



Family Support Hubs Newsletter

Special Focus: Back to School



Welcome to **Edition 3/2025** of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 21 August 2025. 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?





This edition includes:

[SPECIAL FOCUS – Back to School](#)

- Welcome
- Easing the Return to School

[PARENTS/CARERS](#)

- Cost of Living CYPSP Resource
- Youth Wellness Web Short Webinar
- Back to school Edition for C&Y People
- Parenting Support Programmes
- Belfast Recovery College Sept. 2025
- My Family Matters Foundation
- Parentline NI
- Parenting Focus Top Tips for Improved Parent-Teen Relationship
- Supporting a child who is being bullied
- Back to school Libraries NI
- Children Learn What They Live
- Ascertain Free Self help parent workbooks
- NSPCC Listen up Speak up
- Thinking about fostering/Samaritans
- NI4kids latest edition
- The Oak Healthy Living Programme
- Culture in the Park
- How to Build a Healthy Snack for Children
- Twinkl Parents Hub NI
- Samaritans/Organ donation
- New Kids websites/Pharmacy First

[Professionals](#)

- Understanding your Child Free training for Professionals
- Youth Wellness Web Teacher's Zone
- The Daily Mile/Papyrus Hopeline 247
- PHA E-Bug Science Resource for Teachers
- CiNI School Anxiety

[EARLY YEARS](#)

- Online Antenatal Classes
- Before birth – you can make a difference
- Healthy Start Card/Baby and U
- Help Kids Talk/The Nurturing Programme
- Playboard Baby playtime
- Tree Babies/Thrive – We can
- SureStart/Childcare Partnership
- Understanding your Child

[KIDS ACTIVITIES](#)

- Playboard – Why Play Matters

[CHILDREN/YOUNG PEOPLE](#)

- Relatable/ C-Card/CEOP Website
- Grow a pathway for September
- Bryson Pathways – Open days
- In our place For Teenagers
- Are you a Young Carer?
- HEEDSSS Help and Advice for Young People
- Rights free legal advice
- Perfectly Proudful

[DISABILITY AND ADDITIONAL NEEDS](#)

- Bolster Community/Autonomie
- Autism Information Cafes
- Your Journey Through Disability
- Neurodiversity UK
- Understanding your child/additional needs
- Family Fund/Contact NI
- Autism NI GCSE results social story
- Crisis Café Newry Autism
- I am Autistic/Middletown Autism
- Become an Autism Inclusive School
- Become a member of Autism NI

[CHILDREN/YOUNG PEOPLE'S MENTAL HEALTH](#)

- Youth WellnessWeb/Hopeline247
- Crisis Café LGBTQ+ support group
- Exit Social Media/Crisis Drop in Café
- Eating disorder myths debunked
- Victim Support Phoenix Youth

[MENTAL HEALTH & WELLBEING](#)

- Self-care September 2025 Calendar
- Inspire Wellbeing/ Work-related stress
- Managing Parenting Stress: 6 Top Tips
- Find Help NI/Self Help Guides/Lifeline
- PHA Move more, feel better
- Mental Health Benefits of Kindness
- 5 ways to reach your goals/ Comkit Online
- Stress Control Classes
- Mental Health Helplines

[BEREAVEMENT](#)

- Bereaved NI/Winston's Wish/CRUSE Helpline/Hope Again

[BAME](#)

- Protect your Rights/ESOL/Nurse Led Clinic
- Access to HSC Guidance/Translation Hub
- YP Guide living in NI/'Boloh' Helpline

[DOMESTIC & SEXUAL ABUSE](#)

- Women's Aid/Helplines
- PSNI/Rainbow Project/Here to Help App

[DRUG & ALCOHOL SUPPORT/ADVICE](#)

- Daisy/Helplines/ RAPID Bins
- PBNI/Ascertain/Drug & Alcohol Start 360

[GOOD NEWS STORIES](#)

- Family First Hub – Summer Fun Activities
- Western Autism Cafes 2025
- Feel Good Armagh Networking Event

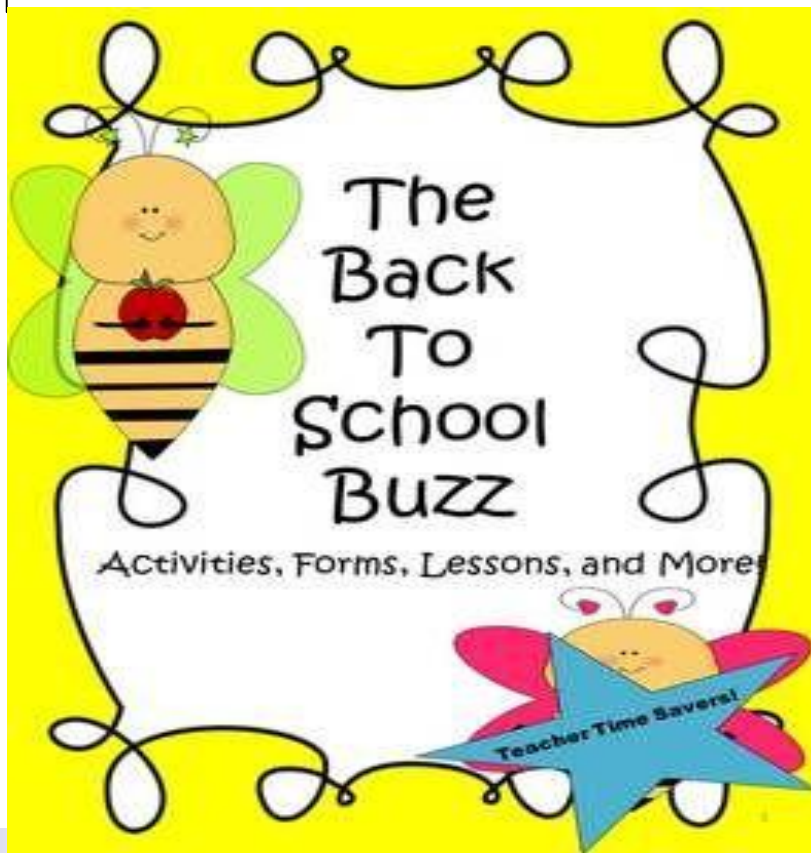
[COMMUNITY](#)

- Bolster Autism Connect/TrussellTrust
- Foodbanks/Money Helper/Financial Stress/Consumer Council/Phone First



END OF SUMMER WIND DOWN

Welcome



Hello and welcome to the August edition of the Family Support Hub Newsletter!

