



Family Support Hubs Newsletter

This edition includes:

PARENTS/CARERS

- COVID-19 Support & Resources
- Youth Wellness Web
- Family Support NI/Flu vaccine
- Resource pack for C&Y People
- Homework Hacks
- Parent Support webpage
- Parenting NI Reconnecting/Survey
- Can You Foster?/Play Matters
- Ascert Workforce Training
- NSPCC Letting the Future In
- Covid19 Information for Parents/Carers
- Regional Nutrition Information Sessions
- Parental Controls for Apps
- Carers UK Looking after Someone
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- Help Kids Talk
- EARLY YEARS
- Tiny Life/Free Online Antenatal Classes
- Aware NI Parent and Baby Programme
- Childcare Partnership/SureStarts
- Employers for Childcare
- Belfast SureStart Chat with Me

KIDS ACTIVITIES

- Book Trust – Halloween books
- Playboard Halloween Activities

CHILDREN/YOUNG PEOPLE

- Big Deal – Gambling - Need Help?
- Breathing Exercises
- Regener8/Pathway/YEP
- Bryson Skills for Life & Work
- Text A Nurse
- Youth Wellness Web
- Shout Crisis Textline/Rights Responder

CHILDREN/YOUNG PEOPLE WITH A DISABILITY

- Bolster Community
- Deaf CAMHS/Family Fund
- Contact Helpful guide
- Family Voice Hub – Autonomie
- Rare Disease Living Well With...
- Autism – Guidance for Parents/Carers
- Autism Awareness Card/Become a

CHILDREN/YOUNG PEOPLE'S MENTAL HEALTH

- Youth Mental Health Podcast
- Friendship Café/Crisis Drop in Café Newry
- Good-night guide/MindWise Don't Compare
- Young Persons Mental Health Guide
- Tips for Coping with Social Anxiety
- EA – Top tips to manage your feelings
- Developing Mind-craft/Encouraging Mind-space/What is Mental Health?
- Young Minds Crisis Messenger

MENTAL HEALTH & WELLBEING

- Aware Mindfulness Course/Your Mood is made in the Kitchen
- 8 Things to say to an Anxious Child
- Moving Forward/Extern Online Talks
- Action for Happiness – New Ways November
- Take 5 steps to wellbeing/Drinking at home
- A-Z Mental Health guide/Healthy Recipes
- Dealing with Worry and Self-care
- Aware NI Online Support Groups
- Self-help Toolkits/Helplines NI

BEREAVEMENT

- CRUSE Helpline/Home Again
- Barnardos – 7 things you need to know
- Cruse Children's Grief Awareness Week

BAME

- NINES – Nurse Led Clinic
- CYPSP Translation Hub/Browsealoud
- Registration with a GP/Protect your Rights
- Barnardos 'Bolo' Helpline

DOMESTIC & SEXUAL ABUSE

- Women's Aid/Helplines
- Victim Support NI

DRUG & ALCOHOL SUPPORT/ADVICE

- Daisy Helpline/ RAPID Bins
- PBNI/Addiction NI

COMMUNITY

- PIPS Suicide Prevention Enniskillen & L/Derry/The Trussell Trust/Foodbanks
- Community Helplines/Phone First

GOOD NEWS STORIES

- Action for Children Northern FSH/
- Antrim/Ballymena LPG Getting Active Outdoors

COVID ADVICE/GUIDANCE

Welcome to Edition 5/2021 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 25 October 2021.

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

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

Where are the hubs?

Click on map:-





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.

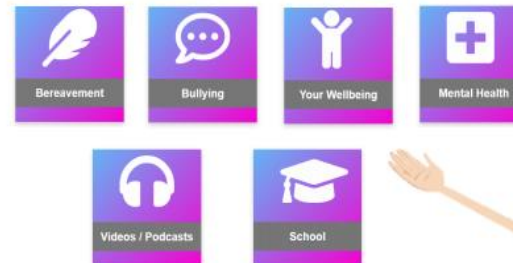


SCAN ME

WELCOME TO THE YOUTH WELLNESS WEB

The Youth Wellness Web has been co-designed by young people for young people with easy access to different resources and services that can really help you.

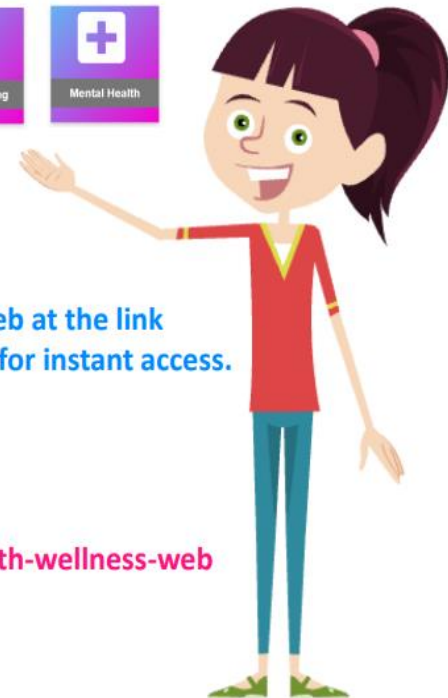
If you are looking information and help with:



Visit the Youth Wellness Web at the link below or scan the QR code for instant access.



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





If you need to find a local FAMILY SUPPORT services or childcare, visit the [Family Support NI Website](#) which holds information on a wide range of family support services and registered childcare provision across NI.



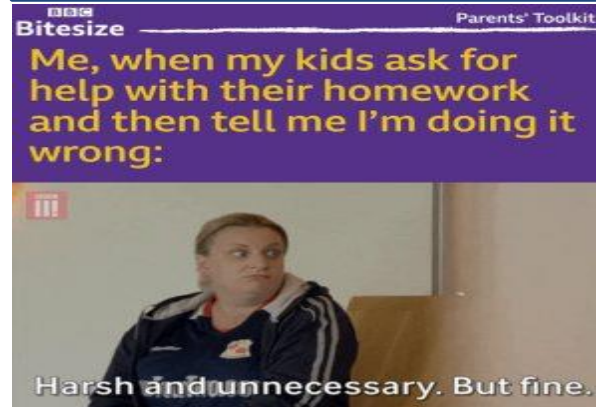
RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE



Updated Oct 2021

CYPSP's Resource Pack for Children and Young People has been updated and refreshed to include more resources on disability, mental health, education plus much more. Also included are some activities to help keep the kids entertained over the Halloween holidays, including colouring and activity sheets and play, craft and snack ideas and can be downloaded [HERE](#)

We will continue to update the resources periodically, so keep an eye out on our website and social media platforms.



Homework woes getting you down?
Don't despair!
[#HomeworkHacks](#) with Sophie a.k.a Tired 'N'
Tested [@tiredntested](#) are here to help!
Head to <https://bbc.in/3ADsLb0>



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



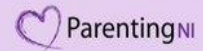
THE BIG

PARENTING SURVEY 2021

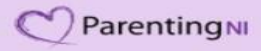


WE WANT TO
HEAR WHAT
YOU HAVE TO
SAY!

#BIGPARENTINGSURVEY



How has the COVID Pandemic affected your emotional & mental health? Fill out our quick survey and let us know!
<https://buff.ly/3FndQWd>



SUZANNE ZEEDYK

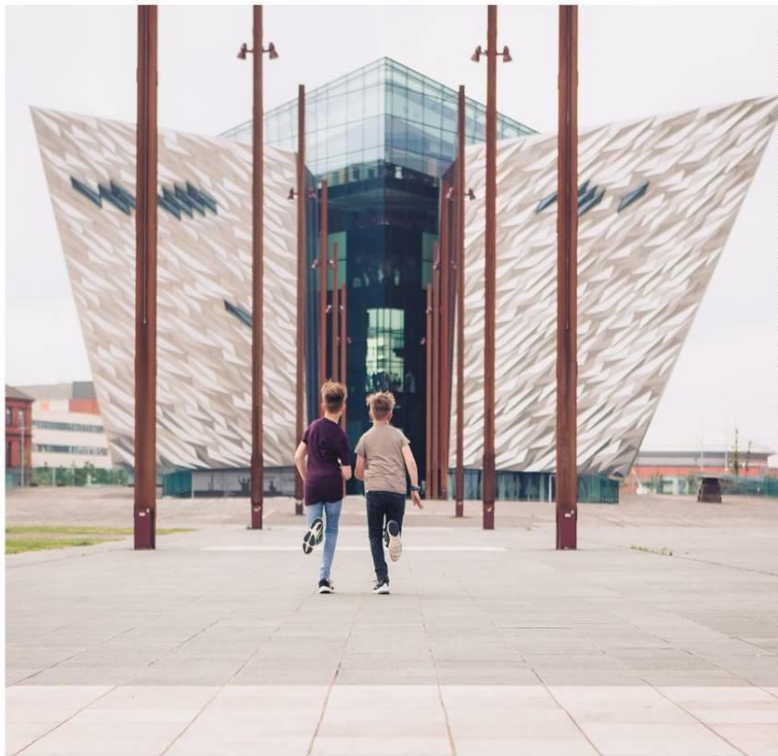
October 28th 2021 10am - 12pm

Suzanne Zeedyk is a renowned research scientist fascinated by babies innate capacity to connect. Suzanne will be running a 2 hour session for practitioners with the theme:

RECONNECTING

#PARENTINGWEEK

REGISTER NOW



Barnardo's Registered Charity Nos. 216250 and SC037905

Can You Foster?

