



Family Support Hubs Newsletter

This edition includes: SPECIAL FOCUS

- Back to School Parent Support

PARENTS/CARERS

- COVID-19 Support & Resources
- Youth Wellness Web/Translation Hub
- Resource pack for C&Y People
- Family Support NI/Signs of Diabetes
- Parent Support webpage
- Free School Meals & Uniform Allowance
- Open Botanic/SENAC
- Parent support in Arabic and Polish
- Dad's Voice/Parentline NI - Support
- Samaritans/Fostering
- NSPCC Letting the Future In
- Carers/Siblings as young carers
- Family Fund Checking Benefits Online
- Bolster Ability Services
- SBNI/Healthy Diet/Libraries NI
- Building our Children's Developing Brain
- Childcare Costs/Family Mediation NI
- Bryson Newsletter
- Organ Donation NI/Top Tips
- School Uniform Recycling Toolkit
- Understanding your child/Parenting NI
- Help Kids Talk/Online Safety Website

EARLY YEARS

- Expecting in 2022/Infant Feeding
- Queens University Study/TinyLife
- Free Online Antenatal Classes
- Baby and U/Antenatal Yoga
- Brain Development/Book Trust
- Childcare Partnership/SureStarts

KIDS ACTIVITIES

- Belfast Zoo Family Fun Day
- Make a Courage Jar/Germs everywhere

CHILDREN/YOUNG PEOPLE

- Males in the Early Years/Rights Responder/Text A Nurse/Exam Results
- Free Relationships & Sexuality Education
- Orbit?Are you a Young Carer?/Bryson
- Shout Crisis/ESOL

CHILDREN/Y P WITH A DISABILITY

- Bolster Community/ASD Training
- Fermanagh & Omagh Information Days
- Feeding & Eating/Family Fund

- Contact Helpful guide
- Autonomie/Autism NI
- Additional Needs Information Evening
- Learning Disability/SEN Workshop/RNIB

CHILDREN/YOUNG PEOPLE'S MENTAL HEALTH

- Childline/Self Harm Awareness
- Mindful Ways to get out of your Head/Eating Disorders
- Young Persons Mental Health Guide
- How to Create a Healthy Routine

MENTAL HEALTH & WELLBEING

- Self-Care September Calendar
- Advocacy for All/Self Care/Time for Me/Lifeline
- Self-Harm & Mental Health Guide/Take 5
- Have Your Say/Parentline NI Podcast
- Suicide Awareness Workshop
- Drop-in Coffee/The Stop Technique
- Minding Your Head/Helplines NI

BEREAVEMENT

- CRUSE Helpline/Hope Again

BAME

- Bridges to ESOL/Homes for Ukraine Scheme
- NINES – Nurse Led Clinic/Protect your Rights
- Access to HSC Guidance
- Barnardo's 'Boloh' / ESOL Tips for Summer

DOMESTIC & SEXUAL ABUSE

- Women's Aid/Helplines
- PSNI/Rainbow Project
- Real-life Experiences

DRUG & ALCOHOL SUPPORT/ADVICE

- Daisy/Helplines/ RAPID Bins
- PBNI/Start 360

COMMUNITY

- Funding Opportunities/Energy Budgeting
- ComKit Online Platform
- 6 Ways to Boost your Energy Budget
- The Trussell Trust/Foodbanks
- NI Hyatt Football/Phone First

GOOD NEWS STORIES

- FSH Celebration Event
- Upper Springfield/Whiterock FSH

COVID ADVICE/GUIDANCE

- Covid-19 Advice & Guidelines

Welcome to Edition 4/2022 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 26th August 2022.

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

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

Hubs co-ordinate existing statutory/community and voluntary services:-

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

For More information or to make a referral visit

<https://cypsp.hscni.net/family-support-hubs>

Where are the hubs?

Click on map:-



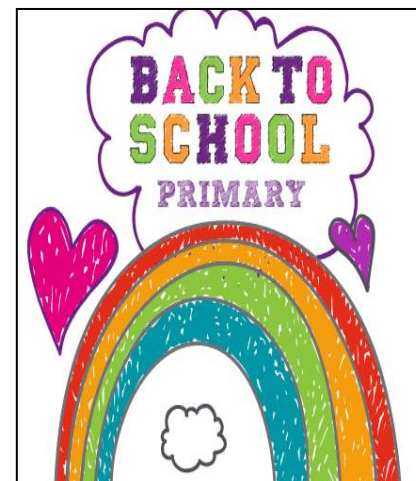
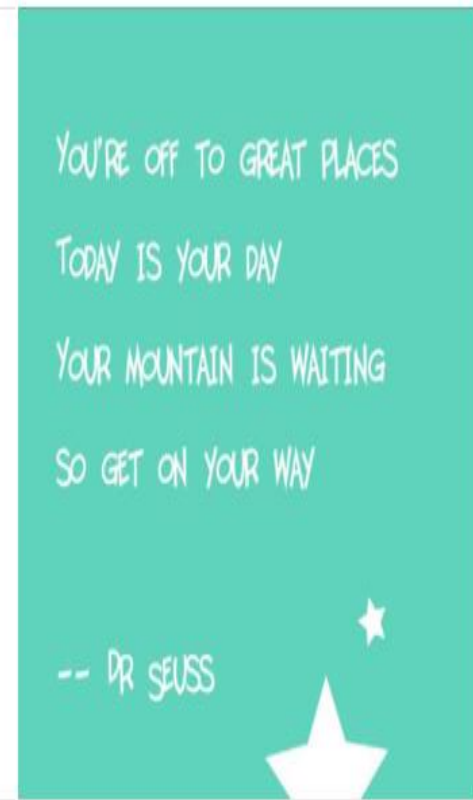


Hello and welcome to the August edition of the FSH Newsletter.

I can't believe how quickly the summer has gone by. It's been a busy time for the Family Support Hubs. We started off with our Celebration Day at the end of June and in early July we were delighted to welcome Prof Ray Jones and the Children's Services Review Panel who visited two of our Hubs in Newry and Upper Springfield & Whiterock. The Upper Springfield & Whiterock Team have kindly provided more information about the visit to their Hub for the Newsletter.

The Family Support Hub data returns for the first quarter of the year show the most common reason for referral to Hubs was from families seeking Parenting Support. We know there are parents who are in need of help and support all year round but this time of year can be even more challenging. The new school term is upon us, a time that can put extra pressures on parents and children/young people. It can be a particularly stressful time trying to get back into routines with many children feeling anxious about returning to school and new classes/teachers or even school. With all these factors in mind, in this edition of the Newsletter we have put a special focus on parenting supports and anything that is aimed at supporting parents getting their children back to school and into routines again. Thank you to everyone who has contributed to the Newsletter this month and I hope you find the information useful and informative.

Bronwyn Campbell
Regional Family Support
Hub Co-ordinator



Barnardo's Back to School Primary Resource

However you feel about going back to school, this booklet is designed to give you hints, tips & activities to try so that you can move back into school feeling confident and calm –

[Download](#)



REMEMBER....

Tune in and talk about their/your feelings.
Be prepared for regression – more cuddles needed. This is normal.

Supporting your child through the school year

- Familiarise yourself with what your child is learning
- Get access to school rules/policies
- What facilities are there in the school for children and for parents?
- Attend parent meetings
- Are there any courses or workshops in the school for parents?
- Ask advice on how you can best support your child's learning at home?
- Seek advice and support when you need

If you or anyone you know would like some support, advice or ear to listen remember Parentline are **HERE** for you



- Here for you
- Ear to listen
- Respect
- Every parent



PARENTLINE ARE HERE

Mon-Thurs 9am-9pm

Fri 9am-5pm

Sat 9am-1pm

webchat; ci-ni.org.uk

email;

parentline@ci-ni.org.uk



Starting School





If you have a little one starting school or nursery soon, sharing a story is a great way to help them get ready and know what to expect. We've put together a list of beautiful picture books that you might find helpful: <https://booktrust.org.uk/booklists/s/starting-school/>



Top tips for your little one's first day at childcare

- 1. Pack their bag the night before to avoid rushing**
- 2. Maintain their normal morning & night routine**
- 3. Pack a comforter in their bag for them**
- 4. Give yourself permission to feel your feelings**
- 5. Have a strong goodbye routine at the door**

BBC BITE SIZE

TIME FOR ORGANISED FUN?

How to master your back to school routine

bbc.co.uk
4 Ways To Master The Back-To-School Routine

Lunchbox & Snack Ideas

Inspiration for healthy packed lunches & snacks for school aged children.

Friday 9 September 2022 • 1pm

<https://tinyurl.com/lunchbox-snacks>



TIPS to help prepare your toddler for nursery

Take them on a playdate with other kids

Chat about nursery like it's an ADVENTURE

Point out their nursery when walking past

Build a predictable morning routine

Read them a story around going to nursery

First Day at School Resources from BBC Bitesize for any wee ones starting P1 is September



[‘Little Owl’s First Day’ Story](#)



[‘My First Day At School’ Game](#)

Tips for preparing your child for their first day of primary school

Talk to your child about what is ahead

In the run up to their first day discuss their concerns and reassure them.

Prepare them for their new surroundings

Can you show them photos of their teacher or classroom from the school’s prospectus, show them their school bag or lunch box, walk to their school building?

Explain what a school day will be like

Explain what happens in school, in the classroom and at lunch and break time. If they have older siblings or friends they could help with this.



Be positive

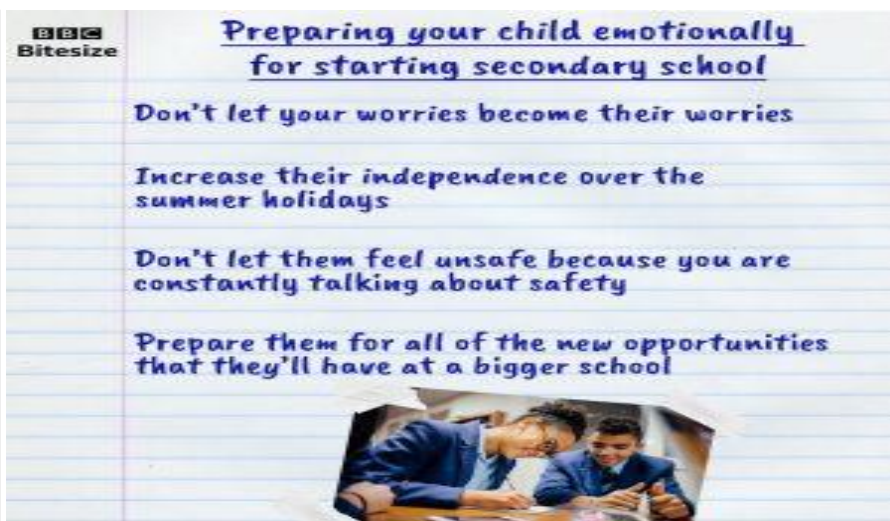
Even if you feel sad or overwhelmed – stay positive and show your excitement for their first day “I’m so excited for you to start school and I can’t wait for you to tell me all about it!”





Moving On From Primary School Resource

This booklet can help you to look at what your new school will be like and some of the changes that might happen - [Download](#)



Starting secondary or high school can feel like a huge leap for children and their families. Check out Place2Be's advice on how to help your child and family, manage the transition from primary to secondary school.

<https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school/>



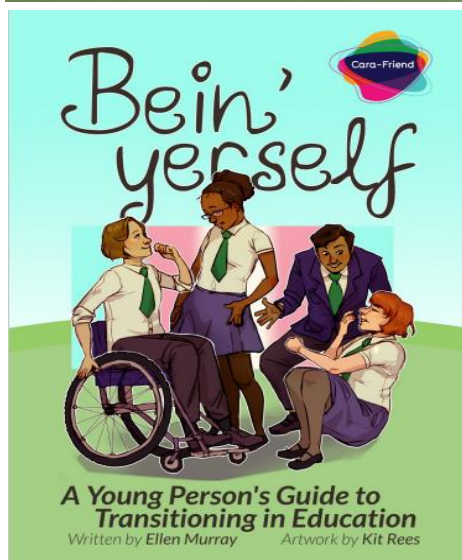
Starting secondary school is such an exciting time - but we know there might be a few nerves involved too! Book Trust have put together a list of books that could help young readers prepare for their big day - all perfect summer reading:

<https://booktrust.org.uk/booklists/s/secondary-school-transition/>



Moving Up! The transition to secondary school

Copy link



Cara Friend Resource - Bein' Yerself: A Guide to Transitioning in Education

Resource designed to provide young people with advice and guidance of transitioning in school, tech, college, university or in the youth service – [Read Here](#)



Back To school

Encourage children to practice good personal hygiene by:

- Washing hands thoroughly after using the toilet and before eating at break and lunch times;
- Make sure your child carries tissues at all times;
- Cover nose and mouth when coughing or sneezing and catch it, bin it, kill it;
- Teaching children it is good to share, but not to share drinks, food or lip balm;
- Making sure your child receives the free flu vaccine if they are eligible.



Parenting Anxious Children

NSPCC

Week 1: 13th September
Understanding your child's anxiety

Free childcare

Dinner provided

Week 2: 20th September
How to model non-anxious behaviour

Week 3: 27th September
Support services available for parents

Week 4: 4th October
Support services for children

Week 5: 11th October
Identifying emotional triggers for parents

Week 6: 18th October
Encouraging healthy interactions

FREE workshop for parents of children 5-10yrs old
Tuesday evenings @ 6.00pm to 7:30pm

For more info call 02871 373870
or Email familyfirsthubs@hsc.nhs.uk

Where:
Old Library Trust,
2 Central Drive,
BT48 9QH





STARTING SCHOOL PARENT "READINESS"



How school ready are you?

Starting Nursery or Primary School is a big step for you both and will naturally bring up a lot of emotions for parents, so how emotionally ready are you for this next step in your parenting journey?

- Think about your own expectations, dreams and wants for your child attending school? Are they realistic and achievable?
- Reflect on handing over responsibility of your little one to some one else, what emotions are you experiencing?
- Explore your own memories of school, was it a difficult transition, do you talk negatively about that time in your life? Children will soak up your words, try to be mindful of the language you use when discussing schools.



PARENT "READINESS"



How school ready are you? continued...