As summer begins to wind down and the back-to-school buzz starts to build, we're here to help you make the most of the season and prepare for the months ahead. Whether you're a parent, carer, or professional working with families, this edition is packed with useful updates, local services, and seasonal activities to support you and those you work with.

Yvonne has been busy gathering a fantastic mix of information—from fun end-of-summer events to practical resources for the new school term. We know this time of year can be a mix of excitement and stress, so we hope this newsletter brings a bit of ease, inspiration, and connection.

Let's hope the sun sticks around a little longer to brighten up these last summer days!

Wishing you all a smooth transition into the new school year and a safe, happy end to the summer.

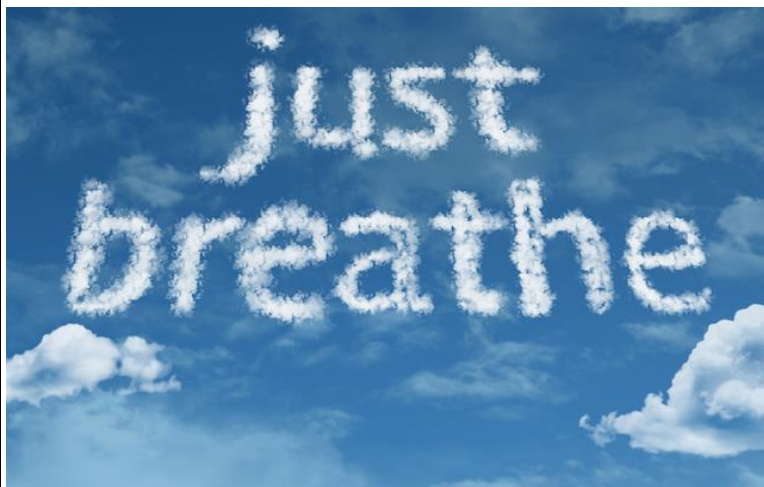
Bronwyn Campbell
Regional Lead for Family
Support Hub Network



Easing the Return to School

Heading back to school can feel like a mix of things — maybe exciting, maybe a little overwhelming, sometimes both at once. These resources are here to give you space to think, breathe and settle back in at your own pace.

They are not about being perfect or having all the answers. More about small steps, helpful ideas, and reminders that it's okay to ask for support if you need it. Parents and carers might also find them useful to spark gentle conversations at home as you get back into the swing of things.



Easing The Return



Easing back-to-school worries together.

Supporting your child's return to school with confidence.





Regulate, Relate, Reason Parenting Strategies



A parent's guide to calmer, stronger connections
through co-regulation and communication



Connecting with Calm



Holding Space, Building Strength:
A parent's guide to supporting emotional balance



Rainbow Hunt



Look for objects that match
each colour of the rainbow...
Red, Yellow, Green, Blue,
Orange, Purple

Butterfly Breath

Let's fly slow like butterflies
for 3 breaths...



Inhale slowly and lift your
arms like butterfly wings.
Exhale slowly and lower your
wings.

Thought Catch & Release

Our thoughts are like bubbles
or clouds in the sky



Notice your thoughts...
Let's imagine we catch it like a
firefly then we gently let it go

5-4-3-2-1 Senses Grounding



I spy Emotions



I spy something that looks
or sounds...
Calm, Happy, Sad, Joyful,
Lonely

Energy Check

Is your energy like popcorn,
like a snail or just right?



If it's like popcorn try slow walking,
tiptoe steps or deep lunges
If it's like a snail try animal moves like
10 frog jumps, 5 bird flaps or buzzing
about like a busy bee

Helping a young person break the cycle of anxiety

Here's a few supportive, confidence-building sentences you can use with a young person.
These are designed to help validate feelings without reinforcing avoidance, encourage
bravery & support gradual exposure.

1

Validate the Feeling (but not the fear)

- "It's ok to feel nervous - That's a normal feeling"
- "I can see this feels really scary for you right now"
- "Your brain is sending an alarm, even though you are actually safe"



2

Encourage Brave Action

- "Feeling worried doesn't mean you can't do it"
- "Let's be brave together and see what happens"
- "You don't have to feel 100% ready - you have to take one small step"



3

Teaching Coping & Reframing Thinking

- "This is your worry talking, not the truth"
- "You've done hard things before, your brain just forgot"
- "Feelings aren't facts, they're signals that we can learn to understand"



4

Reinforce Progress & Effort

- "Every time you face this, it gets a little easier"
- "I'm proud of you for trying, even if it felt hard"
- "You're training your brain to be braver, like a muscle getting stronger"



5

Avoid Reassurance Traps - Replace With Confidence

- Instead of saying "I promise nothing bad will happen"
- Say "What ever happens, i know you can handle it & I'll help you through it"



