

Fortnightly News

April 2021

Issue 42

- Welcome to the 42nd 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

COVID-19

The fight
is not over

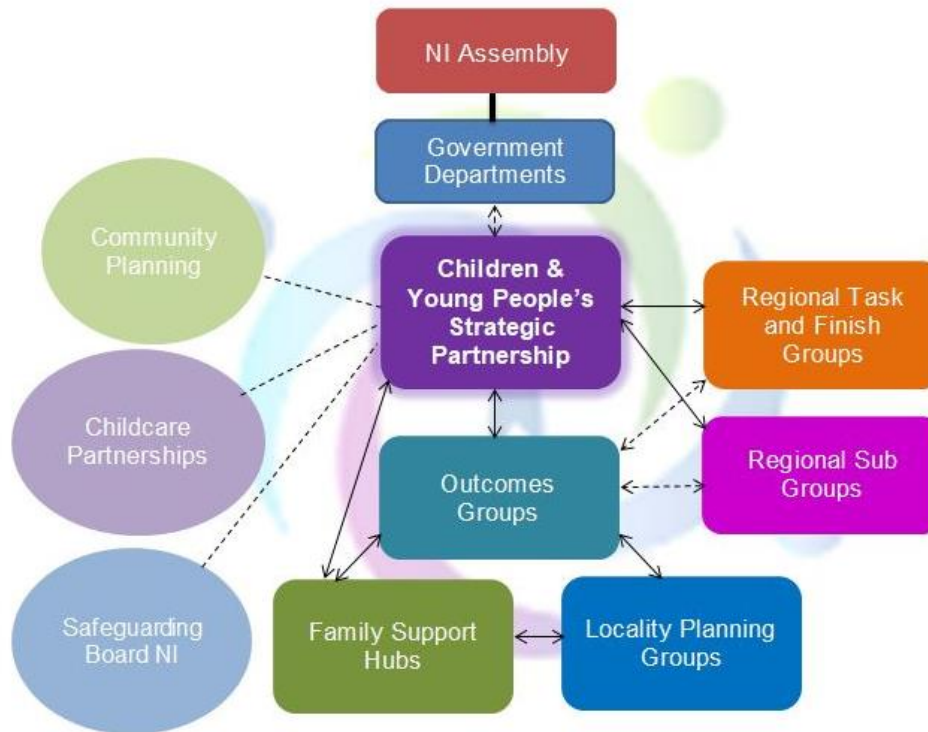


Keep washing
your hands

 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

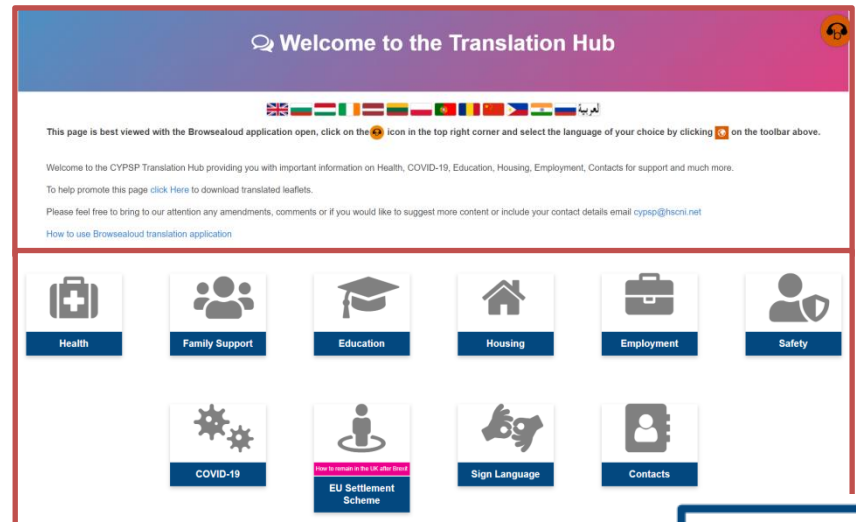
For all the latest news
from the CYPSP
www.cypsp.hscni.net

www.cypsp.hscni.net/translation-hub

Learning from the Pandemic

New report released by Equality
commission for information/action
planning

<https://www.equalityni.org/ECNI/media/ECNI/Publications/Delivering%20Equality/Education-LearningFromPandemic.pdf>