- Acknowledge the feelings of excitement (maybe you will have some "me" time) sadness (the end of the baby / toddler stage) anxiety of separation or worries (will they make friends, do well, be liked?) and share them with a family member or friend.
- Saying that first "good bye" what would you like it to look like? Is there someone who can support your after if necessary?
- Preparing for a difficult good bye, how can you prepare yourself to stay calm if your little one becomes upset, what can you do share your calm in their moment of chaos? And how can you soothe yourself after.

Parentline NI are HERE and can help you navigate this, give us a call FREE on 0808 8020 400




Tips for Preparing for Transition

Every child will be different in their approach to transition from primary to secondary school. Some will cope and adapt automatically, some will need a little bit of help and some will need more help. These are some things which could be done in order to prepare children for the transition. This list is not exhaustive - there are more things you could do and every child will be different in what they need to help them.

Visit the new school	Drive past new school on a few occasions	Get a map of new school to familiarize with hallways etc	Make a list of what is needed in schoolbag everyday
Give timetable in advance - display in house	Books to introduce new subjects	Special needs communicated to new school	List special equipment needed for subjects
Pack schoolbag night before	Drive the school route to familiarise	Ask for class list for any people known from previous school/class	Keep a diary of homework towards end of primary school
Organize new uniform early	Lay out uniform night before	Any problems with new uniform - able to tie/wear new shoes?	Aware of times - start of day/assembly/break/lunch/home time



Co-operation Ireland through the OUR Generation Project are delighted to bring you the third and final webinar in our series 'Relieving Back-to-School Anxiety Strategies for Parents and Carers of Anxious Students' on Wednesday 7th September 2022 at 7pm – 8.30pm. This online event is aimed at parents and carers as the school year commences to help them understand better child and adolescent anxiety and how best to support children and young people as they return to school. It will feature renowned Adolescent Psychotherapist Bronagh Starrs Psychotherapist, Dr Pooky Knightsmith, Mental Health Educator, Speaker, Author & Advisor and Elaine Hanna from Parenting NI. This three-part webinar will focus on the child as well as self-care techniques for the parent and will offer something for everyone, providing quality information and advice as well as a trove of practical and healthy coping strategies. We would be delighted if you can join us and your questions & reflections are welcome at the event. For more info & to Register: <https://plannd.co.uk/relieving-back-to-school-anxiety.../> Look forward to seeing you then!



Over the last 2 years Locality Planning Groups in the Southern Area have raised the need for support for both students and parents on returning to school, with anxiety as an often-raised issue due to a number of factors around this transition. At the Banbridge Locality Planning Group (LPG) in June an agreement was made to work with a local secondary school to provide Year 8 students and their parents with a practical resource at the commencement of the school year in September, to provide details of local support for emotional wellbeing and mental health. Content will be based on identified support needs reflected by the school and students and parents will be able to give feedback on the content and presentation to inform future more widespread circulation.

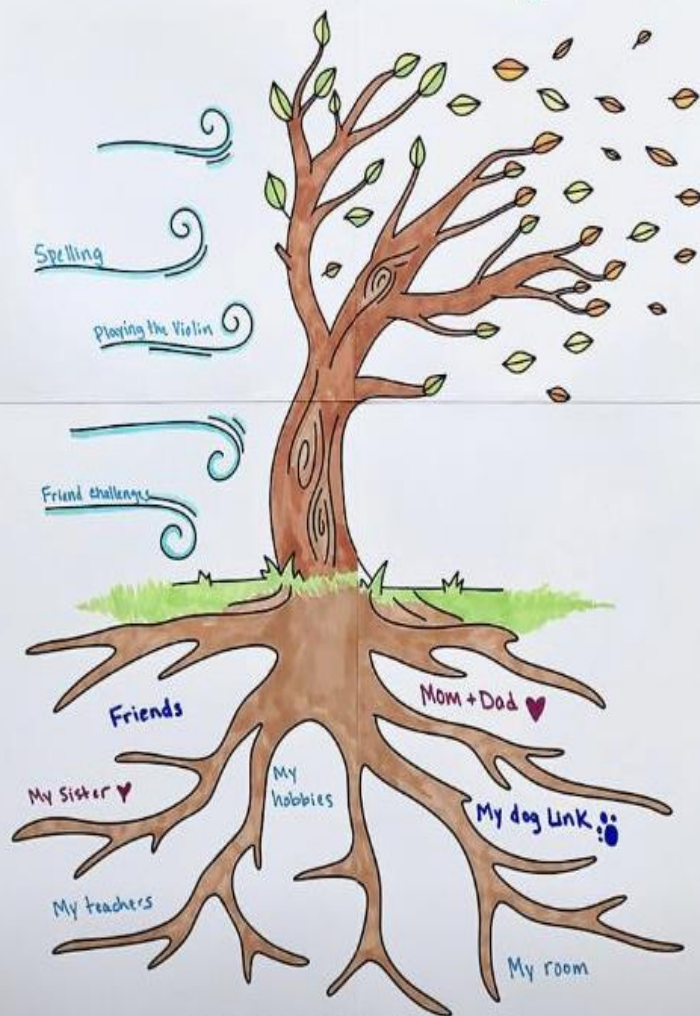
To find out more about this pilot project, contact Darren at localityplanning@ci-ni.org.uk



I Am Strong Like A Tree

no matter the challenge!

Big life Journal



COPYRIGHT BIG LIFE JOURNAL - BIGLIFEJOURNAL.COM

8

Tips for staying safe on the way to school



Here are our 8 top tips for staying safe on the way to school.

1. Plan your route Do you know the way? Do you know where the safe crossing points are, particularly if you have to cross a busy road?
2. Practise This will help you work out how long the journey will take, giving you extra minutes in bed!
3. Bus timings Remember that you need to arrive at the bus stop at least a couple of minutes before the bus is due to arrive. Sometimes the bus driver might wait for you, but you don't want to see the bus disappearing off into the distance just because it came a minute sooner.
4. Bus drivers Always be polite to the bus driver. Who are they more likely to wait for? The late kid who always says 'hi' and 'thank you' or the late kid who is rude?
5. Be safe 'Stop, look, listen' isn't just for primary school kids. Messing around on the edge of the kerb, stepping out into the road without looking and shutting the world out via your headphones are all recipes for disaster.
6. Be visible As much as you might want to disappear at school, you do need to be seen when you're out and about. Don't assume that drivers will see you especially if you've got a dark school uniform. You could go for a luminous high vis vest or you could simply get yourself one of our light up backpacks.
7. Have a plan What are you going to do if it goes wrong? What if the bus doesn't come? What if you want to walk a different way with your friends?
8. Keep in touch If you change plan or something goes wrong, make sure you let your parents know.



COVID 19 Central Support & Resources

The COVID 19 Support & Resources webpage is a central repository for information and guidance across services, which is updated daily.

To find information on:



Visit the COVID 19 Support & Resources webpage at <http://www.cypsp.hscni.net/covid-19-daily-updates> or scan the QR code for instant access and filter by theme for the latest up to date information.



Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!



SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

If you're struggling, it's okay to reach out:

Call Childline on:
0800 1111

cypsp.hscni.net/youth-wellness-web/

Call LIFELINE on:
0808 808 8000

Scan QR code



Text Shout:
852558

Deaf & hard of hearing
textphone users:
18001 0808 808 8000

CYPSP Translation Hub





The Children & Young People's Resource Pack has been updated to include new resources on disability, mental health, bereavement, education, plus much more.

Make sure to check out the new resources in the Educational Resources & Activities section to support those awaiting exam results. There is also a completely new section full of resources to support children/young people and their parents with starting/returning to school/education. Download your copy at: - <https://cypsp.hscni.net/children-young-peoples-resource-pack-august-2022/>

Resources and activities are free and in the public domain.

We will continue to update the resource pack periodically, so keep an eye out on our website <https://cypsp.hscni.net/> and social media platforms.

familysupport NI gov.uk
Helping You Find the Services You Need

Information on a wide range of family support services and registered childcare provision in Northern Ireland

Family Support Childcare Childcare Partnerships



Parents don't ignore the signs of type 1 diabetes



• Tired

I'm tired...



• Toilet



• Thirsty



• Thinner

If parents are concerned about their child they should have their blood glucose (sugar) checked either in the GP surgery or local pharmacy.

HSC Public Health Agency

Diabetes Network NI

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.
NORTHERN IRELAND



Parent Support

The Parent Support webpage is designed for Parents and Organisations working to support families using group work approaches.

If you are looking for:

- ☒ The latest evidence based parenting programmes & workshops by Trust area
- ☒ Information / leaflets
- ☒ Training / development opportunities for professionals / staff

Visit the Parent Support webpage at
<http://www.cypsp.hscni.net/ebpp>
or scan the QR code for instant access



CYPSP
Children & Young People's Strategic Partnership

Free School Meals & Uniform Allowance

2022/23 Applications Now Open!

You can now submit an application for Free School Meals and Uniform Allowance.

Visit the link above to begin



Your child could be eligible to get free lunches or milk at school.
Find out more: <https://nidirect.gov.uk/articles/nutrition-and-school-lunches>

School lunches

nidirect.gov.uk





OPEN BOTANIC

COME AND CELEBRATE WITH US AS WE

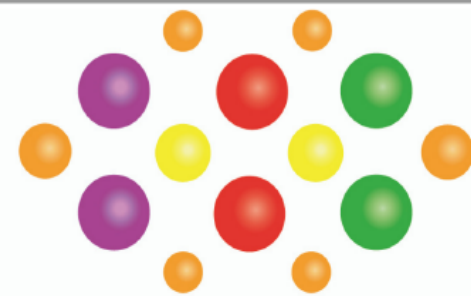
OPEN BOTANIC

Sunday 18th September 1pm - 4pm
Botanic Avenue

- Community designed spaces
- Kids activities
- Music and Games
- Greening Workshops
- Health Fair
- Pop up cycle lane

Organised and Supported by:

- Community
- QUEEN'S UNIVERSITY BELFAST
- Housing Executive
- Communities at Pabal
- HSC Public Health Agency
- ormeau Botanic Park



SENAC

Special Educational Needs Advice Centre
Getting the right help in school for children
with learning difficulties and disabilities



www.senac.co.uk/advice
028 9079 5779



WE ARE TRYING SOMETHING NEW

ARE YOU AN ARABIC
SPEAKING
PARENT/CARER? OR
WORK WITH ARABIC
FAMILIES?

PARENTLINE NOW HAS TELEPHONE
PARENT SUPPORT AVAILABLE IN ARABIC
WEDNESDAY MORNINGS 10AM-12PM.
CALL AT THIS TIME OR VIA REFERRAL
AVAILABLE AT
PARENTLINE@CI-NI.ORG.UK

0808 8020 400



نقوم بتجربة شئ جديد
هل انت اب،ام،او مقدم
رعاية؟ او تعمل مع عائلة
تتكلم العربية؟
يقدم الان خط الاءاء خط دعم
مكالمات باللغة العربية كل
يوم اربعاء من الساعة ١٠-١٢
يمكننا تلقي المكالمات في
الوقت الحالي عن طريق
الهاتف او من خلال الاحالة
على

PARENTLINE@CI-NI.ORG.UK

0808 8020 400



**Parent
LineNI**

0808 8020 400

**WE ARE TRYING
SOMETHING NEW**

**ARE YOU A POLISH
SPEAKING
PARENT/CARER? OR
WORK WITH POLISH
FAMILIES?**

**PARENTLINE NOW HAS TELEPHONE
PARENT SUPPORT AVAILABLE IN POLISH
WEDNESDAY EVENINGS 6PM-8PM.
CALL AT THIS TIME OR VIA REFERRAL
AVAILABLE AT
PARENTLINE@CI-NI.ORG.UK**

0808 8020 400



**Parent
LineNI**

0808 8020 400

**PRÓBUJEMY ROZPOCZĄĆ
COŚ NOWEGO**

**JESTEŚ RODZICEM LUB
OPIEKUNEM POCHODZĄCYM
Z POLSKI LUB PRACUJESZ Z
POLSKIMI RODZINAMI?**

**PARENTLINE POSIADA AKTUALNIE
TELEFON ZAUFANIA DLA RODZICÓW/
OPIEKUNÓW W JĘZYKU POLSKIM, CZYNNY
W ŚRODY WIECZOREM POMIĘDZY 18.00 I
20.00.**

**ZAPRASZAMY DO KONTAKTU W TYCH
GODZINACH LUB POPRZECZ FORMULARZ
(REFERRAL FORM) DOSTĘPNY NA STRONIE
PARENTLINE@CINI.ORG.UK**

0808 8020 400



Dad's voice is an informal, relaxed and friendly group for dads.

It provides a safe space for dads to come together to share experiences and support one another through the challenges of life and fatherhood.

**1st & 3rd
Tuesday of
every month
7.30pm - 9pm
62 Mill Street,
Ballymena
BT43 5AF**

This group is open to Dads, Stepdads, Grandads, Foster Dads, Dads-to-be or any significant male role model in a child's life, within the Northern Trust area.

Contact us for more info



028 2564 8229



darren@turningpointni.co.uk



@Dads_voiceNI



@DadsvoiceNI



Need some support for you or your child, but don't know where to start?



Parenting our children can throw up all sorts of challenges, questions and situations and it can be confusing where to look for support or find out what services are available.



We at Parentline can point you in the right direction. ANY question, big or small we can support you to find services available, offer advice and an ear to listen.

We are here; 0808 8020 400
Mon-Thurs 9am-9pm
Fri 9am-5pm
Sat 9am-1pm
Webchat; ci-ni.org.uk





A registered charity

Whatever you're facing
We're here to listen

Call free day or night on
116 123

Email
jo@samaritans.org

SAMARITANS

samaritans.org

Thinking about fostering?

Our Foster Carers receive full training, ongoing support and financial allowances. Find out more
<https://adoptionandfostercare.hscni.net/>

Thinking about **fostering?**



Find out more

0800 0720 137

adoptionandfostercare.hscni.net



Letting the Future In Information for parents/carers

Leaflet for parents/carers
[NSPCC LTFI Parents leaflet.pdf](#)



The NSPCC Helpline

When you're worried about a child, talk to us.

Whatever your concern, the **NSPCC Helpline** offers advice and support. You don't have to say who you are. You could help us to protect a child.