We need more foster carers from all walks of life to ensure when a child needs a loving family the right one is there for them.

Find out more.

Tel: 028 9065 2288

FB: @BarnardosFosteringNI

W: barnardos.org.uk/foster

Incredible things happen
when we believe in children.

Believe in
children
Barnardo's
Northern Ireland



Play for Parents Guide

Play is the most natural way for children to learn, grow, develop and make sense of the world and their place in it. Read our Play for Parents Guide at <http://bit.ly/PlayParentsGuide> for more on the importance of play, play throughout childhood and lots of ideas.



This magazine is packed
full of good ideas to
inspire, support and
challenge you to be the
best you can be!

Issue 31: Friday 22 OCT 2021

High Five

Primary
Behaviour
Support &
Provisions



ASCERT Workforce Development Training: 3 - 16 November 2021

3 November, 10 am - 1 pm
Substance Misuse Awareness

8 November, 10 am - 1 pm
Understanding Illicit Drugs

5 November, 10 am - 1 pm
Safeguarding Children Affected by
Parental Substance Misuse

10 November, 10 am - 1 pm
Understanding Alcohol

16 November, 10 am - 1 pm
Understanding the Misuse of Prescribed and
Over-the-Counter Drugs

These sessions will be delivered via Zoom.



HSC Public Health
Agency
Project supported by the PHA



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



Information for parents and carers



Everyone has a role to play in keeping our schools safe and helping to stop the spread of COVID-19. Please don't send your child to school if they have COVID-19 symptoms such as:

- a high temperature
- a new continuous cough
- loss of or change to their sense of taste or smell

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.

Contact tracing and self-isolation procedures have recently changed, so here's what to do in particular cases.

Contact tracing will be done by the Contact Tracing Service at the Public Health Agency (PHA). They will call from the number 028 9536 8888 – save the number in your phone so that you recognise it and please answer if they call.

My child has COVID-19 symptoms

- Book your child a PCR test as soon as possible.
- They should isolate until they get their result. If it is negative they can carry on as normal and return to school as long as they are well (no fever for 48 hours).
- If it is positive they should isolate for 10 days. You will receive further information by text message and a contact tracing call from the PHA.
- You should advise your child's school or nursery that they have tested positive.

You can book a PCR test online via www.gov.uk/get-coronavirus-test or by calling 119 if you can't go online.

Someone in our household is positive

- Everyone in the household should book a PCR test as soon as possible and again for the 8th day after their exposure. Anyone who tests positive should isolate for 10 days.
- Adults who are fully vaccinated do not have to isolate while they're waiting for the results. Adults who are not fully vaccinated should isolate for 10 days regardless of their test result.
- Children aged 5-17 who are not vaccinated should isolate until they get their results. If the result is negative they can come out of isolation and return to school.
- Children under the age of 5 are advised to take a PCR test but they do not have to isolate while waiting for results.



There has been a positive case in my child's school

- The Contact Tracing Service will be in touch with you if your child has been identified as a close contact of a positive case.
- If the only contact has been in school it is unlikely that your child will be identified as a close contact.
- The school may send a general letter to parents advising them to be aware of symptoms.
- In the meantime if your child develops symptoms please book a PCR test.

There has been a positive case in my child's nursery school

- The PHA will work with the nursery to identify all close contacts and provide advice and guidance to parents on what to do next.
- In the meantime if your child develops symptoms please book a PCR test.

There has been a positive case in my childcare setting

- The PHA will work with your childcare provider to identify all close contacts and provide advice and guidance on what to do next.
- In the meantime if your child develops symptoms please book a PCR test.

There has been a positive case in a club my child attends

- The Contact Tracing Service will be in touch with you if your child has been identified as a close contact of a positive case.
- In the meantime if your child develops symptoms please book a PCR test.

For more information visit:
pha.site/contacttracingschoolsFAQs



Public Health Agency, 12–22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114. www.publichealth.hscni.net



Regional Nutrition Information Sessions for the public - November

Simply click the link or type into a browser to register.
Zoom details will be sent upon registration.

All sessions are delivered by the Public Health Dietitians Group NI.
You will have the chance to ask a Registered Dietitian your questions.

How to Save Money on Your Food Shop

Most people would like to spend less on their food shop – find out how with some top tips during this session!



Wed
3rd Nov
@ 12pm

<https://tinyurl.com/save-money-nov>

Wed
10th Nov
@ 4pm

Mealtime Tips & Fussy Eating

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



<https://tinyurl.com/Mealtime-nov>

Introduction to Solids

Perfect for anyone thinking about or who has recently started introducing solids to their baby.



Thur
11th Nov
@ 10am

<https://tinyurl.com/Intro-solid-nov>

Tue
23rd Nov
@ 1.30pm



Healthy Diet, Healthier You

Find out more about healthy eating through the Eatwell Guide and top tips on how to make healthy changes to your diet.

<https://tinyurl.com/Healthy-diet-nov>

Pre-recorded sessions are available to access on demand at <https://tinyurl.com/NutritionWebinars>



Project supported by the PHA





How to Set up PARENTAL CONTROLS for APPS iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.



How to Restrict Built-in Apps/Features

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Allowed Apps (you may need to toggle this to 'on' at the top)
- 5 Enable or disable the apps you wish to appear (or disappear) on your child's device



How to Restrict Game Centre

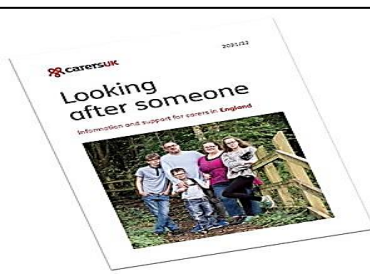
- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
- 5 Scroll down to Game Centre
- 6 Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature



How to Restrict iTunes & App Store Purchases

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap iTunes & App Store Purchases
- 5 Select Allow or Don't Allow for each feature (you can also lock these settings with a password)





*Looking after someone
updated for 2021*



Our updated 2021-22 Looking after someone guide is now available to download on our website. The guide outlines your rights as a #carer & gives an overview of the practical & financial support available. **Download the guide here:**

<http://carersuk.org/LAS>

Some lovely advice from a Speech and Language Therapist about how to use daily routines to build language skills.



Top tips from a speech and language therapist: 18-24 months
Easy ways to boost your child's language skills through everyday activities.

bbc.co.uk



WE'RE OPEN!

Family Mediation NI
continues to offer
mediation sessions
via online platforms



to those separated parents who
wish to engage in child
focussed mediation

FMNI now provides online mediation*
**Call us to avail of HSCB funded service
for separated parents**

Sessions offered to parents wishing to avail of
mediation during COVID-19 and beyond*

**subject to suitability*

For more information, please contact **02890 243265**
or enquiry@familymediationni.org.uk
or administration@familymediationni.org.uk
visit www.familymediationni.org.uk





Welcome to Help Kids Talk



Vision:

Everyone in our community working together to help kids talk.

Help Kids Talk is a community-wide initiative based within Lisburn.

We are passionate about raising awareness of speech, language and communication development.

[Click here for more information](#)

Speech and language delay is the most common difficulty experienced by preschool children.

This impacts their:

- communication
- education
- relationships with peers
- emotional wellbeing and,
- life chances.

Language Problem

in Foundation Stage (4-6yrs)

Literacy Problem

in Key Stage 1 (6-8yrs)

Behaviour Problem

in Key Stage 2 (8-11yrs)

Follow us on social media for helpful tips and advice for supporting children's speech, language and communication. Click on icons below to be re-directed to our Facebook, Instagram or Twitter sites.



[Turn to next page to register for free Basic Awareness training.](#)

[Sign up below to our free Basic Awareness webinar!](#)

As part of the Help Kids Talk project, we run **free** Basic Awareness training webinars which last approximately 1 hour.