Fortnightly News Contents

- CYPSP News.....P2/3
- AANDBC Here 2 help app.....P5
- Help Find NI (Uhub).....P6
- Family Support Hub.....P7/8
- SureStart.....P9-11
- Domestic Abuse/Women's Aid.....P12
- RISE NI.....P13
- BBC tiny happy people..... P14
- Action for ChildrenP15
- Help Kids Talk.....P16
- Poverty.....P17/18
- Action Mental HealthP19
- Belfast City Mission P20
- Parenting NIP21
- Parentline.....P22
- Maternity Advice line.....P23
- Libraries NI....P24
- Making the most of your slow cooker.....P25
- Education Authority..... P26
- Homestart.....P27

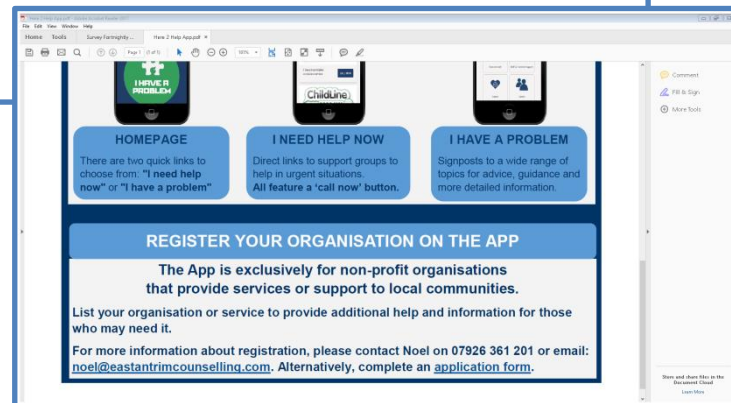
- Family Mediation Ni....P28
- Gateway....P29
- Helplines....P30
- Breast feeding....P31
- Aware NI....P32
- Autism awareness P33
- YMCA....P34
- Co Down Rural Community Network ...P35
- North Down Community Network...P36
- Ards Community Network....P37
- Peninsula Healthy Living...P38
- Drug and Alcohol advice ..P39
- Smoking cessation service...P40
- Steps to Cope ...P41
- Text a Nurse/ Youth Health Advice ...P42
- Kilkooley Women's Centre... P43
- Newry Mourne & Down... P44
- Recovery College....P45
- Suicide Prevention Training P46
- Dates for Locality Planning meetings ...P47

Here2Help is an app developed by East Antrim Counselling to quickly provide people with access to services. The advantage of this app is that it links people to service providers organisations meaning that as long as the information on your website is up-to-date then the links of the app should also be up-to-date. It is the responsibility of people who provide a relevant service to contact the app developer (see flyer for instruction) to have your information included.

The flyer explains to service providers (NOT users) how to contact the app developer to have a link to their services added. The app has an inbuilt geographical function meaning that services appear prioritised by locality. At the minute many of the regional services on the app relate to the Antrim area as this is where the app was initially developed. We would like to encourage Ards and North Down service providers to have their details added so that we can confidently start promoting this as something that every resident should have on their mobile device.

Ards and North Down's Strategic Community Planning Partnership has endorsed the app and members have committed (that where relevant) information on the services they provide or fund should be added. Before we actively start promoting the app to the public we need to increase the number of Ards and North Down specific services that are listed.

We would appreciate if you can forward this information to the necessary person or team within your own organisation who can contact the app developer and have relevant Ards and North Down information included.



The Find Help NI website has:

- A directory of free, local support organisations (including a few paid-for services), covering a wide range of needs
- A Guide Me hub to help users understand problems they might be facing when it comes to their mental and emotional health, with suggestions for support options
- Content including first-person stories, tools, tips and inspiration to help strengthen their wellbeing
- A Young Hub for ages 12-16 and 17-24, which includes first-hand experiences written by young people of all ages, along with our advice, tips and guides to feel happier, healthier.

BUT WE NEED YOUR HELP!