Call **0808 800 5000**, text **88858**, email help@nspcc.org.uk
or visit nspcc.org.uk/helpline



If you have any experience of caring for others, please take the time to fill out this survey from @CarersNI . It's absolutely vital that we paint a picture of experiences of carers here in NI specifically & highlight the challenges they're facing:

<http://bit.ly/3Pq5cKo>



Have your voice heard...
take our State of
Caring survey today!



myfamilyourneeds.co.uk

Siblings as young carers

Growing up with a disabled brother or sister, means home life can feel very different. Clare Kassa, Sibs, shares how parents can support ...



Young Carers Advice

June 8, 2022

Siblings can become young carers at any stage in their childhood. Check out our advice written previously for My Family...

[Read More](#)



Contact - DLA Advice

April 26, 2022

The DLA care component is only paid at the middle or highest rate if a child has night-time needs, but...

[Read More](#)



Cost of Living Crisis

April 4, 2022

Parents are telling Contact about giving up food and heating just to keep their disabled child's equipment turned on

[Read More](#)



Checking Benefits Online

March 21, 2022

Checking Benefits Online If you are a carer, you may be entitled to additional benefits, grants or other financial



You are Not Alone!

March 28, 2022

You are Not Alone! Contact helpline advisers are available all week to give parent carers the advice and information they



Supporting Young Carers' Mental Health

March 16, 2022

Supporting Young Carers' Mental Health Today is #YoungCarersActionDay and this year's theme is taking

CARERS are our unsung heroes for the pivotal work they deliver on a daily basis to family & friends THANK YOU! CYPSP have pulled lots of information, resources & advice together for Carers on their resource hub-visit <https://tinyurl.com/4cev29vv> & click on Carers

Education and learning

www.familyfund.org.uk



Checking Benefits Online

If you are a carer, you may be entitled to additional benefits, grants or other financial help. We've created a free e-learning course to help you learn more about what you could be entitled to.

Find our e-learning course here <https://bit.ly/3nwDyAA>



BOLSTER ABILITY SERVICES

FAMILY SUPPORT HUB

The Family Support Hub is a meeting of representatives from community, voluntary and statutory organisations who deliver services for children and families in the Newry and Mourne area.

To make a referral go to <https://bolstercommunity.org/services/family-support-hub/>

FAMILY SUPPORT For parents of children 0-18

Highly trained and experienced Family Support Workers will support families for up to 12 weeks, in their homes, schools or a community setting. Focus will be on the strengths of a family and to help parents and children build coping skills and develop resilience to enable participants to reach their true potential.

For more information contact 028 3083 5764 jena@bolstercommunity.org

BEST CLUB For primary school aged children

Afterschool club for school age children with a disability and their siblings. These play sessions are designed to develop resilience and confidence through play.

For more information contact 028 3083 5764 jena@bolstercommunity.org

MARKETHILL PARENTING GROUP

For parents with a pre-school child with a disability diagnosis or awaiting a diagnosis

The group meet fortnightly in a warm, safe and inclusive environment; where we can offer signposting and advice, support with self-care, friendship or just a listening ear. Come along and meet other parents who are at the start of their disability journey.

To register for this service contact 028 3083 5764 liz@bolstercommunity.org

PARENTS PLUS SPECIAL NEEDS PROGRAMME

For parents with a child of mixed ability

The group meet fortnightly in a warm, safe and inclusive environment; where we can offer signposting and advice, support with self-care, friendship or just a listening ear. Come along and meet other parents who are at the start of their disability journey.

BOLSTER BUDDIES For individuals aged over 18

Our Bolster Buddy service is aimed at helping people with learning disabilities or support needs to reconnect with their local communities as lockdown lifts. The service is aimed at promoting independence, building community connections and improving life skills.

For more information contact 028 3083 5764 jena@bolstercommunity.org

AUTISM CONNECT

Autism Connect is a new community-based autism support service for adults with an autism only diagnosis. This is a person centered service comprising of 1:1 support and a weekly social group.

For more information contact 028 3083 5764 jena@bolstercommunity.org



Southern Health
and Social Care Trust



COMMUNITY
FUND



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH



NHS



HSC Public Health
Agency
Project supported by the PHA

HSC Health and
Social Care

FREE for professionals* across Northern Ireland

Online courses:

- **Understanding Trauma** - This course covers Type 1 and Type 2 trauma, the window of tolerance, going through a traumatic experience, neurology and trauma, recognising trauma, recovery from trauma, and more...
- **Understanding Attachment** - This course is for practitioners who want to understand more about attachment, and shows how containment and reciprocity underpin the quality of an attachment.
- **Understanding Brain Development** - This course is for practitioners who want an introduction to brain development from antenatal period to adolescence.

Each course will take approx
3.75 hrs CPD per course

*To attain Solihull Approach Advanced Trained Practitioner status, just send a copy of your certificates for the 2 Day Foundation training and three Advanced Trainings (online or face to face) to solihull.approach@uhb.nhs.uk

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

ACEs

Adverse Childhood Experiences
Dr Beth Changani



Step 1: Create (or convert to) a 'professional' account
Go to www.solihullapproachparenting.com
Select 'Online courses for professionals'

OR

Go to www.inourplace.co.uk
sign in to existing account and click 'unlock
professional courses'

Step 2: Once signed in to your professional account,
enter access code:

BETHECHANGANI

Step 3: To return to the course
go to www.solihullapproachparenting.com
or visit www.inourplace.co.uk
and click on 'Already have an account? Sign in'

Healthy Diet, Healthy You

Find out about healthy eating and how to make positive changes to improve your health & wellbeing.

Wednesday 21 September 2022 • 2pm

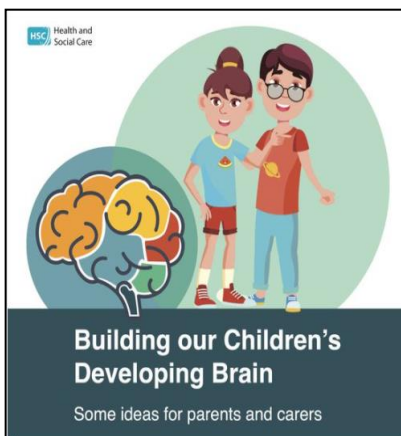
<https://tinyurl.com/healthydiet-sep>



libraries ni

Library NI Events

Remember that libraries are open and we've restarted our regular programme of events! If you're looking for some Rhythm and Rhyme, tea and newspapers or a bit of a Knit and Natter check what's on at your local library Visit <https://bit.ly/LNIFind> to find out where your local library is.



[Download](#)





Help with Childcare Cost and Financial Support Video



The family mediation process is NOT counselling. A Mediator's role is to empower and facilitate separated parents to be child and future focused, to negotiate arrangements for their children. Through mediation parents can put in place plans to parent apart effectively.

A family mediator will...

- remain non-judgemental
- listen actively
- act impartially
- encourage changes in perspective
- seek out underlying needs and interests

familymediationni.org.uk




Newsletter

Are you aged 16-65, not in Education, Employment or Training

The employability programme offers one to one support in:

- Creating and updating CV's
- Assistance in completing application forms
- Interview assistance and mock interviews
- Confidence building sessions

The programme is client led and is tailored to each individual needs and circumstances.

Examples of Jobs available!!

Sales/Customer Assistant

- Lidl
- Marks & Spencer
- TX Maxx
- Home Bargains
- Tesco
- Iceland
- ASDA
- Sports Direct

Customer Service Team Member

- Costa Coffee
- Love Pizza
- KFC
- Subway
- Boojum

Cleaner

- O.C.S
- Bidvest Noonan
- Precision Group
- LIV Student Belfast



Do you need help finding employment

The Bryson Training and Employability Team are holding Employability and confidence sessions for five weeks

Starting Tuesday, 15th of September, at 11:00 AM

@

The Dunanney Centre

Rathmullan Drive, Newtownabbey

BT37 9DQ.

Please get in contact to register your place!!



Fun Fact!!

The Bryson Employability Team have secured employment for 29 people and moved 17 into further training!!

Roisin McBride

07889055431

roisin.mcbride@brysonenergy.org

Marie Maguire

07872130312

marie.maguire@brysonenergy.org



Organ Donation
Northern Ireland

About
donation

Talk to your
family

Donation
stories

Changes to
the law

Living
donation

Register now

YOU COULD BE A LIFESAVER

Welcome to Organ Donation Northern Ireland!

Find out everything you need to know
about organ donation, or read more about
how organ donation law is changing in
spring 2023

Find out more

Register your decision now

Your decision to donate your organs and tissue could save the
lives of up to 9 people who are awaiting a transplant.

PARENTS/CARERS

Top Tips: Helping your child manage their emotions

Talk about emotions



Help your child to understand different kinds of emotions. When your child is expressing a particular emotion talk about why they are feeling that way.

Using flash face cards can be a useful way to further explore feelings by talking about the expressions and what these might mean in relation to feelings with younger children.

Encourage empathy



Help your child to think about how others feel.

Encouraging your child to recognise when someone is sad, worried, happy etc, will give them a better understanding of how to interact with them. It can also help them build more meaningful and beneficial relationships



Validate their emotions

Allow your child to feel emotions. Let them know you understand how they are feeling.

By acknowledging their emotions you are letting them know that it is natural to experience these feelings and it will encourage them to express themselves.



Lead by example

Children learn self-control and appropriate emotional expression by watching and experiencing how other people manage their emotions.



Be caring and show warmth

Being calm, warm and providing children with safety and security can help children manage their emotions.



Children may need this particularly when they are feeling tired, hungry, sad, nervous, or frustrated. It will reduce the child's feelings of stress, help them to be more open with you and feel more self-assured.

Identify causes and coping strategies

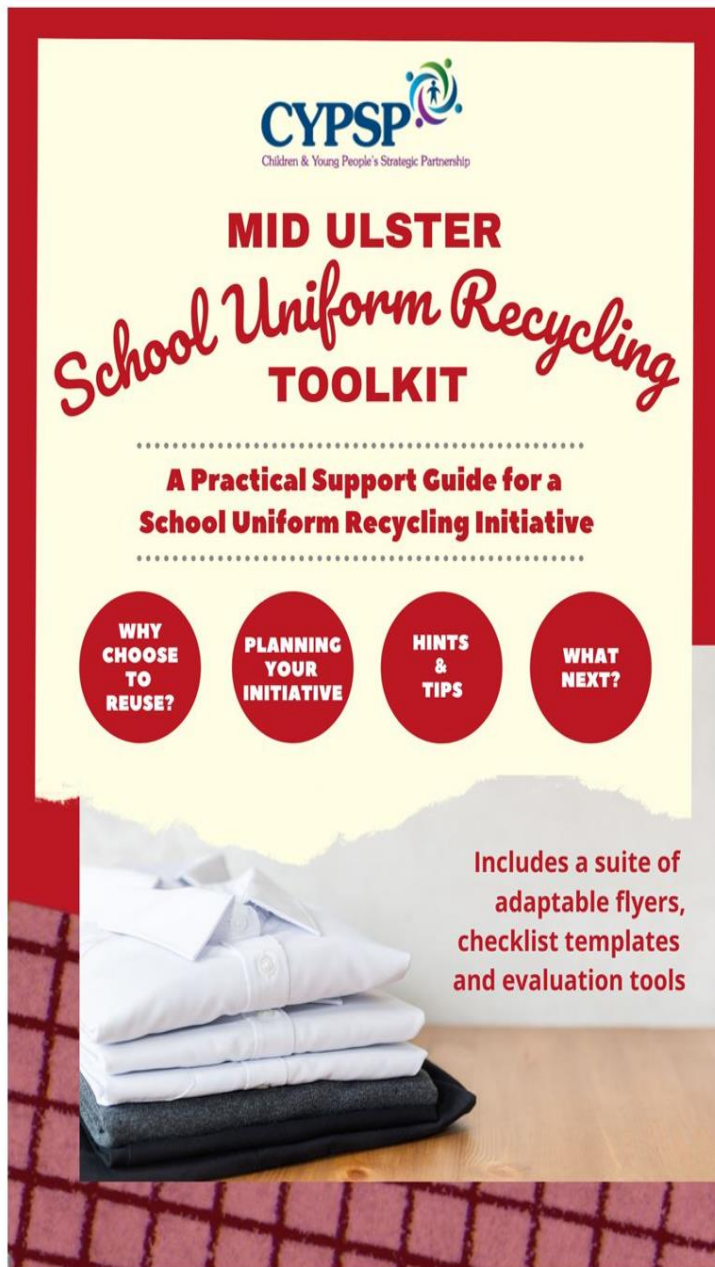
Talk to your child about what triggers certain emotions for them, then identify ways they could overcome those feelings and manage their responses, such as taking a deep breath or counting to ten.



0808 8010 722

ParentingNI

parentingni.org



Mid Ulster School Uniform Recycling Toolkit NOW available!

Having identified poverty as a critical factor which can adversely affect families and which has been further exacerbated by the impact of Brexit and Covid-19 pandemic in recent years, members of both the Dungannon and Mid Ulster LPGs have co-produced a practical toolkit to support schools in the running of a School Uniform Recycling Initiative. The Toolkit offers a practical resource for schools in running a School Uniform Recycling Initiative and includes handy tips, suggested structures for discussion, templates to adapt and use, and links to further reading and resources.

Although the School Uniform Recycling Toolkit was produced for the Mid Ulster Council area, it can be adapted and used across NI-wide settings. Thanks to members of both the Dungannon and Mid Ulster Locality Planning Groups (LPGs): local partnerships working towards improving outcomes for children, young people and families across Northern Ireland. Thanks to the PTA of Magherafelt High School for their support and feedback on the Toolkit and to those participating schools in the Mid Ulster area.

Thanks also to the authors/owners of the various resources and further reading we have included throughout the Toolkit.

Download your copy of the Mid Ulster School Uniform Recycling Toolkit [HERE](#).

For any clarification or assistance in using/adapting the School Uniform Recycling Toolkit, please contact one of the following Locality Planning Co-ordinators based on the geographic area of your school:

Northern Health & Social Care Trust area:

Emma McElhone(Emma.McElhone@northerntrust.hscni.net)

Southern Health & Social Care Trust area:

Darren Curtis (localityplanning@ci-ni.org.uk)



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace

NHS

NINE
fantastic
ONLINE
courses!

