



Family Support Hubs Newsletter

This edition includes:

SPECIAL FOCUS

- Summer Activities

PARENTS/CARERS

- Cost of Living Crisis
- COVID-19 Support & Resources
- Youth Wellness Web/Translation Hub
- Resource pack for C&Y People
- Parent Support/Family Support NI
- Disability Guide Launch
- Self-compassion for Parents
- Free Nutrition Webinars
- Healthy Start Scheme/ParentLine NI
- Samaritans/Fostering
- NSPCC Letting the Future In
- Daithi's Law/Clanrye Group Walk & Talk
- Bolster Ability Services
- SBNI Free Online Courses
- Libraries NI/Twinkl NI
- Building our Children's Developing Brain
- Parent Discussion Groups
- Online Safety/Family Mediation NI

EARLY YEARS

- Co-bedding Twins and Multiples
- 8 Sensory Weaning Ideas
- Top Tips for Dummy use
- SureStart Parental Survey
- Online Antenatal Classes
- Bumps & Beyond Event
- Safe baby bath time/Going to the Park
- Baby Massage/Soft Play Sessions
- Baby and U/Self-care for new Dads
- Health benefits of breastfeeding
- Childcare Partnership/SureStarts
- BookTrust NI

KIDS ACTIVITIES

- Bluebell the Woodland Fairy
- Garden Yoga for Kids/Traffic light game
- Fun Lego Stamping Art

CHILDREN/YOUNG PEOPLE

- Understanding your brain
- Text A Nurse/CEOP Website
- Are you a Young Carer?/Shout
- Getting a summer job
- YMCA/REE Rights Responder

CHILDREN/Y P WITH A DISABILITY

- Bolster Community/Autonomie
- Feeding & Eating/Family Fund
- Contact Helpful guide/Autism NI
- Mae Murray Inclusive Beach/RNIB

CHILDREN/YOUNG PEOPLE'S MENTAL HEALTH

- Our Generation app
- Mindwise/Childline
- Young Persons Mental Health Guide

MENTAL HEALTH & WELLBEING

- Jump Back Up July 2023 Calendar
- Lifeline/Self Help Guides/Inspire
- Take 5/Inspire
- Self-harm Coping Skills
- ParentLine NI - Confused
- Helplines NI/Minding Your Head
- Mental Health and Housing

BEREAVEMENT

- What to put in a Memory Box
- CRUSE Helpline/Hope Again

BAME

- Access to HSC Guidance/ESOL
- NINES – Nurse Led Clinic/Protect your Rights
- CYPSP Translation Hub Cost of Living and New Diabetes Section/ 'Boloh'

DOMESTIC & SEXUAL ABUSE

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

DRUG & ALCOHOL SUPPORT/ADVICE

- Step 2 Drug & Alcohol Service
- Daisy/Helplines/ RAPID Bins
- PBNI/Ascet/Start 360

COMMUNITY

- ComKit Online Platform
- Be wise about your energy
- 6 Ways to Boost your Energy Budget
- The Trussell Trust/Foodbanks
- Cost of Living Advice/Phone First

GOOD NEWS STORIES

- Armagh LPG – Feel Good Armagh

COVID ADVICE/GUIDANCE

- Covid-19 Vaccination programme
- Advice & Guidelines

Welcome to Edition 3/2023 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 27th June 2023.

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.

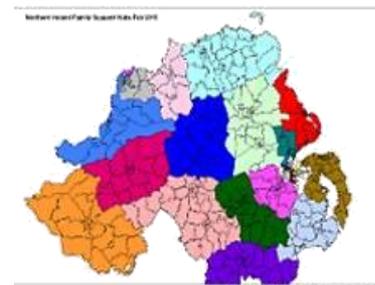
Hubs co-ordinate existing statutory/community and voluntary services:-

- 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?





Stories on the Lough, Jurassic in the Park and Family Treasure Hunts are just some of the FREE family activities planned this summer in our Forest Parks. 😊

Check out the full range here ➡ <https://www.visitmournemountains.co.uk/.../summer-forest...>

Look for the purple flag on arrival 🚩

Wear suitable clothing and footwear 👟

Outdoor events are weather dependent & subject to change ☁️

Special Focus – Summer Activities

Mourne Mountains & Ring of Gullion

Forest Activities

**Free Family Fun
No Booking Required**

Castlewellan Forest Park	Delamont Country Park	Kilbroney Park	Slieve Gullion Forest Park
Saturday 17 June: Stories on the Mountains (11am - 1pm)	Sunday 18 June: Stories on the Lough (11am - 1pm)	Sunday 25 June: Stories on the Lough (11am - 1pm)	Saturday 24 June: Stories on the Mountain (11am - 1pm)
Friday 28 July: Words in the Woods (11am - 1pm)	Friday 4 August: Words in the Woods (11am - 1pm)	Friday 18 August: Words in the Woods (11am - 1pm)	Friday 7 July: Words in the Woods (11am - 1pm)
Saturday 9 September: Jurassic in the Park (11am - 1pm)	Saturday 2 September: Jurassic in the Park (11am - 1pm)	Sunday 3 September: Jurassic in the Park (11am - 1pm)	Thursday 24 August: Viking Raid (11am - 1pm)
Sunday 8 October: Geology Rocks (1pm - 3pm)	Sunday 17 September: Flying High (1pm - 3pm)	Sunday 1 October: Geology Rocks (1pm - 3pm)	Sunday 10 September: Jurassic in the Park (11am - 1pm)
Saturday 18 November: Nuts About Squirrels (1pm - 3pm)	Sunday 15 October: Geology Rocks (1pm - 3pm)	Sunday 5 November: Nuts About Squirrels (1pm - 3pm)	Sunday 24 September: Autumn Welcome (1pm - 3pm)
Sunday 17 December: Forest Christmas Art (1pm - 3pm)	Sunday 19 November: Nuts About Squirrels (1pm - 3pm)	Sunday 10 December: Forest Christmas Art (1pm - 3pm)	Saturday 14 October: Geology Rocks (1pm - 3pm)
Saturday 13 January: Wild About Castlewellan (1pm - 3pm)	Sunday 3 December: Forest Christmas Art (1pm - 3pm)	Saturday 27 January: Wild About Kilbroney (1pm - 3pm)	Saturday 4 November: Nuts About Squirrels (1pm - 3pm)
Friday 16 February: Family Treasure Hunt (1pm - 3pm)	Sunday 28 January: Wild About Delamont (1pm - 3pm)	Sunday 18 February: Family Treasure Hunt (1pm - 3pm)	Friday 22 December: Forest Christmas Art (1pm - 3pm)
Sunday 3 March: Flying High (1pm - 3pm)	Monday 12 February: Family Treasure Hunt (1pm - 3pm)	Saturday 2 March: The Whispering Trees (10am - 12pm 1pm - 3pm)	Sunday 14 January: Wild about Slieve Gullion (1pm - 3pm)
	Sunday 3 March: Wonders of the Wild (1pm - 3pm)		Wednesday 14 February: Family Treasure Hunt (1pm - 3pm)
			Sunday 25 February: Finn and His Friends (10am-12pm 1pm - 3pm)
			Sunday 24 March: Music on the Mountain (1pm - 3pm)

CAR PARKING CHARGES APPLY





Mo Mowlam Play Park for children

The Mo Mowlam Play Park at Stormont Estate in Belfast is an inclusive play park. It has been specially designed so children of all abilities can play together. The park has over 40 separate pieces of equipment. Entry is free. There are a number of themed play areas and there is a coffee and refreshment dock which is open during busy periods including the weekends and school holidays. The park has a toilet block including a parent and baby room with a changing places facility nearby. The 'Quiet Hour' runs every Sunday from 9.30 am to 10.30 am to help create a calmer environment for children with extra needs. For more info <https://www.facebook.com/MoMowlamPlayPark>



Bolster Community are running family day trips for our Tea' N' Tots group, which is a weekly parenting support group for parents of preschool child with a disability or awaiting diagnosis.