RESULTS DAY AND WELLBEING SUPPORT GUIDE 2025

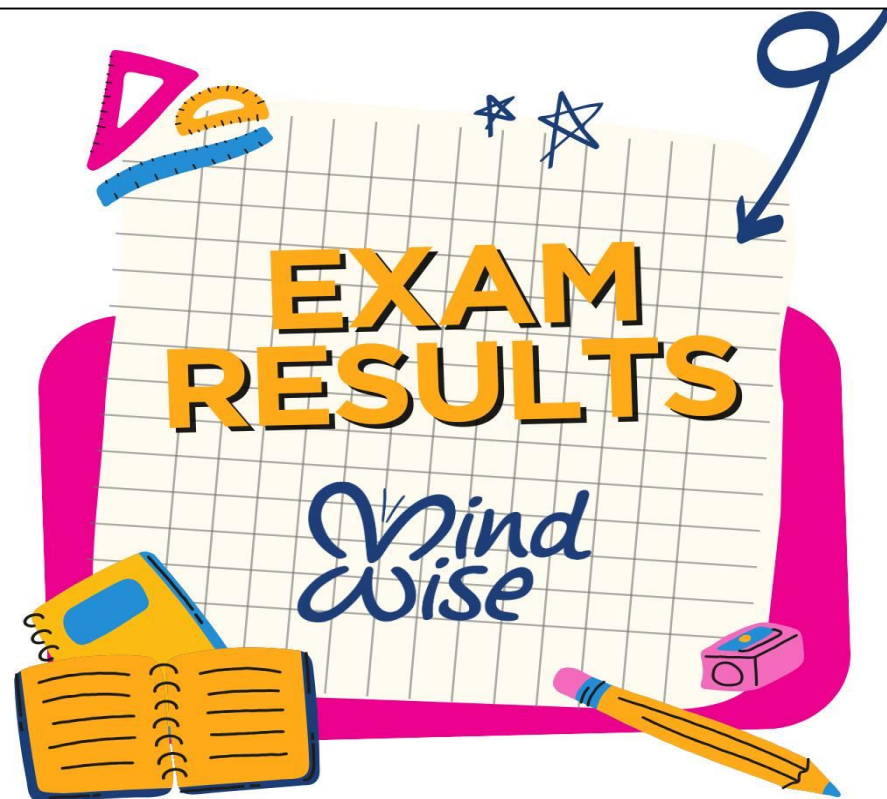


Whether you've just received your results or you're still waiting, this time of year can feel overwhelming.

Remember:

- ♥ Your results do not define you – they're just one part of your journey.
- ♥ There are many routes to success – if things didn't go to plan, there are still countless opportunities ahead.
- ♥ It's okay to feel anxious, excited, or even a mix of both – your feelings are valid.

If you're struggling, talk to someone you trust or reach out for support: <https://www.mindwisenv.org/>





Autism NI

We've created a helpful resource designed to support autistic children as they transition back into the school routine. Perfect for parents/carers looking to make the return to school a little easier.

📄 Download: <https://autismni.org/help-support/resources/education-resources>



Back to School Resource Kit



FREE SCHOOL MEALS &
UNIFORM ALLOWANCE

eaconnect

How do I apply?

- 1 Log on to/register with EA Connect
- 2 Check your eligibility on EA Connect
- 3 Add each child you wish to claim for
- 4 Start your application
- 5 Upload supporting documentation
- 6 Confirm all info is correct and submit your application



For more info visit

www.eani.org.uk/fsm



ea Education
Authority



EA – Back to School

With the new school term about to start, we have collated the contact details for any queries you may have in relation to our Special Educational Needs (SEN) services, free school meals and uniform grant, and school admissions. [Back to School | Education Authority Northern Ireland](#)



Careers advisers are available to offer support whatever the circumstances, and at any stage in a person's career journey, even after they have left school:

Phone: 0300 200 7820

E-mail by completing the online form at [Ask Careers](#)

Go online and [chat with an adviser](#)

Careers advisers are available from 9.30am to 4.30pm, Monday to Friday (excluding public holidays)

Further useful information can be found, as follows:

[How the Careers Service can help you](#)

[Guides to help with career planning](#)

[Skills in demand](#)

[Getting ready for university or college](#)

[Financial Support at school and college](#)



Student Finance

If your child is starting a full-time undergraduate course in September 2025 and applying for Student Finance, you should **complete your household details online**

You will need to open a new account at **studentfinancenl.co.uk** which will be linked to your child's account



If your son or daughter is hoping to start a full-time undergraduate course in September 2025, they can apply for student finance. You should complete your household details online at the same time as your child, if you wish to have your child's student finance assessed on your income.

In order to support an application, parents need to create their own Student Finance NI online account which will be linked to their child's account.

Most students are able to receive a basic rate of student finance without any household income information.

Your household income information could mean that your child can borrow more, and in some instances, receive additional grants.

Include your National Insurance (NI) number(s) when you complete your details online as Student Finance will use this to check parental income directly with HM Revenue & Customs (HMRC).

Please see www.studentfinancenl.co.uk for more information.



University budgeting tips

Money helper University Budgeting tips:
[University budgeting tips | MoneyHelper](#)

< Notes



exam results don't show

- how kind and caring you are
- your honesty
- what skills and talents you have
- how organised you are
- your commitment
- your creativity
- your love for others
- your people skills
- your reliability
- your humour
- how helpful you are
- your loyalty
- how thoughtful you are
- your kindness

you are so much more than what your grades show - don't underestimate yourself.



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

Our Cost of Living Crisis resource provides details of targeted resources & support for families & children struggling with the current cost of living crisis. Please let us know of any initiatives that you have running/planned or you are aware of, which are aimed at helping support families and children struggling with the current cost of living crisis so that we can promote in our Cost of Living Resource.