'UNDERSTANDING
YOUR...'

Check out the
Solihull
Approach
series
for ALL parents,
grandparents
and carers



...PREGNANCY

...BABY

...CHILD

...CHILD
WITH ADDITIONAL NEEDS

...TEENAGER

...RELATIONSHIPS

AND MORE...

Ever been curious to
know what is going
on in their brain?

Ever wondered
why they behave
like that?

Interested to look
at you and yours
differently?

inourplace.co.uk



Do you live in Northern Ireland?

1. Visit www.inourplace.co.uk
2. Enter access code:
3. Begin learning

Access Code:
NIBABIES

ParentingNI

Online Programmes for parents living in Belfast

Keeping Your Cool programme (6 weeks)

Monday 26th September - Monday 31st October 2022
7.00pm - 8.30pm

This 6 week online programme allows parents to explore their reaction to anger and how their anger impacts on the children, how to identify the triggers and find positive ways of managing their anger. Anger is a normal emotion, which most parents experience on a regular basis. It is often seen as a negative emotion but can be used as a motivator to instigate change.

Parenting Children's Challenging Behaviour (6 weeks)

Tuesday 27th September - Tuesday 1st November 2022
7.00pm - 8.30pm

An online six week parenting programme giving tips for managing challenging behaviour and reinforcing positive behaviour in children.

Parenting Children's Challenging Behaviour (6 Weeks)

Wednesday 28th September - Wednesday 2nd November 2022
7.00pm - 8.30pm

An online six week parenting programme giving tips for managing challenging behaviour and reinforcing positive behaviour in children.

**Call us to register on
freephone 0808 8010 722**

Available Mon - Thurs 9:30 am - 3:30 pm
& Fri 9:30 am - 12:30 pm



PARENTS/CARERS



Help Kids Talk



Our vision: "Everyone in our community working together to help kids talk".

We are a community wide initiative involving community, voluntary and statutory partners and managed by Early Intervention Lisburn and the South Eastern HSC Trust.

- We deliver key messages every month through our social media pages
- We run free Basic Awareness webinars & Level 1 Training.
- In our Basic Awareness webinars we discuss infant mental health, baby brain development and top tips for supporting speech, language and communication development in children
- In our Level 1 Training we discuss key skills children need for speech, language and communication development. We also talk about speech, language and communication developmental milestones, as well as strategies to support children to develop these skills.
- Suitable for both parents and practitioners
- Available across all Northern Ireland

Register to join a webinar or training via the QR code or the following link:

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



For further information, please contact us.
email: helpkidstalk@setrust.hscni.net
phone no: 028 92675172



New Online Safety Education Website for 4-7 Year Olds

CEOP's new 4-7s website features characters from Jessie & Friends to provide age appropriate online safety information in a fun and engaging way. http://thinkuknow.co.uk/4_7

NEW

An interactive website for 4-7s
based on

JESSIE & FRIENDS

Online safety education
for 4-7 year olds

Do's and **Don'ts**

For Encouraging Speech at Home

Do Model

Modeling language shows your child how to communicate

Do Extend

Add 1-2 words to what your child says

Do Wait

Waiting gives your child an opportunity to talk

Do Repeat

Repeating confirms you heard your child and validates their communication

Do Respond

Responding to your child will support future conversations

Don't Ask for Labels

Don't ask "what is this?" repeatedly

Don't Say "Say"

Try modeling instead. Saying "say" decreases spontaneous communication

Don't Question

Too many questions is not natural. Make comments too!

Don't Pressure

Talking can be hard and adding pressure does not help

Don't Get Frustrated

It's okay to get frustrated, but DO NOT let your child see this

MrsspeechieP



EXPECTING IN 2022??!!

**Are you or someone you know
expecting the arrival of new baby in
2022?**

Preparing for a new baby can be exciting
and a little daunting sometimes.
Parentline have put together some helpful
information for you, your partner, family
and/or children to prepare for the new
arrival.

Resources available...

Adjusting after
baby

Preparing
siblings

Pregnancy tips

Breastfeeding

Packing for
hospital

Go To's for Birth
Partners

For a copy of any of this information or to
talk with someone, give us a call on
0808 8020 400 or email us at
parentline@ci-ni.org.uk

#ParentlineNI
#InYourCorner



Infant Feeding

For a Healthy Start

Always ask for
sugar-free
medicines

When starting
solids give a variety
of foods, flavours
and textures.

**Breastfeeding
provides the best
possible food for a
healthy start to life**

**When babies first
tooth appears:**

- Brush their teeth 2 times a day using a pea-sized amount of toothpaste containing at least 1000ppm fluoride (check packaging)
- Take your child to the dentist and then every 6 months after that for a:
 - A dental check
 - Further advice on prevention of dental disease
 - To make dental visits an important part of keeping healthy

Breast or 1st infant formula milk should be the baby's main drink until 1 year. Small drinks of water can be introduced from 6 months but are not necessary before this

**From 6 months of age
breastfeeding or a 1st
Infant formula should be
continued alongside
appropriate weaning
foods**

Never add sugar
or sugary drinks
to a bottle

The use of a non-valve free
flowing drinking cup can be
encouraged from 6 months
containing breastmilk,
formula or water

Avoid sugary
foods and drinks





Version 1.0_30.11.21



Are you a mum?

Have you had a **baby** in the past 2 years?
Have you struggled with your weight after pregnancy?

What is the study?

We are exploring ways to support mums with weight management by using text messages.

If you take part, you would receive **text messages** on **ONE** of these topics for **1 year** – the topic will be **randomly chosen** for you:



Texts about diet and physical activity to help you lose weight

OR



Texts about your child's health and development

We would love to hear from you:

Text/phone: 07341 888415
Email: supportingmums@qub.ac.uk
Website: go.qub.ac.uk/SMSstudy

Or scan this QR code



This study is funded by the National Institute for Health Research (NIHR) Public Health Research (PHR) Programme (NIHR PHR 131509).



Your donations help our TinyLife Family



Arjun 23 weeks +4 2lbs 6oz Ivy 24 weeks +3 1lb 2oz Ebony 25 weeks +6 1lb 2oz Perry 30 weeks 1lbs 7oz Emily 30 weeks 1lbs 1oz George 26 weeks 2lbs 1oz

Donate:
www.justgiving.com/tinylife
tinylife.co.uk



"One of the greatest things you can give is your time" ♥

Today we took some time out to say a massive thank you and to show appreciation to some of our fantastic TinyLife Volunteers. From assisting our Family Support Officers, to delivering breast pumps, our volunteers help us and the families we support in so many different ways. As a "small but mighty" charity, having volunteers at the core of what we do is essential to our work and it was lovely to be able to say thank you to just some of the many volunteers that's support us each year. If you would like more information on how you could volunteer for TinyLife visit <https://www.tinylife.org.uk/volunteering/>



Positive Minds for Premature Parents

Living Life to the Full (with Tinylife)

For parents after neonatal experience



14th Sept 2022 - 19th Oct 2022



Wednesday mornings
10am - 12pm



Online: Zoom

To book a place, visit www.aware-ni.org/living-life-to-the-full





FREE Online Antenatal Classes across NI

Following the success of the online antenatal classes the PHA are now offering parents the opportunity to take part in further online courses free of charge. Go to <http://inourplace.co.uk> to join.

#gettingreadyforbaby #pregnancy #newbaby #children #parents



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

1. Understanding pregnancy, labour, birth and your baby

Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

2. Understanding your baby

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

3a. Understanding your child (0-19 yrs) (main course) or

3b. Understanding your child with additional needs

Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

4. Understanding your teenager's brain (short course)

Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

For technical support contact:

solihull.approach@heartofengland.nhs.uk

or 0121 296 4448 Mon-Fri 9am-5pm

www.inourplace.co.uk

www.solihullapproachparenting.com



Go to:

www.inourplace.co.uk

and enter the 'access code'

NIBABIES

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



BABY and U

Baby and U – Your Pregnancy Journey

A new Northern Trust webpage, 'Baby and U' has been produced to allow newly expectant mums to access up-to-date health advice and pregnancy information easily. As soon as you have a Positive Pregnancy Test you can refer yourself directly for Maternity Care in the Northern Health and Social Care Trust using the electronic Self-Referral form –

<https://crowd.in/NZ7UOR> Browse 'Baby and U' on our website – <https://crowd.in/bXBqju>

Antenatal Yoga

SureStart

Call
02877742904
to sign up



Pregnancy Yoga is beginning in Early September @ the Dry Arch Centre, Dungiven

This popular class with Claire runs on Saturday mornings from 10.30am - 11.30am

Benefits include reduction in stress, relief of tension, improved emotional wellbeing and new social connections

HSC Southern Health
and Social Care Trust



Understanding
your child
Solihull Approach

Two Hour Session on Brain Development For Parents of Babies, Toddlers & Young Children

Learning about your baby/child's brain development may support to:

- Cope with a crying baby
- Manage your baby to settle/soothe
- Normalise and manage tantrums/anxiety
- Enjoy tummy time, play and mealtimes
- Build a positive relationship with your baby/child

What does it cover?

- How the baby's brain develops in the context of a relationship with Parent/Carers.
- Activities to support the parent-child relationship
- Early Social and Emotional Development/Language Skills/Turn Taking/Tantrums/Separation anxiety/Building Early Resilience

When is it on?

Tuesday 30th August 10am-12md via Zoom

How do I apply?

For further information or to book a place please contact

Email: mona.hanna@southerntrust.hscni.net Tel: 07585889605



SureStart

**Partnership working
is at the root of
what makes Sure Start work**

#SureStartWorks

Department of Education
www.education.gov.uk

HSC Health and Social Care Board



CHILDREPARTNERSHIPS.HSCNI.NET

Training & Quality – Childcare Partnerships

Training Queries - If you would like to cancel or amend course details please contact the relevant training office. Please click [here](#).



BookTrust Bookstart Packs

Every baby in England, Wales and Northern Ireland is entitled to one of our free #Bookstart packs!

You'll normally receive your pack from your health visitor or another health professional (or at your local library). Find out more here:

<https://booktrust.org.uk/what-we-do/programmes-and-campaigns/bookstart/families/>







Sun 28 August 2022

Friends of the Zoo Family fun day!

To celebrate their 25th anniversary, Friends of the Zoo are holding another family fun day on Sunday 28 August.

Activities

Face painting	Bottle tombola
Envelope game	Craft stall
Garden games	Quiz trail
Colouring in station	

Normal admission applies. Visit www.belfastzoo.co.uk



Make a **COURAGE JAR** for Kids



Germs are everywhere



soap & water



palm to palm



between fingers





focus on thumbs




back of hands



focus on wrists

Wash your hands





STRANMILLIS
UNIVERSITY COLLEGE | 100

Shaping education since 1922

VIRTUAL SEMINAR

Wednesday 14 September 2022
2.00pm-4.00pm BST

Males in the Early Years



Book online at
<https://bit.ly/3zLMwid>

Free legal information, advice
and live chat for young people.

REE
Rights
Responder

**WHATEVER YOUR QUESTION
ABOUT YOUR RIGHTS, ASK REE.**

*Always there, always safe, always right,
always anonymous, always confidential, never judgemental.*

**Services for
young people:
Information for
Young People**



Northern Trust Text-A-Nurse
07480 635982

Belfast Trust Text-A-Nurse
07507 328290

South Eastern Trust Text-A-Nurse
07507 327263

Western Trust Text-A-Nurse
07480 635984

Southern Trust Text-A-Nurse
07507 328057



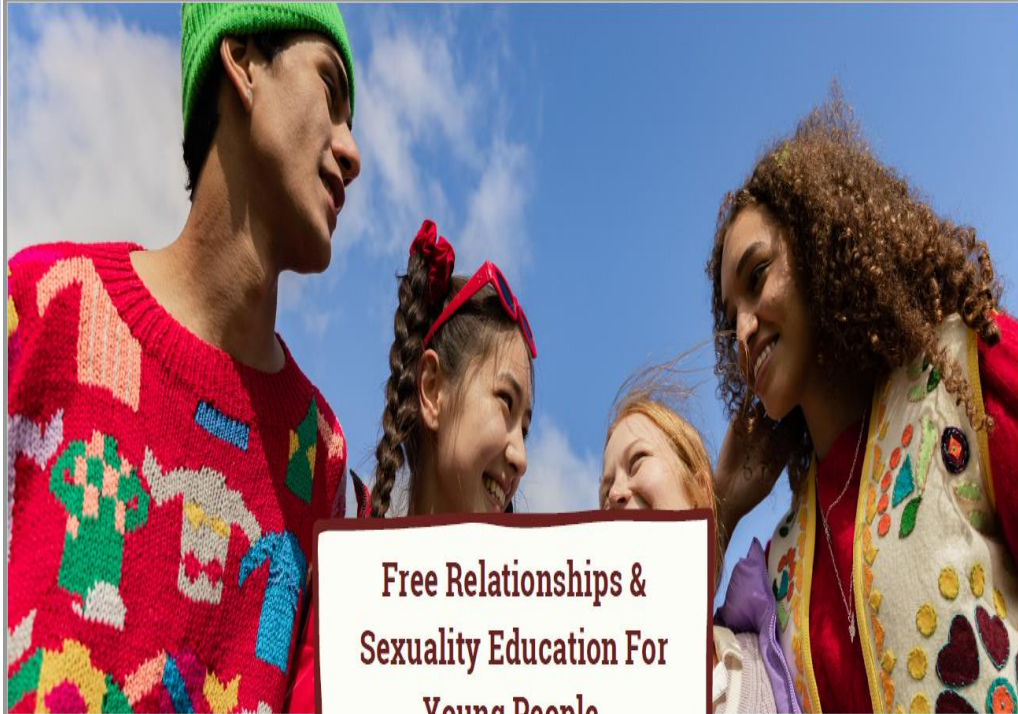
If you're struggling to cope with your exam results,
please reach out for support.



youngminds.org.uk

Find Help With How I'm Feeling | Advice For Young People

Use our help finder if you're looking for tips and advice on how you are feeling or
how to cope with something that's happened to you.