“A resource for all” can only become one if as many people as possible have their say in how the website is finalised before we launch it. We would appreciate sharing our call for feedback with your community circles, but also to contribute in a personal capacity if you feel called to.

Those taking part in our focus groups can send an email to alena@findhelpni.com to gain exclusive access to the website before it's publicly available and get involved in our focus groups.



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:

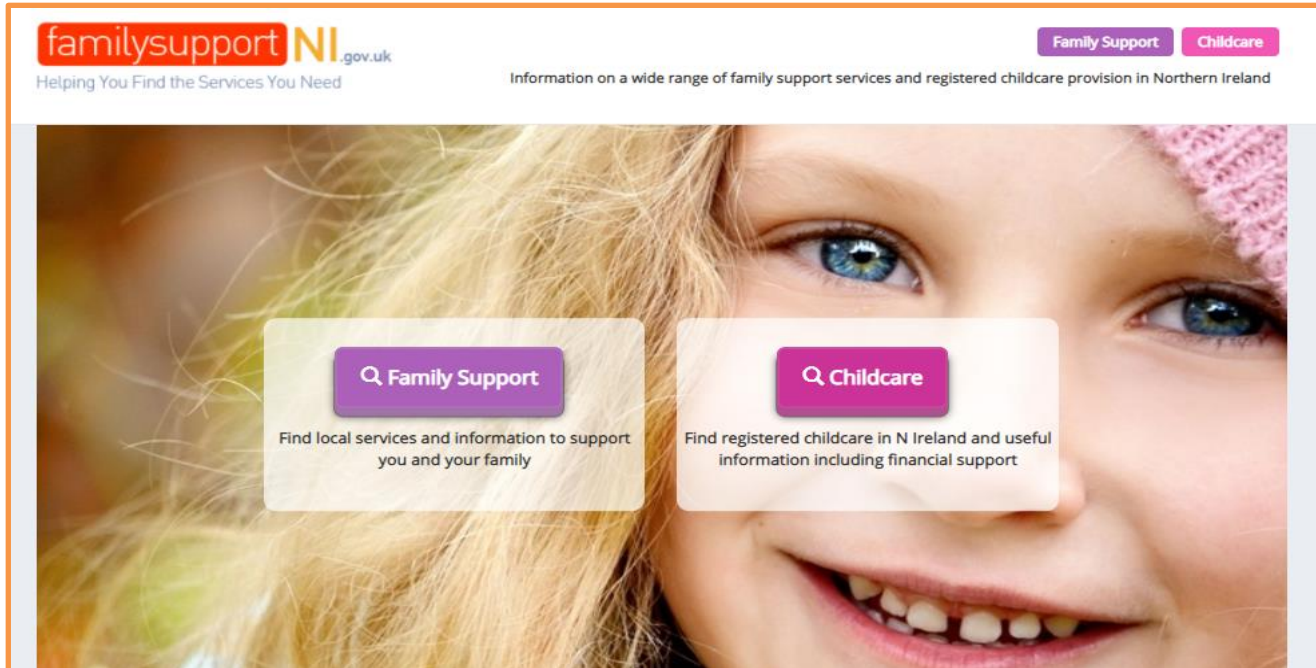
Karen Otley
Family Support Co-ordinator (Trustwide)
Laganside House
Lagan Valley Hospital

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)

At home should NOT mean AT RISK

#YouAreNotAlone

women's aid

North Down and Ards

02891 273196

working to end domestic violence

Whether you access support on the telephone, in your community or at our refuge or resource centre, we will always listen, give you support and encouragement and provide clear information.

Women's Aid is the lead voluntary organisation in Northern Ireland addressing domestic and sexual violence and providing services for women and (their) children.

North Down and Ards Women's Aid provides a wide range of free support services to women and their children affected by domestic and sexual violence.

We can also offer emergency accommodation, should you need to leave your home.

Abuse can take many forms, including;

- Physical
- Sexual
- Financial
- Emotional
- Coercive Control

Domestic violence occurs across society regardless of age, gender, race, religion, sexuality, wealth or geography.

CONTACT NUMBERS:

- Domestic and Sexual Abuse Helpline (managed by Nexus NI) 0808 802 1414
- In an emergency contact the PSNI on 999
- PSNI non emergency number is 101

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.

