

Fortnightly News

March 2021

Issue 40

- Welcome to the 40th edition of the fortnightly news.
- Instead of filling up your inbox with individual circulations, I will put them into a fortnightly newsletter.
- If you wish to advertise any upcoming programmes or activities please see the guidance on the back page

Noelle.Hollywood@setrust.hscni.net

Mobile number 07872422101

MYTH BUSTER

COVID-19

vaccine



FACT OR FICTION

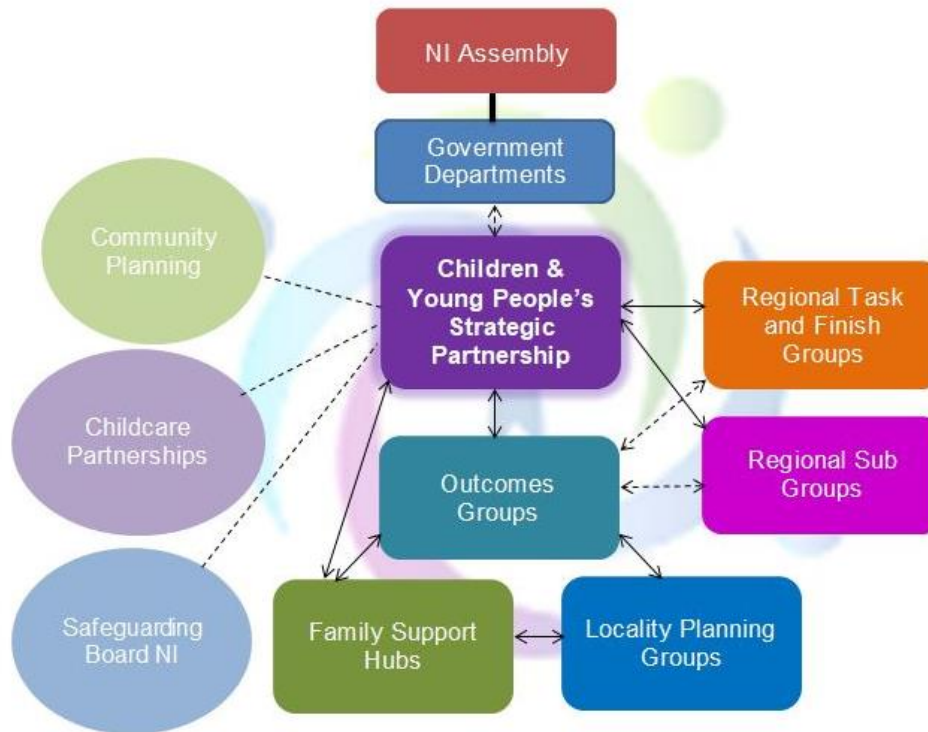
There is lots of misinformation out there about the COVID vaccine, make sure your facts come from a reliable source.



Public Health
Agency



Locality Planning Groups as part of the CYPSP structure



For further information please visit;

[Children and Young People's Strategic Partnership](http://www.cypsp.hscni.net)
www.cypsp.hscni.net

For all the latest news
from the CYPSP
www.cypsp.hscni.net

www.cypsp.hscni.net/translation-hub

Barnardo's NI Child Bereavement Advice Line
07867372711
Monday & Tuesday 10am - 1pm

60+ HOURS OF ON-DEMAND TALKS, WEBINARS AND WORKSHOPS
GOOD GRIEF FESTIVAL
MARCH 27-28
WWW.GOODGRIEFEST.COM

Are you...
Supported by Cruse
Fund for Children
Bereaved?
Experienced of bereaving, coping
sharing advice in online communities
Learn to thrive in life on your own
Experience the bereavement journey

Barnardo's NI Child Bereavement Advice Line

March 23, 2021

Today is national #DayOfReflection and we are remembering all of our loved ones that we have lost during the pandemic,...

[Read More](#)

Cruse Bereavement

March 22, 2021

We are proud to be a part of the @GoodGriefFest taking place this weekend. Book your place for a weekend...

[Read More](#)

Cancer Fund for Children

March 18, 2021

We are launching a project for young people who have been bereaved with the support of @Coop_Foundation. The focus is...

[Read More](#)

PROUDLY SUPPORTING
National Day of Reflection
23 March
We're supporting the National Day of Reflection for everyone who's been bereaved in the last year.

How long will grief last
March 3, 2021

People often ask us how long their grief will last. While this is a natural concern for those...