Free Relationships & Sexuality Education For Young People

We can provide 2 x 2hr sessions over a 4-week period that include:

- Healthy relationships
- The human body and development
- Sexuality & sexual behaviour
- Values, rights, culture & sexuality
- Understanding gender
- Violence and staying safe
- Health & wellbeing
- Sexual & reproductive health

Sessions can be provided face to face at your premises. If required we can discuss a blended approach to include zoom. This service is available to groups across Northern Ireland in the community.

12-14 years old; contact hello@commonyouth.com

15-16 years old; contact info@relateni.org

17-19 years old; contact nigel@acet-ni.com



NEW PROGRAMME FOR 11-18 YEAR OLDS!

ART & MEDIA OPPORTUNITIES

MAKE LIFELONG FRIENDS

LEARN NEW SKILLS

NEW ACTIVITIES THAT YOU DECIDE ON!

GIVE BACK TO YOUR COMMUNITY

SPACE TO LEARN
SPACE TO LIVE
SPACE TO LEAD

@OASISYOUTHNI
YOUTHFORUM@CIPNI.COM

CALL OR TEXT LAURA ON
07802335728

COMMUNITY FUND
cip oasis



ARE YOU A YOUNG CARER?

If you can answer 4 or more of these questions, you could be a Young Carer.
If you live in the Belfast, Southern or the South Eastern Trust please contact Action For Children for more information.

1. I am between 8 and 18 years old.
2. I have a family member with a physical / learning disability, mental health issue, addiction or life limiting illness.
3. I sometimes miss school or social events because I have to take care of a family member.
4. I worry more about my family member's health than myself.
5. Do you put the needs of your family members before your own.
6. I sometimes feel I have no one to talk to about my caring role.
7. I rarely get time to do things that I enjoy (like hanging out with my friends) because I am helping care for a family member.
8. Sometimes, I don't have the time to complete my homework because I am caring for a family member.

Action for Children: NIYoungCarers@actionforchildren.org.uk

Loughshore House, 10 heron road, Belfast, BT3 9LE (028) 90460500.

Banbridge Youth Resource Centre,
Hill Street, Banbridge, BT32 4DP (028) 4062 6516



Join discussions to explore how young people in care can be supported when in education. Along with workshops & an expert panel, there will be a chance to share ideas & practices moving forward. To book your place scan QR code or visit <https://bit.ly/3zWOHB5>



**Supporting
Young People
in Care to
ACHIEVE in
Education**

10am-3pm
City Life Church
142 Northumberland St
Belfast, BT13 2JP

To book through eventbrite
please scan QR code
Lunch provided







SCAN ME

katem@includeyouth.org

SAVE THE DATE
16th September 2022








EMPLOYABILITY & CONFIDENCE SESSIONS

- 1 15.09.2022
Confidence Building & Goal Setting
- 2 22.09.2022
CV Building, Cover letters & structure of CV
- 3 29.09.2022
Interview techniques
- 4 06.10.2022
Social media & Job Searching
- 5 13.10.2022
Mock interviews & 1-1 support

ALL SESSIONS WILL TAKE PLACE IN THE DUNANNEY CENTRE 11AM - 1PM



ESOL

English for Speakers of Other Languages

Links and resources for general ESOL home learning and specific resources targeted at teenagers: -
[ESOL websites and Apps for Teenagers and Study at Home.](#)

shout

85258

shout Crisis Textline

If you need immediate support, you can text SHOUT to 85258 and chat by text. The service is free on most networks and available 24/7, and trained volunteers will listen to you, and work with to help you take the next steps towards feeling better.

TEXT SHOUT TO 85258



FAMILY

Family Support Service for Families of Children with a Disability



SERVICES:

- Navigation & Signposting
- Time limited practical support
- Social Activities

Covid-19 and the ensuing lockdown has been an extraordinarily difficult time for families. We are proud to introduce a new pilot service to better support and connect families with a disabled child to access community and voluntary supports in the Armagh and Dungannon area.



Call us for more info 028 3083 5764

bolstercommunity.org

BOLSTER
COMMUNITY

In partnership with:



Southern Health
and Social Care Trust



Western Health
and Social Care Trust

ASD Training Calendar 2022 – Support for Parents & Carers

There is a range of help and support available across the Western Trust Area which is provided by a dedicated group of professionals offering intervention to families and young people up to 17 years of age. Appointments can be over the phone, via video consultation or face to face in a range of locations including Omagh, Enniskillen and Londonderry. Temporarily, following government public health advice, face to face parent based training has been switched to virtual means. See below for some more information on the intervention process. We hope to return to face to face training in the near future.

[ASD Training Calendar 2022](#)

How to Register

Contact the WHSCT Children's Autism Spectrum Disorder Service on:

- Children's Centre, South West Acute Hospital, Enniskillen: 028 6638 2103.
- Rivendell, Tyrone & Fermanagh Hospital, Omagh: 028 8283 5983
- Lilac Villa, Gransha Park Hospital, Londonderry: 028 7130 8313.

Please leave the following details:

- Your Name along with your child's name and their date of birth.
- Name of the training workshop you wish to attend.
- Date of the workshop you wish to attend.
- Your contact phone number and email address.

Once we have received all your details, we will send you an email with the Zoom link to join the meeting two days prior to the workshop.

Please contact us if you have any queries or questions.

We look forward to hearing from you!

ONLINE SESSION:
YEAR 8 PUPILS
AND PARENTS



Year 8 Pupils and Parents - 31st August 2022, 7pm (online via Zoom)

Are you starting secondary school? Do you have type 1 diabetes? Then join our online session for Year 8 pupils and parents, where young leaders will share their experiences and top tips, as well as a workshop on dealing with anxiety. Created for young people with type 1 diabetes and their parents/guardians, you'll join two workshops which aim to help you and your child prepare for the big move into year 8. This can be a challenging time for young people without having to consider how you might manage your diabetes so join us for this zoom - learn about managing anxiety, hear from our volunteers and connect with people from this community.

For more information or to register follow this link: [Back 2 School - moving into secondary school with type 1 diabetes Tickets, Wed, Aug 31, 2022 at 7:00 PM | Eventbrite](#)



Why not 'pop-in' to our drop-in?

Fermanagh Information and Support Day

Wednesday 19 October 10:30am to 2:30pm

Devenish Room, Fermanagh Lakeland Forum
Broad Meadow, Enniskillen
BT74 7EF

Learn more about a range of support services, grants and information available to you, your disabled child or young person and wider family.

Come along and meet Family Fund and other local and national charities and get guidance regarding making a Family Fund application.



Let us know you're coming or simply turn-up and show your support. We're always here if you have any questions:
events@familyfund.org.uk

Visit the events page on our website: www.familyfund.org.uk



Why not 'pop-in' to our drop-in?

Omagh Information and Support Day

Thursday 20 October 10:30am to 2:30pm

Minor Hall, Omagh Leisure Complex
Old Mountfield Road, Omagh
BT79 7EG

Learn more about a range of support services, grants and information available to you, your disabled child or young person and wider family.

Come along and meet Family Fund and other local and national charities and get guidance regarding making a Family Fund application.



Let us know you're coming or simply turn-up and show your support. We're always here if you have any questions:
events@familyfund.org.uk

Visit the events page on our website: www.familyfund.org.uk





Seeing your disabled child struggling to eat or refusing food can make many parents feel helpless. For helpful advice on how to understand and manage your child's eating difficulties, checkout this helpful guide from Contact <http://contact.org.uk/feeding-guide>



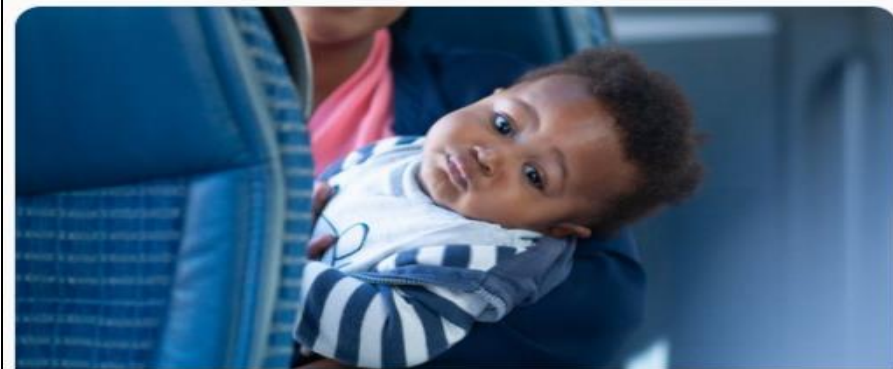
Family Fund
Helping disabled children

Family Fund – Apply for a Grant

If you are living in England, Scotland or Northern Ireland and raising a disabled or seriously ill child and have not had a grant yet in 2021, you can apply again today. Find out more: <https://bit.ly/3rqwftu>



Get our free Helpful Guide in the post for all the information you need to navigate life with a disabled child. Our 92-page book is packed with advice to support families from the early years right through to the adulthood transition. Order your copy <http://contact.org.uk/helpful-guide>



contact.org.uk

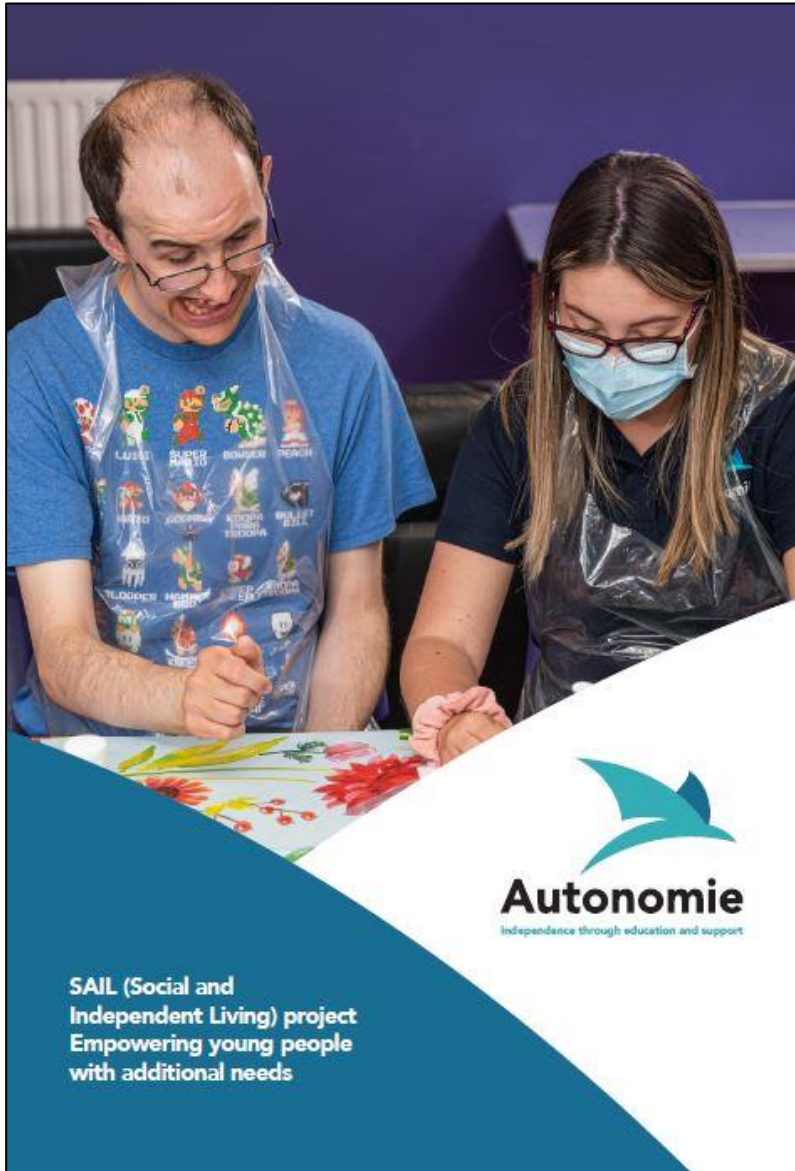
Do you care for a baby or toddler? We're here to help you | Contact Information, advice and support for parents of younger children whether you have a diagnosis for your child or you are waiting for one.

Do you know any families who have a baby or toddler with special needs? We offer lots of free support for new parents. From online workshops, information across a range of areas and advice on keeping babies well this winter, we can help. [Contact Northern Ireland](#) | [Contact](#)



SAIL (Social, And Independent Living) Programme – Applications Now Open!

CHILDREN/YOUNG PEOPLE WITH A DISABILITY



**SAIL (Social and Independent Living) project
Empowering young people
with additional needs**

contact

The Helpful Guide



"This is absolutely the best book for parent carers. So practical and well laid out."

Parent carers shouldn't have to navigate the complex SEND system by themselves. That's what our Helpful Guide is here for!

It's a free 92-page booklet with advice and information to help you support your child, from the early years through to adulthood 📖

<http://contact.org.uk/helpful-guide>



Family



Sign



Language

New Online Family Sign Language Course

Nation Deaf Children's Society are running an exciting new online Family Sign Language course!

"Bed Time, Sign Time" is aimed towards families with #deaf children age 4-7. Topics include introduction to BSL, fingerspelling, animals, food and many more!

Further information at: bit.ly/3Pch826



Autism Awareness Card

Telephone:
028 9040 1729 (Option 1)




I am Autistic

Important information on reverse



www.autismni.org

Our Autism Awareness Card is a tool to support autistic individuals to communicate their needs in a wide variety of situations. To find out more information visit <https://www.autismni.org/autism-awareness-card> or email info@autismni.org



AutismNI

Guidance for Parents/Carers with a Recent Diagnosis



Autism - Outdoor Play! It is full of practical ideas, social narratives and case study examples. So follow the link, access the resource and then get outdoors!

Link: <https://outdoor-play.middletownautism.com>

On the Waiting List... Now what?



FREE Parent and Carer workshop.
Delivered together with Strive NI. Online via Zoom

For Parents/carers who have children on waiting list for Autism assessment or considering it.

- What can you as a parent do to prepare for the Autism assessment?
- How can I explain it to my child?
- Possible outcomes from the assessment and what do they mean?
- Strategies you can put in place now while you wait
- Q&A session

Monday 5th Sep 7pm **Or** Friday 9th Sep 10am

Don't forget to follow us on Facebook and Instagram to be kept up to date with upcoming workshops.



Call now for more information or to book your place

0808 8020 400





Changing Lives and Transforming the futures of young autistic people.

