alongside the teacher in the classroom for whole class, small group or individual programmes
- Providing training to teachers to help them support pupils learning and development
- Supporting parents



Welcome to RISE NI Parent Website



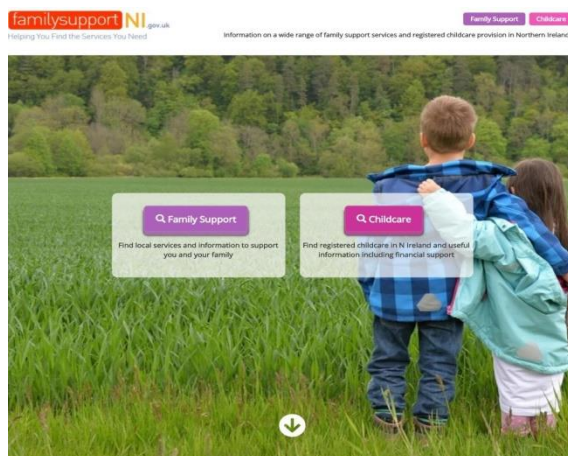
What is RISE NI?	I need advice ... RISE NI Advice leaflets & resources
I want to contact my local RISE NI team ...	I want to access parent training ...
Please give us your feedback It will take less than 1min!	<div data-bbox="1014 949 1207 1128">Useful Contacts</div> <div data-bbox="1226 949 1458 1128">Links to useful resources</div>

[For more information for parents search
https://view.pagetiger.com/RISENI/parents](https://view.pagetiger.com/RISENI/parents)

The most comprehensive public directory of Registered Childcare and Family Support services in Northern Ireland

The Family Support Directory contains information about all sorts of family support services (including community, voluntary and statutory organisations) This directory is searchable by postcode area and is useful for young people, parents and professional staff to access information about available family support services in their local area.

The Childcare directory lists contact details for ALL REGISTERED Childcare providers in Northern Ireland. This directory has been designed to enable parents to easily access up-to-date information about childcare. Results can be filtered by postcode area, vacancies, school pick-up/drop-off, experience of special needs etc.



Telephone : 0845 600 6483
E Mail : Info@familysupportni.gov.uk
www.familysupportni.gov.uk





Department of
Health

An Roinn Sláinte
Máinnystrie O Poustie

Mental Health Strategy

Dept. of Health has asked us to promote the following link as a mechanism for keeping people informed on the progress of the Mental Health Strategy. Those who sign up to the Virtual Reference group mailing list will receive newsletters from the Department providing updates on the MH Strategy as it progresses.

Can you please share the link below to PLIGS, community and voluntary orgs that work in the area of MH/SP who would be interested in joining the mailing list?

<https://consultations.nidirect.gov.uk/doh-1/doh-mental-health-strategy-virtual-reference-group>



Are you 16-25?

Personal Youth Development Programme

Community Achievement Through Training and Accredited Lifelong Learning for Youth Support & Transformation.

What you gain:

- One to One Support
- Personal Development Plans
- Accredited and Non Accredited Training
- Employability Skills
- Work Placements/Tasters
- Community/Social Development
- Good Relations Training



"During my time in Catalyst I am more willing to learn and give everything a chance. It's pushed me out of my comfort zone and my confidence has grown"

Catalyst Participant

For more information contact:

Lauren@kilcooleywomenscentre.co.uk

Follow us:



ONLINE ACTIVITIES FOR ALL YOUNG CARERS



NEW AND EXCITING
ACTIVITIES FOR JANUARY
AND FEBRUARY 2021.

ALL YOUNG CARERS ARE
WELCOME!

ALL ACTIVITIES WILL BE
POSTED ON THE YOUNG
CARERS NORTHERN IRELAND
FACEBOOK PAGE.

[WWW.FACEBOOK.COM/YOUNGCARERSNI](https://www.facebook.com/youngcarersni)





PLAYING IN ALL WEATHERS... FUN WITH THE WINTER ELEMENTS!

Winter is here and it's getting colder and darker – but it's still a great time for getting children of all ages outdoors. We just need to EMBRACE the weather!

Have a playful and positive attitude towards the winter season; show your children that winter can be fun. Try to model ways to be playful stamp your feet on ice patches or in puddles, have a snowball fight, play in the rain, make snow angels or snowmen! Take a breath of that cold winter air and remember that whatever you do outdoors you are supporting your children's health, wellbeing and happiness.

Think positive!

What we say...

Aw no it's raining! We're not going outside today.

What a dreary, miserable day.

It's freezing out there!

It's too windy today!

This weather is ruining our plans!

What we could say...

Let's get our raincoats on, looks like it's a muddy puddle day today!

Seems like the sun needed a holiday today, let's go and look at the clouds.

Let's put an extra layer on today and perhaps a hat too!

Oh let's see how that wind is blowing today.

Let's think of something that would be fun to do today in that weather.

"There is no such things as bad weather, only inappropriate clothing."

Ranulph Fiennes

During the warm spring and summer months, it seems natural to allow children to play outside. However, when winter comes along, parents and adults are often more hesitant to let children outside to play. There are plenty of ways to encourage children to play outdoors, and there are several health benefits that accompany winter playtime:

Seeing the outdoors from a new perspective BREATHING FRESH AIR AND AVOIDING GERMS vitamin D exposure INCREASES EXERCISE new experiences NEW CHALLENGES playful fun!

Wrap up warm and embrace the play opportunities that winter brings. Creating and engaging in winter play activities is fun for both you and your child, and very easy to do!

Spray Paint Art

Fill squeeze bottles with water & food coloring and draw pictures in the snow. Or use old paintbrushes and buckets to paint the snow.

Build a snowman

A childhood must! Add some props like hats and scarves, pebbles, twigs and sticks and maybe a carrot for a nose.

Frozen Bubbles

Blow bubbles outside in the cold icy air. They will be much harder to pop and last much longer. Catch frozen snowflakes or hailstones on your tongue.

Windy Walk

Go for a walk in the wind and see how the wind blows the leaves and the trees. Remember the joy of crunching fallen leaves underfoot?

Nest Hunt

Go on a nest hunt – with all the leaves off the trees nests are much easier for children to spot! Make it a game and see who can spot the biggest.

Jumping Puddles

Put on raincoats, water boots and splash or jump in puddles, another childhood must!

Rainy Walk

Don't let the rain put you off. Take umbrellas and head off for a walk in the rain. There is something about umbrellas that toddlers and children love...using them as a walking stick, twirling them around above their heads or use them as broomsticks to fly through puddles.

Mud, Mud, Mud

Rainy weather creates mud...children are often drawn to muddy puddles and dirt as a part of their play. Make mud pies, paint with mud or jump in muddy puddles.

Being outside with your child offers all sorts of play opportunities.

Recreate some of your childhood play memories and make some time to play each day.

For more information on Play Matters contact Angela Stallard or Pamela Baxter at 028 91 279208 playmatters@education-ni.gov.uk

The Help Kids Talk basic awareness training is suitable for all early years staff and serves as a good basis and also as a refresher on speech, language and communication development. The training describes the link between infant mental health and speech, language and communication. We use the 5 to thrive building blocks from Kate Cairns (KCA) training. The webinar has been designed by the SEHSCT speech and language department and linked to sure start SAL training (regionally) through the Child Care Partnership.

We know through prevalence studies carried out in the SEHSCT that a significant number of children are starting primary school with a mild to severe speech and language problem. Our aim is to ensure the 12 key messages of our project are shared as widely as possible to create support around each child that needs it.