How to support someone who is grieving
February 26, 2021

The needs of someone grieving will change

Welcome to the Translation Hub

🇬🇧 🇮🇪 🇩🇪 🇪🇸 🇫🇷 🇮🇹 🇯🇪 🇰🇪 🇱🇻 🇻🇪 🇵🇹 🇷🇺 🇸🇪 🇸🇯 🇹🇷 🇺🇰 🇺🇸 🇯🇪 🇰🇪 🇱🇻 🇻🇪 🇵🇹 🇷🇺 🇸🇪 🇸🇯 🇹🇷 🇺🇰 🇺🇸

This page is best viewed with the Browsealoud application open, click on the icon in the top right corner and select the language of your choice by clicking on the toolbar above.

Welcome to the CYPSP Translation Hub providing you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.

To help promote this page [click Here](#) to download translated leaflets.

Please feel free to bring to our attention any amendments, comments or if you would like to suggest more content or include your contact details email cypsp@hscni.net

[How to use Browsealoud translation application](#)

Health

Family Support

Education

Housing

Employment

Safety

COVID-19

EU Settlement Scheme

Sign Language

Contacts



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Text-A-Nurse Service is for ages 11-19 years.

It allows post-primary students to easily and anonymously contact the school nurse for support with; physical, emotional and mental wellbeing.

- **The service is available Monday-Friday, 9am-5pm.**
- **South Eastern Trust Text –A-Nurse:**
- **07507 327263**

Regional Nutrition Webinars - April

Top Tips for a Healthier Weight

Learn about healthy eating and lifestyle habits if you are overweight and want to lose weight or if you are looking to support someone in losing weight.

We will discuss portion control, snacking, alcohol and takeaways.



Tues
13th
April
11-12pm

Link:

<https://tinyurl.com/Weight-Tips-April>

Nutrition Myths

"Busting" the most common myths about diet and health! Find out if certain foods can protect us from COVID-19, if sweeteners really are bad for you and the truth about fad diets.

Link:

<https://tinyurl.com/Myths-April>
Meeting ID: 503 933 1325
Passcode: 751441



Introduction to Solids

Perfect for parents who are thinking about or have recently started introducing solids to their baby.



Thurs
29th
April
10-11am

Link:

<https://tinyurl.com/Solids-April>
Meeting ID: 971 6033 2128
Passcode: 154581

Mealtime tips & fussy eating

Tips from a dietitian on how to create healthier meal habits for the whole family, dealing with fussy eating and portion sizes for kids.

Register using the link below

Link:

<https://tinyurl.com/FussyEating-April>



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:

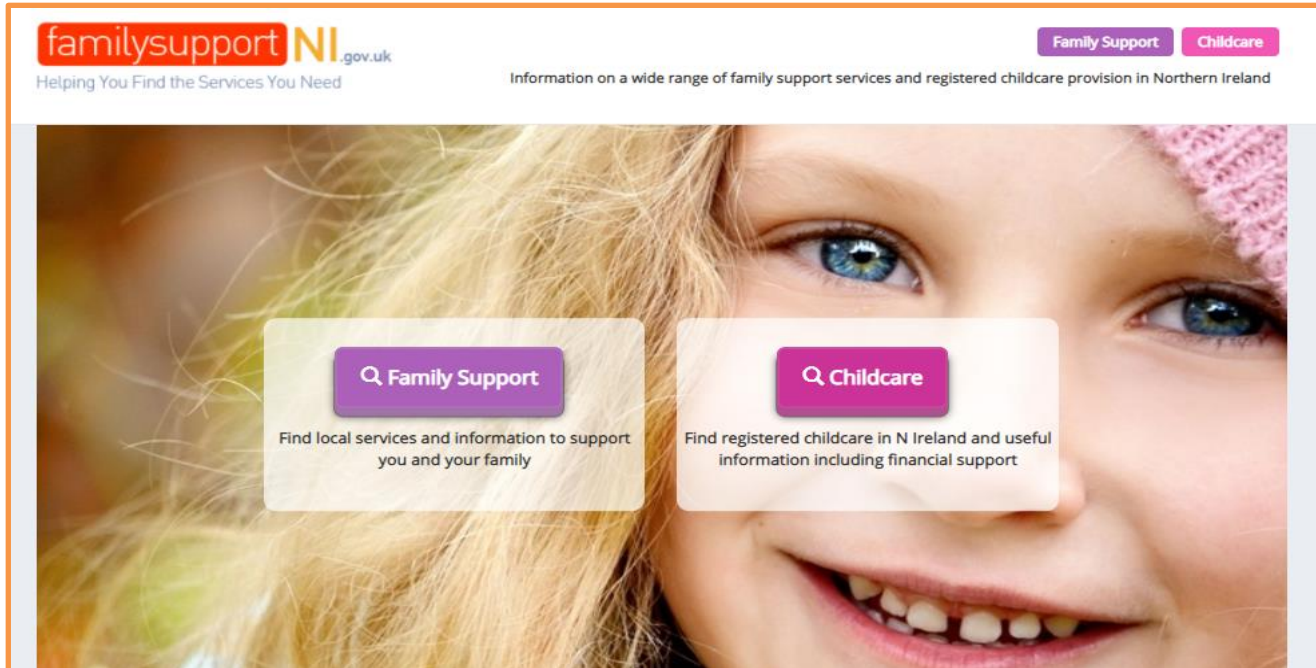
Karen Otley
Family Support Co-ordinator (Trustwide)
Laganside House
Lagan Valley Hospital