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)

5 MORE BRAIN-BOOSTING ACTIVITIES FOR BABIES & TODDLERS

**Singing rhymes
with actions**



Builds hand-eye coordination
& motor skills

Messy play



Boosts language by helping
link words to senses

Cuddle time



Helps develop connections
between nerve cells

Pretend play



Develops problem-solving skills
& sideways thinking

**Drumming with
pots & pans**



Boosts ability to recognise the
sound patterns in speech

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.

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.

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

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:

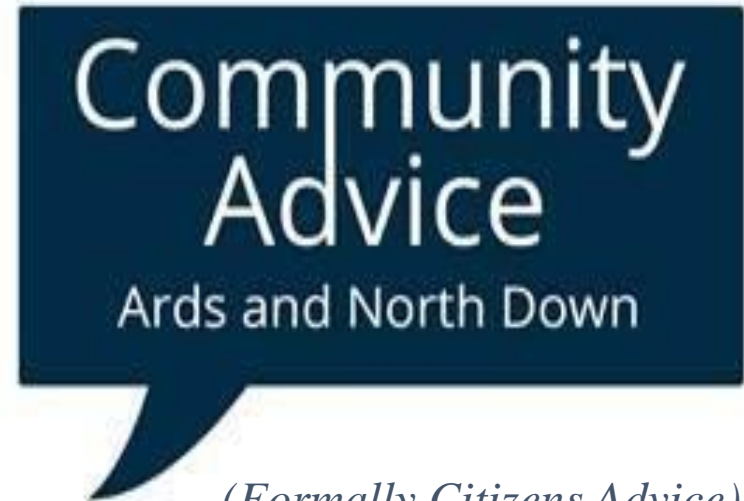
Debt
Social Security Appeal Tribunals
Welfare Reform
Legal
Employment Issues

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
Project supported by the PHA

www.amh.org.uk
@amhNI

Copyright © 2019 Action Mental Health. All Rights Reserved.

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

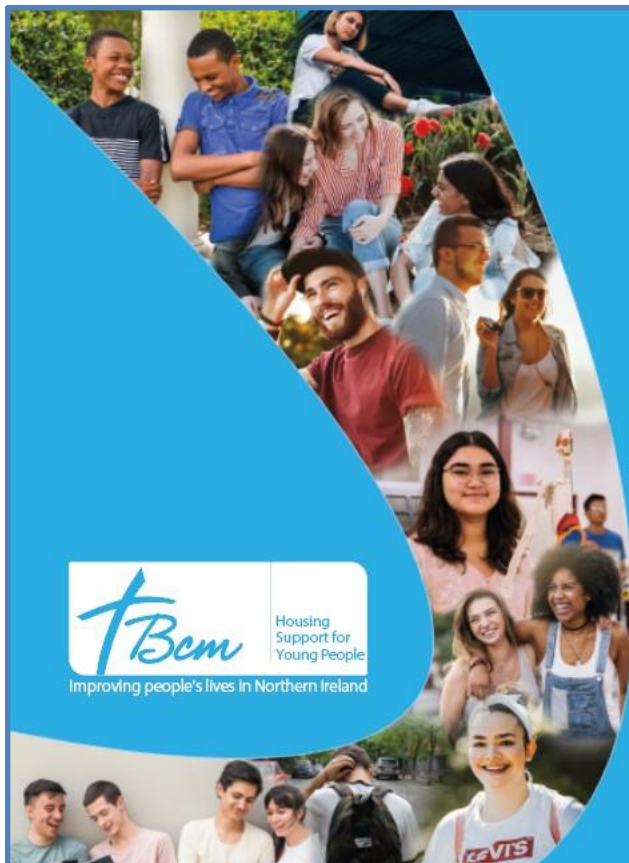
PERMISSION to feel sad, anxious, frustrated. There is no right or wrong.

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



Below is a link to the family wellness survey for parents. The survey is concerned with how parents talk to their children about mental health & if families know where to look to seek support for their mental health.

If you could take time to complete if applicable to you and also forward onto any contacts/ families that you work with, it would be greatly appreciated.