<https://view.pagetiger.com/basic-awareness-webinar-training-dates/basic-awareness-training-dates>

Follow the Help Kids Talk Facebook/Instagram/Twitter pages for links to the 12 key messages, simple messages/strategies for parents to use with their children.

Thank you



‘Employers for Childcare ‘ Key findings of the: Northern Ireland Childcare Survey 2020



The average cost of a full-time childcare place in Northern Ireland is £169 per week:

£181 per week for a day nursery

£165 per week for a childminder

County Armagh continues to have the highest average cost of a full-time childcare place – £174 per week, whilst County Fermanagh experiences the lowest average full-time childcare costs of £150 per week

One third of parents said childcare is their largest monthly outgoing, exceeding their mortgage or rent payment

During the initial months of the Covid-19 pandemic, from April to August, three quarters of parents said they were not able to access any childcare for some or all of this time

One in five parents had to use annual or unpaid leave to manage childcare, while over a quarter were working outside of normal hours – early in the morning or late at night, to provide childcare during the day

In 78% of families, at least one parent had to manage childcare responsibilities while working

70% of parents who have a child with a disability said if their childcare provider temporarily closed due to Covid-19, they would have no access to childcare.

<https://www.employersforchildcare.org/report/northern-ireland-childcare-survey-2020/>



<http://www.hscboard.hscni.net/our-work/social-care-and-children/youth-wellbeing-prevalence-survey-2020/>

This study delivers for the first time ever, reliable prevalence estimates of common mental health problems in children and young people in Northern Ireland. We have collected data on over 3,000 young people aged 2-19 years, along with measures of mental health and wellbeing in over 2,800 parents.

Christians Against Poverty

Debt Advisory Service

October 2020

As we all know, the coronavirus pandemic and the measures taken to control its spread has wrecked havoc across our communities. Many people who have been furloughed and have had to apply for benefit support perhaps for the first time in their lives now face great uncertainty as government support diminishes and the increasing belief that many businesses will not recover quickly. This raises the spectre of many families rapidly falling into debt, particularly people with high borrowings such as mortgages, car finance agreements, bank overdrafts or other loans.

The Debt Advice service managed by Christians Against Poverty, although severely affected back in March when many business offices had to close, **has been providing a fully functional debt advice service since May** through home working and telecoms facilities. Locally we visit and obey social distancing guidelines when we deliver food or carry out other elements of our compassion ministry.

We continue to use our on-line Debt Advice service to support existing and new clients and know that it works well for people and families in vulnerable situations. Since the lockdown occurred in March, over 800 CAP clients across the UK have gone debt free with our help and almost 3000 new Clients have been registered since May.

If you are burdened by debt, CAP will seek to help you.

For further information contact 0800 328 0006 or locally 0744 358 6701 or at middown@capuk.org.

For general information about CAP, open www.capuk.org and listen to what Martin Lewis says.

*** CHILD POVERTY IN OUR COMMUNITY ***

THE local S.V.P. Conference is appealing to families to get in touch if they are struggling during this pandemic, particularly with the children currently being off school.

S.V.P. are here to help in any way they can and all calls will be dealt with in the strictest of confidence. Please contact 07709869448, 07845879980 or 07740200396 for more details.



We provide a Free, Confidential, Impartial and a Non-judgemental service, Monday to Friday, 9am to 4pm:

- Appointments
- Drop-In (10am to 12.30 only)
- Advice Line (10am to 4pm) – 0300 123 9287
- Home Visits on request
- Specialist Advice
- Outreach

Advice and guidance can be provided on issues such as:

Welfare Benefits	Debt & Money
Housing	Employment
Education	Family
Legal	Consumer
Health	General Information

CAAND ADVICE LINE NUMBER: 0300 123 9287

Specialist support is available in the following areas:

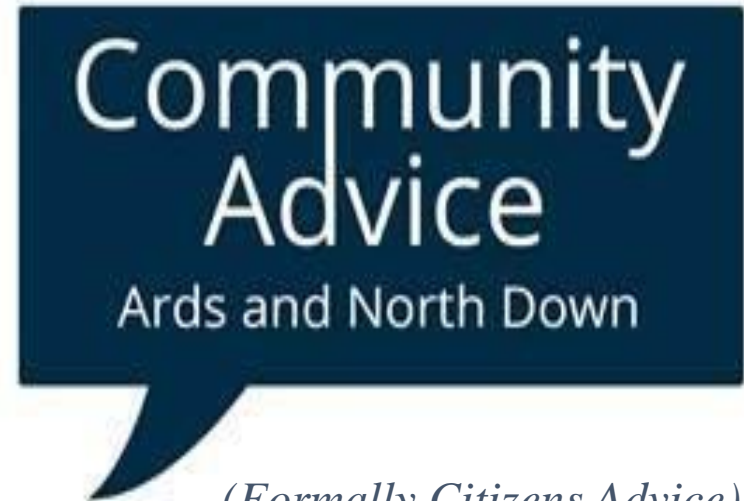
Debt
Social Security Appeal Tribunals
Welfare Reform
Legal
Employment Issues

CAAND offices are based in:

- Community Hub, 39a Hamilton Road, Bangor, BT20 4LF
- 30 Frances Street, Newtownards BT23 4DN
- Queens Leisure Complex, Sullivan Place, Holywood, BT18 9JF
- Macmillan Welfare Rights, Ulster Hospital Dundonald, BT136 1RH, Help line number 0300 1233 233

CAAND Outreach services are currently located at:

- Portaferry Health Centre, 38 Ann Street, Portaferry, BT22 1QT; Every Friday, 10am – 1pm-drop-in, appointments available
- Donaghadee Library, 5 Killaughey Road, Donaghadee, BT21 0BL, 1st & 3rd Thursday each month, 10am – 1pm, appointments available
- Women's Aid One Stop Shop, Thriving Life Church, 18a Crawfordsburn Road, Newtownards, BT23 4EA, 1st & 3rd Tuesday of each month, 10am – 12pm- drop- in





menssana



Mindset is a Mental & Emotional Health & Wellbeing Awareness programme

For Young
People
14 - 17 years
and Adults



Mindset is funded by the Public Health Agency and will run continuously throughout the year. Programmes will be delivered in all youth and community settings across Western, Northern, Belfast and South Eastern Trust areas for groups of 8 – 20 people.

Facilitators

AMH MensSana Project Workers

Duration

3 Hour Programme (can be delivered over 1-2 sessions)

Delivery Options

In person or online via Zoom

Course Content

AMH MensSana Project Workers will provide and deliver a high quality, evidence based programme which is responsive to the needs of groups in the four HSC Trust areas.