[Download Cost of Living Resource](#)

If you would like to include info on your service, please email cypsp@hscni.net

WELCOME TO THE YOUTH WELLNESS WEB

View Short Webinar at <https://youtu.be/fOXlZ-iEw4A>

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:

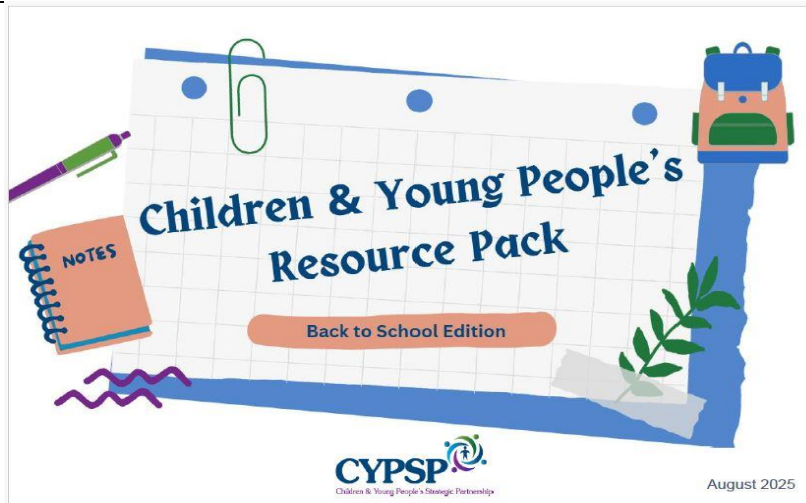


Visit the Youth Wellness Web at the link below or scan the QR code for instant access.



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





The Children and Young People's Resource Pack – Back to School Edition is packed with fun, helpful, and supportive ideas to help you feel ready and confident for the new school year! In this edition you will find:

Activities – Fun filled back to school colouring sheets.

Starting School – Tips and support for little ones taking their first big step into school life.

Back to School – Ideas to help you settle in, stay positive.

Transitions – Support for moving schools, changing classes.

Lunchbox & Snack Ideas – Yummy, healthy bites.

Results Day – Encouragement and advice.

Wellbeing – Tools to help you feel calm.

Download at: <https://cypsp.hscni.net/download/426/cyp-resource-pack/46527/cyp-resource-pack-august-2025-back-to-school.pdf>

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

HSC Southern Health
and Social Care Trust
Quality Care - for you, with you

Evidence based PARENTING SUPPORT PROGRAMMES

*Giving every child the best start /
opportunity in life*



For information on these and other
programmes available to families in the
Southern Trust area visit our webpage:

www.cypsp.hscni.net/ebpp



SCAN ME



Teen programmes

Programme: Parents Plus Special Needs Programme
Start date: Wed 10th Sept-22nd of Oct 2025
Duration: 7 weeks (10am-12.30pm)
Location: Clanrye, 34 Amagh Business Centre, Loughgall Road, Amagh
Attendees: Parents/carers of young people 11-18 years in the Southern Trust with a confirmed Autism diagnosis.
Facilitators: Clanrye & Parenting Partnership
Enquires/Referrals: e Claire.convery@clanryegroup.com
t: 07483 059876

Programme: Parents Plus Special Needs Programme
Start date: Tues 13th Jan-Tues 3rd of March 2026
Duration: 7 weeks (10am-12.30pm)
Location: St Pauls High School Bessbrook
Attendees: All parents/carers of young people 11-18 years with special needs within Newry & Moume area
Facilitators: Parenting Partnership & Newry MDT Team
Enquires/Referrals: Parenting Partnership-07880474747
e parenting.partnership@southerntrust.hscni.net
t: Or Newry GP MDT Team-07425630856
e Jeronica.kem@southerntrust.hscni.net

Programme: Parents Plus Special Needs Programme
Start date: Thurs 19th Feb-Thurs 2nd April
Duration: 7 weeks (6pm-8.30pm)
Location: Online
Attendees: Parents/carers of young people 11-18 years in the Southern Trust with a confirmed Autism diagnosis.
Facilitators: Clanrye
Enquires/Referrals: e Claire.convery@clanryegroup.com
t: 07483 059876

General Enquiries

Maria Killen
Parenting Partnership Manager
☎ 07880 474747
✉ parenting.partnership@southerntrust.hscni.net
Or
Martina McCooley
Child Development Interventions Co-ordinator
☎ 028 3756 4462 / 07795 450278
✉ martina.mccooley@southerntrust.hscni.net

For further information on these and other programmes please visit our webpage below. Additional programme information will be added throughout the year

[Parent Support – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](https://www.southerntrust.hscni.net/parent-support-children-and-young-peoples-strategic-partnership-cypsp/)



MAKING LIFE BETTER



Southern Health and Social Care Trust
TOGETHER, AMBITIOUS IDEAS, TRANSFORMING LIVES

Evidence Based

SUPPORT PROGRAMMES FOR PARENTS & CARERS

Giving every child the best start/opportunity in life



2025/ 2026
Southern Trust

Please visit our CYPSP webpage to access the range of **evidence-based parenting programmes** available to families resident in the Southern Trust Area over the coming year, September 2025 to June 2026

The programmes span the age range pre-birth to teens and are available for the families of typically developing/children and young people with special needs

Further information available [HERE](#)