Day trips are also available to families of our 'After the Bell' club, this club is an after-school club for children with a disability and their siblings which meets weekly.

Parents or carers must attend trips with children.

For more information on either group contact: Jena@bolstercommunity.org

For information on day trips contact: orla@bolstercommunity.org Mobile:07551396969

There is a cost of £5 per individual.

Date	Venue	Bus Pick up Newry leisure Centre	Time of event	Collect
18/07/23	Coco's Newcastle	10:00 am	11:00 am	1:00pm
04/08/23	Fort Evergreen Warrenpoint	Meet at Destination	11:00am	1:00pm
15/08/23	W5 Belfast	9:45am	11:00 am	2:00pm



Whitehead Youth Centre 😊 Find your night and come down to join us! Lots going on each night and even more to come.



Whitehead Youth Centre

Juniors

P5-P7

Tuesday

6.30-9.30pm

Intermediates

Year 8- Year 10

Thursday

6.30-9.30pm

Seniors

Year 11+

Friday

7-10pm



Mid & East Antrim Area Youth Service

1 Castleview Road Whitehead BT38 9NA

Contact: Fiona.mckee2@eani.org.uk

Phone: 07395372838



FREE FAMILY EVENT!
COME, HAVE FUN, EXPERIENCE CULTURE, MUSIC, AND TRADITIONS OF COMMUNITIES FROM AROUND THE WORLD!

PROVIDED BY ERANO MULTICULTURAL

Fiesta
EVERYONE WELCOME!
SUNDAY 2ND JULY
1PM - 5PM

Lithuanian folk dance group "SPICIUS"

Belly Dancer

Sollus Highland Dancers

Afghan musicians

MUSIC • FOOD • INTERNATIONAL ARTISTS
• KIDS ACTIVITIES • BOUNCY CASTLE •
ICE-CREAM VAN • PETTING ZOO • GAMES

Omagh Leisure Complex, Old Mountfield Rd, Omagh
For more information please contact ERANO office on 07912751495



Totally Not Boring **FUN** from A to Z

- Create a work of **ART**
- BAKE** cookies or a cake
- CAMP** out in the backyard or living room
- DECORATE** your bedroom
- EARN** some money
- Hold a paper plane **FLYING** challenge
- Get outdoors and try **GEOCACHING**
- Head off on a **HIKE**
- Make **ICE CREAM** sundaes or floats
- Get creative with **JEWELRY** making
- Try **KNITTING** ... with fingers or needles
- Build with **LEGO**
- Edit your own hobby **MAGAZINE**
- Make a target for a **NERF GUN**, water balloon or sock battle
- OFFER** to help someone
- Get creative with **PHOTOGRAPHY**
- Host a family **QUIZ NIGHT**
- READ** something new or something you love
- SCOOTER** or **SKATE**
- Play **TAG** or Hide N Seek or Murder in the Dark
- Challenge someone to a **WIGO** championship
- VISIT** a museum, art gallery or library
- WASH** the car or the dog
- Conduct a science **EXPERIMENT**
- Stretch your body with **YOGA**
- ZONE** out and relax





Mid-Summer Party in Larne

Saturday 8 July, 12 - 3pm
Broadway

Music | Face Painting | Balloon Modelling
Circus walkabouts | Popcorn | Crafts
and more.



Join us in Broadway, #Larne for our Mid-Summer Party on Saturday 8 July from 12-3pm!📍

Plenty of entertainment for all the family including:

- 🎵 Music by Sounds Good Music
- 👤 Face painting & Balloon Modelling
- 🎪 Crafty Caravan
- 🎪 Circusful Walkabout Entertainment and more!

All children must be accompanied by an adult.

Download the Shop MEA App to find out what's on near you this summer!



**CRANFIELD
INCLUSIVE BEACH**

**Equipment Loan
Scheme**

**NOW OPEN FOR
BOOKINGS**



FAMILY FUN DAYS

Join us during July & August for our
All-Ability Family Fun Days!

Email:

pauline@maemurrayfoundation.org

for more info

www.maemurrayfoundation.org



Low & No Cost Sport

Sport and physical activity are powerful tools to support our emotional, mental, physical well-being, and education, and at Sport NI we believe that sport should be available to everyone

During the cost of living crisis, Sport NI has been engaging with sports and councils to highlight low and no cost sport opportunities available across Northern Ireland to encourage low-income families to continue to engage in sport and physical activity

Visit the Sport NI website to explore Low & No Cost Sport opportunities available across Northern Ireland!



A Summer of fun in Mid Ulster!



midulstercouncil.org/summer



Cornhairle Ceantair
Lár Uladh
Mid Ulster
District Council

Special Focus – Summer Activities



Special Focus – Summer Activities



**GET READY
TO SHAKE UP SUMMER**

JULY-AUGUST 2023
getactiveabc.com/summer
 #shakeupsummer

Armagh City
Banbridge
& Craigavon
Borough Council

**Be Active
SUMMER
Programme**

www.newrymournedown.org/summerprogramme

Ag freastal ar an Dún
agus Ard Mhacha Thosa
Serving Down
and South Armagh

an tOileán agus an Dún
Newry, Mourne and Down
Borough Council



Are we there yet?....

Quick reads for parents surviving school holidays

Call Parentline to request your **FREE** summer resource containing fun ideas and activities to keep kids entertained and handy tips on keeping calm and being kind to you!



☀️ **SUMMER RESOURCE** ☀️ Are we there yet?... We at Parentline NI know that summer can be tough when it comes to keeping children entertained and we are here to help. Our summer resource contains lots of links to fun activities, ideas and helpful hints to keep kids entertained as well as some tips for keeping calm and being kind to you. Call 0808 8020 400 for your free copy

Welcome back to High Five. Our theme in this issue is to Have Fun! The summer break is an important opportunity to rest, refresh and have fun with our families and friends, after a busy school year. In this issue there are lots of summer fun ideas!
Link: <https://ow.ly/SGwF500UivR>



The summer holiday is fast approaching. It can be a time of excitement but also a time of panic for parents and carers across the country. Worries spring to mind; ‘What activities can we do to stop the kids from being bored?’ to ‘How can we keep the family entertained all summer without breaking the bank?’ With the cost of living rising, you might be concerned about how to keep spending down this summer while doing your best to keep your kids loving life and learning along the way. But fear not! Here are 23 fun and free family-friendly summer activities that are guaranteed to bring laughter and improve your child’s communication skills along the way.

https://www.bbc.co.uk/tiny-happy-people/free-summer-family-activities/zrsvvw?fbclid=IwAR1WcNBSIataXkijRxHvp_a3TpY-CF8BDwi08IPRrpgw0_TJy0-glxzFJLLO





Cost of Living Crisis

A Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis

Our Cost of Living Crisis resource provides details of targeted resources & support for families & children struggling with the current cost of living crisis. This document is live and will be updated regularly. [Download Cost of Living Resource](#)
If you would like to include info on your service, please email una.casey@hscni.net