E: amhmenssanani@amh.org.uk
T: 028 9442 5356

Aims

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
- Raise awareness of signs and symptoms of mental ill health
- Promote self-help/resilience techniques and how to maintain a safe level of positive mental and emotional health and wellbeing
- Promote self-care
- Information and/or resources on mental health support organisations available (locally and regionally)



Project supported by the PHA

www.amh.org.uk

@amhNI   

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**If you can spot
a scam, you can
stop a scam**

Stay 4 steps ahead of a
scam by using this **scam test**

Seems too good to be true

Contacted out of the blue

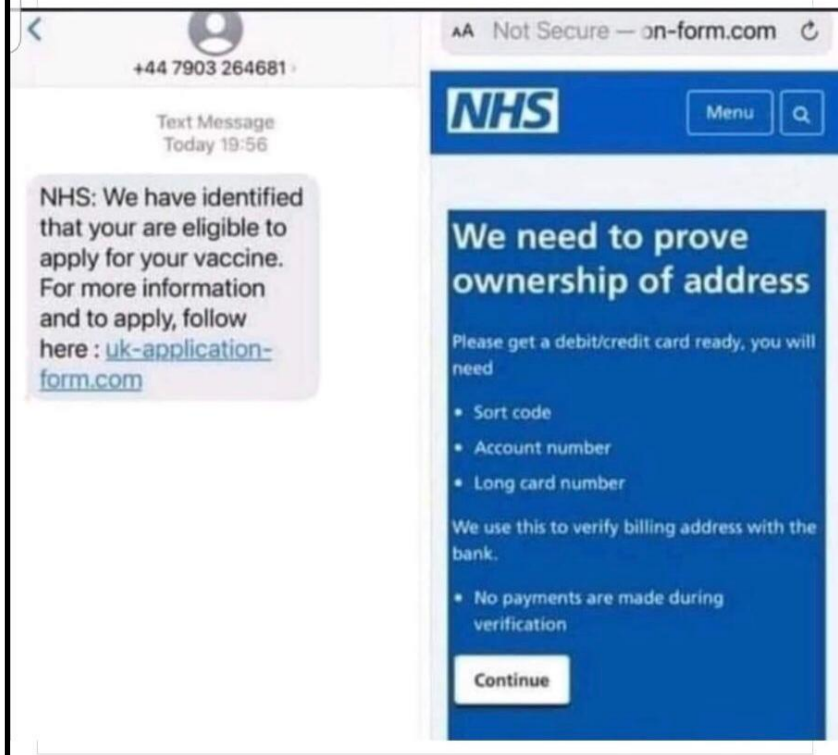
Asks for personal details

Money is requested

 ScamwiseNI
nidirect.gov.uk/scamwiseni

scamwiseNI
PARTNERSHIP

The scam has begun. Please warn your family and friends especially those who may be vulnerable. Share away.



If you have been caught out by a scam or you think a friend or family member has been affected, contact Consumerline, which can give advice and, if necessary, pass the matter onto the Trading Standards Service.

Consumerline

Tel: 0300 123 6262

Web: www.nidirect.gov.uk/consumerline

Report bogus callers to the PSNI

Tel: 101 (or 999 in an emergency)

Web: www.psni.police.uk

Report scams to Action Fraud

Tel: 0300 123 2040

Web: www.actionfraud.police.uk

Reduce unwanted mail and calls by registering with:

Mailing Preference Service

Tel: 0845 703 4599

Web: www.mpsonline.org.uk

Telephone Preference Service

Tel: 0345 070 0707

Web: www.tpsonline.org.uk

For more help and information visit:

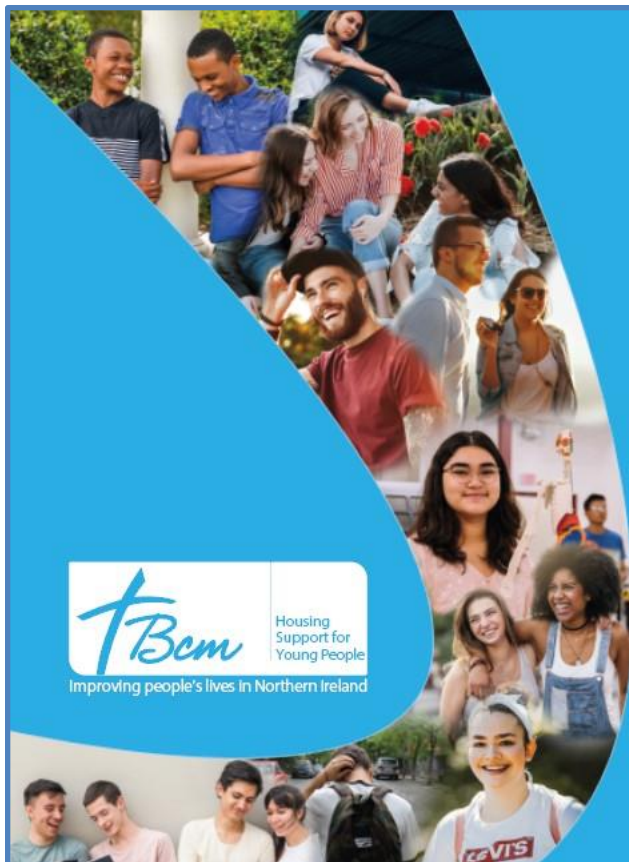
www.nidirect.gov.uk/scamwiseni

www.facebook.com/scamwiseni

The Consumer Council

www.consumerCouncil.org.uk

This leaflet was produced by The Consumer Council on behalf of the ScamwiseNI partnership.



ARE YOU 16-25?
DO YOU NEED HELP
WITH HOUSING?
WE CAN HELP!

BCM is providing support in YOUR area. Visit
WWW.BELFASTCENTRALMISSION.ORG for more info



@wearebcmni



Write a comment...



CYPSP ✓

3 hrs · 



Struggling with home education - Keep learning with [BBC Bitesize](http://www.cypsp.hscni.net/dailyupdates-ed-keep-learning-with-bbc-bitesize/) - lots of great resources and support available from early years through to GCSE students <http://www.cypsp.hscni.net/dailyupdates-ed-keep-learning-with-bbc-bitesize/>



1

Just found out that Google Classroom and Microsoft Teams can be accessed via @Xbox and @PlayStation consoles. So remote learning can be accessed via these platforms. Spread the word! Makes access to resources even easier!



ParentingNI

Support Line: 0808 8010 722



ParentingNI

Download
the free
Parenting
NI App!



ParentingNI

**Supporting children
with anxiety daily tips**

Children will pick up on parents anxieties so try and reduce your own level of anxiety by looking after your own wellbeing too.



Support Line: 0808 8010 722
parentingni.org



ParentingNI

Supporting Parents of Teenagers

Being a parent of a teenager can be challenging, especially now with Covid-19. Parenting NI through funding sourced from the Community Foundation New Need Fund are providing the following **FREE ONLINE** sessions for **PARENTS**

Supporting Teenagers Emotional Health
~Wed 10th Feb ~ 7-8pm

Supporting Teenagers with their Body Image
~Wed 17th Feb ~ 7-8pm

Reducing Conflict in the Home
~Wed 24th Feb ~ 7-8pm

Reducing Risk Taking Behaviour
~Wed 3rd March ~ 7-8pm

Promoting Teenagers Resilience
~Wed 10th March ~ 7-8pm

To register: <http://bit.ly/PNIevents>

Finger breathing - help calm children when they are feeling stress



Deep breathing
using your
hand



For more information and support visit www.amh.org.uk

healthy me

© AMH 2018



Healthy Me "Open" Zoom Session for Parents & Carers

Covid-19 and Anxiety

7 steps to help improve your mental health

ACCEPTANCE that
some things are out
of your control.

Be vigilant,
not
hyper-vigilant

WRITE - journaling
your concerns
can really help.

Self-care &
Development

CONNECT using
technology. Social
distancing hasn't
cancelled kindness.

Routine

PERMISSION
to feel sad,
anxious, frustrated.
There is no
right or wrong.

To find out more about these 7 steps and many other ways to
look after your mental health please visit www.amh.org.uk

Parents, carers, family members...
if you need us
we're here

0808 8020 400





Bilingual Kidspot



Benefits

Raising a Bilingual Child

1



Family Benefits

Children will be able to communicate with family members, those who live afar, and who don't speak the community language.

2



Educational Benefits

Research has shown that bilingual children perform higher on average on tests that involve multi-tasking, creative thinking or problem solving. This is because they are used to switching from one language to another constantly.

3



Career Benefits

Being bilingual increases employment options. A growing number of industries are seeking employees who speak a second language.