Early Years

Programme Name	Attending	Start Date	Duration / Time	Location	Referrals/Enquiries	Additional Info
Mellow Dads to be	For Dads to be	Tues 16th Sept 2025	6 weeks 6.30pm—8.30pm	Online	E.mellowdadtobes@southerntrust.haoni.net t: 028 3756 4489	For Dads to be where Mum is 20+ weeks gestation.
Mellow Bumps (For Mums to be)	For Mums to be	1. Wed 12th Nov 2025 2. Tues 14th April 2026	6 weeks 6.30pm—8.30pm	Online	E.mellowdadtobes@southerntrust.haoni.net t: 028 3756 4489	For Mums to be 20+ weeks gestation. Referrals considered from across the Southern Trust and can be taken at any time for later programmes
Tiny Steps Inc of Incredible Years Baby Prog. (Parent & Baby 0-4 Months)	Parents/Carers	1. Mon 8th Sept 25 2. Tues 18th Sept 25 3. Mon 22nd Sept 25	19 weeks 10am-12pm 19 weeks 10am-12pm 19 weeks 1-3pm	Barbridge Armagh & Dungannon Home Start Newry (Based in Kileel)	F.hometostartbarbridge@btconnect.com T:0284062 6234 F.hometostart@btconnect.com T: 028 8778 9489 E: info@hometostartnewry.com T: 02830266139	Parents/babies 0-4 months living outside <u>Sure Start</u> areas in the Southern Trust. This is face-to-face. Parent/Infant Programme will also include Infant Massage. Additional 6 sessions to include e.g. sleep Support, Weaning, Sensory Play/Physical Activity Sessions.
Tiny Steps Inc of Mellow Growing Together (Parent & Baby 0-4months)	Parents/Carers	Wed 22nd Oct 2025	19 weeks 10am-12noon	Home Start Craigavon	E.hometostartcraigavon@btopenworld.com T:02836345367	Parents/babies 0-4 months living outside <u>Sure Start</u> areas in the Southern Trust. This is face-to-face. Parent/Infant Programme will also include Infant Massage. Additional 6 sessions to include e.g. sleep Support, Weaning, Sensory Play/Physical Activity Sessions.
Soilhill Understanding Your Child (Toddler & Pre School)	Parents/ Carers	Tues 14th April-Tues 19th June 2026	10 weeks 7pm—9pm	Online	Enquiries / Referrals: Parenting Partnership 07600 474747 E.parentingpartnership@southerntrust.haoni.net	For all parents/carers of children in the toddler and pre school age range across the Southern Trust
Soilhill Understanding Your Easier Child (Birth-5 Years)	Foster Carers (Southern Trust)	Wed 25th Feb 2026-Wed 13th May 2026	12 Weeks 7-9pm	First & last week face to face. PWB Training Room St Luke's Armagh. Remaining 10 weeks online	Enquiries/Referrals: Jude.muldoon@southerntrust.haoni.net mark.west@southerntrust.haoni.net	Available to Southern Trust Foster Carers of Infants/Children birth-5 years. If you would like to speak to one of the facilitators before applying you can contact Lisa Lenehan on 07541970432
Parents Plus Early Years Prog (Parents/Carers of children 1-6 with mild/moderate special needs)	Parent/Carers	1. Tues 23 rd Sept-4 th Nov 2025 2. Tues 20th Jan-Tues 3rd March 2026 3. Tues 5th May-Tues 9th June 2026	7 weeks 10m-12pm 7 weeks 10am-12pm 7 weeks 10am-12pm	Barnardo's, Grange Building Tower Hill Armagh	Enquiries/Referrals: Caroline 07501004675 or email caroline.williamson@barnardos.org.uk	Available to parents/carers of children with special needs/additional support needs in the Armagh & Dungannon locality
Incredible Years Autism & Speech & Language Delay Programme (3-6 years)	Parents/ Carers	Tues 9th Sept-Tues 16 th Dec 2025	14 weeks 10am—12pm	Autism Service The Oaks, Old Longstone Hospital Site, St Luke's Armagh, BT61 7PR	Enquiries / Referrals: Parenting Partnership t: 07600 474747 E.parentingpartnership@southerntrust.haoni.net	Available to parents of children 2-6 years with a confirmed Autism diagnosis. <u>Delivery Partner:</u> Parenting Partnership & Southern Trust Autism Services
	Parents/ Carers	Thurs 15 th Jan- Thurs 23 rd April 2026	14 weeks 10am—12pm	Online	Enquiries / Referrals: Parenting Partnership t: 07600 474747 E.parentingpartnership@southerntrust.haoni.net	Available to parents of children 2-6 years with a confirmed Autism diagnosis. <u>Delivery Partner:</u> Parenting Partnership & Southern Trust Autism Services
Invest in Play (5-12yrs)	Parents/ Carers	Wed 21st Jan - 22nd April 2026	12 weeks 10am-12pm	PWB Training Room, Main Building, St Luke's, Armagh	Enquiries / Referrals: Parenting Partnership t: 07600 474747 E.parentingpartnership@southerntrust.haoni.net	Programme available to families across the Southern Trust area. Delivery: Parenting Partnership.
Incredible Years School Age (5-12 years)	Parents/ Carers	Wed 25th March- 17th June 2026	12 weeks 10am-12pm	Online	Enquiries/Referrals: Parenting Partnership t: 07600 474747 E.parentingpartnership@southerntrust.haoni.net	Available to families across the Southern Trust Area. Delivery partners: Parenting Partnership & CAMHS
Parents Plus Children's Programme (6-11 years)	Parents/ Carers	Thurs 11th Sept- Thurs 13th Nov 2025	9 weeks 10am-12pm	Online	Enquiries / Referrals: Parenting Partnership t: 07600 474747 E.parentingpartnership@southerntrust.haoni.net	Available to families across the Southern Trust. Priority will be given to families in the Armagh/Dungannon Area. Delivery partners: BCM & Parenting Partnership
Parents Plus Children's Programme (6-11 years)	Parents/ Carers	Wed 17th Sept- Wed 19th Nov 2025	9 weeks 10am-12pm	Online	Enquiries / Referrals: Parenting Partnership t: 07600 474747 E.parentingpartnership@southerntrust.haoni.net	Available to families across the Southern Trust. Priority will be given to families in the Newry & Mourne Area. Delivery partners: Solstar & Parenting Partnership
Parents Plus <u>ADHD</u> Programme (6-11 years)	Parents/Carers	Thurs 2nd Oct - Thurs 27th Nov 2025	8 weeks 10.30am-12.30pm	Ballybot House, 26 Corn Market Newry, BT35 6GS	Enquiries/Referrals: gamma@solstarcommunity.org T: 028-30035764	Parents of children 6-11 years in the Southern Trust area <u>with a confirmed ADHD diagnosis</u> . Priority will be given to families in the Newry/Mourne area. Referrals will however be considered from all parts of the trust.
Parents Plus <u>ADHD</u> Programme (6-11 years)	Parents/Carers	Thurs 22nd Jan - Thurs 19th March 2026	8 weeks 10.30am-12.30pm	Armagh Business Centre, 2 Loughgall Road, Armagh, BT61 7NH	Enquiries/Referrals: gamma@solstarcommunity.org T: 028-30035764	Parents of children 6-11 years in the Southern Trust area <u>with a confirmed ADHD diagnosis</u> . Priority will be given to families in the Armagh/Dungannon area. Referrals will however be considered from all parts of the trust.