These are available to anyone and everyone across Northern Ireland including; parents, grandparents, childminders or volunteers or staff working in an organisation that provides services for children.

In the webinar we discuss:

- > infant mental health
- > brain development
- > top tips for supporting speech, language and communication development

We currently have no webinars running during July and August however we will be running them on a monthly-basis from September 2021.

Basic Awareness webinar dates and times.

Monday 20th September 3.30pm-4.30pm

[Sign up](#)

Wednesday 13th October 7.30pm-8.30pm

[Sign up](#)

Monday 15th November 3.30pm-4.30pm

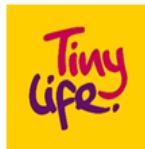
[Sign up](#)

Wednesday 8th December 7.30pm-8.30pm

[Sign up](#)

Contact details: Sarah Ratcliffe (Help Kids Talk co-ordinator)

028 9267 5172 / helpkidstalk@resurgamtrust.co.uk



TinyLife Family Support Services have been specially developed to provide emotional and practical support to parents of premature babies or babies who have spent time on a Neonatal Unit from birth.

30-Day Squat Challenge an Exercise for PREMvember Success!

Northern Ireland's premature baby charity TinyLife, is once again inviting everyone to celebrate signature event, PREMvember throughout November. The event not only marks World Prematurity Day on 17 November but also highlights the vital on-going services provided by the charity.

This year's 30-day squat challenge adds fun and fitness to the annual event. Participants can download the squat calendar and get started on **Monday 1 November**, safe in the knowledge that not only will they look and feel better by day 30 but will also help to raise money for the six premature babies born every day in Northern Ireland.

Over 2000 babies are born too soon, too small or too sick in Northern Ireland. Some arrive as early as 24 weeks, weighing as little as 1lb/454 grams, the same weight as half a bag of sugar!

The PREMvember fundraising campaign is supported again this November, for the fourth year, by Elave Baby, the certified organic skincare range with 'Approved By' status from TinyLife.

Joanna Gardiner, CEO of Elave Skincare, said: "The last thing parents of premature babies need to worry about on top of everything else is what they are putting on their child's skin - yet how we treat young skin can have health implications for the rest of our lives.

"The incidence of baby eczema in Northern Ireland and across the island has risen from 3% to 25% inside two generations, so it is clear we need to be more mindful about treating skin right. Using the purest products, from top to toe, is where you start."

Fundraising packs are provided so whatever is raised - large or small will make a difference with every penny spent locally through TinyLife. Alternatively, if squat exercise is not your thing, other fundraising events are welcome throughout November. It's all for a great cause!

If you would like to take part in this year's PREMvember Squat Challenge campaign call 028 9081 5050 or visit www.tinylife.org.uk or download a fundraising pack at <https://www.tinylife.org.uk/fundraising/premvement/>

For further information on TinyLife please visit tinylife.org.uk or find Tinylife on Facebook and Twitter.

PREMvember event - Amy Pearce with baby Annie join Karen Johnston from sponsor, Elave Skincare to launch the 30-Day Squat Challenge as part of PREMvember 2021.



Media enquiries - please contact:

Gill McNeill 07850 657785

e: gill@mcneillmedia.com



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!



FREE COURSES AVAILABLE

LOOKING AFTER YOUR MENTAL HEALTH DURING PREGNANCY AND PARENTHOOD



AWARE'S Mood Matters Parent and Baby Programme

- A 2-hour mental health awareness session for expectant parents and parents of young babies (0-3 years old).
- Learn skills and techniques to look after your mental health, manage your feelings when you are stressed, anxious or depressed and help you cope with challenges during and after pregnancy.

Tuesday 7th September, 7-9pm

Wednesday 27th October, 7-9pm

Thursday 9th December, 7-9pm

AWARE'S Living Life to the Full Programme

- A programme for expectant parents and parents of young babies (0-3 years old).
- The programme consists of six 2-hour weekly sessions and uses Cognitive Behavioural Therapy (CBT) concepts.
- Exploring with participants how we think, how we feel, how we behave and how it affects us physically.

6 weekly sessions, starting

Thursday 23rd September

until Thursday 28th October

To register, scan
this QR code to be
brought to AWARE's
website.



aware-ni.org



Registered charity NIC100561

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

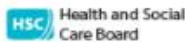


SureStart

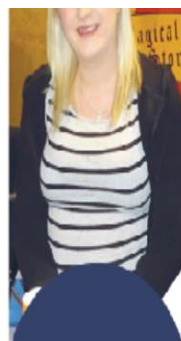


Partnership working
is at the root of
what makes Sure Start work

#SureStartWorks



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



ANTENATAL



EARLY
DAYS



UNDER
ONE



ONE TO
TWO



TWO TO
THREE



THREE TO
FOUR

EARLY YEARS



Supporting parents of twins

Our Family Benefits Advice Service recently helped a married mum of three, returning to work from maternity leave after having twins. Due to the family having savings set aside to build a new home, they weren't eligible for support through Universal Credit but were entitled to over £3,500 per year through Tax-Free Childcare. This will rise to Universal Credit of over £10,000 per year once they have used up their savings over £6,000.

Freephone 0800 028 3008 for your free personalised 'better off' calculation.



**Employers
For Childcare**

www.employersforchildcare.org



Belfast Sure Start Chat with Me



You might have picked out your Halloween outfit and got your treats ready... but have you found a cute read to match?

We've put together a list of picture books perfect for Halloween:

<https://booktrust.org.uk/booklists/h/halloween-picture-books/>

Pic: Rebecca Green

Haunted House

You will need:

- cardboard box or shoeboxes
- paint, markers, crayons
- glue
- scissors
- toy figures
- scraps of paper, fabric, wallpaper, carpet
- old magazines
- spooky accessories

Create a mini haunted house using clean cardboard boxes which can be combined to create a bigger mansion with lots of different rooms.

Decorate your box using colouring materials and old scraps of wallpaper, carpet, and fabric for curtains.

Flick through old magazines and cut out photos for furniture such as a fireplace, a kitchen, and a bathroom.

Add your spooky final touches - is there a ghost hiding in the attic, a witch brewing potions in the kitchen, a monster under the bed or creepy crawlies in your living room? Make it as scary as you dare!



www.playboard.org



Stick sparklers into a carrot so the kids can hold them safely



It's great for little hands that need something chunky to hold & easier for them to grip.

Family Days Tried & Tested



With Halloween fast approaching, we couldn't resist making our latest #WhatToReadAfter edition all about the brilliant Meg and Mog! Check out our suggestions here - and let us know which books YOU would suggest to Meg and Mog fans: <https://booktrust.org.uk/what-to-read-after-meg-and-mog> Pic: Jan Pieńkowski

Play Matters

AUTUMN & HALLOWEEN ACTIVITIES

Halloween may look a little different this year but there are still lots of ways to have fun at home. As the months turn colder it is important to still enjoy time playing outside - dress for the weather and embrace the play opportunities and health benefits of spending time outdoors.

HALLOWEEN GAMES

- Mystery box - cover and cut a small hole in the lid. Fill with creepy things such as brains (cooked spaghetti or sponge), witch fingers (carrots with almond nails), eyeballs (peeled grapes or olives), a hand (rubber glove filled with flour), an animal (fake fur), a monster's tongue (sliced banana), witch hair (wool), maggots (rice) and try and guess what's in the box.
- Tasting competition - wear a blindfold and guess the different and unusual foods.
- Pumpkin bowling - see who can collect the most seeds in a cup afterwards.
- Play pumpkin bean bag toss or crazy golf after carving your pumpkin.

ARTS & CRAFTS

- Paint and decorate pumpkins.
- Make 3D pumpkins, dream catcher spiderwebs or a witch's hat.
- Spooky lava lamp - fill a bottle 1/4 full of water, then almost to the top with vegetable oil. Once separated add 6 drops of food colouring and effervescent vitamin tablets bit by bit to watch the bubbles form.

OUTDOOR FUN

- Chalk fireworks on your driveway.
- Have a winter BBQ, make s'mores over a fire pit and enjoy a spooky mocktail - blend a cupful of skimmed milk with 5 strawberries and 5 blackberries.
- Go for a walk in the woods and collect conkers and leaves. Try leaf printing or making a conker worm or necklace. Roll your conker in paint to make a picture.
- Go on a pumpkin hunt in your garden - use mini pumpkins, mark one, and see who finds it.
- Have fun on a spooky sweet hunt or Halloween scavenger hunt around your house or garden.
- Glow in the dark bowling - fill empty bottles with cold water, pop in a glow stick and close. Start bowling once it's dark.
- Slime splat - add some water to cornflower along with a little green food colouring and stir until it forms a slime that you can make into a ball, but returns to liquid when you let go. Set up a large card outside and try to hit your target with the slime.
- Go stargazing in your garden on a clear night.



playboard.org.uk/what-we-do/play-matters-project/play-matters-resources/twinkl.com

PlayBoard NI is registered with the Charity Commission for NI NIC104724, company limited by guarantee no. NI30225, charity no. XR86639.