Next Step Transitions is newly formed enthusiastic and innovative community interest company based in Magherafelt. We work with young people aged 14-19 with or awaiting a diagnosis of Autism and their parents to help them overcome any barriers they may face as they transition from School into further, higher education, training, or employment.

- We provide person centred relevant, timely advice and guidance to young people with Autism and their Parents/Carers supporting them to make informed choices about their future career pathways.
- We act as advocates for our young people and their families bridging the gap between school and their new educational or employment setting, ensuring they receive the correct individual support to allow them to transition smoothly, realise their potential and achieve their goals.

For more information Contact

Joseph Martin

07484250349

Joemartin.nst@outlook.com



DISABILITY SUPPORT • EVENTS

ADDITIONAL NEEDS / DISABILITY INFORMATION EVENING

An opportunity to come and meet representatives of local clubs, groups & charities who offer support, activities & services for those with disabilities/additional needs.

**TUESDAY
13TH
SEPTEMBER**

6.30pm - 8.30pm
Seagoe Hotel,
Portadown





BHSCT Learning Disability Information Sessions

Focus on Young Carers (Action for Children)

Wednesday 7th September at 10.30am

If your family includes young people who have added responsibilities due to living with a person with a disability, then please register using the online form: <https://forms.office.com/r/DnAtyaQR1N>

Want to know more? Contact Elizabeth Stevenson on 028 9504 3312 to find out more.


LEARNING DISABILITY INFORMATION SESSIONS

FOCUS ON YOUNG CARERS (ACTION FOR CHILDREN)

Wednesday 7th September at 10.30am

Mark Colley from Action for Children will explain what they can offer to young people who have a sibling with a disability and are young carers. They have services for young people up to the age of 30 and it is often a great opportunity to meet other young people who have similar experiences. If your family includes young people who have added responsibilities due to living with a person with a disability, then please register.

If you are interested in joining a session, please contact Elizabeth Stevenson on tel: 028 95 043312 or use the link within the post.

SEN WORKSHOP
with SENAC (Special Educational Needs Advice Centre)

- An opportunity to hear how the SEN system works in NI
- Find out how you can get support for your child
- Topics include Statements, IEP's, School Based Support
- Q&A session

Wed 28th Sept
7.00pm - 8.30pm

Amanda@uhub.org.uk
To register

Online via Zoom
We will send you a link



"We place the focus on the needs of the child and work with parents, schools and education bodies to ensure that children receive the right support!"

RNIB

See differently

RNIB Parent Carer Facebook Group

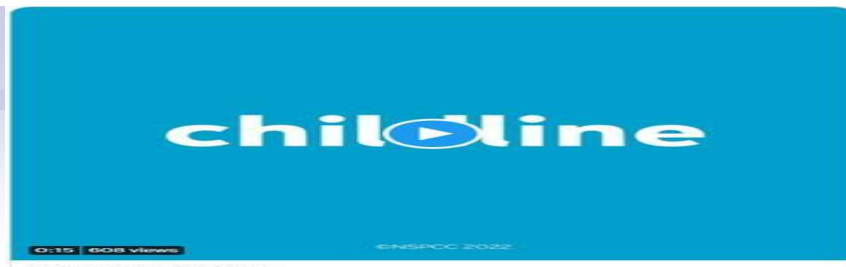
A community that brings together everyone who is a parent or carer of a child who's blind, partially sighted or lives with any degree of vision impairment:

<https://facebook.com/groups/140238563264750/>

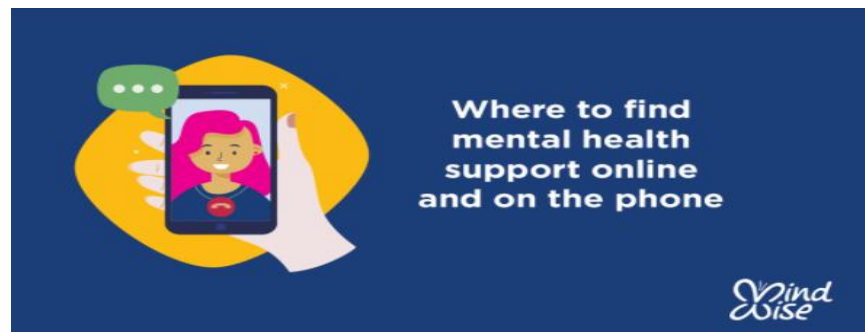
Need to Talk Project

Support for people of all ages, as well as family and friends, to access emotional and practical support needed to adapt to life with sight loss.

<https://www.rnib.org.uk/your-area-northern-ireland/services-rnib-northern-ireland/need-to-talk>

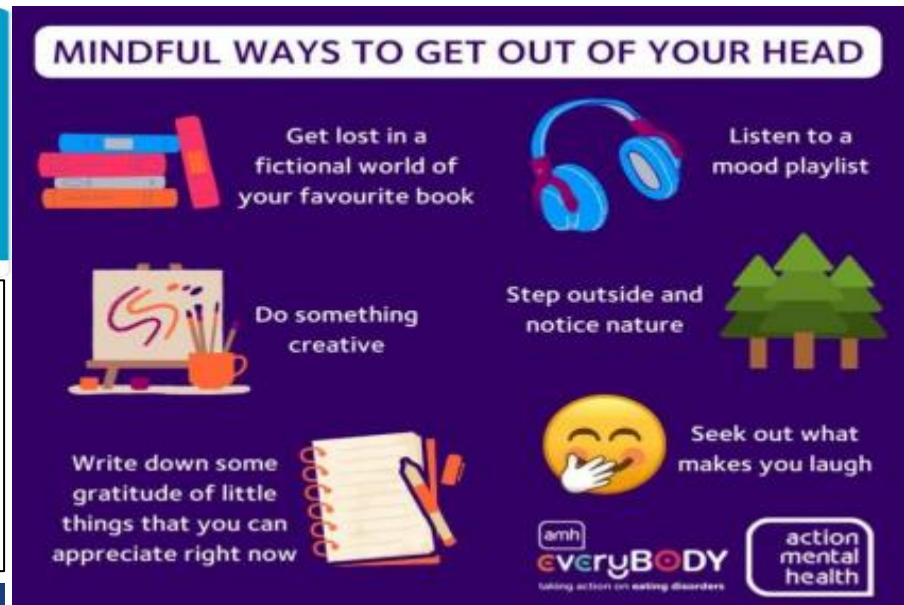


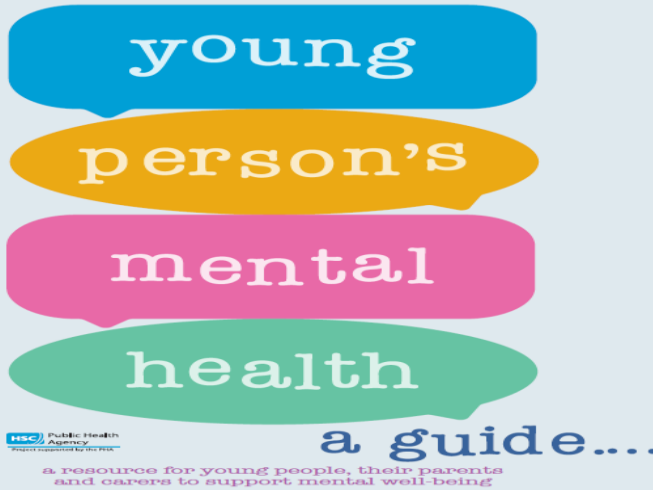
Childline Launch New 'We All Feel It' Campaign Aimed at Young Males
 Childline has launched a new mental health campaign, 'We all feel it' to support young males to reach out for support. Watch the video
<https://cypsp.hscni.net/childline-launch-new-we-all-feel-it-campaign-aimed-at-young-males/>



Self Harm Awareness
 However you feel, your feelings are valid. You matter and deserve help and support.
 You might still think about self harm, even if you've stopped, and that's okay.

You are not alone
 If you need help with self-harm or thoughts of self harm, our page on finding support might help . It also has peer-support resources, so you can talk to people who have been there, too.
[Suicidal feelings & crisis support \(mindwisenv.org\)](https://www.mindwisenv.org/)





A new resource has been issued by the Public Health Agency for young people, their parents and carers to support mental wellbeing. Contents include healthy lifestyle tips to support your wellbeing, practical ways to manage your thoughts and emotions and useful websites and apps.

[Download Young Persons Mental Health Guide](#)



You, as much
as anyone else,
deserve your
kindness.

SelfLoveRainbow

Get in touch with
our wellbeing
advisors today

Whether you're seeking mental health advice or looking information for you or someone you know... we're here to help.

Call **TODAY** to speak to one of our advisors who can signpost you to support.

Available: Monday to Friday 10am to 1pm

0808 189 0036



How to Create a Healthy Routine

Did you know that having a regular routine is good for your well-being and can help with low mood?

Here's how to add

structure <https://www.childrenssociety.org.uk/information/young-people/well-being/activities/keeping-busy> to your day and develop a routine that will help you get





Self-Care September 2022

MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

WEDNESDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

FRIDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SATURDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love

SUNDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing



ACTION FOR HAPPINESS

Happier · Kinder · Together



ADVOCACY FOR ALL



Inspire's Regional Advocacy Service

Telephone: 0808 189 0036
Webchat: www.inspirewellbeing.org
Email: Infoline@inspirewellbeing.org
Monday—Friday 10.00 am—4.00 pm



Free online mental health courses available now!



Want to learn how to regain and maintain positive mental health? We have two Mood Matters Adults courses coming up in September! Available dates:
10:30am-12:30pm, Thursday 8th September
6:45pm-8:45pm, Wednesday 14th September
This 2hr workshop will be held on Zoom, and is open to those who live in the Belfast Trust.
To register, visit www.aware-ni.org/mood-matters-for-adults

Self Care Checklist

- | | |
|---|--|
| ✗ OVERSPEND, OVEREAT & OVER INDULGE | ✓ TAKE TIME FOR YOURSELF |
| ✗ EXPECT OTHERS TO READ YOUR MIND AND MEET YOUR NEEDS | ✓ ALLOW YOURSELF TO MAKE MISTAKES AND TO BE OPEN ABOUT YOUR WEAKNESSES |
| ✗ IGNORE YOUR REAL EMOTIONS AND PUT ON YOUR "HAPPY FACE" | ✓ TELL OTHERS WHAT THEY MEAN TO YOU |
| ✗ SAY YES BECAUSE YOU FIND IT DIFFICULT TO SAY NO | ✓ CREATE A POWERFUL SUPPORT SYSTEM FOR YOURSELF |
| ✗ TRY TO DO IT ALL ON YOUR OWN WITHOUT ASKING FOR HELP WHEN YOU NEED IT | ✓ FORGIVE |
| ✗ FEAR EMOTIONAL INTIMACY | ✓ APPROPRIATELY EXPRESS EMOTIONS INCLUDING ANGER AND SADNESS |



World Suicide Prevention Week 

Time for Me

ONLINE WORKSHOP

SELF CARE

with Nuala McKeever

 **Tuesday 6th September 2022**
 Online session open to anyone who works or lives in Northern Area
 **10.30am - 12pm**

 To Register contact:
E: denise@cwsan.org #SPDO





"Thank you for being there at my lowest time"

Male caller to Lifeline service

Lifeline
0808 808 8000
Textphone:

THE RIGHT SUPPORT AT THE RIGHT TIME!

Chat to our team TODAY through our webchat service!
www.inspirewellbeing.org

Monday to Friday 10.00 am to 4.00 pm

ADVOCACY FOR ALL

Self Help Guides for Mental Health & Emotional Wellbeing

Self Help Leaflets

Abuse Alcohol and You Anxiety Bereavement

Coping Anger Depression and Low Mood Domestic Abuse Eating Disorders

HSC Belfast Health and Social Care Trust
caring supporting inspiring together

Self-Harm and Mental Health – Guide for Parents

“Having found out my child was self-harming, I was so devastated and confused as to why. My emotions were all over the place, not knowing how to help her, where to go for professional help – it was so stressful.” Our advice can help: [A guide for parents](#)



A-Z Mental Health

mind
for better mental health



Take5

steps to wellbeing

We know when we are mentally and physically well but sometimes we need a little extra support.
Here are five simple steps to practise every day:

- Connect**
Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.
- Be active**
Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.
- Take notice**
Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.
- Keep learning**
Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.
- Give**
Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing (www.neweconomics.org).
Artwork designed in association with Belfast Strategic Partnerships.

www.mindingyourhead.info

Public Health Agency, 10-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 335 0114 (local rates).



Parent Mental Health, Wellbeing and Cost of Living Survey

Has the cost of living had an impact on you as a parent? We want to understand how this is affecting you. Please take 5 minutes to fill out our short survey and tell us about your experiences: <https://surveymonkey.co.uk/r/QF29WVV>

NEW PODCAST EPISODE

How Do We Build Resilience In Ourselves And Our Children?



With Ed Sipler

not having problems, but it's having the resources

Podcast #38 - "How Do We Build Resilience In Ourselves And Our Children?" with Ed Sipler
FULL EPISODE:
[Parentline NI - Your Guide to Parenting: #38 - "How Do We Build Resilience In Ourselves And Our Children?" with Ed Sipler on Apple Podcasts](#)



Suicide Awareness Workshop

9th September 2022 - 9.30am to 1.00pm - The Junction, Dungannon
or 11th October 2022 - 9.30am to 1.00pm - Jethro Centre, Lurgan

Hosted by trainers with Personal Lived Experience of Suicidal Crisis



REGISTRATION BY
TELEPHONE ONLY:

T: 07876 261033

(Monday to Friday 9.00am-5.00pm)

Zero
Suicide
Alliance

Because
ONE life lost
is **ONE** too many



Southern Health
and Social Care Trust

Quality Care - for you, with you



Join us for our weekly drop-in coffee morning at our Wellbeing Hub in Belfast from 10.30am every Monday. Meet other parents while your little plays with our range of sensory toys. Find out more: <http://ow.ly/EGpJ50I9XXJ>

CUP OF POSITIVE-TEA



Happy Straws

The STOP Technique

When you find yourself overwhelmed, try this!