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

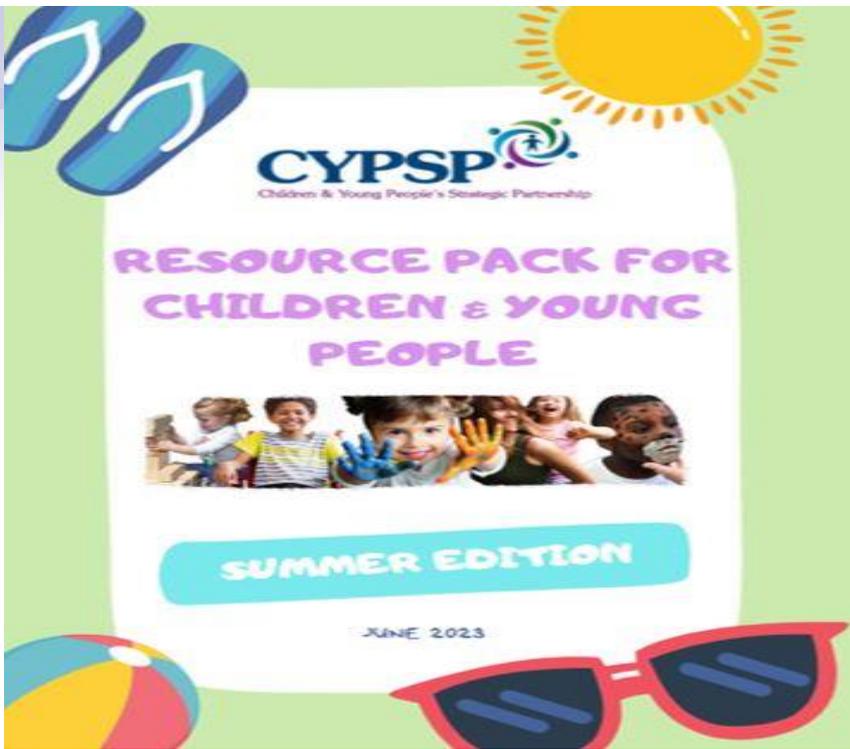


Text Shout: 852558

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

CYPSP Translation Hub





The Summer Edition of the Children & Young People’s Resource Pack is OUT Now!

Included are resources on disability, mental health, education and more, plus lots of activity ideas to help keep the kids entertained over the holiday period including colouring and activity sheets and play, craft and snack ideas.

Download at: <https://cypsp.hscni.net/download/426/cyp-resource-pack/40962/cyp-resource-pack-summer-edition-2023.pdf>

(Note: Newsletter will download directly to your device. Look out for the pop-up box and click on open file when it appears).

Resources and activities are free and in the public domain. Feel free to share with your contacts and those who you think would find it useful.

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



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





CYPSP have launched a new regional guide for parents on their journey through disability at the Long Gallery, Parliament Buildings on Monday 22 May 2023. This resource is **by** parents **for** parents and its development has been parent led from the onset and addresses the whole life journey for parents of children with disability and additional needs. Launched alongside this document, is the 'All About ME' booklet co-designed by Barnardo's PosAbility Young Peoples' Group.

This is a live resource which will be updated as new resources emerge.

Download your copy now:-

Guide link - <https://tinyurl.com/YourJourneyGuide>

All about ME link - <https://tinyurl.com/ysjx9fby>



A GUIDE TO HELP **YOU** ON YOUR JOURNEY THROUGH DISABILITY/ADDITIONAL NEEDS

For Parents by Parents



Download at <https://tinyurl.com/YourJourneyGuide>

Or simply scan the QR code



All About ME





Self-compassion – for parents

People in Northern Ireland do tend to be hard on themselves. Self-criticism is rife. People tend not see strengths but dwell on weaknesses and mistakes. How does that contribute to well-being?

Self-compassion holds significant potential to help people achieve goals, improve wellbeing or address longer term chronic challenges.

The evidence of using self-compassion is compelling

The amygdala, are area in the brain, is like a smoke detector for threat. It evolved as a protective process to mobilise us into action. When we go into survival mode our thinking shuts down. We need ways to counter that sense of threat that happens daily living in the modern world.

From research from Harvard Medical School, using mindful self-compassion for just two week improves the connection between the thinking part of the brain, and the amygdala.

Using it daily, people were less self-critical and were able to look at situations in a more compassionate way.

And that was at two weeks.

Using it for eight weeks with regular practice, seeing things with more self-compassion became automatic because of more sustained shifts in the brain.

So first came the workbook - Using Self Compassion to Improve Wellbeing and Support Growth

A workbook with an introduction to self-compassion is available at <https://setrust.hscni.net/wp-content/uploads/2023/05/SELF-COMPASSION-BOOK-APRIL-2023-smallest-file-size.pdf>

There is a clear link between the amount of practice and lasting change.

People have asked we create a visual means to access what is in the workbook, so we have created 11 clips to go along with the workbook.

This is now on ASERT’s website [Self Compassion | ASCERT](#)

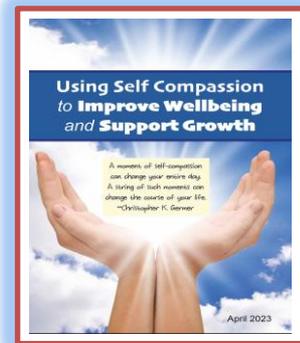
Parents may ask, how do I help my children be more self-compassionate?

The leading thinkers behind self-compassion, Kristin Neff and Chris Germer suggest the best way for parents to teach it our kids is model it. Let them see us using it when we have struggles or make mistakes.

We hope you find this helpful.

Ed Sipler

South Eastern Trust





Subscribe on YouTube

Public Health Dietitians



Health and Social Care | Public Health Agency

Access free nutrition webinars and healthy recipes on YouTube. A wide range of free 30 mins nutrition webinars for all life stages and healthy recipe videos are available. Watch on YouTube at <http://pha.site/public-health-dietitians-youtube>



Many families in Northern Ireland who are eligible for the Healthy Start Scheme, which provides vouchers to help buy food and milk, are not availing of it. Check if your family is eligible : <http://bit.ly/42NMvXC>

PARENTS/CARERS

Need someone to listen without judgement?



Call us: 0808 8020 400
Email us: parentline@ci-ni.org.uk
Webchat: [ci-ni.org.uk/parentline](https://www.ci-ni.org.uk/parentline)
Request a call back: [ci-ni.org.uk/parentline](https://www.ci-ni.org.uk/parentline)

We're open:
Mon-Thurs 9am - 9pm
Fri 9am - 5pm
Sat 9am - 1pm



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



NSPCC 
Cruelty to children must stop. FULL STOP.

Letting the Future In
Information for parents/carers



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.

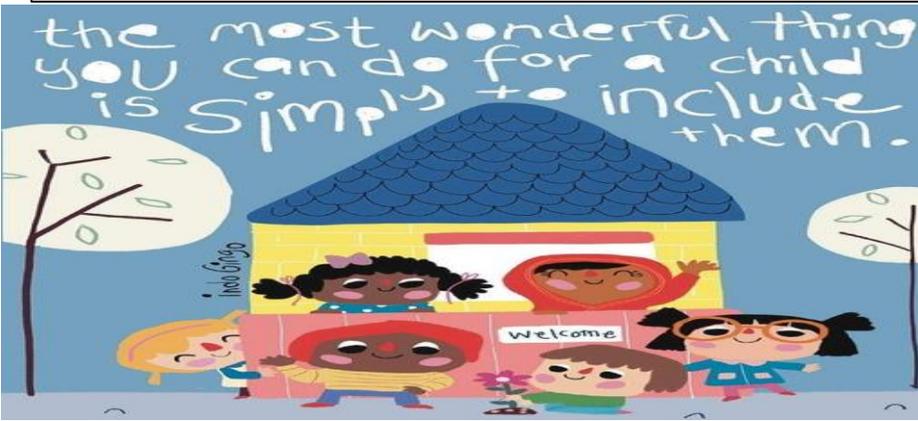
Call **0808 800 5000**, text **88858**, email help@nspcc.org.uk or visit nspcc.org.uk/helpline



From 1 June 2023, all adults in Northern Ireland will be considered potential organ donors unless they choose to opt out or are in an excluded group.