Autumn wreath

You will need:

- leaves
- pine cones
- conkers
- flowers
- tissue or coloured paper
- paint, markers, crayons
- paper plate or cereal box
- string or ribbon
- glue
- scissors



Cut out the centre of a paper plate or cut a circle shape out of a cereal box.

Next, cover the base of your wreath by painting, colouring, or covering in tissue paper.

When your base is ready, decorate your wreath using the materials you have gathered.

Make a nature wreath by adding different leaves you find in your garden or on a walk, as well as conkers and pine cones. Create a Halloween wreath by cutting out spooky shapes from your coloured paper such as ghosts and spiders and attach. Once you are done, add some string or ribbon to the top and display.



www.playboard.org

Pumpkin ideas

There's much more to pumpkins than just carving scary faces. Here are some ideas for this Halloween favourite!

bowling

*cover with paint
or stickers*

*decorate with leaves
and display*

flower planter

bake treats

*wrap it up to make
a mummy*

mini pumpkin hunt

*cover in paint and roll on a
large piece of paper*



www.playboard.org



NEED HELP? GET IN TOUCH

If you're worried about gambling – your own or someone else's – the first step is to ask for help. We're here to support you, so whatever you're dealing with, you won't be alone.

[What to expect when you contact us](#)



BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

ELEPHANT BREATHING



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.



REGENER8

PERSONAL YOUTH DEVELOPMENT PROGRAMME

Focusing on re-engaging young people into the community

Running May 2021 - March 2022 providing:

- Fun Activities & Trips
- Employability Support
- Level 1 & 2 Qualifications (GCSE Equivalent)
- Diversity Level 1
- Cross-Community Projects
- Work Experience
- Workshops (including Mental Health & Addiction)

Travel and Lunch provided

Running 3 Days per Week

Free Driving Lessons, Provisional Licence and Driving Test

ESSENTIAL CRITERIA

- Age 16 - 25
- Not in Education, Employment or Training
- Involved in anti-social behaviour
- At risk of Criminal/Paramilitary Involvement

To apply or for more information contact Leah King on 028 3089 8119 or email leah.king@clanryegroup.com



INTERNATIONAL FUND FOR IRELAND



Visit us at www.clanryegroup.com



ARE YOU AGED 16-19 & AT THE START OF YOUR A-LEVEL STUDIES?

ARE YOU INTERESTED IN STUDYING AT QUEEN'S UNIVERSITY BELFAST?

COULD YOU BENEFIT FROM A GUARANTEED OFFER, GRADE REDUCTION & BURSARY ON ARRIVAL AT QUEEN'S?

THEN THE PATHWAY OPPORTUNITY PROGRAMME COULD BE FOR YOU!

Find out more at:
go.qub.ac.uk/QUBPathway



Message FB Page or Laura on 07802335728 for link

YEP
youth employability programme

Level 2 OCN Award
Job skills workshops
Interview & CV workshops
Money management
Job fair social action
Trips & Residential

Mondays @ Oasis | 6.30-9pm | 15-18 year olds

ea Education and Skills Authority | Department for Communities | Pobal | Communities | HSC Southern Health and Social Care Trust



SKILLS FOR LIFE AND WORK



Bryson is a leading provider of a range of employment and training initiatives, designed for school leavers, young adults and those living with long term unemployment. Based in Belfast City Centre.

Our vocational training is focused on providing relevant qualifications and personal development to enable learners to progress along the chosen path of their future career.

Vocational Qualifications are available in:

Business Administration

Childcare

Health and Social Care

IT

Retail

The benefits of vocational training include: no exam requirements to enrol, £40.00 weekly Educational Maintenance allowance (non means tested), travel allowance, bonuses, vocational qualifications, Pastoral Care Programme and Careers Advice and Guidance.

To find out more information, to register interest or to enrol, please contact Chelsea on

07803 833372

Services for young people: Information for Young People



There's a new number for texting a school nurse from your mobile phone. Text-A-Nurse is an anonymous confidential messaging service, which is available Monday to Friday from 9am to 5pm during the week in both term-time and school holidays. The message is delivered to a safe and secure web application for the nursing staff to view. You are guaranteed a response within 24 hours Monday to Friday. If a faster response is needed, you will be advised of where you can get urgent help.

You can message for advice on all kinds of health issues, like sexual health, bullying, healthy eating and any general health concerns. Or you may want support for your emotional health and wellbeing, particularly as life returns to normal after lockdown.

Look out for more information around school/college.

The text numbers for this are:

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

Or visit www.chathealth.nhs.uk to start a chat





YOUTH WELLNESS WEB

"Young people being the solution... Not just changing lives, but also saving lives."

Robbie Butler, MLA.

A much needed Resource

"A great resource to benefit children & young people & their families across NI"
Ass. Director of Probation Board NI

Accessibility options are excellent

"a fantastic hub of videos, resources, helplines and other information"
Dr Chris Moore

5,000+ VIEWS IN 2 MONTHS

"Fantastic resource that has been co-created with young people"
Army Cadets Healthy Minds NI

"An exciting new service"
The Bytes Project

Thanks to:-



Children & Young People's Strategic Partnership

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

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

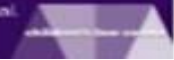
Free legal information, advice and live chat for young people.

REE

Rights Responder

WHATEVER YOUR QUESTION ABOUT YOUR RIGHTS, ASK REE.

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





Videos / Podcasts

Anxiety



Bereavement



Bullying



Mental Health





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



Child and Adolescent Mental Health Service (CAMHS) for those with hearing loss/deafness

Pilot service now covering all of Northern Ireland



Ask your healthcare professional or Teacher for Deaf for a referral

[#NIDeafCAMHS](#) service is now open to [#deaf](#) children and young people anywhere in NI. Supports children with all levels of hearing loss/deafness and all communication methods including BSL. Further info: <https://bit.ly/3ENZwpl>



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.



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

Autonomie

Family Voice Hub

- Workshops
- Local Outreach
- Signposting/Referrals
- Parents Wellbeing and Support
- Siblings Wellbeing and Support
- Support with practical issues (Benefits, housing, accessibility)
- Educational Advice (Including pre and post school age)
- Support Hub (Both Face to Face and Virtual)
- Advice and Guidance
- Drop In Centre
- Emotional Support
- Legal Advice
- Counselling

COMMUNITY FUND

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

AutismNI

Guidance for Parents/Carers with a Recent Diagnosis

AutismNI

Some Hints / Tips for managing behaviours

Rare Disease 'Living Well With ...' Programme

November 12th @11am via ZOOM
Topic: Healthy Eating

Guest speaker:
 SHSCT community nutrition & dietetic service offering practical advice on maintaining a healthy diet.

Zoom Meeting ID: 852 7711 7910
Passcode: 838410

Email to sign up: info@nirdp.org.uk

NORTHERN IRELAND RARE DISEASE PARTNERSHIP

Rank Foundation
 a partner in the good



Autism Awareness Card

Telephone:

028 9040 1729 (Option 1)



I am Autistic

Important information on reverse



NORTHERN IRELAND
PRISON SERVICE



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

What should I do if I think my child has Autism?

If you think your child is displaying signs of autism, there is a process you can follow to get a diagnosis.

A diagnosis means you can access more specialised support for you and your child.

<https://tinyurl.com/37ac8cbc>

Become a member of Autism NI and receive the latest news, events and training opportunities. You will also receive a Membership Card which can help with priority queuing at certain attractions across NI.

To join our membership, visit

<https://autismni.org/become-a-member-1>



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



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.