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>



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

Childcare Providers, as services continue to re-open, please check your details are correct and up-to-date

(Quick Tip: Type name into Keyword Search in 'Childcare' Section)

Do you have vacancies? Have you indicated other offerings for parents looking for childcare?
Send additions / amendments to info@familysupportni.gov.uk

Latest COVID-related information available via dedicated COVID Information Section



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. www.downsurestart.org

Telephone the Down SureStart office; 028 4461 3630

Or email down.surestart@setrust.hscni.net

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

www.downsurestart.org

We're here to support you.



Though our premises are currently closed,
Our team is still supporting families by:

Phone

Practical Support

Facebook

Zoom



Remember: You can still access support around weaning, breastfeeding, healthy eating, routines, and your child's development.

If you would like to avail of support please contact:

☎ : 028 91 457248

Email: bangorreception@bryonsurestart.org

[Facebook.com/bangorsurestart](https://www.facebook.com/bangorsurestart)



emergency
accommodation



safety planning



personal
development

women's aid

North Down and Ards

02891 273196



emotional and
practical
support



raising awareness



support for
children and
young people

www.ndawomensaid.org

info@ndawomensaid.org



 [north_down_ards_womens_aid](https://www.instagram.com/north_down_ards_womens_aid)



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



[@NDAWomensaid](https://www.facebook.com/NDAWomensaid)

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



The image shows a navigation menu for the RISE NI Parent Website. At the top left is the RISE NI logo, which consists of a stylized hand with five fingers in different colors (red, orange, yellow, green, blue) and the text 'RISE NI' below it. In the center is the title 'Welcome to RISE NI Parent Website' in a large, bold, dark blue font. To the right of the title is the HSC logo, which is a blue square with the letters 'HSC' in white. Below the title are seven colored rectangular buttons arranged in three rows. The first row has two buttons: a yellow one on the left and a green one on the right. The second row has two buttons: a light blue one on the left and a red one on the right. The third row has three buttons: an orange one on the left, and two dark blue ones on the right. Each button contains text describing a function or resource available on the website.

RISE NI

Welcome to RISE NI Parent Website

HSC

- 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!
- Useful Contacts
- Links to useful resources

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



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>

Stay Active Online



- **Stay Active Online Exercise Classes**
- **NI Virtual Boccia League** sponsored by **Progressive Building Society**
- **Miles and Smiles Challenge** sponsored by **Progressive Building Society**
- **Stay Active Resource Cards**



A Progressive Partnership

For more info Email: aherron@dsni.co.uk

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)



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



make the call

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

0800 232 1271



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.



Society of St. Vincent de Paul

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:

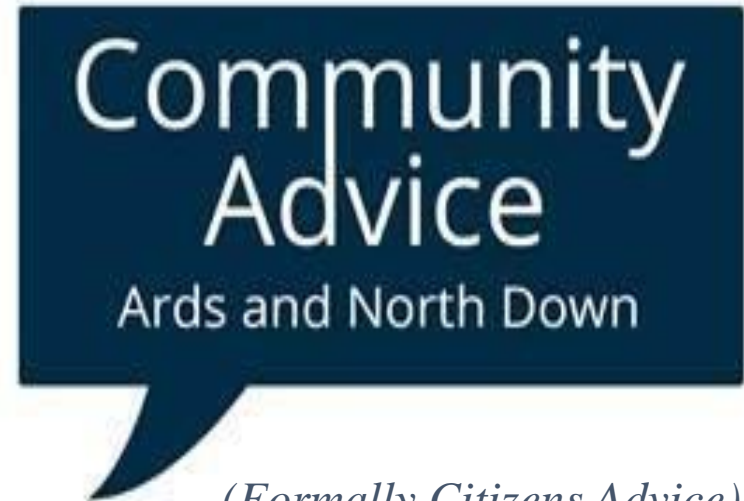
Debt
Social Security Appeal Tribunals
Welfare Reform
Legal
Employment Issues