The Organ and Tissue Donation (Deemed Consent) legislation, known as 'Dáithí's Law' in honour of six-year-old Dáithí Mac Gabhann, will change the way consent is granted. The 1st of June is exactly 5 years from when Dáithí was added to the transplant waiting list.

We encourage everyone to consider their organ donation decision, record it on the NHS Organ Donor Register, and most importantly [#HaveTheChat](#) with loved ones so they are aware of your decision. Read more about the law change at www.organdonationni.info/changes-to-the-law or stay up to date with @OrganDonationNI on Facebook, Instagram and Twitter.



 **Clanrye Group**
Here To Support You

WALK & TALK

for Carers

Every Tuesday from
10:30AM - 12PM

 Meet at Mayfair Business Centre
 Walk to Peoples Park

A catch up for carers followed by tea, coffee and refreshments.

No need to book.
For more information contact
nicole.dynes@clanryegroup.com
(078 7050 7549)





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 caroline@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 orla@bolstercommunity.org

NEWRY/MARKETHILL PARENTING SUPPORT GROUP

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

The group meet weekly 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 kathy@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 orla@bolstercommunity.org



**Southern Health
and Social Care Trust**





UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH



Access Children's Experiences
Dr Beth Change



PARENTS/CARERS

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

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:

BETHECHANGENI

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'

Your kids need you to enjoy them more than correct them.



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.




Building our Children's Developing Brain
Some ideas for parents and carers

[Download](#)





Join our Parent Discussion Groups

Is a discussion group for me?

- Are you a parent or carer?
- Would you appreciate a space to connect with others who can offer empathy, support and solutions?

If you have answered yes to the questions we would love to hear from you.

Let's Talk ADHD
Monday 3rd July
7-8pm

Let's Talk TEENS
Thursday 6th July
7-8pm

Let's Talk New Baby
Thursday 20th July
11am-12pm

Let's Talk ADHD
Monday 7th August
7-8pm

Let's Talk New Baby
Thursday 17th August
11am-12pm

Phone us free on 0808 8020 400 to book a place



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

www.thinkuknow.co.uk/4_7

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



CO-BEDDING TWINS AND MULTIPLES



DO:

- Sleep both babies on their backs
- Use a firm, flat waterproof mattress
- Sleep them in the feet to foot position at opposite ends of the cot
- Stay in the same room as your babies, day and night



DON'T:

- Use a Moses basket for co-bedding (they may overheat)
- Use cot dividers or rolled up towels to separate them
- Sleep them in the same cot once they can roll



CO-BEDDING TWINS & MULTIPLES

CO-BEDDING TWINS & MULTIPLES



8 sensory weaning ideas

<p>1.</p> <p>BETROOT PUREE</p> <p>BREAD FINGERS</p>	<p>2.</p> <p>COOKED PASTA</p> <p>(IN DIFFERENT SHAPES)</p>	<p>3.</p> <p>PINEAPPLE SLICES</p> <p>PLAIN YOGHURT</p>	<p>4.</p> <p>FRUIT STICKS</p> <p>WITH LOTS OF COLOUR VARIETY</p>	<p>5.</p> <p>HUMMUS</p> <p>GREEN & RED PEPPER FINGERS</p>	<p>6.</p> <p>TOMATO SUNSHINE</p> <p>BOILED EGG RAYS</p>	<p>7.</p> <p>PEA PUREE RISOTTO</p> <p>WITH GARDEN PEAS</p>	<p>8.</p> <p>WRIGGLY NOODLES</p> <p>WITH COLOURFUL VEG</p>
---	--	--	--	---	---	--	--

Help Kids Talk Bitesize sessions

TOP TIPS for dummy use



Click here to give us your feedback.



See below for additional resources and information including some top tips from parents. Feel free to download and share these resources with friends, family and colleagues.

Top tips for dummy use' leaflet

Dummy, speech sounds and teeth' leaflet

For access to lots more information, tips and advice to support children's speech, language and communication development subscribe to our mailing list.

Click here to subscribe to our mailing list.



How has Sure Start supported you and your family? Have your say

<https://forms.office.com/e/B7cXaMxu3i>

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

EARLY YEARS




Take part in the Sure Start Parental Survey 2023.



Scan the QR code to take part






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.



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!

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

www.inourplace.co.uk
www.solihullapproachparenting.com



**BUMPS & BEYOND
EVENT**

FOR EXPECTANT PARENTS
AND PARENTS WITH
BABIES AGED UP TO 12 MONTHS

Bethany Community Centre
Saturday 1st July
10.30am - 12.00pm

THE DRY ARCH
CHILDREN'S CENTRES
Sure Start
"It takes a whole village to raise a child"

Congratulations on your pregnancy / new arrival!

Dry Arch Sure Start is pleased to be working with our partners in the community to bring you information about all the services and support available to you at this exciting time.

This event will showcase:

- Dry Arch supports & programmes, including HypnoBirthing, Yoga, Reflexology, Infant Massage, Bright Beginnings Baby Play
- Community Midwife Team
- Health Visiting Team
- Community Food & Nutrition Team

And more!

To book your place, please contact
Claire.Deighan@dryarchcentre.co.uk or
contact the Sure Start office on 028 7744 6317.

THE DRY ARCH
CHILDREN'S CENTRES
Sure Start
"It takes a whole village to raise a child"



Safe baby bath time

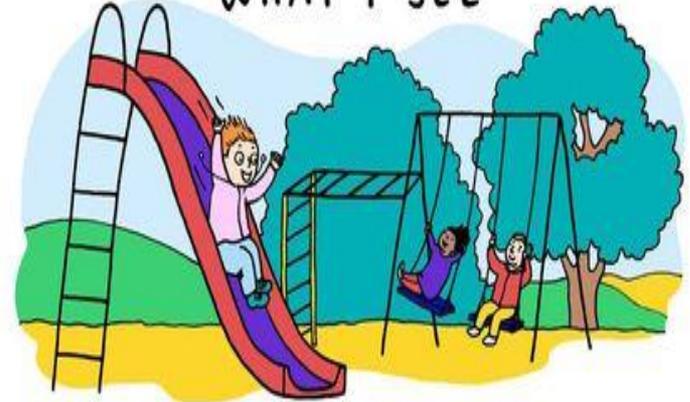
- 👉 Get everything ready before you start
- 👉 Stay close all the time they're in the water
- 👉 Don't leave them alone in a bath seat, even for a moment, as they can slip out or it can tip over
- 👉 Keep them within arm's reach to keep them safe from drowning



TINY
Happy
PEOPLE

GOING TO THE PARK

WHAT I SEE



WHAT MY CHILD SEES





BABY MASSAGE

5 week baby massage programme

Starting on:
29th June at 10.00am - 12.00pm
Dungannon Teachers' Centre

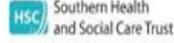
Baby age from birth to 12 months

There are many benefits to baby massage:

- Helps your baby to relax
- Helps baby sleep and settle more easily
- Enhances bonding relationships
- Learn and understand your baby cues
- Reduces stress levels
- Boost the immune system
- Relieves wind and constipation

For further information please contact
Parenting_partnership@southerntrust.hscni.net
Telephone: Lorraine O'Neill 07880 474 747





All our drop-in stay & play groups are relaxed, informal, and a safe space for parents to meet others and chat while the wee ones play.

We always have good fun, they are free to attend, and we try our best to host our Parent Meet-ups in accessible venues with free parking.