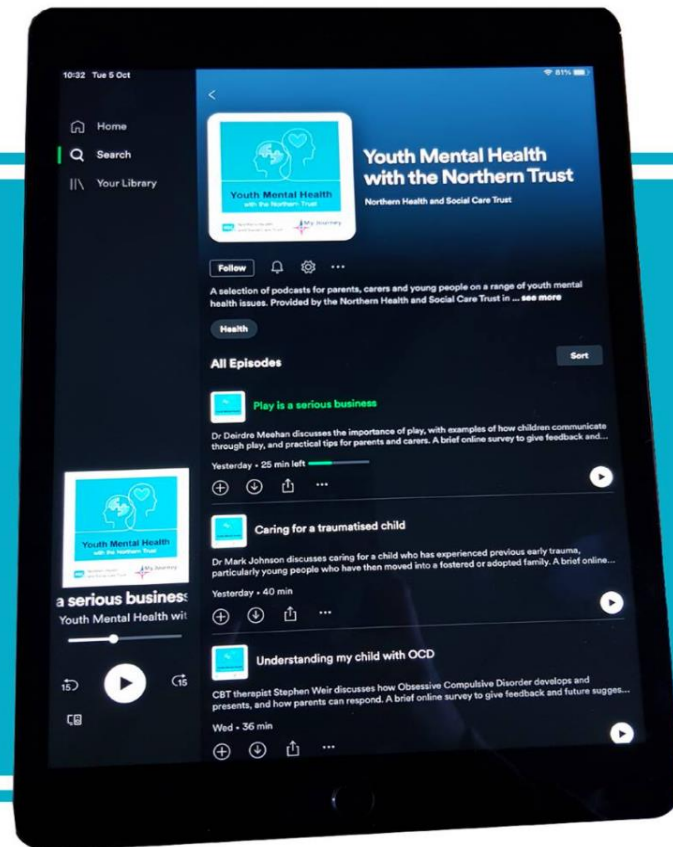


Youth Mental Health Podcast

New Youth Mental Health podcast series launched, covering: Trauma, Substance misuse, Distress, Suicidal thoughts and much more...

This selection of podcasts for parents, carers and young people deals with a range of issues facing young people and provides helpful insights into things like OCD, behaviour and how to respond to self-harm.

Available now on your usual podcast service. [#MyJourney NHS Charities Together](#)



Youth Mental Health Podcast



Northern Health
and Social Care Trust



**FRIENDSHIP
CAFE
NEWRY**

AGED 14-18?

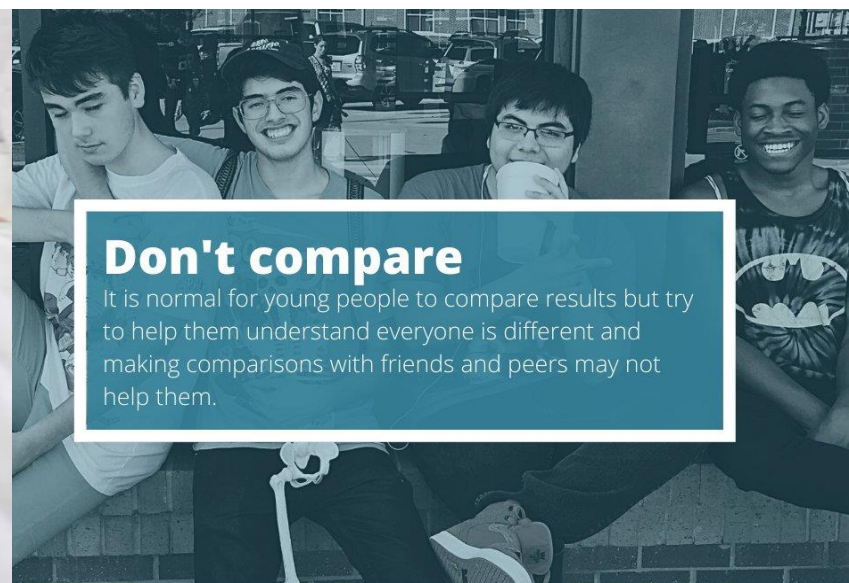
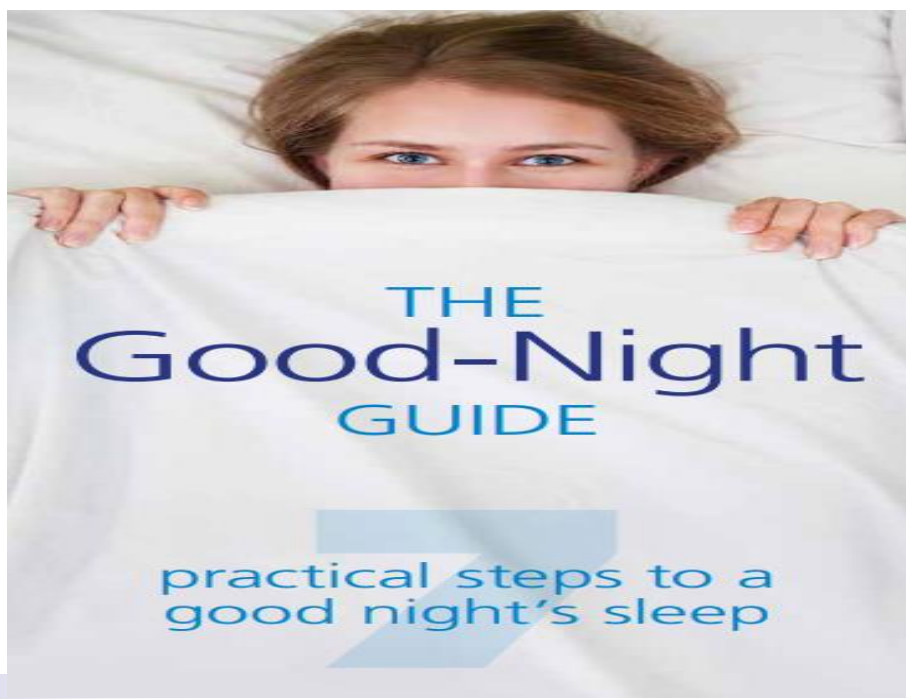
**COME ALONG AND CONNECT WITH OTHER
YOUNG PEOPLE.**



**CRISIS DROP IN
CAFE
NEWRY**

AGED 12-18?

**IF YOU NEED SUPPORT WITH YOUR MENTAL
HEALTH OR FIND THAT YOU ARE IN CRISIS
WE ARE HERE TO LISTEN AND SUPPORT YOU.
CALL IN FOR A CHAT.**



Don't compare

It is normal for young people to compare results but try to help them understand everyone is different and making comparisons with friends and peers may not help them.

**Mind
Wise**

covidwellbeing
ni.info



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](#)



Give



Top tips to help you manage your feelings when trying something new.

If you are finding something difficult try using this star to help...

S

S is for Stop...

When you are faced with a difficulty, stop

T

T is for Take a Breath...

Usually taking a few slow deep breaths relaxes your body and mind

A

A is for Accept...

Accept that you are finding something difficult or need some help

R

R is for Restart...

When you are ready you can try again or move on to something else



Talking to someone about how you are feeling can help you problem solve and come up with other ways to find a solution. Talking about our feelings can also help to reduce any stress and worries you may have. You can ask for help from the adults in school or the people at home.



DRY ARCH CHILDREN'S CENTRES PRESENTS...

Developing Mind-craft!

Equipping little minds for their big world!



THE DRY ARCH
CHILDREN'S CENTRES

WWW.DRYARCHCENTRE.ORG

Contact Donna.OKane@dryarchcentre.co.uk for more info

DRY ARCH CHILDREN'S CENTRES PRESENTS...

Encouraging Mind-space!

Equipping teenage brains to navigate their expanding world



THE DRY ARCH
CHILDREN'S CENTRES

WWW.DRYARCHCENTRE.ORG

Contact Donna.OKane@dryarchcentre.co.uk for more info

The Dry Arch Children's Centre have launched a number of new programmes to positively support the emotional wellbeing of children and young people we are working with through the Family Support Hub.



Contact details for the Dry Arch FS Hub

T: 028777 42904

E: Jill.Graham@dryarchcentre.co.uk

W: www.dryarchcentre.org



FAMILYWELLNESSPROJECT

WHAT IS MENTAL HEALTH? AN INFO SHEET FOR KIDS!

Did you know that you can get illnesses in your mind as well as your body?

Just like a cold or a sore head, sometimes we can develop a problem with

our mental health! You may feel sad or worried a lot of the time, or have trouble managing your feelings. We all feel sad or feel out of sorts sometimes. This is a normal part of growing up & talking can help! Some people will need extra help with their mental health & this is ok too.

Here are some ideas for people to talk to if you're not feeling like yourself!

A family member
you trust

An adult at school
like your teacher

A friend you
trust



You can call
Childline for free:
0800 1111

A youthworker
(maybe you know
one from your
local youth
centre!)

A counsellor
(perhaps there is
one at your
school!)

Find out more about the Family Wellness Project
at: parentingmatters.org/family-wellness-project



COMMUNITY
FUND



Young Minds Crisis Messenger

The Crisis Messenger provides free, 24/7 crisis support across the UK. If you're a young person and need urgent support with your mental health, please text YM to 85258.

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>



YoungMinds Crisis Messenger

If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support.

youngminds.org.uk



FREE ONLINE MINDFULNESS COURSE

Open to
anyone over
18 years old!