S	Stop. Stop whatever you're doing. Take a step back. Disengage from the situation. Take a break and put everything off for just a few minutes.
T	Take a deep breath. And another, and another. Give yourself 15 seconds of just focusing on your breath. Feel the breath moving through your body.
O	Observe. Notice your thoughts and how your body is feeling. Name the emotions you're feeling and consider why you are feeling that way with no judgment.
P	Proceed. Move forward in an intentional way that honors your needs and feelings. What will really make you feel better or help you cope?

BlessingManifesting



Mental Health Support Services & Crisis HELPLINES



Action Mental Health 028 3839 2314	MindWise 028 9040 2323
AWARE 028 9035 7820	PIPS Upper Bann 028 3831 0151
CAMHS 028 3083 5400	Samaritans 116 123
Lifeline 0808 808 8000	Yellow Ribbon 028 3833 1485
Mental Health Forum 028 3025 2423	YoungMinds 0808 802 5544

For help and advice on taking care of your mental and emotional wellbeing, visit mindingyourhead.info



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



COVID Wellbeing NI is an online hub to support the mental and emotional wellbeing of people across Northern Ireland during and after the coronavirus (COVID-19) pandemic.

It includes information, self-help guides and support and aims to help people take steps to look after their mental health and reach out for help and support when needed

[Click here for more information](#)

covidwellbeing
ni.info



Helplines NI
listen. support. inform

www.helplinesni.com

New COVID-19 helplines added to website offering a wide range of support
Community Helpline
Diabetes Helpline
HMRC Helplines for businesses and many more!



<http://Covidwellbeingni.info>



CRUSE NATIONAL HELPLINE

0808 808 1677

Monday & Friday: 9.30am - 5pm
Tuesday, Wednesday & Thursday: 9.30am - 8pm
Saturday & Sunday: 10am - 2pm



Walking and nature for grief



Improved mental health - you may notice a lift in your mood after exercising.



Easing loneliness - walking with others can help you to form connections.



Sleep quality - Slowly trying to increase your daily exercise (when you feel strong enough to leave the house) is one way to get your sleep back on track.



Cruse Bereavement Support

hopeagain
young people
living after loss

NEVER FEEL YOU ARE ALONE

Last year over 100 children a day lost a parent in the UK - *Child Bereavement Network*

TALK TO US



www.hopeagain.org.uk

Grief is
overwhelming.
Let us help.

Cruse
Bereavement
Support

If you're struggling after someone close to you has died, there's lots we can do to support you.

We can provide
information, advice or
simply listen.




Find out more about how we can help you.

Contact Cruse in North Down and Ards
028 9127 2444
Northdownandardsarea@cruse.org.uk
cruse.org.uk

You're not alone.

Registered Charity No. 208078 | A Company Limited by Guarantee No. 638709 (London) Unit 0.1,
One Victoria Villas, Richmond, TW9 2GW






www.BridgesProject.online
@BridgesKA2

BRIDGES to ESOL

Laying the foundation for successful language learning

Scan the QR code to start learning.



- Practise any time, anywhere
- 12 fully interactive lessons
- Learn new vocabulary
- Improve all your language skills
- Learn on a computer or mobile device
- Complete quizzes to revise & check your progress
- All lessons are 100% free!

Project Partners





Ukrainian Cash Support Scheme

How to claim your £200 payment


Homes for Ukraine Scheme

Anyone arriving here under the Homes for Ukraine Scheme or Ukraine Family Scheme is entitled to a one-off £200 support payment to help them buy essentials. Find out more <http://nidirect.gov.uk/articles/ukrainian-cash-support-scheme>

NINES

NORTHERN IRELAND : NEW ENTRANT SERVICE


NURSE LED CLINIC



NINES is a nurse led service which provides health care advice and health assessments for adults and children who are new to Northern Ireland and **not already** registered with a General Practitioner (GP).

Southern Trust Area
NINES - Northern Ireland New Entrant Service,
South Tyrone Hospital, 8 Floor, Carlisle Road, Dungannon BT71 4AU.
Tel: (028) 3756 1370 Email: nines@southerntrust.hscni.net

CYPSP Translation Hub



Protecting Your Rights

If you have been the victim of a racist incident contact the police, and some of the organisations listed who may be able to help you.

Northern Ireland Council for Ethnic Minorities
028 90 238645
www.nicem.org.uk

Bryson Intercultural
028 90 244639
www.mcrc-ni.org

Samaritans
0845 790 9090
www.samaritans.org.uk


Victim Support
028 90 244 039
www.victimsupport.org.uk

Equality Commission for Northern Ireland
028 90 500 600
www.equalityni.org


Northern Ireland Human Rights Commission
028 90 243987
www.nihrc.org

Crimestoppers
0800 555 111
www.crimestoppers-uk.org

Created by Police Service (Print+Design) RP021



Nobody deserves this.
And nobody deserves to get away with it.
Racist Hate Crime is unacceptable.
To stop it, report it.



Keeping People Safe



Access to Health and Social Care Guidance

Belfast Trust has led on work on behalf of the region to put together some information which newcomers to Northern Ireland might find useful. This booklet aims to inform about health and social care services and how to access them. The booklet has been translated into the following languages - click on each language for the document.

English	Dari	Bulgarian	Pashto
Arabic	Ukrainian	Hungarian	Russian
Mandarin	Polish	Portuguese	Romanian
Slovak	Tetum	Lithuanian	

Boloh The Black, Asian and Minority Ethnic family Covid-19 Helpline

We are here to ensure support and advice is provided to Black and Asian children, young people and families affected by Covid-19.

helpline.barnardos.org.uk
Contact the helpline on 0800 1512605



ESOL tips for the Summer



Northern Ireland

2022

Who are classes for?

For Everyone

For Ukrainians

Where can I learn English?

In Belfast

Outside Belfast

Additional Resources

Online

Learn English Online for Free - Build Your English Skills - FutureLearn

The world's best way to learn English - Duolingo

BRIDGES Project - BRIDGES to ESOL Flyers

Free English Lessons I - OI Digital Institute

Ukrainian Refugees English Language Programme - Klik2learn

Free online resources for Ukrainians settling in the UK and Ireland - Open University

Free English language courses for refugees from Ukraine - eTalk (etalkschool.com)

<https://uk.babbel.com/babbeldiaukrainy>

<https://tinyurl.com/YTEnglishWithUkrainians>

Free language lessons for Ukrainians - Busuu Blog

Face to Face

- Belfast Language Link**
Refugees and Asylum Seekers in NI
Belfast and East Belfast classes running for Summer 2022
Contact: Rebekah Smyth 03009911887 or email: info@refugeelanguage.com
- International Meeting Point - Belfast**
Starting again from 1st August
International Meeting Point, 133a Linsum Road, Belfast BT9 9HS
Monday 10.30 - 12.00 midday
Elementary and Intermediate
Tuesday 10.00 - 11.30 am
Women only
Beginners, Intermediate, Upper Intermediate
Wednesday 1.00 - 4.30 pm
Elementary and Intermediate
Class schedule will be subject to change during the summer months.
Contact: Henry Coulter 07761 408387 or email: henry@refugeelanguage.com
- International Meeting Point, 31 Carlisle Circus, Belfast BT1 6AF**
Monday 2.00 - 4.30 pm
Beginners and Intermediate
Tuesday 2.00 - 3.30 pm
Creative Conversations: Ladies only group for informal English conversation practice and doing some creative activities together
Class schedule will be subject to change during the summer months.
Contact: Shirley McGonigle 07761 133963 or email: shirley@refugeelanguage.com
- Shaftesbury Square Reformed Presbyterian Church, 72 Dublin Road, Belfast BT2 2DP**
Friday 2.00 - 4.30 pm
Beginners Class & Intermediate Conversation Group
Contact: James Lavery 07603 314002 or email: jameslavery05@aol.com
- Belfast City Mission, 13-15 Great Northern Street, Linsum Rd, Belfast BT9 9JF**
Tuesday 2.00 - 3.30 pm
Elementary and Intermediate
Thursday 2.00 - 3.30 pm
Elementary and Intermediate
Contact: Wylie Cowan 07366383977 or email: mark.hamilton.01@belfastmission.org
- Language & Solidarity Initiative, QUB**
Catholic Chaplaincy, 28 Elmwood Ave, Belfast BT9 6AW
Class schedule may have changed for the summer months.
Please contact provider for further details
Contact: languageandsolidarity@qub.ac.uk
Instagram: [languageandsolidaritybelfast](https://www.instagram.com/languageandsolidaritybelfast)
- Grangeview English - Woodlands Presbyterian Church, 48 Berrigra Drive, Carrickfergus, BT18 9BW**
Wednesday 2.30 - 4.00pm every two weeks, All levels: Beginners to Advanced
Contact: Martin Thompson 07932190797 or email: martin.thompson@grangeview.org.uk
- Enterprise 1 Helpline Mandy O'Neil**
Enterprise 1 Helpline Mandy O'Neil
Tuesday 11am-1pm improvers classes
Tuesday 2-4pm beginners
Contact: Elizabeth Black - link above
- Free English classes for Ukrainian refugees**
enrolled in Cityway, South and Glass Road, Council
Contact: enrolled@cityway.co.uk
Link above for more details

Resources for self-learning online:

- Ukrainian EAL Resources - FlashAcademy
- British Council Learn English provides a wide range of free learning material from videos and podcasts to exercises focused on specific skills, grammar and vocabulary.
- Wannation is a free program that will help you train your listening and pronunciation skills in English with short video clips from films, TV series and songs. The majority of these resources are free.
- Other programmes/apps that we recommend: Duolingo, Drops, Anki, Applyrics Training



Visit the ESOL NI website for further information - ESOL.NI
(esolwebapp.azurewebsites.net)



Women's Aid Across NI

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



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

Open Monday - Friday 09:00 - 17:00

Did you know that **free public transport travel is now available for those fleeing domestic abuse?**

Housing Executive



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

INFORMATION & SUPPORT LINE

0800 0246 991
Mondays & Thursdays
6pm-8pm

Listening, Believing
& Support for All
www.rapecrisisni.org.uk



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

Belfast. 028 9024 1929
Foyle. 028 7116 0001

ANYONE
Call the Domestic and Sexual Abuse Helpline
0808 802 1414
We are here for you confidentially 24/7.
You will be heard, you will be believed.


Victim Support NI

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



**Domestic
abuse is
not just
physical.**

**16 DAYS
OF ACTION
AGAINST
GENDER BASED
VIOLENCE**

psni.police.uk

**we care
we listen
we act**



**Police Service
of Northern Ireland**

**More than
4,000**

**officers are now
trained in recognising
coercive control and
bringing offenders
to justice.**

**EVERYONE
THINKS HE'S
GREAT...**

Coercive, controlling behaviour is still abuse and it's a crime.

#STILLABUSE



Visit: nidirect.gov.uk/still-abuse call PSNI on: **101** or the
confidential 24 hour domestic and sexual abuse helpline: **0808 802 1414**



the rainbow project

Cara-Friend here

**If you have
experienced
domestic abuse, you
can speak to us in
complete
confidence.**

**You will be believed
&
we are here to
support you.**

**LGBTQ + Advocacy Officer
The Rainbow Project
Joe Walsh
advocacy@rainbow-
project.org
T: 02890 319030
M: 07904 864957**

**LBTI Support Officer
Cara-Friend/HereNI
Amanda McGurk
amanda.mcgurk@cara-
friend.org.uk
T: 02890 890202
M: 07849 912877**



Powerful animation from Women's Aid Belfast & Lisburn, depicting the real-life experiences of children living with domestic abuse in Northern Ireland over the past 18 months.

Read more about the animation and view it at:
<http://belfastwomensaid.org.uk/launch-animation-children-domestic-violence-covid-19-lockdowns/>



11-25 and struggling with alcohol or drugs?



DAISY provides confidential support over the phone or by video call

It's ok to ask for help. We are here for you!

0800 2545 123
daisy@ascert.biz



RAPID:
Safely removing illegal drugs and unwanted prescription medication within the community.

NORTHERN IRELAND
MEDICINES AWARENESS WEEK 2020

There are over 50 RAPID bins installed in Northern Ireland.

drugsandalcoholni
Support services and advice

HSC Public Health Agency
Project supported by the PHA

NIBACTS **facebook** **twitter**

www.drugsandalcoholni.info/RAPID

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

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

STEPS COPE **ASCERT 21** **Believe in Children** **Barnardo's** **South Eastern Health and Social Care Trust** **AFINet** **COMMUNITY FUND**

Substance Abuse Support

If you or someone you know is impacted by substance abuse, contact ASCERT for free on 0800 254 5123. We're here to help.

Cruse Bereavement: 0808 808 1677

Lifeline: 0808 808 8000

THE UK HAS THE HIGHEST RECORDED RATES OF DRUG-RELATED DEATH DUE TO OVERDOSE IN EUROPE

ASCERT

START 360 Connections services develop and deliver drug and alcohol-related projects, events and initiatives in the community.

<https://www.start360.org/how-can-we-help-you/connections-north>

PBNI CONTINUE TO WORK WITH PEOPLE WHO HAVE ADDICTIONS.

We work with partners to tackle substance misuse and provide support and interventions to those under probation supervision.

PBNI Probation Board for Northern Ireland

HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED

OUR COMMUNICATION MIGHT BE DIFFERENT BUT WE ARE STILL HERE TO SUPPORT YOU

YOU CAN CONTACT OUR TEAM VIA EMAIL OR PHONE TO REFER TO OUR SERVICES

www.addictionni.com or call 028 9066 4434

[facebook](https://www.facebook.com/addictionni) [instagram](https://www.instagram.com/addictionni) [addictionni](https://www.linkedin.com/company/addictionni)

www.drugsandalcoholni.info

Affected by someone else's drinking or drug use?

I'm embarrassed by her drinking

Drugs and alcohol support services are available in your local area. Reach out, get help. Find out more at <http://DrugsAndAlcoholNI.info>

Support services are available for anyone impacted by alcohol and drug misuse, including family members.