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



amh menssana



Mindset is a Mental & Emotional Health & Wellbeing Awareness programme

For Young People 14 - 17 years and Adults

mindset

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: amhmenssana@amh.org.uk
T: 028 9442 5355

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-regulation 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)

action mental health **HSC Public Health Agency** **www.amh.org.uk**
@amhNI

Project supported by the PHA

action mental health





Healthy Me "Open" Zoom Session for Parents & Carers

amh menssana

Finger breathing - help calm children when they are feeling stress




action mental health

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

amh menssana

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.

Routine

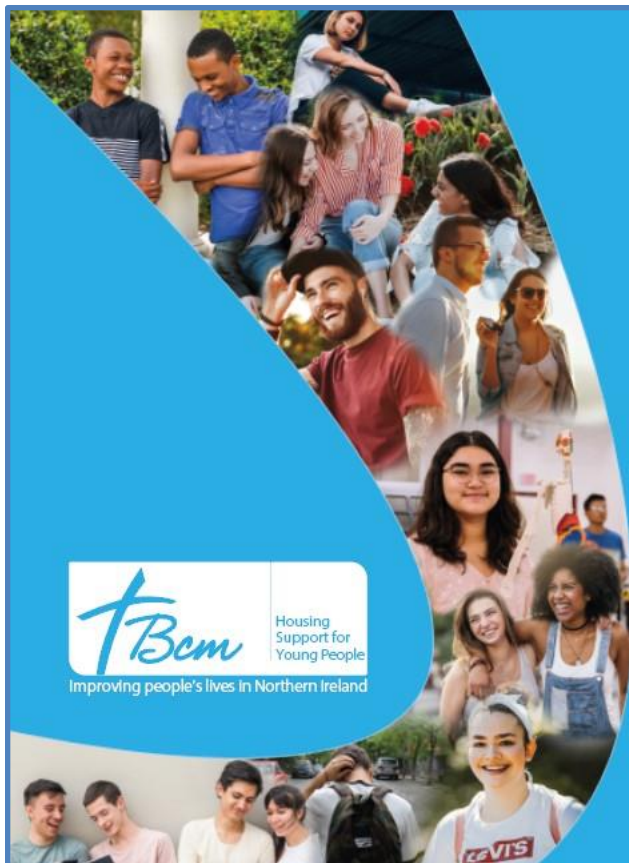
PERMISSION to feel sad, anxious, frustrated. There is no right or wrong.

Self-care & Development

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

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

action mental health



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



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

**Emotional Health &
Wellbeing Findings**

78%

told us that social isolation
was having a negative impact
on the emotional health &
wellbeing of their children.



Support Line: 0808 8010 722
parentingni.org

Talk, Learn, Do NI is providing Parentline NI with a free, 2 hour online training webinar for parents/carers of children aged 3 to 11 years.

When: Friday 26th March 2020 Time: 10.30am to 12.30pm



Talk, Learn, Do NI:
Teaching your children about money

REED
In Partnership
Money & Pensions
Service
FF Research

**If you would like to
book a place call
Parentline free on
0808 8020 400**

What can you learn from the course?

As a parent, you can learn about:

- Increasing your knowledge on how to talk to your children about money
- Teaching your children about money in every day situations for example, going shopping or around the home.
- How to manage your own day-to-day money as a parent
- Teaching your children how to recognise the difference between 'want' and 'need'



Who is it for?

If you are a parent/carer/grandparent or anyone who is interested in passing on its guidance, having fun and giving your child the confidence to learn about money from a young age.