Course
delivered
via Zoom by
certified
trainers

A six-week course exploring what mindfulness is and how it can support and help you in everyday life.

Each session will introduce a different practice and touch on various aspects of mindfulness, such as the body scan and mindful eating.

Tuesdays 2nd November – 7th December 2021 at 10am-12pm

First Steps Women's Centre
To book a place please contact Amanda at
fswc.amandab@gmail.com or phone 028 8772 7648

Supported by the Public Health Agency through the Clear Project



YOUR MOOD IS MADE IN THE KITCHEN

Everybody knows how the food we eat affects our bodies, however, we often fail to remember how it affects our mood.

How does food affect our mental health

- Poor body image
- Anxiety and depression
- Development of eating disorders
- Poor concentration



Eating for a healthy mind

Achieving your 5 a day can greatly improve your mood and how you feel. A variety of fruit and veg should be consumed each day

Fish is an amazing source of omega-3 fatty acids which is important for your brain function. 2 portions should be eaten each week



Carbohydrates are essential for our energy levels, with the brain using 20% of the body's energy. Carbohydrates should be included in each meal with sources mainly coming from wholegrain e.g. brown rice, Wholegrain pasta and porridge oats

Protein is a building block for healthy minds, our sleep, brain function and mood will be affected if not included in our diet. Sources within the diet can include meat, eggs and nuts



Dehydration can be linked to low concentration, self-esteem and headaches. As a result 6-8 glasses of water should be consumed everyday. Alcohol intake should be limited.

Top tips for healthy eating

- Keep a food diary recording how you feel
- Plan your meals ahead of time
- Add variety to your diet



Other factors can affect your mood



Sleep



Exercise



Stress



Weather



lack of
communication



medication

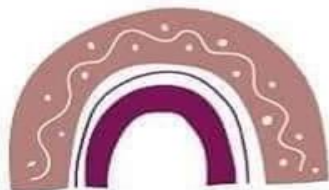
If you feel you need help
please contact
helpline at
0808 808 8000





8 THINGS TO SAY TO AN ANXIOUS CHILD

@teenhealthdoc x @mamapsychologists



You are
safe with
me



It's ok to feel
nervous,
I do too
sometimes



Let's go
for a walk



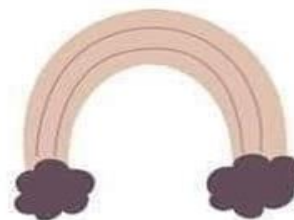
Let's draw the
worry, how
big is it?



Let's talk back
to this worry



I am here
for you



Let's sit
together until
the thought
passes



Let's take a
few deep
breaths
together



MOVING FORWARD
- POST PANDEMIC -

Our partners are teaming up to bring you a 6 session online programme, to explore personal and physical development in a post pandemic world.

Using the 'CHIME' framework for personal recovery and introducing Health & Wellbeing activities, we will help create a positive and nurturing mindset to support you through this transitional period.

"We are all in the same storm but not all have the same boats."
- De Gabor Mate

Sessions will explore:

- Anxiety
- Coping Strategies
- Resilience
- Self Care
- Gentle movement

Free Goody Bag included

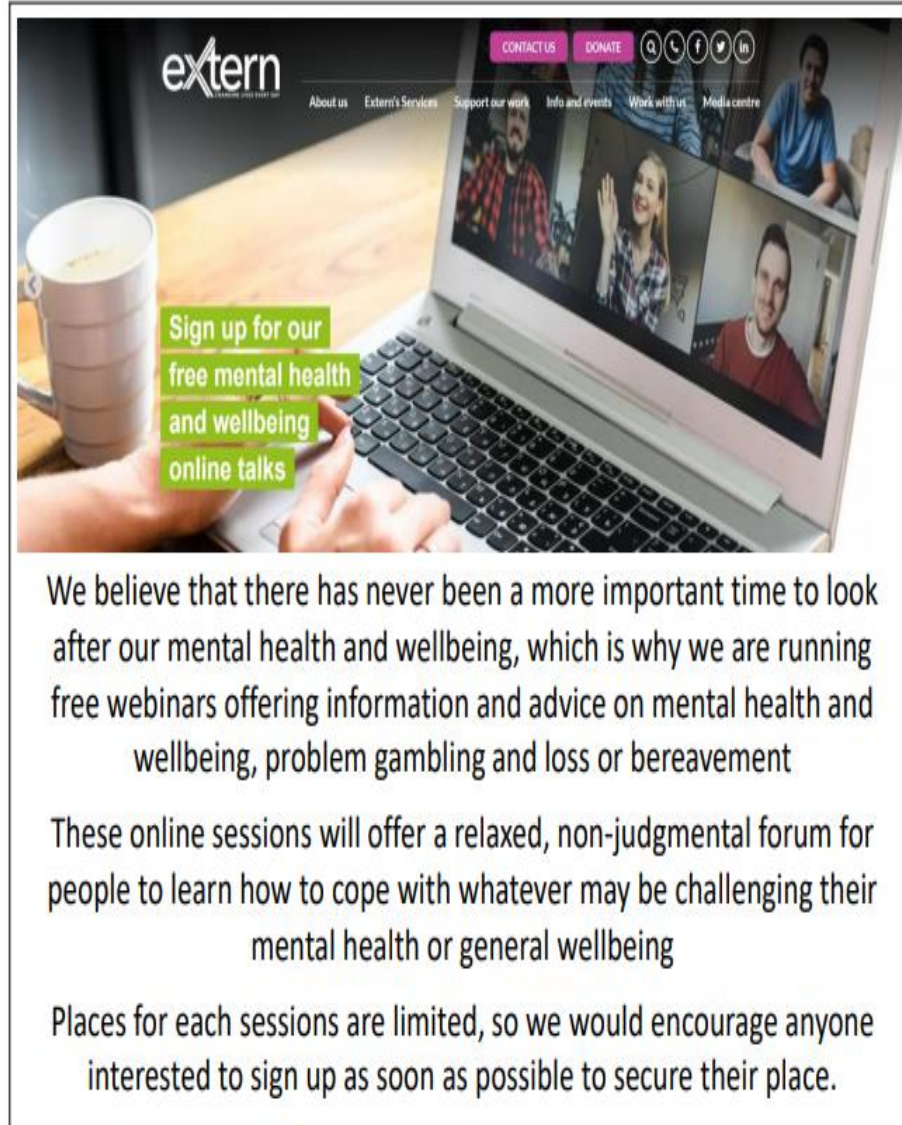
Sessions are delivered via Zoom : (11AM - 12:15PM)

November - 4th 11th 18th 25th
December - 2nd 9th

**Book your space on: www.clanryegroup.com/book-now
or for more info contact leanne.taylor@clanryegroup.com**

Logos: verve, Clanrye Group We Care, interreg, HSC, European Union, Department for the Economy, Department for Communities.

www.clanryegroup.com/book-now



extern
About us Extern's Services Support our work Info and events Work with us Media centre

Sign up for our free mental health and wellbeing online talks

We believe that there has never been a more important time to look after our mental health and wellbeing, which is why we are running free webinars offering information and advice on mental health and wellbeing, problem gambling and loss or bereavement

These online sessions will offer a relaxed, non-judgmental forum for people to learn how to cope with whatever may be challenging their mental health or general wellbeing

Places for each sessions are limited, so we would encourage anyone interested to sign up as soon as possible to secure their place.

 www.extern.org/sign-up-to-our-free-online-talks

New Ways November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					

ACTION FOR HAPPINESS

Happier · Kinder · Together



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 555 0114 (local rates).

Do you know how many units you're drinking at home?



It's recommended that men and women drink **no more than 14 units per week** and these should be spread out evenly **over three or more days**



A-Z Mental Health





Dealing with Worry and Self- Care

Ed Sipler, from the South Eastern Trust has created several videos on You Tube to support us at this very unpredictable and stressful time: ***Dealing with Worry*** and ***Self Care, Now When We Need It Most***

Ed guides us through ways we can support ourselves to deal with stress, grounding, relaxed breathing ,self-compassion, and building resilience . Both clips have booklets that can be downloaded from the You Tube site.

- Tap into the Videos and revisit at your leisure. Small Steps make Big Changes.
- Use these as part of your wellbeing tool, not to be watched once but saved to your favorites.
- Share with your loved ones, those whom you may be caring for.

Link to *Self-Care Now When we Need it Most* <https://youtu.be/rfHLHwhD1Pw>

Dealing with worry in difficult times- [Dealing with worry by Ed Sipler – YouTube](#)

Or... Search Ed Sipler on the You Tube site. We hope you find these useful.





AwareNI Online Support Groups

Talking to others who know how you feel can really help you deal with whatever you're going through. The online support groups are open to anyone over 18 struggling with depression, anxiety or bipolar disorder.