4



Cultural Benefits

Bilingual children are usually more adaptable to new environments, meeting new people, and stepping out of their comfort zone.

5



Additional Language Benefits

Once a child learns a second language, it makes it easier for them to pick up additional languages

Translation Hub

Please take a minute to open and share this very comprehensive translation tool for BAME families

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

<http://www.cypsp.hscni.net/translation-hub/>




**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



INTERESTED? TO JOIN CONTACT:

FUTURESPROJECT@NIHE.GOV.UK

FUTURES OUTREACH CO-ORDINATOR : 07920518125
(EOIN CONWAY)

**STARTS
14TH SEPT
2020**



START360

**Housing
Executive**

Peace
Northern Ireland - Ireland
European Regional Development Fund



South Eastern Health
and Social Care Trust

South Eastern HSC Trust **After School Club Downshire Hospital**

Welcomes children aged 4 to 11 years



Open Monday to Friday
2.00pm - 6.00pm



Full and part time places available

Collecting from all local schools

Our trained and committed staff aim to provide all children with
quality care, promoting a safe and welcoming environment



*~Convenient location
at the Downshire Hospital~*



For more information contact:

After School Team

Tel: 07525 896 985 / 07885 974 122



Northern Ireland Maternity and new parenting during COVID-19 website

www.ni-maternity.com



Antenatal Care



Child health services



Antenatal classes



Postnatal Care



Coronavirus &
Pregnancy



Planning for birth



Linking Youth to New Careers Programme


ARE YOU AGED 18- 25 YEARS OLD WITH AN INTEREST IN WORKING WITH CHILDREN AND YOUNG PEOPLE?

ARE YOU COMMITTED TO SELF-DEVELOPMENT AND LEARNING THROUGH NEW EXPERIENCES?

ARE YOU ABLE TO TAKE UP A PAID ROLE FOR 30 HRS PER WEEK FROM 1ST NOVEMBER 2020 – 30TH JUNE 2021 WITH THE EDUCATION AUTHORITY YOUTH SERVICE?

MAKE AN APPLICATION NOW FOR OUR GAP AND CONNECT PROGRAMMES @ www.eani.org.uk/job-opportunities
Closing date: Monday 5th October 2020



 **ea** Education
Authority
Youth Service

Free access to children's eBooks

Available to download to your tablet
or mobile device in minutes





High Five is an e-newsletter published by the EA, please take a minute to check out the latest edition....
<https://bit.ly/3319hQ8>



“There are a number of COVID-19 specific factors which will likely have an impact upon the mental wellbeing of our population during this pandemic. These include: stress, social distancing and isolation, bereavement, unemployment, financial hardship, inability to access services, it maybe useful to explore online support.” www.health-ni.gov.uk/publications/mental-health-action-plan



stresscontrolTM
Face your fears; be more active; boost your wellbeing

free zone for relaxation and mindfulness which may help reduce stress and boost your wellbeing

<https://stresscontrol.org/relaxation-mindfulness/>

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



**Psychological
First Aid**

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



HSC Public Health
Agency

<https://apps4healthcareni.hscni.net>
to check out safe and approved apps





South Eastern Health
and Social Care Trust



Public Health
Agency

South Eastern Health And Social Care Trust
& Public Health Agency

UNDERSTANDING SELF HARM TRAINING

To introduce participants to the issues
of self-harm, suicide and the impact that
alcohol abuse has on these behaviours

Dates Available:

Wednesday 25 November 2020

Wednesday 27 January 2021

9.30am - 1.00pm

(with a 30 minute break)

This training will take place via Zoom,
please contact Eileen Young for more
information and to book your place:
eileen.young@setrust.hscni.net



CONNECTIONS

For a Life Worth Living...

Suicide Prevention Awareness Training

For information and to book onto this training visit

www.freshmindseducation.com/pha-link_life/

Fresh Minds
EDUCATION



Public Health
Agency

Project supported by the PHA





Home to School Transport Helpline

02895 985959

*Open Monday to Friday,
between the hours of 8:30am - 12:30pm
and 1:30pm - 5:30pm*



THANK YOU FOR PLAYING YOUR PART



WHEN TRAVELLING ON HOME TO SCHOOL TRANSPORT PLEASE WEAR A MASK WHEN YOU CAN AND IF YOU TRAVEL WITH A SIBLING PLEASE SIT BESIDE THEM



KEY FACTS ON VACCINES



It's safe to give children **several vaccines** at a time and this reduces the amount of injections they need.

*Source: World Health Organisation

SAFE - ✓

EFFECTIVE - ✓

IMPORTANT - ✓



CHILDREN'S CHARITY WELCOMES FREE SCHOOL MEALS ANNOUNCEMENT

CHILDREN in Northern Ireland (CiNI) has welcomed the announcement that the Northern Ireland Executive will continue making direct payments to parents for those children on free school meals.

The leading charity has also commended the Minister for Education Peter Weir who has committed the vital support up to the end of his current political mandate in March 2022.

More than 100,000 children and young people from low-income families rely on free school meals as their main source of nutrition and during non-term time they can struggle to get enough to eat.

Pauline Leeson CBE, chief executive of Children in Northern Ireland said: "We are delighted that the Executive has taken this courageous decision and thank them for putting the needs of children and young people in receipt of free school meals first and foremost in their policy decision. This is something we have been seeking to get implemented for years. Children in Northern Ireland has been delivering holiday hunger projects since 2016 as well as campaigning and lobbying to raise the profile of this issue.

This is a major step for every parent who struggles to find the money for meals outside term time, every child and young person who might otherwise go hungry and for every organisation who has stepped up and provided holiday hunger projects since we started raising the issue of holiday hunger back in 2016.

Holiday hunger is much more than meals. Children in Northern Ireland's holiday hunger projects work in partnership with community partners and businesses to implement solutions to improve the well-being of all children and young people in Northern Ireland, through food, physical activity, and learning. It is this working in partnership [and addressing these issues that will ensure that no child goes hungry.](#)



Free School Meals Guidance Note

We are aware that a number of families may not yet have completed their annual application for free school meals. If you are working with a family who you believe may be entitled please check with them that they have a form completed. We have attached a printable copy of the form which your staff can use to assist families who need help to apply.

- Complete the form and ensure claimants sign and date.
- If a family don't have a bank account then write this on the form and uniform grant payments will be made by cheque.
- Bring the form to your local jobs and benefits office and hand it in (you probably won't get beyond the reception desk).
- Jobs and Benefits staff will stamp the form, attach any evidence statements required and post back to the local EA office.
- EA office will process the form and the child's school will be notified of the child's entitlement to free meals.
- Uniform grant will be paid to bank account or posted by cheque.



Free School Meals Applications



**Check
Eligibility**



**Apply Online
or Complete
Paper Form**



**Provide
Verification
Documentation**



**Complete &
Submit /
Return Form**

For more info visit eani.org.uk/fsm

In a real world that can sometimes be full of unfamiliar and new experiences, the familiarity of a favourite book or story can help to give young children the comfort and security they need.



www.facebook.com/helpkidstalk

Row Row Row Your Boat



Gently to the shore. If you see a lion don't forget to roar!



Gently up the creek. If you see a little mouse don't forget to squeak!



Gently down the river. If you see a polar bear don't forget to shiver!