Soft Play Sessions



EVERY FRIDAY (EXC. PUBLIC HOLIDAYS)
10AM - 11.30AM

BALLYMENA NORTH BUSINESS & RECREATION CENTRE

120 CUSHENDALL ROAD, BALLYMENA





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>



Health benefits of breastfeeding



- your breast milk is perfectly designed for your baby
- breast milk protects your baby from various infections and diseases
- breast milk is available whenever your baby needs it
- breastfeeding can build a strong emotional bond between you and your baby

For more info see www.breastfedbabies.org



EARLY YEARS

you're doing GREAT!

SELF-CARE FOR NEW DADS

CHAT TO OTHER DADS

FIND TIME FOR YOUR HOBBY

EASE UP ON YOURSELF

COMMUNICATE WITH YOUR PARTNER

CHECK IN WITH YOUR MOOD

HAVE FUN WITH BABY

PARENTHOOD WILL GET EASIER

Milestones you may not know...

build better **BALANCE!**

 Birth to 2 Months Holds head up	 3 to 5 Months Rolls	 6 to 8 Months Balances on tummy	 9 to 11 Months Creeps or crawls.
 12 to 15 Months Walks independently	 16 to 18 Months Walks up one step at a time	 19 to 24 Months Two-foot jumps	 24 to 29 Months Runs
 2 to 3 Years Balances on one foot	 3 to 4 Years Catches ball	 4 to 5 Years Kicks ball	 5 to 6 Years Rides bike

itlearningcorner.com

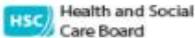


SureStart



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

#SureStartWorks



About CCPS Training & Quality Sure Starts For Childcare Providers Parent Resources



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 NI

Through our reader development programmes and work as an arts organisation, BookTrust in NI makes a positive impact on children, families and local communities.

In line with the rest of the UK our aim is to ensure that everyone has access to books in their home and is inspired to engage with the world of reading for pleasure and to improve their life chances.

[BookTrust Northern Ireland | BookTrust](#)



Northern Ireland Partnerships

BookTrust NI is very proud to work in partnership with local organisations to help deliver our aim of getting children reading. Find out more about these partnerships here.

EARLY YEARS



Discover the magic of nature with

Bluebell the Woodland Fairy

To register your interest or for more information please email: play@belfastcity.gov.uk by Fri 30th June 2023.



Belfast City Council

www.belfastcity.gov.uk/play

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



printable yoga poster



Let's play the traffic light game



Age 2-3

- Call out the colour "green light" to go and "red light" to stop.
- Encourage your child to run around when you call out "green light" and to stop and stay still when you call out "red light".



Top tip

- Take it in turns to take the lead and have a go at running around yourself!



Age 4-5

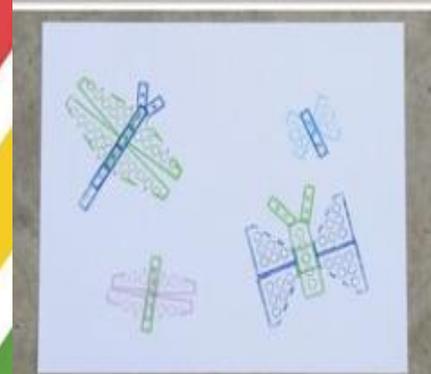
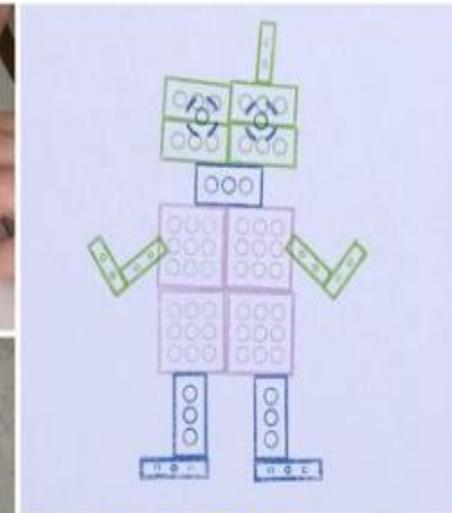
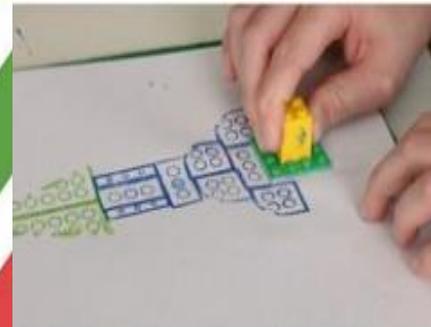
- Add in "amber light" so all players have to move around in slow motion.

Top tip

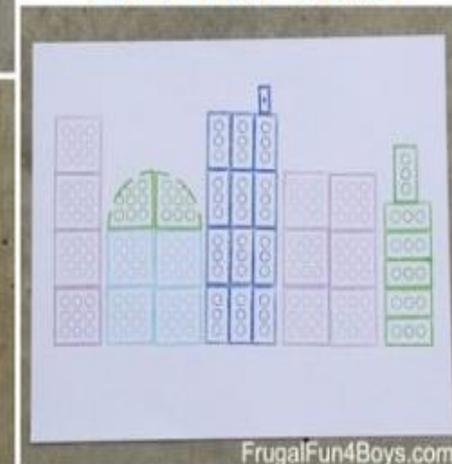
Encourage your child to come up with other colours for lights and different actions. For example - purple could mean jump on the spot.

Fun LEGO Stamping Art!

<https://frugalfun4boys.com/lego-stamping-its-art-with.../>



LEGO Stamping Art for Kids



FrugalFun4Boys.com



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace

NHS

Solihull Approach presents

Two online courses exclusively for teenagers!

Understanding your brain
(for teenagers only!)

NEW and
Understanding your feelings*
(for teenagers only!)

*Includes the emotional effects of the COVID-19 pandemic



inourplace.co.uk

FIND OUT MORE...

Do you live in Northern Ireland?

1. Visit www.inourplace.co.uk
2. Enter Access Code
3. Begin learning

Access Code:
NIBABIES



YOUNG PEOPLE

A **NEW** online course '**Understanding your feelings (for teenagers only!)**'. Solihull advised the course was created because of the rise in mental health problems in young people during the COVID-19 pandemic. It introduces teenagers to mental health...recognising and processing feelings in the context of relationships. It presents Solihull's view of why the COVID-19 pandemic has had such an impact on emotional health. The course suggests how this can be processed. For those in Northern Ireland you can take advantage of this pre-paid, locally funded offer, www.inourplace.co.uk Access code: **NIBABIES**. Create an account (or sign in), to start learning.

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

New CEOP Website Launched

Our new 11-18s website, giving information on sex, relationships and the internet.

Check it out now:- http://thinkuknow.co.uk/11_18



The internet, relationships & you

Advice from [CEOP Education at the National Crime Agency](http://www.ceop.gov.uk)



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



YOUTH HEALTH ADVICE SERVICE

- RELATIONSHIP & SEXUALITY EDUCATION (RSE)
- SEXUAL HEALTH
S.T.I. TESTING & FREE CONDOM SCHEME
- DRUGS & ALCOHOL
BASELINE ASSESSMENT & SUPPORT
- EMOTIONAL HEALTH & WELLBEING
SIGNPOSTING TO APPROPRIATE CARE



ANNA JOHNSTON
YOUTH SUPPORT WORKER
YMCA NORTH DOWN
☎ 07591 840723

FOR 16 TO 25 YEAR OLDS

IN-PERSON SUPPORT
OR BY PHONE, TEXT,
ZOOM & EMAIL

FOR MORE INFO ON YOUTH HEALTH ADVICE

setrust.hscni.net/health-living/youth-health-advice

YHAS@setrust.hscni.net ☎ 07753 310352



MONDAY TO FRIDAY 9AM TO 5PM RESPONSE WITHIN 48 HOURS OR NEXT WORKING DAY



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

Getting a summer job

If you're after a bit of spare cash, getting a part-time job during your school holidays is a good way to do it. You can gain useful skills that you can use later in life, but there are some things you need to consider before you start that application

nidirect.gov.uk



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



WHATEVER YOUR QUESTION ABOUT YOUR RIGHTS, ASK REE.
Always anonymous, always confidential, never judgemental.