Email info@aware-ni.org for more information



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](#)



covidwellbeing
ni.info

Self-Help Toolkits

The Covid Wellbeing NI Website has a range Self-Help resources to support your mental health and wellbeing. These include booklets, checklists and online programmes to help you take stock of how you are feeling and build your resilience.

covidwellbeing
ni.info





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



Armagh City
Banbridge & Craigavon
Borough Council



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



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



<http://Covidwellbeingni.info>



CRUSE NATIONAL HELPLINE

0808 808 1677

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



Grief can be overwhelming after experiencing the loss of someone you know. But with the right support, recovery can begin. Here's seven things our experts say you need to know about grief and loss.
[7 things you need to know about grief | Barnardo's](#)



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

It's completely normal to feel anxious or worried after a death. Here's what anxiety could feel like, especially whilst grieving. Take a look at our helpful article on techniques to help restore calm when you're feeling anxious.
<https://cruse.org.uk/understanding-grief/effects-of-grief/grief-and-anxiety/>

Cruse
Bereavement
Support





**** SAVE THE DATE – 23 NOVEMBER 2021 – 10am – 11am****

Children's Grief Awareness Week UK is 18-25 November 2021. Cruse Bereavement Support will be holding an event to highlight this on Tuesday, 23 November at 10 am - 11 am. The event will be held online. We would love you to join us for this event to hear how Cruse support children and young people who have been bereaved in Northern Ireland. Information will also be given on the "Somewhere For Us" project which is funded by the National Lottery Community Fund under its Empowering Young People's funding stream.

Why support is important for bereaved children and young people.

1 child, under the age of 16, in every UK classroom has been bereaved of a parent or sibling. In Northern Ireland every year there are around **15,000 deaths** with approximately **30,000** children and young people being bereaved. In 2020, due to the Covid-19 pandemic, the yearly death total rose to **17,613**. Currently **2521** people have died in Northern Ireland from Covid. The number of children and young people impacted by the Covid-19 pandemic is vast. Even if the death of a loved one was not from Covid, funerals and wakes were unable to take place. Children and young people who have been bereaved have been isolated and left feeling alone in their grief. The 'Somewhere For Us' project is needed now more than ever.

What will the project do?

The 'Somewhere For Us' project will bring together children and young people who have lost someone special, helping them create connections and communities which will last long after the project has ended. Support will be offered in the form of peer support groups, activity days and the chance to be part of the Youth Advisory Group who will be at the forefront of developing the project.

The name of the project 'Somewhere For Us', came from the idea of creating a space exclusively for children and young people affected by grief. A place created to break the isolation which grief can bring and a place where children and young people feel like their grief truly matters. We all experience grief at some stage in our lives. Unfortunately, bereaved children and young people have had to experience this much earlier than most. It is therefore important that they are nurtured and given the time and space to grow through their grief. Children and young people are at the heart of this project.

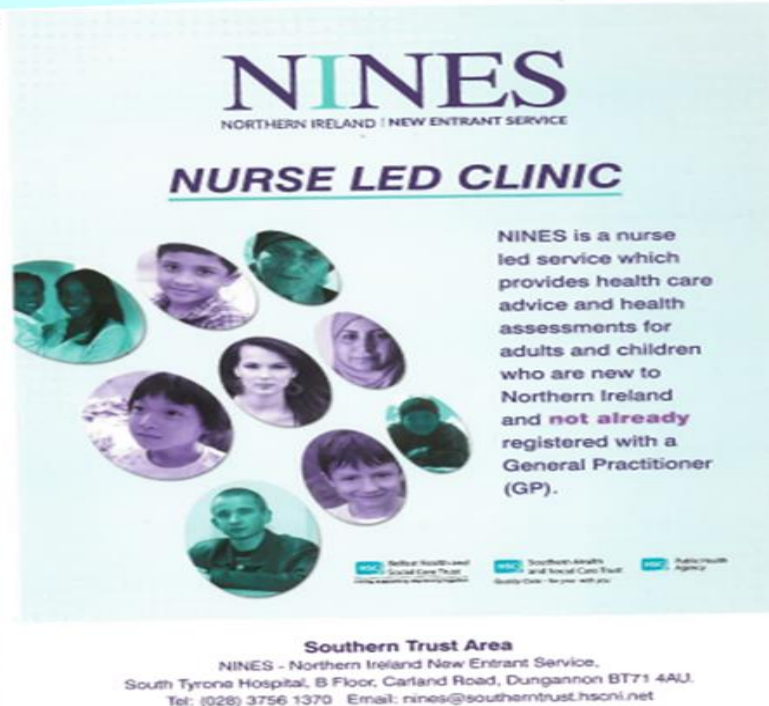
How can we work together to support children and young people?

We are excited that the peer support groups will be developed not only through Cruse branches, but also in partnership with schools, sports clubs, youth centres, organisations or communities who have identified a need to support children and young people who have been bereaved.

Please contact us if you would be interested in finding out more about partnering with us to provide this support.

***** Do you know a young person aged 12-24 who could join our YAG and help us develop this project?**

More details, including link to the YAG application form, can be found at
<https://www.hopeagain.org.uk/somewhere-for-us-project>

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



English

CYPSP
Children & Young People's Strategic Partnership

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

Flags of various countries: Hungary, Portugal, Bulgaria, Poland, Romania, Lithuania, and Arabic.

العربية

Scan me

Visit our central Translation hub which provides quick links to our partner agencies' information including the latest information on Covid19/vaccination
<http://www.cypsp.hscni.net/translation-hub/> also view featured videos in Português, Polski, Български, Română, Lietuvis and عربي

Entitlement to NHS services and first time registration

In order to register with a doctor and obtain a medical card you need to fill in an application form. This form is called an HSCR-1. It is available in a range of other languages. Please click on the respective links below to download the form in translation. The form should be presented to a doctor of your choice in the area in which you reside. This form is also available in any doctors' surgery.

Provision of Health Services to Persons Not Ordinarily Resident Regulations (Northern Ireland) 2015

HSCR-1 (ENGLISH)	Entitlement aid (ENGLISH)
HSCR-1 (ARABIC)	Entitlement aid (ARABIC)
HSCR-1 (BULGARIAN)	Entitlement aid (BULGARIAN)
HSCR-1 (HUNGARIAN)	Entitlement aid (HUNGARIAN)
HSCR-1 (LITHUANIAN)	Entitlement aid (LITHUANIAN)
HSCR-1 (MANDARIN)	Entitlement aid (MANDARIN)
HSCR-1 (POLISH)	Entitlement aid (POLISH)
HSCR-1 (PORTUGUESE)	Entitlement aid (PORTUGUESE)
HSCR-1 (ROMANIAN)	Entitlement aid (ROMANIAN)
HSCR-1 (SLOVAK)	Entitlement aid (SLOVAK)
HSCR-1 (TETUM)	Entitlement aid (TETUM)



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

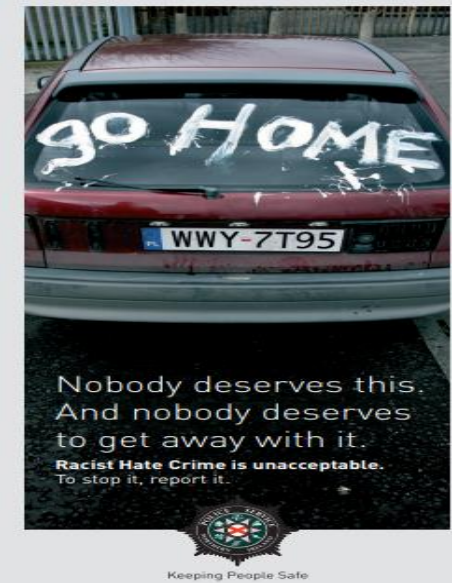
Victim Support
028 90 244 039
www.victimsupport.org.uk

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) RP001



go HOME

WWY-7T95

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

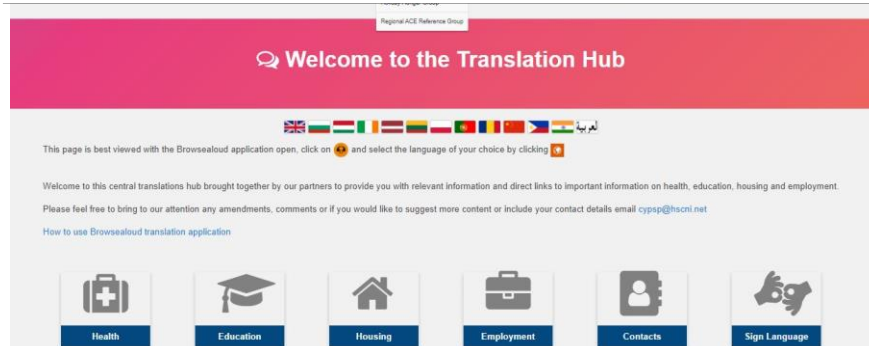

Keeping People Safe



Tetum Translations

Seksaun ida ne 'e kria atu fó asesu ba informasaun ba oradór sira iha lian Tetun.