School Age



Belfast Recovery College
HOPE, CONTROL AND OPPORTUNITY

Belfast Recovery College

September 2025



To become a student
and enrol on a course
scan QR or click link
on chosen course

PARENTS/CARERS

Monday	Tuesday	Wednesday	Thursday	Friday
1 Discovery the Recovery College BRC 10 North Derby Street 12pm-2pm	2 Understanding Trauma BRC 10 North derby street 10am-1pm	3 Living with Anxiety BRC 10 North derby street 10am-1pm	4 Universal Credit Info Session BRC 10 North Derby Street 10am-1pm	5 Walking Group BRC/various locations 10am-12pm Wellbeing Cafe BRC 10 North Derby Street 10am-11.30am
8 Basic IT Skills BRC 10 North Derby Street 10am-12pm The Art of Creativity & Wellbeing BRC 10 North Derby Street 10am-1pm	9 WRAP BRC 10 North Derby Street 9.30am-4.30pm	10 WRAP BRC 10 North Derby Street 9.30am-4.30pm	11 Living with Personality Disorder BRC 10 North Derby Street 10am-1pm Self-Care BRC 10 North Derby Street 2pm-4pm	12 Walking Group BRC/various locations 10am-12pm Living with Psychosis BRC 10 North Derby Street 10am-10pm
15 Basic IT Skills BRC 10 North Derby Street 10am-12pm The Art of Creativity & Wellbeing BRC 10 North Derby Street 10am-1pm	16	17 Building Our Self-Esteem Webinar 1.30pm-4pm	18 Compassionate Journaling BRC 10 North Derby Street 1pm-4pm	19 Walking Group BRC/various locations 10am-12pm Peer Support Awareness Session BRC 12pm-1.30pm Peer Educator Awareness Session BRC 2pm-3pm
22 Basic IT Skills BRC 10 North Derby Street 10am-12pm The Art of Creativity & Wellbeing BRC 10 North Derby Street 10am-1pm	23 Communication & Assertiveness Skills BRC 10 North Derby Street 10am-2pm	24 Building Resilience BRC 10 North Derby Street 10am-1pm	25 Getting a Good Nights' Sleep Webinar 10am-12pm Compassionate Journaling BRC 10 North Derby Street 1pm-4pm	26 Walking Group BRC/various locations 10am-12pm Movie Club BRC 10 North Derby Street 1pm start
29 Living with Depression BRC 10 North Derby Street 10am-3pm	30 Menopause Matters BRC 10 North Derby Street 10am-2pm			

All courses are free for anyone to apply over 16 years of age. Courses take place at Belfast Recovery College, Lanyon Building, 10 North Derby Street, Belfast BT15 5HL or online via webinar /MS TEAMS.

Contact us: recoverycollege@belfasttrust.hscni.net Phone: 028 9504 3059



MY FAMILY MATTERS FOUNDATION LTD



How to Refer

Telephoning: 028 71 163 138

Website contact form Please visit
<https://myfamilymattersfoundation.co.uk>

Please note, you can only refer if you meet the criteria below:



You are aged 18+ years



Both adults (parent/carer/
guardian/anyone with parental
responsibilities) consent



You have no current/previous
or pending convictions of a
domestic abuse nature

PARENTLINE NI

A safe space for every parent,
every step of the way!

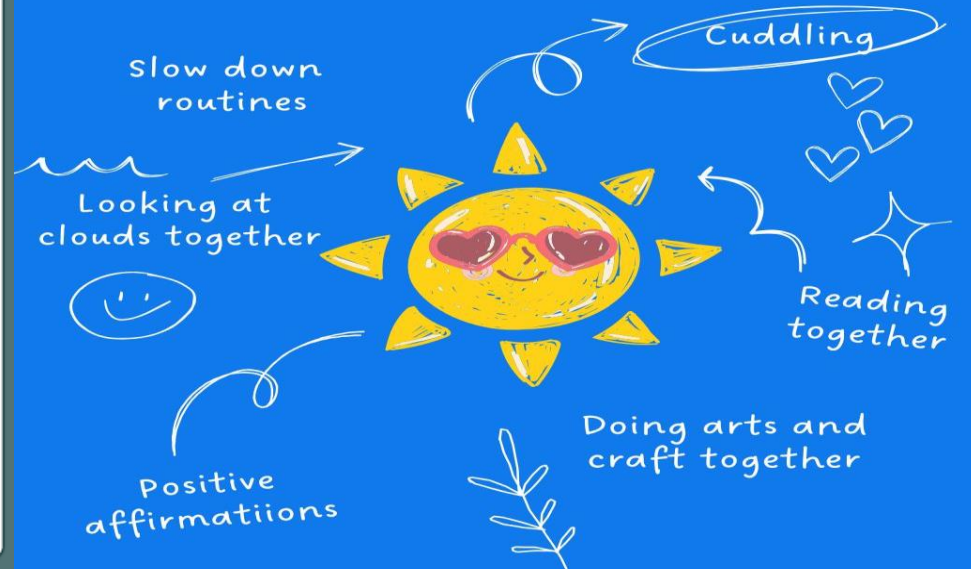


Call us today on 0808 8020 400

B B C

CBeebies
PARENTING

Mindful moments with your little one



PARENTS/CARERS



Improved Parent-Teen Relationship: Top Tips



Be authoritative

Every teen pushes the boundaries. However, as the adult you should try to respond maturely and calmly. Show them that you love them but be clear what the consequences are when rules are broken and apply them consistently. Be fair by making sure the discipline is appropriate for the behaviour.