Gently down the stream. If you see a crocodile don't forget to SCREAM!



the
TINY **Happy** PEOPLE
7 day
NEWBORN
baby
challenge

Monday	Tuesday	Wednesday	
Talk through what you're doing today - even if it's just going to the kitchen	Sing while feeding - make the most of one-to-one time with some early language learning	Touch different body parts on your baby and name them as you go - it's great for their brain	
Thursday	Friday	Saturday	Sunday
Explore and describe new sounds with your baby - either outside or out the window	Draw a face and let your baby watch - learning about faces helps their early development	Boogie with baby - dancing promotes the flow of oxytocin, the love hormone	Try out tummy time - start with baby lying on your chest, rather than the floor

Symptoms of COVID-19

New continuous cough



High temperature



Loss of, or change in, sense of taste or smell



If you have any of these symptoms, get tested



Test ✓ Trace ✓ Protect ✓



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.



Teenagers

guide to being identified as a 'close contact'



What does this mean?

Go home



& stay home



Can I go to school or college ?



Can I play sport with my team at the weekend?



Can I meet up with friends outside?



Can I go to the shops?



Can I go into my garden?



Can my friends come to my house?



Does this mean I will definitely get COVID-19?

No but you are at risk - a 'close contact' is a person who has been close to someone who has tested positive for COVID-19.

How long do i need to stay at home?



As a close contact you need to self-isolate at home because you are **at risk of developing symptoms in the next 14 days** and could spread the virus to others before the symptoms begin.



14 days



If you develop symptoms book a test.

www.pha.site/coronavirus





South Eastern Health
and Social Care Trust

ULSTER HOSPITAL EMERGENCY DEPARTMENT IS EXTREMELY BUSY

PLEASE KEEP THE EMERGENCY DEPARTMENT FOR EMERGENCIES ONLY

There are different healthcare services available to help you find the right expert care to treat your condition. For minor, short term conditions, you can self-care or ask a pharmacist for advice. Emergency services deal with serious medical needs where there is a serious risk to life or your health, for further information search;

www.nidirect.gov.uk/articles/how-use-your-health-services



South Eastern Health
and Social Care Trust

Urgent Care Centre Downe Hospital

**APPOINTMENT ONLY SERVICE
PLEASE CALL (028) 4483 8091**

The Urgent Care Centre is a consultant led service equipped to diagnose and deal with many of the most common illnesses people attend an Emergency Department for.

The service will operate from 8am-6pm, Monday - Friday,
on an appointment only basis. All patients must call prior to attending.

Please call the Urgent Care Centre on (028) 4483 8091 if you feel you need urgent medical care. Those contacting the service will be triaged and offered an appointment within the urgent care service or directed to the most appropriate service.

If you have an Emergency you should dial 999



South Eastern Health
and Social Care Trust

MINOR INJURY UNIT ARDS HOSPITAL

**APPOINTMENT ONLY SERVICE
PLEASE CALL (028) 9151 0110**

From Monday 2 November 2020
Ards Minor Injury Unit will be open
Monday - Friday 9.00 am - 5.00 pm

**on an appointment only basis.
All patients must call prior to attending.**

Patients should phone first and an Emergency Nurse Practitioner will ring you back to assess your injury. An appointment will be booked if required. This will improve safety with social distancing in the department and reduce overcrowding.

Ards Minor Injury Unit is a nurse-led service and is able to treat:

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

Please note: X-rays are only carried out for patients with a minor injury to comply with best practice. We cannot manage routine or complex dressings other than our own minor injury reviews.

If you 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

EE WIFiCall 10:38

< >

ONE WORD AT A TIME

BBC Tiny Happy People Website Liked

[Learn More](#) www.bbc.co.uk

Janine, Jacqueline and 33,305 others like this

Related Pages

A collection of over 150 easy activities

Five Minute Mum

The B...


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



Don't take risks with a sick child



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

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

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



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.



‘What just happened’ booklet



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;

<https://www.safeguardingni.org/sites/default/files/sites/default/files/imce/What%20just%20happened%20booklet%20%28final%29.pdf>

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:

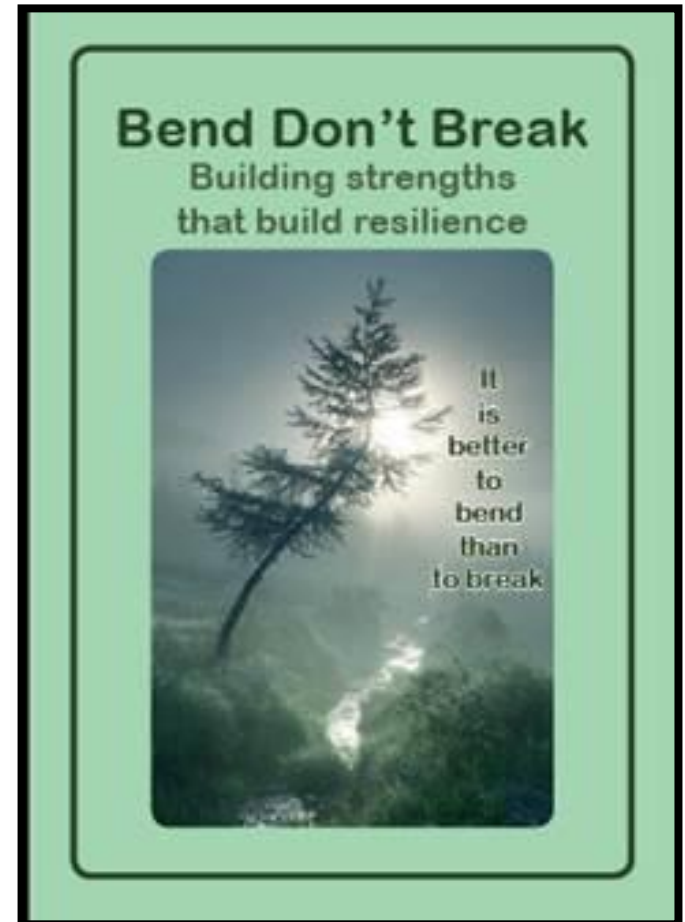
- **Deal with stress and problems**
- **Be less anxious**
- **Lift their mood**

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

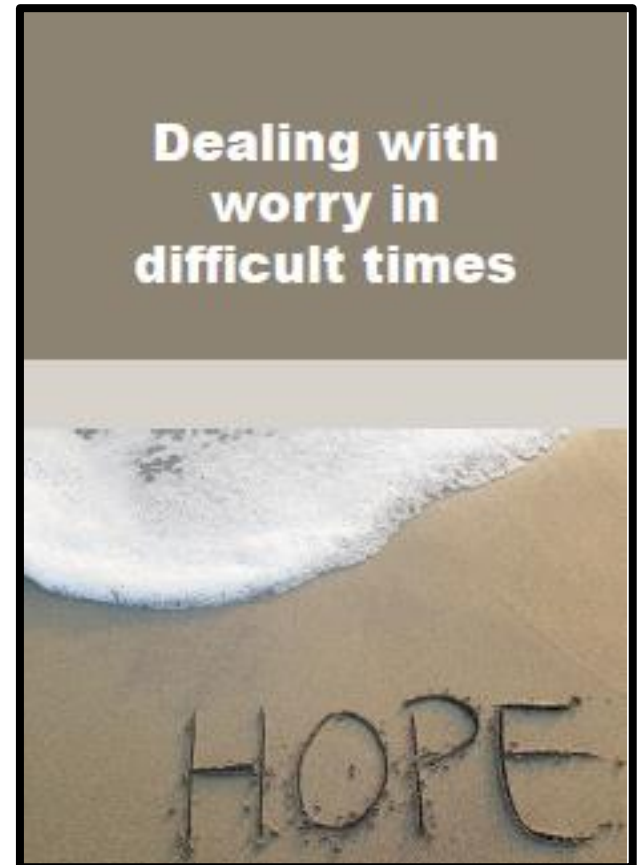
[http://www.setrust.hscni.net/pdf/pocket guide for worry.pdf](http://www.setrust.hscni.net/pdf/pocket%20guide%20for%20worry.pdf)

If you would rather hear the messages in the booklet:

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

Or by searching for Ed Sipler on You Tube

We hope you find these helpful.