Survey >

<https://www.surveymonkey.co.uk/r/SHFLNPF>



ParentingNI

Download
the free
Parenting
NI App!



ParentingNI



WALKING ON EGGSELLS

NON VIOLENT RESISTANCE PROGRAMME

Child to parent violence is an abuse of power through which the child or adolescent attempts to coerce, control or dominate others in the family.

Supporting parents & carers to achieve a calmer and violent free home

- Overcome sense of helplessness
- Develop a support network
- Stop destructive behaviours
- Improve family relationships

All parents / carers will complete an initial telephone assessment to ensure the programme is suitable for their family circumstances.

NEWRY & MOURNE AREA

Non Violent Resistance online programme for parents/carers living in Newry & Mourne Area

WEDNESDAYS
28th April - 16th June 2021
8 Weeks
7.00pm - 9.00pm

Programme welcomes those parenting 11-17 years specifically

CALL TO REGISTER

0808 8010 722



Parents, carers, family members...

if you need us

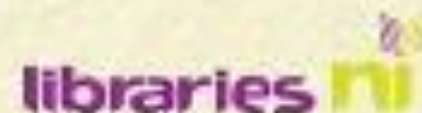
we're here

0808 8020 400



Free access to children's eBooks

Available to download to your tablet
or mobile device in minutes



Making the most of your slow cooker. Free 4 session programme.



- Is your slow cooker collecting dust in the cupboard?
- Would you like to learn how to best use your slow cooker along with ways to shop smarter and make healthier food choices?
- Or have you thought about buying a slow cooker but are not sure how useful it would be?

This free 4 week course will be run by the health development nutrition & dietetic team on 2 different days a week - participants will be sent the log on details for both sessions - If you know you can't make a particular session then feel free to attend the alternate session.

	Wednesdays 6.30pm	Saturdays 10.30am
Session 1	5 th May	8 th May
Session 2	12 th May	15 th May
Session 3	19 th May	22 nd May
Session 4	26 th May	29 th May

However it would help us balance numbers if you sign up to the day that generally suits you best:

Wednesdays:

[Sign Up Here](#)

Saturdays:

[Sign Up Here](#)

for more information please email:

training.dietitians@setrust.hscni.net.

Regional Nutrition Webinars - May

Food and Mood

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

Thur 13th
May
11-12pm

Link:

<https://tinyurl.com/foodandmood-May>



Nutrition for Your Teenager

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

Tues 18th
May
6.30-7.30pm

Link:

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



Healthier diet, healthier you

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



Tue 25th
May
11-12pm

Link:

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

Wed 26th
May
11-12pm



Feeding Under Fives

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

Link:

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

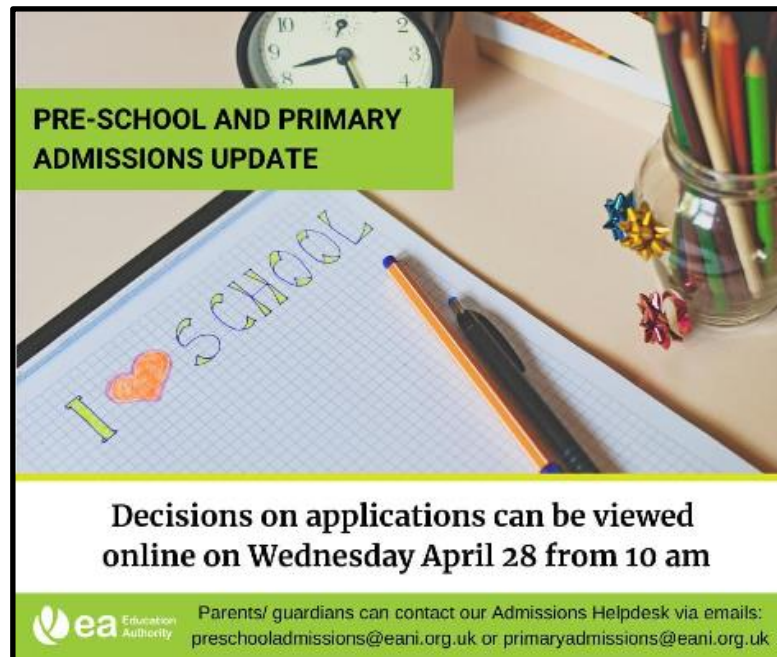


Free School Meals Applications

Check Eligibility Apply Online or Complete Paper Form Provide Verification Documentation Complete & Submit / Return Form