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



In partnership with:



Southern Health and Social Care Trust

Practical and emotional support for families in Northern Ireland raising a child or young person with additional needs



Family Voice Hub



www.autonomie.org.uk

Autonomie, Lilac House, 4 Sandhurst St, Belfast BT7 1PW Registered Charity No 100421

Find out more!

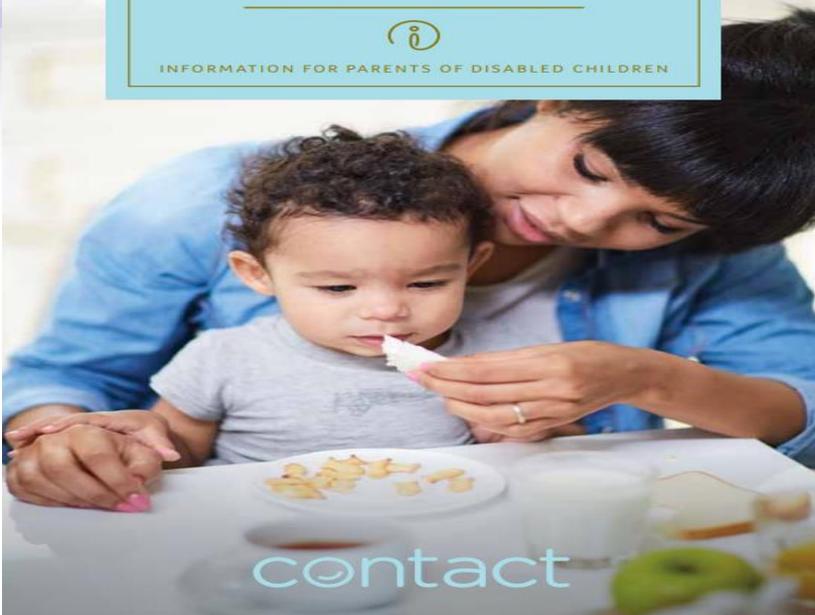
Email: sharon.autonomie@gmail.com

Tel: 078 7251 9900





FEEDING & EATING
INFORMATION FOR PARENTS OF DISABLED CHILDREN



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](#)



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

Outdoor Play

CENTRE FOR AUTISM

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>

Autism NI
Northern Ireland's Autism Charity

Become a member!

Why?...

So many reasons WHY!

- ✓ Priority Queuing
- ✓ Carer Discount
- ✓ Family Fun Days
- ✓ Parent Training
- ✓ Parent Support Groups
- ✓ Helpline – 028 9040 1729 (Option 1)
- ✓ Access to up-to-date information and services

and many more...

Logos for partner organizations: TAYTO PARK, THE ZOO BELFAST ZOOLOGICAL GARDENS, THE NATIONAL TRUST, JumpBoxx INDOOR TRAMPOLINE PARK, Stena Line, TITANIC BELFAST, and GIBBY'S GARDENS.

As a member you will be contributing towards our services, ensuring that individuals with Autism in Northern Ireland are getting the help and support they need.



GROOMSPORT INCLUSIVE BEACH FAMILY FUN DAY
MONDAY 3RD JULY 11AM - 1PM

Join us at the beach for Mindful Movement with Tracy and enjoy a magic show by FizzWhizzPop! FREE to attend for all members - BOOK NOW using the link below.

<https://www.eventbrite.co.uk/e/625220871457>

To become a member register here -

<https://www.maemurrayfoundation.org/get.../become-a-member/>

Want to find out more about our Inclusive Beaches?

<https://www.maemurrayfoundation.org/.../inclusive-beaches/>

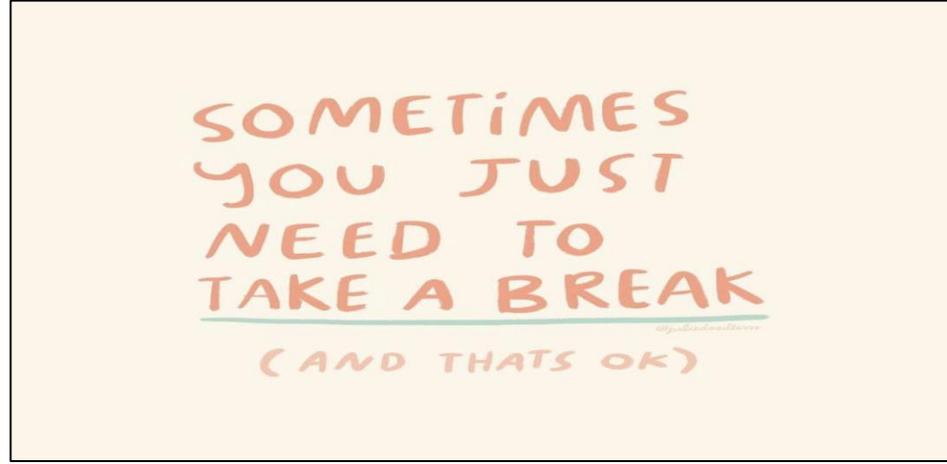
**GROOMSPORT
INCLUSIVE BEACH**

FAMILY FUN DAY

**Monday 3rd July
11am - 1pm**



www.maemurrayfoundation.org



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>



Play games and collect stars as you learn about mental health, wellbeing, and resilience... Download OUR Generation today!



FREE



OUR Generation

Download on the App Store

GET IT ON Google Play

App versions for 8-11 year olds & 12-24 year olds

OUR generation
Growing Up Better, Together

Peace
Northern Ireland - Ireland
European Regional Development Fund

The OUR Generation app is here! Who will you choose to guide you?
 🐾 Hoofy 🐾 Stripey 🐾 Roby, or 🐾 Bulby?
 They'll be with you every step of the way!

#AvailableNow! 📱

Google Play:
<https://bit.ly/43UrmMz>

Apple Store:
<https://bit.ly/42jXdoD>



Where to find mental health support online and on the phone

Mind Wise



This is your little weekly reminder that you are not alone, you are so loved, and you can handle whatever this week sends your way.

© Shutterstock.com, Shutterstock



0:15 | 608 views

ENSPCC 2022

We all feel it - Childline

Childline Launch New 'We All Feel It' Campaign Aimed at Young Males

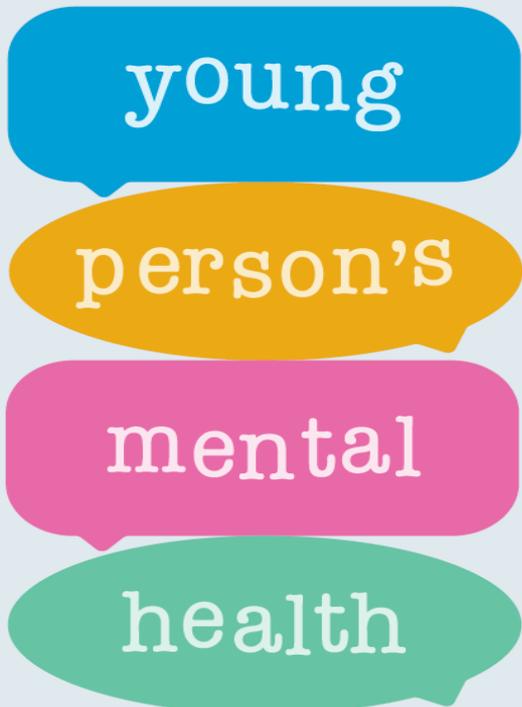
Childline has launched a new mental health campaign, 'We all feel it' to support young males to reach out for support. Watch the video