	You can save around £55 just by remembering to turn off electric appliances and not leave many of them on standby e.g. TV, laptops, mobile phones		Save an average of £65 on electricity a year by drying clothes on a clothesline, instead of using a tumble dryer
	Room thermostats allow you to set the temperature your home heats up to and maintains. Turning it down by only 1 degree could save you around £80-£100 per year		Spending one minute less in the shower every day will save up to £9 per person off your household energy bill each year.
	Only boil the water you need in your kettle. This can save you £12 per year.		Washing clothes at 30°C and 1 less cycle per week can save around £15 a year on energy
	Effective insulation of your hot water cylinder is important, increasing the insulation 80mm thick, could save you £45 a year. Increasing loft insulation to 270mm can save between £35 - £300 per year.		Switch off lights when not in use. This could save your household £20 a year. Switching to LED bulbs could save you between £4-£13 per bulb per year
	Only run the dishwasher when full. 1 less run per week could save £15 per year.		Draughtproofing windows/doors can save around £40 per year. Chimney draught excluder can save an additional £20

Sources: Information sourced from Energy Saving Trust. Northern Ireland savings are for a typical three-bedroom, semi-detached home in Northern Ireland using an oil price of 9.2p/kWh and an electricity price of 30.9p/kWh (as of July 2022).



Funding Opportunities

Armagh City, Banbridge & Craigavon Borough Council is offering financial assistance to eligible groups, in the voluntary, community and social enterprise sector for the period 1st December 2022 to 31st March 2023 for revenue grants and from Letter of Offer date to 31st March 2023 for Small Capital Grants:

REVENUE GRANTS: Running costs (for eligible organisations); Programmes; Events

Funding is available through the following grant programmes: Community Grants; Arts, Culture & Events Grants; Additional Christmas Tree switch-on events only from 14th November 2022; Good Relations Grants

SMALL CAPITAL GRANTS: Small scale capital projects (Project must not start until after Letter Of Offer is received and all paperwork returned.)

APPLICATIONS ARE OPEN FROM 9.00AM ON MONDAY 22ND AUGUST UNTIL 12 NOON ON FRIDAY 16TH SEPTEMBER 2022.

To further assist groups a number of Virtual Information Sessions have been arranged as follows:-

Revenue Grants:
Tuesday: 23 August at 3.00pm
Wednesday: 24 August at 7.00pm

Small Capital Grants:
Thursday: 25 August at 7.00pm

To register for these sessions please email fap@armaghbanbridgecraigavon.gov.uk

Groups also wishing to be notified of future funding opportunities and other relevant information should request their details be added to the Council's database by emailing fap@armaghbanbridgecraigavon.gov.uk



Armagh City
Banbridge & Craigavon
Borough Council

Initial queries should be directed to
Valerie Leatham on 07515607480

6 ways to boost your energy budget and make it stretch further



#2. Save on your home heating

- Pull your sofa away from the radiator.
- Keep your curtains closed to keep heat in.
- Use draught excluders at doors.
- Draught-proof windows and doors.
- Insulate your home.
- Turn down your thermostat by 1°C.

#3. Switch supplier and save

- 20 electricity tariffs available with suppliers.
- Your home heating oil supplier will have their own price.
- Shop around, switch and save.
- Switch from paper billings to direct debit e-billing.



#4. Switch to energy-rated appliances

- Replace household bulbs with LED alternative bulbs.
- Switch existing household appliances to energy-saving appliances.

#5. Oil Buying Clubs and budgeting

- Enable householders to buy oil at a reduced price.
- More people that buy oil together, the lower the cost.
- Budget your money and make savings.



#6. Emergency oil drums

- Avoid paying 20 litre emergency oil drums from forecourts.
- These are expensive and should only be used in emergency circumstances.

COMMITTEE

WHO ARE YOU?

Help us find the right platform for you.



ComKit New Online Platform to support communities following suspected suicide

A new online platform has been launched to help support communities following a sudden death that is a suspected suicide. Comkit is supported by the Public Health Agency (PHA) and has been developed with Urban Scale [Interventions](#) (USI) in partnership with Families' Voices Forum as well as community and voluntary groups who are members of local Protect Life Implementation Groups (PLIGs) from five health and social care trusts. Comkit can be accessed at www.comkit.info For more information about Comkit contact Jak@urbanscaleinterventions.com



[Find a Food Bank Near You](#)



GET HELP
NO ONE SHOULD GO HUNGRY – WE'RE HERE TO HELP



COMMUNITY



#nihyatt Football Tournament 2022!
5-a-side teams (14 to 18s) and everyone is welcome 🙌
🏆 🏆 🏆 Guarantee your place to this family event promising plenty of football, fun, music, delicious food and special guests 🙌
Free registrations are now open for teams and guests via the Eventbrite link below: <https://www.eventbrite.co.uk/.../ni-hyatt-football...>
Like and share widely 🙌 🙌 🙌
Rio Ferdinand Foundation
The National Lottery Community Fund Northern Ireland

NEW 'PHONE FIRST' SERVICE FOR EMERGENCY DEPARTMENTS AND MINOR INJURIES UNITS



The 'Phone First' number to ring is
0300 123 1 123

The 'Phone First' text relay number is
18001 0300 123 1 123

Interpreter Now –
[Visit site](#)



Family Support Hub Celebration Event – June 2022



For the first time since 2018 we were able to gather together to reflect on the challenges and innovations that enabled Hubs to continue to support families throughout the lockdowns. We welcomed our Hub Coordinators and some of our partners who had participated in the SCIE Learning Sets to enjoy a day of presentations and the opportunity to chat and reflect. It was a lovely day and very well received. The event was launched by Aidan Dawson, Chief Executive of PHA and CYPSP Chairperson who welcomed all and reflected on the achievements of the Hubs. Valerie Maxwell presented an animated video summarising the annual report before I finally got to address the Coordinators for the first time face to face rather than via Zoom or Teams, but lovely to be able to meet in person. We had a number of presentations from Coordinators and Hub members who showcased how they have adapted and changed their services in creative ways enabling them to continue to meet the needs of the families and young people despite lockdown. I was in awe of their creativity and commitment. Well done to Lisa, Allison, Joanne, Claire and Sharon who presented.



We also welcomed James Gallagher from Lifeline who gave a fantastic presentation on “Caring for the Caregiver” and Eugene Mone from Barnardo’s who brought along the Sensory Overload Virtual Reality Experience, a really powerful and thought provoking piece of work. After a group exercise facilitated by Maxine looking at what Coordinators see as the challenges facing the Hubs in the next 12 months and how we might rise to these challenges the event was brought to a close by Maurice Leeson, Programme Manager Partnerships, Emotional Health and Wellbeing, CAMHS and Disability, Social Services in SPPG. This was particularly fitting given that Maurice played such a central role in the establishment of the Family Support Hub Network. Thanks to all who helped make the day possible with a special thanks to Sharon, Valerie, Yvonne, Maxine and Kori (the CYPSP Support Team) who helped to arrange and facilitate the day and to those who joined with us to mark the work of the Hubs, especially over the past 2 years.





Upper Springfield/Whiterock Family Support Hub



On 5th July 2022 – The Upper Springfield/Whiterock Family Support Hub were delighted to welcome Dr Ray Jones- Emeritus Professor of Social Work at Kingston University and St. George's, University of London, and a registered social worker.

It was an amazing opportunity for some of our families and service providers in our Upper Springfield/Whiterock lead body organisation-the Whiterock children's Centre to speak with Dr Ray Jones who has over 50 years' experience in social care and as a social work practitioner, manager, teacher, and researcher and in 2022 was appointed to undertake the independent review of children's social care in the North of Ireland.

Over the last 50+ years he has been involved in an advisory capacity on a range of issues, inquiries, written books, and research and has a wealth of experience and accomplishments to date.

Dr Ray Jones' visit to the Whiterock Children Centre was a wonderful opportunity for some of our families, service providers and Our Upper Springfield/Whiterock Hub and lead organisation to give an insight into the diverse range of services and partners that come together to help make us one amazing hub! Our mantra- "we are only as good as those services around the table" is something that we feel strongly about and have continually built upon from our hub was first established in 2014.



Through our morning discussion with Dr Ray Jones –we spoke about the strength in service providers coming and working together –community, statutory and voluntary to provide the best possible bespoke support to suit the needs of each family who contact our Upper Springfield/Whiterock Family Support Hub.

Our families also spoke at length about the Upper Springfield/Whiterock Family Support Hub, the level of support and services provided by the core and associate members and how such support has made a huge difference in their lives as a family. Such experiences noted included help with social isolation, integration into a new area/community, practical support, counselling, Emotional and behavioral supports for adults and children, help for those families awaiting assessment etc.

For us as a Family Support Hub -it was a humbling experience to hear just how such services have helped some of our families- to make a difference and we are hugely grateful that they took time to note their own personal experiences in such an open forum. At times it was a very moving meeting and a privilege for us to hear some of the individual experiences from those present.

We look forward to reading the independent review of children's social care in the North of Ireland and will continue to build upon the good work of the Upper Springfield/Whiterock family support hub in the time ahead- as we are only too aware that families need such Family Support Hubs, and we feel this demand will only increase in the months ahead.



Working with children and families since 1988



Free lateral flow tests are no longer available to most people in Northern Ireland. While the scheme ended in the rest of the UK in May, Stormont's Department of Health retained the measure. Health officials announced last week that testing will be more "targeted to protect the most vulnerable".

Staff within the health service and people eligible for new Covid treatments will still be able to access the free tests. The department said the move was proportionate as rates of infection continue to fall. DoH said "People with symptoms or who have tested positive with leftover tests are still being advised to isolate for five days".

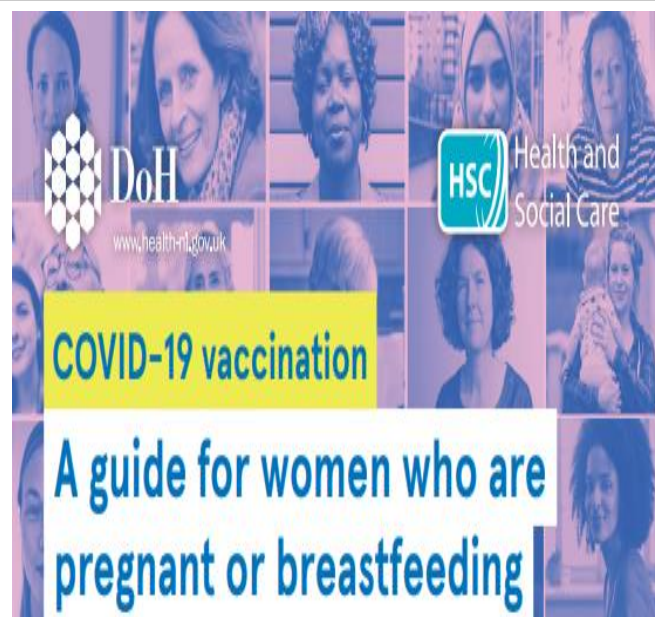
"Our advice has moved away from something that's focused on Covid towards something that's focused on other respiratory viruses as well," As we move into autumn we do expect other respiratory viruses to start to re-emerge, we expect to see flu coming back, we expect things like RSV [respiratory syncytial virus]. So it doesn't really matter what the virus is, if you're sick, you've got a temperature, you don't feel well enough to work, please stay at home and stay away from people who are vulnerable."



Meeting indoors? Let fresh air in. It'll help protect everyone as we live alongside #COVID.

Get the latest advice: <http://nidirect.gov.uk/coronavirus>

Or <http://nidirect.gov.uk/articles/coronavirus-covid-19-ventilation>





Fraud alert

Close contact testing & tracing **ceased** in NI on 22 Apr 2022.

Reminder to be vigilant regarding fake texts advising that you have been in contact with a COVID variant & encouraging you to buy PCR tests



This scam is designed to steal your money & info

The image shows a 'fake text message' and a 'fake website'. The text message is from 'NHS-UK: ALERT!' and says: 'You were recently around a confirmed Coronavirus case. Urgently manage your vaccine or order a testing kit here: <https://www.nhs.uk>'. The website is titled 'HSC Counter Fraud Services' and 'fraudalert'. It has a 'Personal Information' section with fields for Full name, Date of birth, Mobile number, Address, and Town. It also has a 'Payment Information' section with fields for Name as it appears on card, Card number, Card expiry date, and CVV. A 'Pay' button is at the bottom.

INFORMATION FOR PARENTS & CARERS

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

DON'T SEND YOUR CHILD TO SCHOOL IF THEY HAVE COVID-19 SYMPTOMS.
VISIT [NIDIRECT.GOV.UK/ CORONAVIRUS](https://nidirect.gov.uk/coronavirus) TO BOOK A TEST ONLINE. CALL 119 IF YOU CANNOT BOOK A TEST ONLINE.

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

A HIGH TEMPERATURE

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

OR

A NEW CONTINUOUS COUGH

This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours if they usually have a cough. It may be worse than usual.

OR

A LOSS OR CHANGE TO THEIR SENSE OF SMELL OR TASTE

This means they've noticed they cannot smell or taste anything, or things smell or taste different to normal.

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

HERE'S WHAT TO DO IF:

YOUR CHILD HAS COVID-19 SYMPTOMS

WHAT TO DO?

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

YOUR CHILD TESTS POSITIVE FOR COVID-19

WHAT TO DO?

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

SOMEBODY IN MY HOUSEHOLD HAS COVID-19 SYMPTOMS

WHAT TO DO?

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

SOMEBODY IN MY HOUSEHOLD TESTS POSITIVE FOR COVID-19

WHAT TO DO?

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

WHEN CAN MY CHILD RETURN?

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

WHEN CAN MY CHILD RETURN?

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

WHEN CAN MY CHILD RETURN?

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

WHEN CAN MY CHILD RETURN?

Your child can return to school where they have completed 14 days of self-isolation without any symptoms.

CONTACT TRACING HAS IDENTIFIED MY CHILD AS A CLOSE CONTACT

WHAT TO DO?

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

WHEN CAN MY CHILD RETURN?

Your child can return to school when they have completed 14 days of self-isolation without any symptoms.

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

WHAT TO DO?

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

WHEN CAN MY CHILD RETURN?

Your child can return to school where they have completed 14 days of self-isolation without any symptoms.

YOUR CHILD HAS TRAVELLED ABROAD AND HAS TO SELF-ISOLATE

WHAT TO DO?

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

WHEN CAN MY CHILD RETURN?

Your child can return to school where they have completed 14 days of self-isolation without any symptoms.

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

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



For further information on Family Support Hubs in your area?

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