For more info visit eani.org.uk/fsm

 **ea** Education Authority



PRE-SCHOOL AND PRIMARY ADMISSIONS UPDATE

Decisions on applications can be viewed online on Wednesday April 28 from 10 am

 **ea** Education Authority Parents/ guardians can contact our Admissions Helpdesk via emails: preschooladmissions@eani.org.uk or primaryadmissions@eani.org.uk

Click below for the latest edition of the EA High Five E-Newsletter

<https://www.eani.org.uk/publications/issue-22-primary-behaviour-support-provisions-newsletter-high-five>



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)

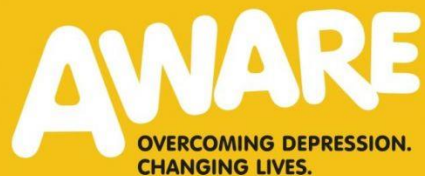


Helplines NI website has been updated to include details of UK and NI helplines that have been setup in response to Coronavirus. To date, over 20 new helplines covering a range of topics (e.g. community helpline, befriending, government grants, pregnancy) have been established specifically in response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

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 celebrated Autism Awareness Week this month. Check out some of our Autism Awareness Week Top Tips for Parents!


 ParentingNI

Autism Awareness Week Top Tips

Get some support. Talking to other parents who are going through similar experiences or professionals who have knowledge of Autism provides a safe place to talk about your experience, and build a variety of resources specific to parenting your child's needs.




Support Line: 0808 8010 722
parentingni.org

 ParentingNI

Autism Awareness Week Top Tips

Take care of your own emotional well being. This will help you to parent your child effectively, manoeuvre through the developmental stages and engage with professionals.



Support Line: 0808 8010 722
parentingni.org


 ParentingNI

Autism Awareness Week Top Tips

Children respond well to structure and routine. Routines are important and give your child an understanding of what is expected of them. Remember to be consistent.




Support Line: 0808 8010 722
parentingni.org

 ParentingNI

Autism Awareness Week Top Tips

Focus on the positives. Use specific praise when your child manages situations and tasks well. This will help them feel good about themselves and raise their self esteem.



Support Line: 0808 8010 722
parentingni.org

ymca
north down

STILL HERE FOR YOU! April 2020
#StaySafe
#YMCAconnects

WHAT WE OFFER & HOW TO CONNECT

 **CRISIS RESPONSE SERVICE FOR ISOLATED & VULNERABLE**
FOOD, MEAL & PRESCRIPTION DELIVERIES, AND WELLBEING PHONE CALLS
☎ 07591 840539 ☎ 07483 347258 ☎ 07591 840805

YOUTH WORK
ONLINE & PHONE SUPPORT
FOR YOUNG PEOPLE
☎ 07591 840489

 **AFTER SCHOOL CLUB**
SUPPORT FOR CHILDREN &
PARENTS AT HOME ON PLAY
☎ 07591 840361

 **HOUSING SUPPORT**
1-2-1 PHONE & ONLINE
SUPPORT ON HOUSING ISSUES
☎ 07591 840390

 **ETHNIC MINORITIES
SUPPORT**
BILINGUAL ADVOCACY & EUSS SUPPORT
FOR MIGRANTS & REFUGEES
☎ 07591 840529

☎ 07483 122843 ✉ info@northdownymca.org

YMCA North Down @northdownymca @northdownymca

HAVE YOUR PLANS CHANGED? ARE YOU AT A LOOSE END FOR 2021? M-POWER NORTH DOWN COULD BE FOR YOU!