<https://cypsp.hscni.net/childline-launch-new-we-all-feel-it-campaign-aimed-at-young-males/>



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](#)



a guide....

a resource for young people, their parents and carers to support mental well-being

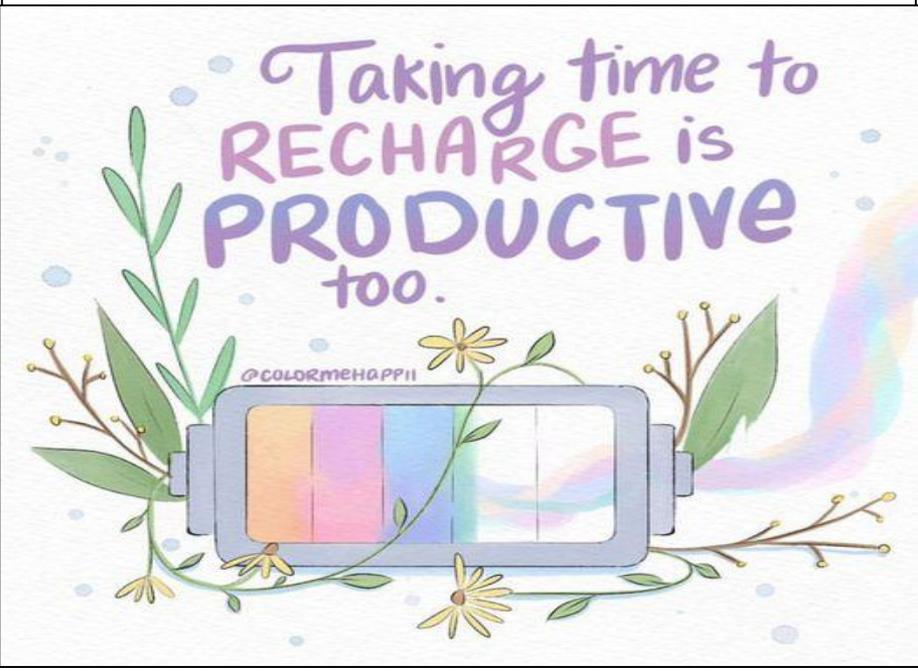
Get in touch with our wellbeing advisors today

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





Jump Back Up July 2023

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

3 Be willing to ask for help when you need it

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together



"Thank you for being there at my lowest time"

Male caller to Lifeline service



Lifeline
0808 808 8000
Textphone:



Self Help Guides for Mental Health & Emotional Wellbeing



HSC Belfast Health and Social Care Trust
working, supporting, inspiring together



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



A-Z Mental Health



rest..

IT'S OKAY to SPEND TIME FINDING OUT WHAT REST YOU NEED/ENJOY

YOU ARE NOT LESS DESERVING of REST WHEN YOU feel YOU HAVEN'T BEEN PRODUCTIVE

YOU ARE NOT LAZY for NEEDING DOWN TIME

YOUR BODY and MIND NEED TIME to RELAX and REPLENISH

YOU ARE NOT 'WASTING TIME'

@STACIESWIFT



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 Gallop Strategic Partnership.

www.mindingyourhead.info

Public Health Agency, 10-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114 (local rates)

Are you living with drug or alcohol issues? Are these impacting on your wellbeing?



THE SOUND OF A CREEK RUNNING

THE SUN'S WARMTH ON YOUR SKIN

BIKE RIDES

NOTICING THE GOODNESS AROUND YOU

WHEN YOU DROP YOUR PHONE AND IT DOESN'T CRACK

SUPPORTIVE FRIENDS

REALIZING HOW BLESSED YOU ARE

LITTLE THINGS WORTH SMILING ABOUT

DISNEY CHANNEL ORIGINAL MOVIES

WAKING UP WELL RESTED BEFORE YOUR ALARM

A MADE BED

A SONG THAT BRINGS BACK A HAPPY MEMORY

THE SMELL OF COFFEE IN THE MORNING

Personalitypegrl



The Mighty Condition Guide

Self-Harm Coping Skills

The Mighty surveyed 2,500 people with a history of self-harm. Below are the alternative coping skills they found most helpful to resist the urge to self-harm.



Listen to or Make Music



Read a Book



Cry



Clean



Spend Time With Pet



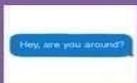
Scream



Journal or Write



Snap a Rubberband



Contact a Loved One



Grounding Exercises



Watch TV or Movies



Go for a Drive



Eat Comfort Food



Craft Activity



Go Outside



Visit a Friend



Color or Draw



Take a Soothing Bath



Exercise



Play Video or Computer Games



Breathing Exercises

If you need support right now, call the National Suicide Prevention Lifeline at: 1-800-273-8255

THE MIGHTY

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



MENTAL HEALTH & WELLBEING



Mental Health Support Services & Crisis HELPLINES



Action Mental Health | 028 3839 2314
 AWARE | 028 9035 7820
 CAMHS | 028 3083 5400
 Lifeline | 0808 808 8000
 Mental Health Forum | 028 3025 2423

MindWise | 028 9040 2323
 PIPS Upper Bann | 028 3831 0151
 Samaritans | 116 123
 Yellow Ribbon | 028 3833 1485
 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



Mental health and housing

community wellbeing .info

women's aid Local groups

Antrim, Ballymena, Carrickfergus, Larne & Newtownabbey	028 2563 2136
Armagh Down	028 3025 0765
Belfast & Lisburn	028 9066 6049
Causeway & Mid Ulster	028 7035 6573
Fermanagh	028 6632 8898
Foyle	028 7141 6800
North Down & Ards	028 9127 3196
Omagh	028 8224 1414

Whatever you're facing We're here to listen

Call free day or night on **116 123**

Email 116123@samaritans.org

ALT Local Authority

SAMARITANS

samaritans.org

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!

HSC Public Health Agency



What to put in a memory box

Cruse
Bereavement
Support



Photographs



Items of clothes
and Jewellery



Letters or cards
from them



Awards or
certificates they
received

Memory Box
Creating a memory box can be a lovely way to remember a loved one who has died. By having a safe space filled with their items can be a helpful way to feel connected to them and keep their memory alive.

CRUSE NATIONAL HELPLINE

0808 808 1677

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



BEREAVEMENT

What children understand about death 5-10 years old

Children this age attend school and can get more information and misinformation.

It's important that the cause of loved one's death and the funeral process is explained.

Children will ask many questions. This will help them understand what has happened.

Let them talk about their feelings.

Cruse
Bereavement
Support



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



HSC Belfast Health and Social Care Trust
caring supporting improving together

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	



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

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, B Floor, Carlisle Road, Dungannon BT71 4AU.
Tel: (028) 3756 1370 Email: nines@southerntrust.hscni.net

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



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



BLACK, ASIAN AND MINORITY ETHNIC



Translations – Cost of Living Crisis



CYPSP Cost of Living Crisis Resource

A Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis



10-Top-Tips-Information-Leaflet - Energy Efficiency in the Home

NEA are concerned that the 'perfect storm' of higher energy prices, reduced incomes, and leaky, inefficient housing could put many households in Northern Ireland at increased risk of fuel poverty. These increases come at a time when many household budgets are already stretched thin.

However, simple changes to day-to-day activities could make big differences to household bills. Here are a variety of no cost/low-cost energy savings tips.