South Eastern Health
and Social Care Trust



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

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



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

Visit Down SureStart.

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

www.downsurestart.org



Let's Play!

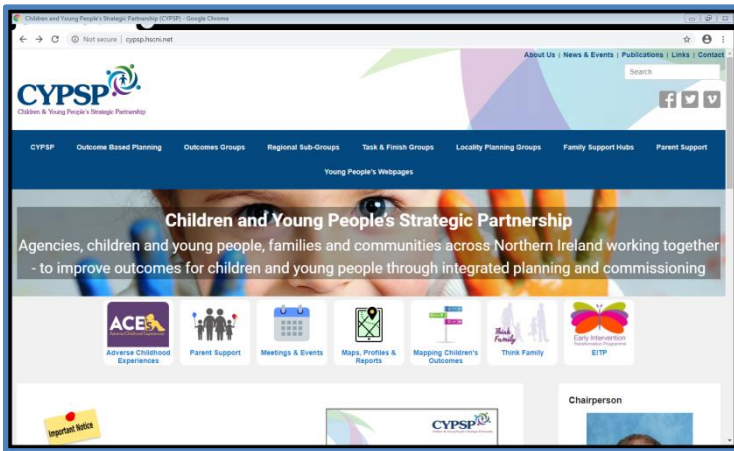
**We currently have availability for After
School sessions in:**

**Bangor (Bangor Central Integrated PS)
Rathmore (Rathmore PS)**

**Email afterschool@northdownymca.org for
an info pack!**



#childcare
#playwork



Please find links for latest resources & information;

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

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



See link below to our Face Book page;

Why not follow and enjoy.....

‘Rhythm and Rhyme and Story-telling’

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

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



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

One to One on-line Support for Parents

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

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

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

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

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

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



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

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**

Please check out the latest edition or the Family Support Newsletter to share with families

<http://www.cypsp.hscni.net/download/fs-hubs/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

Antenatal Breastfeeding Workshops via ZOOM

Monday 14 December 11am-1pm
Wednesday 13th January 11am-1pm
Wednesday 10th February 11am-1pm
Wednesday 3rd March 11am-1pm
Wednesday 14th April 11am-1pm

If you are interested contact the Infant Feeding Lead; Catherine or Patricia on (028) 9056 1339 or email Catherine.Irvine@setrust.hscni.net or Patricia.Weir@setrust.hscni.net.

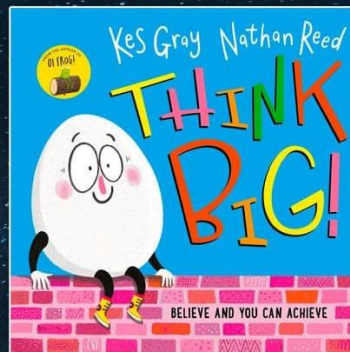


Every weekday 7:00pm on Youtube

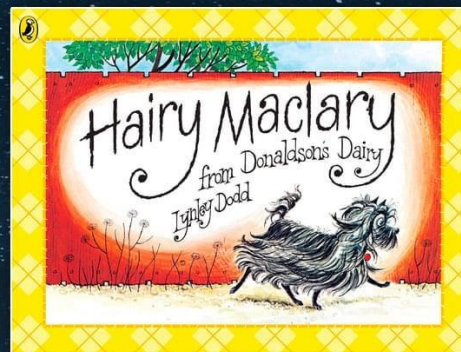
Monday



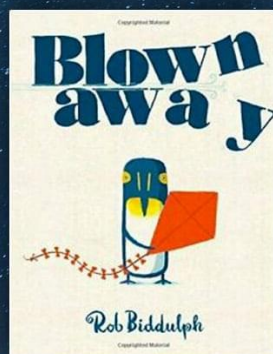
Tuesday



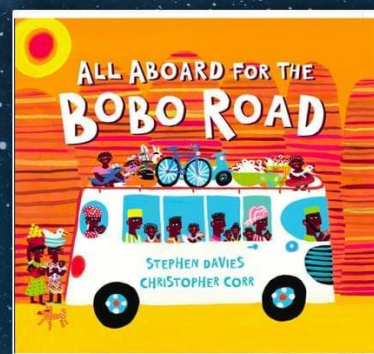
Wednesday



Thursday



Friday



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

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

Tel: 0300 1000 300

9.00am - 5.00pm

Monday - Friday

RESWS

Tel: (028) 9504 9999

5.00pm - 9.00am

Monday - Friday

(24hrs Saturday/Sunday/Bank Holidays)



South Eastern Health
and Social Care Trust

Domestic Abuse

Women's

Federation Northern Ireland

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

dsahelpline.org

24 HOUR
DOMESTIC &
SEXUAL ABUSE
HELPLINE
0808 802 1414

If you, or someone else,
is in immediate danger,
ring 999, otherwise
you can reach the police
24/7 on 101 or at
www.psni.police.uk

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

The impact of self-isolation will also have a direct impact on specialist services, who are already operating in an extremely challenging funding climate and will be rightly concerned about how to continue delivering life-saving support during the pandemic. They could see challenges in funding, staff shortages and further demand for their help. We welcome today an announcement from the Department of Communities who fund our refuges and outreach services that there would be no impact to the voluntary and community sector. As an organisation, we have made provisions in order to continue our key frontline work. Women's Aid have major contingency plans which have been put in place by all our local groups in a bid to continue to support women and children using multi communication formats, where face to face contact may be a current health and safety risk. Please contact your closest local Women's Aid groups to get more info on these diversified services. Women's Aid across Northern Ireland is made up of nine local groups and Women's Aid Federation NI. We are continually working together to understand the impact COVID 19 is having on women and children experiencing domestic violence and abuse and their service provision.

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

Women's Aid – including Live Chat, email, the Survivors Forum and local services:

[womensaid.org.uk/information-support/](https://www.womensaid.org.uk/information-support/)




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

Useful Helplines*

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

* Correct at time of publication.

Providing daily lifestyle, wellbeing and health support for all.

We're Social! Follow us on:   

The Hen's Shed....

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

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

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



HEN'S SHED



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

- **Lifeline** tel:0808 808 8000 www.lifelinehelpline.info
- **Childline** tel:0800 1111 www.childline.org.uk
- **Samaritans** tel:116 123 www.samaritans.org
- **NSPCC** tel:0808 800 5000 www.nspcc.org.uk

Online Courses for Parents & Parents-to-be

FREE for
parents, grandparents
and carers across
NORTHERN IRELAND

From bump to 12
months, lifetime
access



Access Code:
NIBABIES

go to www.inourplace.co.uk

Apply the 'ACCESS' code for a 100% discount!
Fill in some details to create an account

To return to the course(s) go to
www.inourplace.co.uk and sign in!



**Public Health
Agency**

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

www.inourplace.co.uk

Feeding and caring for your
baby :
QR Code for
Breastfeeding
and Bottle Feeding Resources



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 <https://setrust.hscni.net/healthy-living/feeding-your-baby/> with helpful videos,



SUPPORT SERVICES DURING COVID-19 OUTBREAK

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



Support Email Service
info@aware-ni.org
Provides support and information.