This section has been created to provide access to information for Tetum speakers.



A new central Translations Hub providing regional multi-agency translated information, advice and relevant links, has just been launched and is available at <http://www.cypsp.hscni.net/translation-hub/>



Barnardo's have now proudly launched 'Boloh', a new UK helpline for Black & Asian children, young people & families affected by Covid -19.

Boloh is a word used in many languages including Hindi, Urdu & Gujarati, meaning 'speak'.

Webchat at

<https://helpline.barnardos.org.uk/>

or call 0800 1512605



English Classes

English to Speakers of Other Languages

ESOL NI	Click Here
ESOL NI – further information for ESOL learners and support workers	Click Here
First Steps Women's Centre	Click Here
Basic English 1: Elementary	Click Here
Basic English 2: Pre-Intermediate	Click Here
English for the Workplace	Click Here
A Beginner's Guide to Writing in English for University Study	Click Here
An Intermediate Guide to Writing in English for University Study	Click Here
English for Academic Study	Click Here
Dominion Training Free English courses online (different levels)	Click Here
English Language Course for Beginners – Free Online	Click Here
Learning English Plus Online Hub	Click Here



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



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



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

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.com/addictionni](https://www.facebook.com/addictionni)

Information & Support about Drugs and Alcohol



Coronavirus COVID-19



Drug overdose and Coronavirus (COVID-19)
It's an extra risky time. It's safer not to use drugs at all.

There are new risks during the COVID-19 pandemic. Changes to the drug market could increase your overdose risk.

- You are at greater risk of drug overdose if you have COVID-19.
- You can't be sure of the contents of drugs or how you will react: tablets not prescribed to you are also a risk.
- Changing the type of drugs you use or using new drugs increases your risk of overdose.
- Using alone or in isolation is dangerous: let someone know.
- Start very low and go very slow and leave at least two hours before using more.
- Avoid using more than one drug at a time: this includes using with alcohol and prescription medication like methadone or benzodiazepines.
- Tolerance: not taking drugs for a space of time and starting again could lead to overdose.
- Think about Opioid Substitution Treatment. This could help you manage your use and reduce overdose. Contact your local GP for further information and referral.
- Get Naloxone for you or a friend. This could save your life.

Don't be afraid to get help if you or a friend becomes unwell after using drugs. It's important you get medical support as soon as possible by calling 999.

There is a range of support services available in Northern Ireland for people affected by alcohol and/or drugs. Information on these services can be found at www.drugsandalcoholni.info

HSC Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

Adapted with permission from the Health Service Executive.

02/20



PIPS Suicide Prevention Ireland is to launch a free mental health counselling service in the store's community rooms

PIPS Suicide Prevention Ireland reaches out to Enniskillen and L/Derry providing a new mental health counselling service

PIPS Suicide Prevention Ireland (PIPS Charity) has launched a brand new face to face mental health service for people experiencing mental health or emotional wellbeing difficulties. People of all ages will be able to access support, free of charge, from the PIPS Counselling team at ASDA Enniskillen Community rooms and at the Playhouse in Derry City centre.

As the demand for our services continues to grow, the community support and belief in our services has never waned and it is only through the generosity of members of the public and sponsors that we are able to continue our services and now expand our services into the Enniskillen and Derry City areas.

Here at PIPS, we can guarantee that families who have lost loved ones and people in crisis will always be at the heart of our work and their needs will always remain paramount in our service delivery. PIPS Charity believes that the people of Enniskillen and Derry should receive mental health support at the time that they need it and PIPS works hard to remove the barriers to people receiving the support they need – like long waiting times or lack of information and guidance.



[Find a Food Bank
Near You](#)



GET HELP

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



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](#)



Action for Children's Northern Family Support Hubs have been very busy attending local events across the Northern Trust to publicise the work of the Hubs. You may have seen us at Ballyclare Football Club helping raise awareness of Mental Health, had fun with us at the Jet Centre, maybe you got involved in Action for Children's 'Star Jump Challenge' at Balmoral Show or just stopped for a chat at one of our many other events. All these events were really well attended, and it was brilliant to have the opportunity to chat with so many parents, grandparents, children and young people about our Family Support Hubs!



CYPSP Antrim Ballymena LPG Getting Active in the Great Outdoors Photo Competition

Regular physical activity is important to keep body and mind healthy. Physical activity habits are laid down as children and young people so it is vital children and young people are given every opportunity and encouragement to engage in regular physical activity and lead a less sedentary lifestyle. However, many children and young people do not meet the recommended levels of physical activity. Achieving higher levels of physical activity in the early years helps maintain higher levels later in childhood, adolescence and into adulthood. Doing physical activity outside has additional advantages. The freedom and space of being outdoors can encourage more expansive movement, increased Vitamin D uptake and connection with the natural environment.

Northern Area Children and Young People's Strategic Partnership (CYPSP) Locality Planning Groups (LPGs) carried out a needs survey with children/young people and parents (CYP) in 2020. Physical activity was identified as a top need by children/young people (CYP) and parents.

During action planning the group decided to focus on encouraging children and young people to get physically active outside to better children additional benefits of being active outside. The sub group decided to run a "Getting Active in the Great Outdoors" photograph competition where children and young people would send in photographs of them being physically active outside.

96 photos were entered into the competition from 33 children and young people aged 8 months to 15 years. 55% girls and 45% boys entered which is significant as boys are more physically active than girls at all ages.

There were three age categories: pre-school, primary school, post-primary, with prizes to support them to continue to be physically activity outside including a trike, a Fitbit for kids and a Fitbit. Everyone who entered received a Getting Active in the Great Outdoors goodie bag filled with things to help them continue to be active outdoors, e.g. sun cream, UV bracelets, water bottle, pedometer and frisbee.





Test ✓ Trace ✓ Protect ✓



If you receive a **positive COVID-19 test result** you will be contacted by the PHA's Contact Tracing Service on **(028) 9536 8888**.

It is really important that you answer this call to help us identify close contacts and reduce further spread.



DoH

www.health-ni.gov.uk



Health and Social Care

COVID-19 vaccination

A guide for women who are pregnant or breastfeeding

MYTH BUSTER

COVID-19

vaccine



IS THE VACCINE SAFE?

Vaccines go through several stages of lab tests and clinical trials before they can be approved for use. Regulators review the results of these trials to check whether a vaccine meets the required levels of safety and effectiveness.



Public Health Agency



Travel advice



If you need to travel, keep up-to-date with the latest rules for Northern Ireland.



You should continue to work from home where you can. Rapid Lateral Flow tests are now available to a range of workforces and sectors of the economy. Play your part in stopping the spread of [#COVID19](#). Find out more:

[Coronavirus \(COVID-19\): staying safe at work | nidirect](#)

Safe Shopping

There are simple steps you can take while shopping to help control the spread of [#COVID19](#).

- Wear a face covering
- Be [#DistanceAware](#)
- Use contactless payment where possible

Please also be kind to staff as they continue to operate within the guidance. For more information on safe shopping bit.ly/3nYuAdO





Coronavirus

Advice on car sharing



At this time please **avoid car sharing**, but if you have to, please follow these simple steps



Wash hands or use sanitiser before and after journey



Wear face coverings



Share with the same small group only



Keep windows open



Sit as far away as possible



Clean car surfaces after every journey (including seatbelts and internal/external handles)

Got coronavirus symptoms?

New continuous cough, high temperature, loss of taste and/or smell

Self-isolate

Stay at home for 10 days. Anyone in your households should isolate for 14 days

Get tested

Visit www.pha.site/cvtesting to book a test at your nearest centre or order a home test kit. Call 119 if you cannot book online.

If you have been in close contact with someone who has tested positive, you must **self-isolate for 14 days** even if you have followed the advice in this leaflet.



Public Health Agency
12-21 Lancelotti Street, Belfast BT2 8BS
Tel: 0300 500 010 or 119
www.pha.site/cvtesting

Find us on






Adapted with permission from Swindon Borough Council

INFORMATION FOR PARENTS & CARERS

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

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 but 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-isolate
- 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

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

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.

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

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.

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 when 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 when 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

EDUCATION RESTART

WE ALL MUST DO IT TO GET THROUGH IT



Department of Education
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/>