Help with energy costs in Northern Ireland

You may be worried about managing your energy use and costs this winter. Here is some information to help householders in Northern Ireland. (Click on Accessibility to access Recite toolbar to change language)



Belfast Warm and Well

The Belfast Warm and Well Project aims to help local people struggling to keep their home warm this winter, by offering advice and practical support to stay warm and well.



Northern Ireland Energy Efficiency webinars

NEA Northern Ireland launches a new suite of supported e-learning courses and webinars Supported E-Learning Fuel Poverty and Health The course looks at the causes and impacts of fuel poverty with a focus on the health impacts. It aims to help delegates identify those likely to be at risk from fuel p...



Cost of Living support

A cost of living support package has been put in place for 2022 that includes one-off payments to those on income related benefits, disabled claimants and pensioners. These payments are intended to provide support to you with the current rise in the cost of living.



Cost of Living - Information & Advice

NI Direct information and advice on the cost of living including help for families and children, older people, energy savings, housing and other costs

New Diabetes Section on the Translation Hub

We are delighted to have worked with Diabetes UK Northern Ireland to develop a new section on the Translation Hub on understanding Diabetes

<https://cypsp.hscni.net/translations-understanding-diabetes/>

All information can be translated digitally to read or listen to.

Includes guides on Type 1 & 2 diabetes, gestational diabetes & eating well tips.

The CYPSP Translation Hub provides you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.....

www.cypsp.hscni.net/translation-hub

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

BLACK, ASIAN AND MINORITY ETHNIC



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@btpopenworld.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>

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.

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

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.

More than **4,000**

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

16 DAYS OF ACTION AGAINST GENDER BASED VIOLENCE

psni.police.uk

we care we listen we act



Police Service of Northern Ireland

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



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

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

the rainbow project

Cara-Friend here

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/>



STEP 2 Drug & Alcohol Service



A COMPLETELY FREE & CONFIDENTIAL SERVICE



Scan for a direct link to the referral form



HSC Public Health Agency
Project supported by the PHA

Available in the Southern Health & Social Care Trust area including Armagh, Banbridge, Craigavon, Dungannon, Newry & Mourne

Step 2 Drug & Alcohol Service is for adults aged 18 and over who want support & advice for their drinking or drug use

Weekly referral meetings are held & contact made with clients for an initial assessment offering appropriate support including advice and therapy

SUPPORT IS ALSO AVAILABLE TO FAMILY MEMBERS & LOVED ONES

You can refer yourself directly or someone else with their consent

Katrina 07591 834 468

Christine 028 90 392547

step2partnership@dunlewey.org

Referral forms available at:

<https://bit.ly/3KOZ3Xo>



PHA commissions a Step 2 Alcohol and Drugs Service for adults 18+ years across the Southern Trust area. It replaces the previous 'Step 2' service that was provided by Southern HSC Trust.

The Step 2 service offers intervention for adults who drink alcohol at hazardous or harmful levels (scoring 16-19 or 20+ on [AUDIT](#)) and adults with harmful drug use. The level of use can be indicated on the referral form or assessed by the Step 2 service.

A second component of the new Step 2 service is the provision of support for family members in their own right, whether or not their relative is accessing treatment for their use of alcohol or drugs.

All service details, including referral forms for individuals and for family members, are online at [Alcohol and Drugs support for people in Southern HSC area](#).

Self referrals are accepted however I encourage you to refer people for whom this valuable service can provide professional patient centred support to meet their needs. The Step 2 service also provides interpreting support for those who require it while accessing the service. Consent is required from the patient and the referral form should be submitted with as much detail as known at the time of referral.

Should you wish to discuss the Step 2 service or signpost patients you can;

Email: step2Partnership@dunlewey.org or Telephone: 07591 834 468 (Katrina)

The Southern Area Drug and Alcohol Service Directory can be accessed [here](https://drugsandalcoholni.info/the-ni-dacts/sdact/) (<https://drugsandalcoholni.info/the-ni-dacts/sdact/>)

Should your practice wish to learn more about services available locally, you can contact our Connections team by emailing connections@sdact.info



11-25 and struggling with alcohol or drugs?



DAISY provides confidential support over the phone or by video call

Its ok to ask for help. We are here for you!

0800 2545 123
daisy@ascert.biz



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

Statistical Bulletin 2022 ENCODA 2022

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.



www.drugsandalcoholni.info/RAPID

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



VISIT [STEPSCOPE.CO.UK](https://www.stepscope.co.uk) FOR TOOLS THAT CAN HELP YOU COPE DURING THIS TIME.

STEPS COPE ASCERT 21 Believe in it! Barnardo's South Eastern Health and Social Care Trust AFINE! COMMUNITY FUND

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.



Probation Board for Northern Ireland

HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED



OUR COMMUNICATION MIGHT BE DIFFERENT BUT WE ARE STILL HERE TO SUPPORT YOU
YOU CAN CONTACT OUR TEAM VIA EMAIL OR PHONE TO REFER TO OUR SERVICES

www.addictionni.com or call 028 9066 4434
[addictionni](https://www.addictionni.com)

www.drugsandalcoholni.info

Affected by someone else's drinking or drug use?



HSC Public Health Agency

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.



TO PROTECT LIFE
COMKIT

HOME ? ? ?

WHO ARE YOU?

Help us find the right platform for you.
See below



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

ESW 2022
energy saving trust

Be wise about your energy

#EnergySavingWeek22



Do you know if you are on the correct tariff?

Check out The Consumer Council NI energy price comparison tool that will enable you to compare electricity and gas tariffs for every supplier in Northern Ireland https://consumercouncil.org.uk/comparison_tool/begin

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



#1. Minimise your electricity usage

- Switch off appliances at the wall.
- Reduce your washing machine temperature to 30°C.
- Only use the water you need in a kettle.
- Use outdoor drying instead of tumble dryer.
- Turn off lights when leaving a room.
- Wait to use appliances like washing machine until there is a full load.

#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.

#6. Emergency oil drums

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

#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.



COMMUNITY



[Find a Food Bank Near You](#)



GET HELP

NO ONE SHOULD GO HUNGRY - WE'RE HERE TO HELP



COMMUNITY

Cost of living
Information and advice

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](#)



Armagh Locality Planning Group: Feel Good Armagh

Friday 9th and Saturday 10th June saw 2 massively successful events to showcase support services in the Armagh locality area.

On Friday 9th June, 66 services hosted information stalls to highlight support for all ages in the Armagh area. The event was held at City of Armagh Hotel and funded through Ark and Tringle Housing along with Armagh, Banbridge and Craigavon Council.

On Saturday 10th June a youth event was held at the EA Youth Service's Epicentre Youth Centre and open to the 11+ age group. Around 170 young people took part in a wide variety of activities ranging from Arts & Crafts and African Drumming to Boxercise and Dungeons and Dragons. A total of 22 activities were offered along with free pizza, fruit kebabs and refreshments. The event was a joint effort from 11 member services of Armagh Locality Planning Group and funded by CYPSP, CiNI, SHSCT and ABC Council.





FINAL CALL

COVID-19 first and second doses will end on 30 June 2023

In order to get both first and second doses before the programme closes on the 30 June, individuals must get their first dose early April to allow for the required 8 to 12-week gap between doses.

Public Health Agency

nidirect.gov.uk/covidvaccine



Get a COVID-19 vaccination in Northern Ireland

The Spring 2023 vaccination programme, which includes primary and booster doses, is available. Find out if you're eligible and where to get the vaccine.

DoH
www.health-ni.gov.uk

HSC Health and Social Care

COVID-19 vaccination

A guide for women who are pregnant or breastfeeding

For further information on Family Support Hubs in your area?

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