Support Line
Monday - Friday 11am-3pm
07548530931
07340488254



Dedicated Coronavirus Webpage
aware-ni.org/covid-19-support
Useful information and resources.



Looking after your
mental health during
the coming days and weeks

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



Unplug - turn off the news for a while.
Netflix binge, watch a film
or read a book instead

If you're feeling overwhelmed or your
thoughts are racing, take deep
breaths - in for 7 seconds, out for 11



Go for a walk or do a workout -
exercise is one of the best things for
your mental health, and your immune
system.

Connect with others -
especially if you are housebound.
Make use of phone calls and
FaceTime.



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



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



covid**wellbeing**

www.mindingyourhead.info



STILL HERE FOR YOU!

April 2020

#StaySafe

WHAT WE OFFER & HOW TO CONNECT

#YMCAconnects



CRISIS RESPONSE SERVICE FOR ISOLATED & VULNERABLE

FOOD, MEAL & PRESCRIPTION DELIVERIES, AND WELLBEING PHONE CALLS

☎ 07591 840539 ☎ 07483 347258 ☎ 07591 840805

YOUTH WORK
ONLINE & PHONE SUPPORT
FOR YOUNG PEOPLE

☎ 07591 840489



AFTER SCHOOL CLUB
SUPPORT FOR CHILDREN &
PARENTS AT HOME ON PLAY

☎ 07591 840361



HOUSING SUPPORT

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

☎ 07591 840390



ETHNIC MINORITIES SUPPORT

BILINGUAL ADVOCACY & EUSS SUPPORT
FOR MIGRANTS & REFUGEES

☎ 07591 840529

☎ 07483 122843



info@northdownymca.org



YMCA North Down



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



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

START360™

Putting YOU at the centre

AREN'T GOING ANYWHERE!

In line with government guidance and for the safety of our service users and staff, we have made the decision to close our Start360 offices in Belfast, Ballymena, Derry and Lurgan.

However, we're still working. You can reach us for ADVICE, SUPPORT or to REFER to our services on:

07923129559 or info@start360.org



County Down
Rural Community
Network



Healthy Living Centre Alliance



County Down
Rural Community
Network



Public Health
Agency

Free Movement to Music Sessions

Part of the Warm Well & Connected Programme

Tuesday mornings 10 – 11am (check-in from 9:50)

From the safety of your own home via Zoom



Low Impact Movement and Dance, designed for all levels of mobility and ability to improve your fitness levels, including flexibility, balance, posture and co-ordination, increasing your sense of vitality and wellbeing. Tutor: Theresa Messenger

To register please email heather@countdownrca.com or for queries and/or help to use zoom to access the class please contact Heather on 07511069072

CORONAVIRUS (COVID-19)

WE ALL
MUST DO IT
TO GET
THROUGH IT



Department for
Communities
www.communities.ni.gov.uk

An Roinn
Pobal

Máinistire o
Communities

HERE TO HELP

We are sad to announce that our HUB needs to close due to the need to reinforce the importance of social distancing to help keep people safe. There are a few important things we can offer:



We will continue to share useful information via social media and our Ezine so please send all information to Lindsey on: admin@ndcn.co.uk and follow us on facebook-[northdowncommunitynetwork](https://www.facebook.com/northdowncommunitynetwork) and [Twitter@NDCN_Bangor](https://twitter.com/NDCN_Bangor)



A befriending call a few times a week – please call us on: **02891 461386** or email: manager@ndcn.co.uk to put your name down or someone you think would benefit. The service will include a phone call, support and if needed, prescription collection and delivery as well as other referrals.



For young people & parents – please stay in touch via [Instagram @dice_bangor](https://www.instagram.com/dice_bangor) or facebook DICE Project, and contact Caitlin on: **07311 211634** or email: dicecoordinator@ndcn.co.uk



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



If you have money to pay for groceries but can't get out or need to self-isolate, the team at Bangor Elim can come and take your shopping list and money for groceries and deliver to your home – the number is: **028 9127 1800** or email: info@bangorelim.com



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

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



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

NORTH DOWN COMMUNITY NETWORK

Community Hub • Flagship Centre • Main St • Bangor • BT20 5AU

www.ndcn.co.uk Charity Number: NIC102333

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

Ards Community Network
Ards Community Network Centre
43-45 Frances Street
Newtownards
BT23 7DX
Tel: 02891 814625
Email: info@ardscommunitynetwork.com
www.ardscommunitynetwork.com

Follow us on;

www.facebook.com/ArdsCommunityNetwork

How To Reach Your **10,000**

Steps Every Day

GETTING YOUR 10,000 STEPS EACH DAY HELPS
YOU REACH THE RECOMMENDED 30 MINUTES
OF CARDIO AT LEAST 5 DAYS EVERY WEEK.

TAKE THE STAIRS



JUMP OFF AT THE
STOP BEFORE



WALK WHILE ON
THE PHONE



WALK THE DOG



GET A TREADMILL
DESK



VACUUM THE
HOUSE



WWW.MINDFULBODYFITNESS.CO



We will work in partnership with others, to promote and provide services that improve health and wellbeing and help people of all ages to make positive life choices.

www.peninsulahealthyliving.org

Or follow us on
facebook

Peninsula healthy living New Walking group

Commencing
Monday 04 January 10 am

Explore a different
location each week

☎ 028 427 38332

For details and registration



make the  call

to ensure you're getting all the money
and supports you're entitled to

0800 232 1271



St Vincent
de Paul Society

England and Wales

Turning Concern into Action



DRUG AND ALCOHOL SUPPORT SERVICES

SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: JUNE 2019

Disclaimer: While every effort has been made to ensure the accuracy of the information provided in this directory, we do not accept any responsibility for errors or omissions. It is recommended that you check the details of any service before using it. This publication can also be downloaded from www.drugsandalcoholni.info



Services for Adults

MARC Project

Drop in service for chronic drinkers in the North Down and Antrim area offering basic care, housing and crisis support.

The Link

Tel: 028 9182 1124

South Eastern Outreach Team

Low threshold service aimed at those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to commit to formal treatment (including chronic drinkers and injecting drug users).

Open Access/Self Referrals Accepted

Simon Community

Tel: 074 3575 4307

Tel: 074 3575 4302

Tel: 074 3575 4301

Community Based Adult (Step 2) Service

One to one therapeutic treatment and support service for alcohol and/or drug misuse. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

Dunleavy Addictions Service

Tel: 028 9039 2547

Tel: 077 0817 6225

Statutory Addiction Service

Provided by a range of specialist teams within community and hospital settings.

GP & Mental Health Professional Referrals

SEHSCT

Tel: 028 9151 2159 (Newtownards)

Tel: 028 9266 8607 (Lisburn)

Tel: 028 4451 3921 (Down)

Residential treatment is accessible through the statutory addiction service.

Addiction Service Referrals

Ward 15, Downshire

Tel: 028 4451 3922

Young People/Family

Bangor Youth Engagement Service (YES)

A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.

Open Access

Extern (based in Bangor YMCA)

Tel: 028 9145 4290

Strengthening Families Programme

Parents and children participate in the programme, both separately in teen and parent sessions, and then together in family sessions (7 week programme).

Targeted at At-Risk/Vulnerable Families

SEHSCT

Tel: 028 9250 1357

Targeted Lifeskills Service

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

LYMCA

Tel: 028 9267 0918

Steps 2 Cope

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

ASCERT & Barnardos

www.stepscope.co.uk

DAISY

One to one and group therapeutic treatment and support service for children and young people aged 11-25. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

Start 360 & ASCERT

Tel: 028 9043 5815

Pharos

Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.