Review Rules

As your teens grow it is important to review your rules and increase their privileges to help promote their independence.

Teens need to see that you trust them with more responsibility as they age.



Decision Making

The feeling a teen gets when their parent genuinely wants their opinion is priceless. Many parents make the decisions instead of letting their teens play a role. Giving your teen a sense of autonomy to offer their opinions and be part of making decisions will help them take ownership of their actions.



Find Independence

When your teen has a strong relationship with you, they feel empowered to go out into the world and take on challenges. Be a supporter for your teen, pushing them to build their resilience.



Be trustworthy

Build a foundation of trust with your teen. They need to know that they can rely on you to be there. When you say you'll do something, do it. Keep your word. However, trust also means respecting your child's need for privacy and keeping their confidences when they do share with you.



Relaxed Conversation

Teens can easily become intimidated with too much face-to-face communication. Reduce the pressure by planning some of your talks 'side by side', i.e. during a car journey. Use this time to get to know your teen including their interests, preferences & hobbies. Share your own interests with your teen too.



Supporting a child who is being bullied



1 Listen Actively



When your child confides in you about being bullied, be an active and empathetic listener. Let them share their experiences, emotions, and concerns without interruption. This not only provides emotional support but also helps you understand the extent of the issue.

2 Reassure & Validate



Ensure your child knows that they are not to blame. Reassure them of your love & support. Let them know that it's entirely normal to feel upset, hurt, or scared in such situations. Try to remain calm and not overreact. Your child may be really worried about telling you they are being bullied and could be scared that your reaction will make things worse.

3 Find out the facts



Encourage your child to provide details about the bullying incidents, such as who was involved, where it happened, and what was said or done. Having accurate information will be valuable when addressing the issue.

4 Open Communication with the School or club



Reach out to your child's school or club to discuss the situation. Share the information you've collected and express your concerns. Inquire about the school's Anti-Bullying policy and request information on the actions they plan to take to address the issue.

5 Empower Your Child



Involve your child in decisions on how to address the bullying. When they feel they have a say in the process, it can reduce anxiety and help them regain a sense of control over the situation. Encourage them to be assertive and seek help from trusted adults.

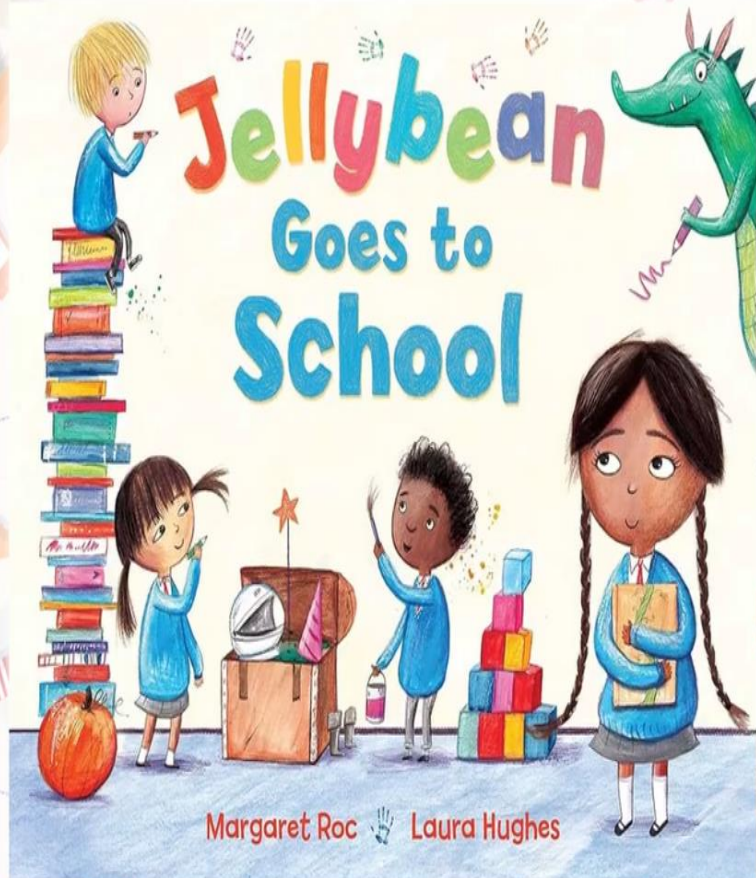
6 Keep a record



Document all interactions you have made, including meeting notes, correspondence, and any updates on the situation. If the bullying persists and you're dissatisfied with the response, you'll have documented history to support further actions, if necessary.



Prepare your little ones for school with picture books - [libraries-ni-back-to-school book-list.pdf](https://libraries-ni-back-to-school-book-list.pdf)



Back to School

libraries ni

Book List

Discover books and stories about school that can help prepare children for starting school.