Talk, Learn, Do NI:
Parents, Kids and Money



Become a Practitioner and help parents
to teach their children about money

REED
In Partnership
FF Research
Money & Pensions
Service



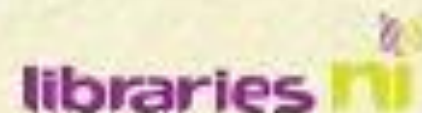
**Parents, carers, family members...
if you need us
we're here**

0808 8020 400



Free access to children's eBooks

Available to download to your tablet
or mobile device in minutes





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

HSC Public Health
Agency

Project supported by the PHA



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



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

**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)

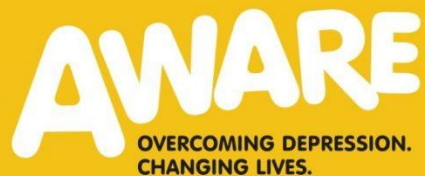


Helplines NI website has been updated to include details of UK and NI helplines that have been setup in response to Coronavirus. To date, over 20 new helplines covering a range of topics (e.g. community helpline, befriending, government grants, pregnancy) have been established specifically in response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

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





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).



The poster features a smiling woman with long blonde hair wearing a pink top, holding up two colorful sneakers. The background is a bright blue gradient. In the top left, there is a large graphic of a footprint with the letter 'A' inside, followed by the text 'Million STEPS' in green and blue. In the top right is the Autism NI logo with the tagline 'Northern Ireland's Autism Charity'. Below the main title, it says 'Help us reach a Million STEPS this Autism Awareness Week' and '29th March - 4th April 2021'. At the bottom, there is a green banner with contact information and a dark blue banner with social media links.

Autism NI
Northern Ireland's Autism Charity

Million STEPS

Help us reach a **Million STEPS**
this Autism Awareness Week
29th March - 4th April 2021

Sign up for a FREE fundraising pack:
e.events@autismni.org
WWW.AUTISMNI.ORG

Autism NI
Northern Ireland's Autism Charity

t.028 9040 1729
(option 3)

Facebook: /AutismNI Twitter: @AutismNIPAPA Instagram: autism_ni

Autism NI is a company limited by guarantee (company number 105546).
Incorporated in Northern Ireland. Registered office: 100 Water Street, Belfast, BT6 1RN.



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

Thinking about quitting?

Make March Your Month to Quit!



You're 4 times more likely
to QUIT with our help



Join us for this **FREE** workshop

Via Zoom looking at:

- Benefits of stopping smoking
- Support available to help you to quit
- Nicotine Replacement Therapies

2— 3pm Wednesday 31st March 2021

To book your place please contact Heather:

heather@countydowntnrcn.com / 07511069072



South Eastern Health
and Social Care Trust



County Down
Rural Community
Network



Public Health
Agency

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

THE 10,000 STEPS A DAY CHALLENGE

This walking plan focuses on your daily walking time and steps taken. Total step count and duration is cumulative throughout the day, meaning that you can do all of your walking at once, or split the time up throughout the day, whenever it's convenient for you. For example, if your daily goal is 60 minutes, you could walk for 25 minutes in the morning, 15 minutes at lunch and 20 minutes after dinner.



	WALK TIME	TOTAL STEPS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	20 minutes	2,000	20 minutes	25 minutes	30 minutes	35 minutes	40 minutes	45 minutes	Rest
WEEK 2	50 minutes	5,000	55 minutes	55 minutes	60 minutes	65 minutes	70 minutes	75 minutes	Rest
WEEK 3	75 minutes	7,500	75 minutes	75 minutes	80 minutes	80 minutes	85 minutes	85 minutes	Rest
WEEK 4	90 minutes	9,500	90 minutes	90 minutes	95 minutes	95 minutes	100 minutes	100 minutes	Rest

Push Yourself! Get even more from this program by increasing the intensity of at least two of your walks each week. You can do this by walking at a faster pace for the entire walk, incorporating intervals (alternating short bursts of very fast walking, broken up by periods of slower recovery walking) or by walking on an incline—either on the treadmill or a hilly route outside.



Participation in the physical activities could result in serious bodily injury; other risks or social economic loss. You should consult a physician or other medical professional before beginning this or any other exercise program. If you participate in the physical activity as is set forth on this document, you agree to assume all such risks and responsibilities associated therewith, and agree to release, and discharge Sodeco from any liability, claims, demands, losses or damages arising out the instant activities.