Attend **3 days per week**, earn
£8 per day and:

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

✓ M-Power North Down kicks
off in February 2021

☎ Call / text Julie on 078 146
43548

✓ Open to 16 - 24 year olds

📍 Based in Bangor Main Street

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**

YMCA Newcastle Drop in Service 2021 -2022

Day:	4pm-6pm	6pm - 8pm	9pm -11pm	Cost per session
Monday	Ourspace - student support hub -	Junior drop in P.5- Year 8		Ourspace £1 Drop in £1
Tuesday	Ourspace - student support hub	Club Olge Irish language youth club		Ourspace £1
Wednesday	Ourspace - student support hub	Junior drop in P.5- Year 8 Drama workshop		Ourspace £1 Drop in £1 Drama £5 per YP *booking essential
Thursday	Junior drop in P.5- Year 8 Shadow Youth Council 4-6pm	Senior Drop in Year 9- Year 13 6-9pm Sen Youth Council 6-9pm		Drop in £1
Friday		Junior drop in P.5- Year 8	Senior Drop in Year 9- Year 13 Outreach (Dundrum)	Ourspace £1 Drop in £1
Saturday		Junior drop in P.5- Year 8	Senior Drop in Year 9- Year 13 Outreach (Newcastle)	Drop in £1

* Please be advised there is an annual registration fee of £10 per child, discount will be offered to families who have three or more children registered to the service.

For more information on programmes on offer contact youth centre manager Gary Farquhar
Email gary.farquhar@ymca-ireland.net or Denise Malone Email: denise.malone@ymca-ireland.net



County Down
Rural Community
Network



Healthy Living Centre Alliance



County Down
Rural Community
Network



Department of Agriculture,
Environment and Rural Affairs



Northern Health



SPRING



CHI ME for Beginners

Unbalanced? Anxious? Stressed Out? In Pain?

Chi Me could be your answer!

FREE 12 Week Chi Me ZOOM Programme

Starting Thursday 15th April 2021

11.15am – 12.00noon

Chi Me can help improve muscular strength, balance, co-ordination,
flexibility and relaxation.

To book a place or find out more information

Email - Patricia.martin@countydownrcn.com

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
20 minutes	25 minutes	30 minutes	35 minutes	40 minutes	45 minutes	Rest
2,000	2,500	3,000	3,500	4,000	4,500	
50 minutes	55 minutes	60 minutes	65 minutes	70 minutes	75 minutes	Rest
5,000	5,500	6,000	6,500	7,000	7,500	
75 minutes	75 minutes	80 minutes	80 minutes	85 minutes	85 minutes	Rest
7,500	7,500	8,000	8,000	8,500	8,500	
90 minutes	90 minutes	95 minutes	95 minutes	100 minutes	100 minutes	Rest
9,500	9,500	9,500	9,500	10,000	10,000	

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 Sodeaso 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: Information and resources have been taken to ensure the accuracy of the information provided in this directory, we do not accept any responsibility or liability for any errors that have occurred or to recommend that you accept their details without seeking the advice of a registered health care professional.

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 Ands 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

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

☐ 9 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

☐ connections@sedact.info

Workforce Development Training

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

ASCERT

☐ Tel: 0800 254 5123

Drink, Work and Me

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

Addiction NI

☐ 028 9066 4434

☐ www.drinkworkandme.com

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



In Crisis? Call **Lifeline**

FREE 24/7 HELPLINE
0808 808 8000



New Website

Visit our new website for information and self-care resources for drug and alcohol issues, our wide range of services, and our training courses!

ascert.biz



SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST STOP SMOKING SERVICE **CONTINUES TO OPERATE AND WELCOME REFERRALS**

The stop smoking team would like to thank our colleagues for continuing to refer Patients to the stop smoking service. Due to the on-going pandemic and the need to keep footfall to a minimum within our hospitals, we have set-up clinics via telephone support where we make contact with each referred patient after discharge. If you would like advice in how to best support your patient during their hospital stay please contact us on:

TEL: 028 90 413 855 or EMAIL: smoking.cessation@setrust.hscni.net

‘Smoking remains the single biggest cause of preventable death and illness in Northern Ireland’

A new NIECR Smoking Cessation referral pathway is now available for use on NIECR. Simply click on the ‘Referrals’ tab when accessing the patient record. Please click on the link to find out how you can refer a patient or self- refer into our service: [How to refer](#)