Social Services/Addiction Services Referrals

Barnardos

Tel: 028 9066 3470

DAMHS (Drug and Alcohol Mental Health Service)

Offering a range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.

GP/CAMHS Referrals

BHSCT DAMHS

Tel: 028 9063 8000

Specific Groups

Needle and Syringe Exchange Sites

Clear Pharmacy

5 Church Street, Bangor

Tel: 028 9127 1820

Gordon's Pharmacy

25-27 Market Street, Downpatrick

Tel: 028 4461 2014

56 Bow Street, Lisburn

Tel: 028 9267 4747

10 Regent Street, Newcastle

Tel: 028 9181 3217

Group Support

Call or go online to find a meeting near you.

Alcoholics Anonymous

12 Step Programme/Group Meetings

www.alcoholicsanonymous.ie

AlAnon

Group Support for Family Members

Tel: 028 9068 2368

www.al-anonuk.org.uk

Alateen

Group Support for Teenagers

Tel: 028 9068 2368

www.al-anonuk.org.uk/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 SEDACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.

Tel: 0800 254 5123 (ASCERT)

www.drugsandalcoholni.info

connectors@sedact.info

Workforce Development Training

A range of drug and alcohol training courses for those working with adults, children and young people.

ASCERT

Tel: 0800 254 5123

Drink, Work and Me

Offers one to one and online support alongside training to enable employers to recognise the impact of alcohol related harm on the individual and the workplace.

Addition NI

Tel: 028 9066 4434

www.drinkworkandme.com



www.drugsandalcoholni.info



THE ALCOHOL TEST



"Addressing drugs and alcohol together"

Is your drinking putting you at risk?

Most adults who live in Northern Ireland drink some alcohol.

Many drink at a level that does not put their health at risk, and if you drink, you may think you are one of them.



Test yourself now



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



In Crisis? Call **Lifeline** FREE 24/7 HELPLINE 0808 808 8000

SMOKEFREE HOMES AND CARS

Do you live in a healthy home?

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

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

‘Smokefree Home’

Make your home and car smoke free today

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

For information on training and support.





Maternity Stop Smoking Service

2019 - 2020



4195

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

517

517
of which were smokers



70%

of women stop smoking
smoke-free wombs

and remain
successfully quit
at 4 weeks



Stop Smoking
Services



478 (92%)

were advised about
Stop Smoking
Services
and signposted
appropriately

208

women enrolled
into Specialist
Stop Smoking Service



75%

of partners referred
quit smoking



40%

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

Gum



Stop Smoking
Patches

Some quotes from
service users:

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

"I am so grateful,
thank you."

"You have changed
my life".



www.stepstocope.co.uk

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

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

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

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

What living with this is like for me

Information: Learning things I will find useful

How I cope with it all

What support I use

Where I can get further help

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

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




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

STEPS  COPE

 ASCERT 21

 Believe in
children
Barnardo's
Northern Ireland

 HSC South Eastern Health
and Social Care Trust

 AFINet

 COMMUNITY
FUND



Directory of services to help improve mental health and emotional wellbeing, for the latest edition please search;

www.publichealth.hscni.net/sites/default/files/2020-01/SouthEastern_area_card_2020.pdf

Youth Health Advice Service



HSC South Eastern Health
and Social Care Trust

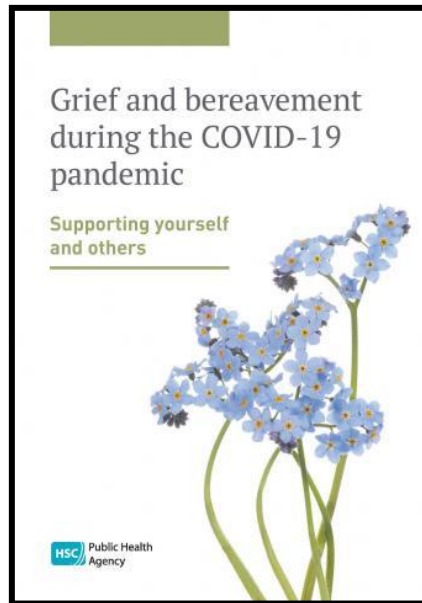
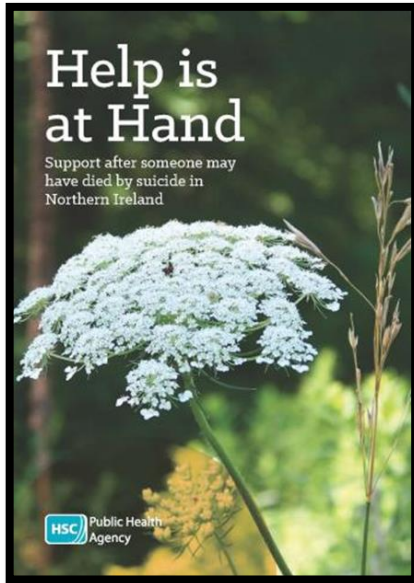


Monday – Lisburn
Tuesday – Ards
Wednesday – Downpatrick
Friday – Bangor
9.30am -- 3.30pm

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

Help is at Hand

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



Bereavement Resources

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

Help is at Hand

[https://www.publichealth.hscni.net/sites/default/files/2020-01/Help is at hand B5 Booklet 01 20.pdf](https://www.publichealth.hscni.net/sites/default/files/2020-01/Help%20is%20at%20hand%20B5%20Booklet%2001%2020.pdf)

Locality Planning Meetings for 2020

Ards & North Down LPG

25th March CANCELLED

20th May CANCELLED

21st October 10am zoom

25th November 10am zoom

Down LPG

1st April CANCELLED

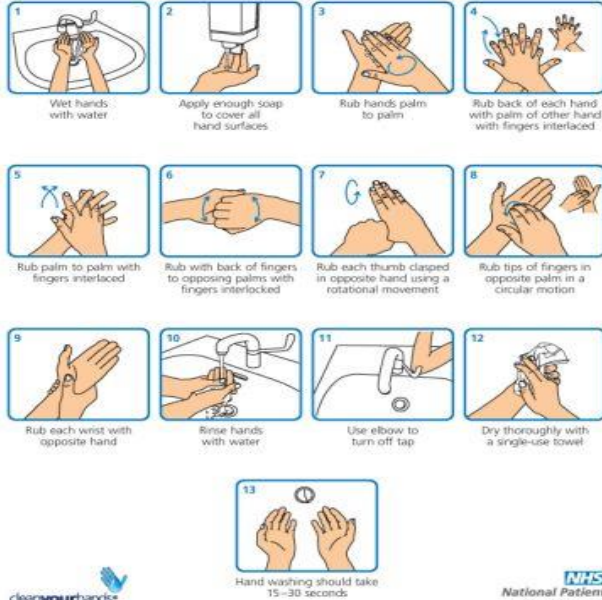
24th June 11am via zoom

10th Sept. 2:30 zoom

28th October 2pm zoom

2nd December 4pm zoom

Hand-washing technique with soap and water



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

Handwashing and respiratory hygiene

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

- washing your hands more often - with soap and water for at least 20 seconds or use a hand sanitiser when you get home or into work, when you blow your nose, sneeze or cough, eat or handle food
- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid close contact with people who have symptoms
- cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash your hands
- clean and disinfect frequently touched objects and surfaces in the home

Public Notice: COVID-19

Please be aware that calls from our hospitals may come from an 0800 number.

If you receive a call from
0800 077 8730
please answer it.



Public Health Agency



CATCH IT.



BIN IT.



KILL IT.



"This storm is making me
tired," said the boy
"Storms get tired too," said
the horse, "so hold on."