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

DRUG AND ALCOHOL SUPPORT SERVICES

SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: JUNE 2019

Disclaimer: HSC and the HSC Trusts have taken all reasonable steps to ensure the accuracy of the information provided in this document, but we do not accept any responsibility for liability for any errors that have occurred or to recommend that you accept their liability. 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.steps2cope.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.alanon-uk.org

Alateen

Group Support for Teenagers

Tel: 028 9068 2368

www.alanon-uk.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

connections@sedact.info

Workforce Development Training

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

ASCERT

Tel: 0800 254 5123

Drink, Work and Me

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

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.



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

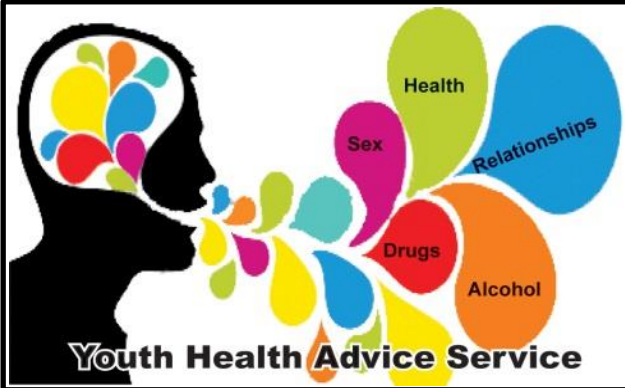
It is up to you how you use this website. You can use information at your own pace and the self-help tool is completely anonymous.

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.

Youth Health Advice Service



HSC South Eastern Health
and Social Care Trust



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

Text-a-Nurse
is a new confidential text
messaging service for young
people aged 11-19



Text-A-Nurse Service is for ages 11-19 years.

It allows post-primary students to easily and anonymously contact the school nurse for support with; physical, emotional and mental wellbeing.

- The service is available Monday-Friday, 9am-5pm.
- South Eastern Trust Text –A-Nurse:
- 07507 327263

COVID-19

NI EXECUTIVE RESTRICTIONS AND GUIDELINES



Current restrictions (the next formal review will take place on or before 15 April 2021)



Stay at home



Work from home unless unable to do so



Only leave your home for essential reasons



No mixing of households in private dwellings or gardens



One bubble can be formed with one other household



No overnight stays away from your home



Outdoor gatherings limited to 10 people from a maximum of 2 households



Outdoor exercise with own household or with one person from another household



Stay local. Exercise in your local area



Phased return to face-to-face teaching



Weddings and civil partnerships limited to 25 people. Receptions not allowed



Funerals limited to 25 people



All tourism accommodation closed



All hospitality closed



Off licences closed at 8pm. Takeaway services closed 11pm



Close contact services closed



Gyms, swimming pools, indoor sport and exercise facilities closed



Outdoor and indoor visitor attractions closed

From 1 April the following will be permitted:



Outdoor sport limited to 10 people from 2 households



No more than 6 people from 2 households in private gardens



Contactless 'click and collect' for garden centres and plant nurseries



Contactless 'click and collect' for all non-essential retail



Sports training for affiliated clubs, up to 15 people



No more than 10 people from 2 households in private gardens

Exemptions may apply.

Get up-to-date advice at: nidirect.gov.uk/coronavirus

**WE ALL
MUST DO IT
TO GET
THROUGH IT**



Apply to the EU Settlement Scheme before the deadline on 30 June 2021

If you have EU family, friends, neighbours or colleagues, please tell them about the scheme.

For further information please visit:
www.newrymouredown.org/brexit



níodán na n-ádh
an tÍdir, Mhúrn
agus an Dúin
Newry, Mourne
and Down
Local Council

Locality Planning Meetings for 2021/22

Ards & North Down LPG

To be confirmed

Down LPG

28th April

Summer meeting tbc

13th October

5th January

30th March

Zoom meetings 10-12

Fortnightly News

If you would like to contribute to Fortnightly News, we would love to include your contributions.

- **Please submit the information in the format you would like it to be included. We won't transform a word-heavy document into a flyer, please make it easy for us!**
- **Less words, bigger pictures!**
- **We do not advertise or endorse those events or programmes which are privately funded as a business.**
- **Fortnightly News will be issued every fortnight, on a Friday morning. Please send your articles for inclusion by 5pm of the Tuesday prior to this.**
- **We may have to decline to advertise information which is not applicable to better outcomes for children and young people.**
- **Your feedback is welcome.(We are not perfect, but will strive to be as good as we can.)**
- **Please let us know if Fortnightly News has helped your service, event or activity in anyway.**

**[For more information on' Fortnightly News ' contact
noelle.hollywood@setrust.hscni.net or 07872422101](#)**