FREE ON-LINE LEARNING FOR SMOKING CESSATION BRIEF INTERVENTION

As a health care provider you can complete the course in your own time but please allow 1-2 hours to read the content. You will get an overview of the following information:

- DHSSPSNI 10 Year Tobacco Control Strategy
- Background to smoking and health
- Smoking and pregnancy
- Understanding the smoking habit
- Brief intervention
- Nicotine Replacement Therapy
- E-Cigarettes
- Smoking cessation tips

PLEASE CLICK ON THE LINK TO ACCESS YOUR BRIEF INTERVENTION TRAINING: [TRAINING LINK](#)

TRAINING ALSO AVAILABLE VIA ZOOM FOR SMALL TEAMS PLEASE EMAIL: Smoking.cessation@setrust.hscni.net

SMOKING SERVICE TEAM CONTACTS:

Claire Black, Downe & Lagan Valley Hospitals

Tel: 028 9250 1383 Mob: 07725218345

Christine Andrews, Ulster, Bangor & Ards Hospitals

Tel: 028 9041 3855 Mob: 07812478822

Alison Garrett, Ulster, Bangor & Ards Hospitals

Tel: 028 9041 3855 Mob: 07730284692

Cathy Bell & Lisa Harper, Health Improvement Midwives, Trustwide

Tel: 028 9250 1384 Mob: 07715044886



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

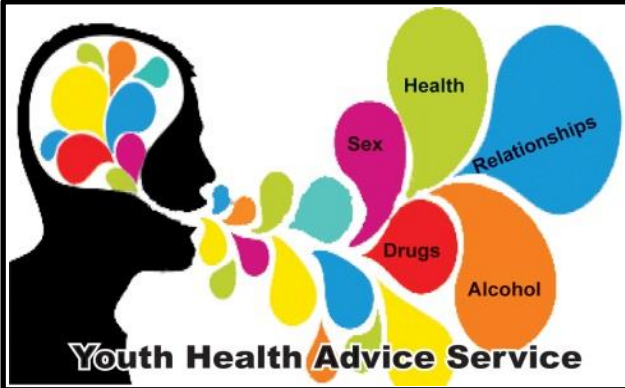
It is up to you how you use this website. You can use information at your own pace and the self-help tool is completely anonymous.

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



VISIT STEPSTOCOP.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



Department of Education HSC Public Health Agency HSC Health and Social Care ChatHealth

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



Leading ladies

A new online programme to give women knowledge and understanding of what was happening in Ireland 100 years ago, as well as local history of Ards and North Down.

First session will be Tuesday 4th May 10am. If you would like to attend these online session please contact **Lauren on laurenkilcooleywomenscentre.co.uk or 07563979944.**

Kilcooley
WOMEN'S CENTRE



An Roinn Gnóthaí
Eachtracha agus Trádála
Department of
Foreign Affairs and Trade

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 hOileáin
an tUir, Mhúrn
agus an Dúin
Newry, Mourne
and Down
Local Council

The South Eastern Recovery College offers free educational courses on mental health recovery & wellbeing and can be accessed by service users, carers, staff and the general public.

Each course is co-produced and co-facilitated by Recovery College Tutors. At least one tutor will have lived experience of mental health recovery and the other will have learned experience of the subject area. Both tutors have a special interest in mental health recovery.

The Recovery College promotes three themes: **hope, opportunity and control.**

Find Out more about the recovery college here:

<https://setrust.hscni.net/service/recovery-college/>



Connections Link Life Online Suicide Prevention Training



Fresh Minds Education are delighted to be able to offer Suicide Prevention training for everyone living in Northern Ireland.

See below for the available dates and to book your place.

This course is suitable for adults aged 18+.

This training course covers:

- Contributing factors that lead to poor mental health, emotional distress & suicide prevention awareness
- Understanding the role of mental health and emotions in relation to suicide prevention awareness
- Connect 4-Way Model for helping people experiencing emotional distress or suicide
- Tools, resources and support for people in your community, schools and colleges
- The role of self-care and wellbeing in strengthening mental health and preventing suicide

Locality Planning Meetings for 2021/22

Ards & North Down LPG

To be confirmed

Down LPG

28th April

30th June

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