Jellybean Goes to School
Margaret Roc,
Laura Hughes



My New School
Tom Easton,
Charlie Alder



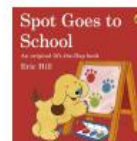
Sophie Goes to Nursery
Ruth Symons, Vulli



Never Teach A Stegosaurus To Do Sums
Rashmi Sirdeshpande,
Diane Ewen



Isadora Moon Goes to School
Harriet Muncaster



Spot Goes to School
Eric Hill



Welcome to Dinosaur School
Rose Cobden,
Loretta Schauer



Getting support at an early stage Online work you can do at your own pace

Do you tend to over
think things and see
the bad before the
good?

As a parent, do
meltdowns from your
children exhaust you?

Do you over criticize
yourself with mistakes
and put yourself
down?

ASCERT and the South Eastern Health & Social Care Trust have created 3 on-line self-help resources with workbooks that can be downloaded and visual clips that guides the viewer through the workbooks at their own pace. They are all free.

Building our Children's
Developing Brain for parents
to help build their children's
emotional regulation.

<https://view.pagetiger.com/selfcareforfamilies>



Self Compassion to Improve
Wellbeing and Support
Growth.

<https://www.ascert.biz/self-compassion>



Bend Don't Break: Low
intensity CBT based self-help
to support resilience.

<https://www.ascert.biz/bend-dont-break/>



Children Learn

If children live with **criticism**, they learn to **CONDEMN**.

If children live with **hostility**, they learn to **FIGHT**.

If children live with **ridicule**, they learn to feel **SHY**.

If children live with **shame**, they learn to feel **GUILTY**.

If children live with **tolerance**, they learn **PATIENCE**.

If children live with **encouragement**,
they learn **CONFIDENCE**.

If children live with **praise**, they learn **APPRECIATION**.

If children live with **fairness**, they learn **JUSTICE**.

If children live with **security**, they learn to have **FAITH**.

If children live with **approval**, they learn to **LIKE** themselves.

If children live with **acceptance and friendship**,
they learn to find **LOVE** in the world.

Dorothy Law Niles

What They Live



NSPCC

Listen up
speak up

Free training to help keep children safe

Sign up now and learn how to play your part

It's up to all of us to keep children safe. That's why we're encouraging every adult in the UK to Listen up, Speak up.

When we all listen up and speak up for the people around us, we can make sure that children always come first. It might mean stepping in to help juggle childcare, providing a listening ear to a struggling teen, or calling the NSPCC Helpline if you think a child is at risk.

Our Listen up, Speak up training will show:

- the signs a child might be at risk, and steps you can take to help
- how to approach difficult conversations to help keep children safe
- who you can contact if you're ever concerned about a child or their family.

There are two ways to get involved:

1. Host a workshop

We can deliver an hour-long workshop at your workplace, school, club or community group. These are completely free of charge and will be delivered from February 2024 onwards. Anyone aged 18+ is welcome to attend.

To book a workshop, please contact

northernirelandcampaigns@nspcc.org.uk

2. Sign up to our 10-minute digital training

Visit our Listen up, Speak up page to find out more: nspcc.org.uk/speakup



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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

A registered charity

Talk it through We're here to listen

Call free day or night on

116 123

Email

jo@samaritans.org

samaritans.org

SAMARITANS



ni4kids



Screens and Sanity:
**Finding Balance
Without The Guilt**

Find out more in our latest issue:

www.ni4kids.com/latest-issues



The Oak Healthy Living Centre
Programme of Activities

What's On?
Sept - Dec 2025

abc Community Development



**FREE
EVENT**

**CULTURE
IN THE PARK**

SATURDAY 13 SEPTEMBER

Lurgan Park | 1pm - 6pm

MUSIC | DANCE | ARTS & CRAFTS | ACTIVITIES | FOOD





How to Build a Healthy Snack for Children



We have just released a new series of short videos designed to help parents and caregivers make healthy snack choices for their children.

The series is full of practical, down-to-earth advice that anyone looking after children can put into action straight away.

These videos offer simple tips on how to plan ahead, what to keep in the cupboard or fridge, and how to create healthy, cost-effective options that children will enjoy. From timing to portion sizes, these videos are here to make life easier for busy families while helping children get the nutrition they need.

The first three videos are available now on the Public Health Dietitians YouTube channel and can be found here:

www.youtube.com/playlist?list=PLVutsY_gd5AYnaIVYTCXNoKDh9anjQ9P2



**Free Northern Ireland Parents
Taster Packs**



**Free Northern Ireland Parents
Membership Guide**





SAMARITANS

Call free on
116 123

We're here to
listen 24/7



**YOU
COULD BE A
LIFE SAVER**

**Organ donation law has changed
to help save more lives.**

The organ donation system has become an opt-out system. 'Dáithí's Law' means that in the event that organ donation is a possibility after you die, unless you choose to opt out, or are in an excluded group*, you will be considered as a potential organ donor.



Learn more or register your decision at:
organdonationni.info or call **0300 123 23 23**

HSC Public Health
Agency



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



**Pharmacy
First** for help with everyday
health conditions

HSC Health and
Social Care

For **FREE**
confidential
advice and
treatment
ask your
pharmacist
FIRST

SAVE TIME
AND AVOID
WAITING TO
SEE A GP



- ✓ Acne
- ✓ Athlete's foot
- ✓ Diarrhoea
- ✓ Ear Wax
- ✓ Groin area infection

- ✓ Haemorrhoids
- ✓ Head lice
- ✓ Mouth Ulcers
- ✓ Oral Thrush

- ✓ Scabies
- ✓ Threadworms
- ✓ Vaginal Thrush
- ✓ Verrucae

For everyday health conditions including Emergency Hormonal Contraception, Urinary Tract Infection (UTI) and sore throat please visit your local Community Pharmacy. More info on Pharmacy First services <https://bit.ly/PharmacyFirstNI> More info about Community Pharmacy services visit <https://bit.ly/CommPharmacistsInfo...>



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 solihullapproach@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'



The Solihull page on the CYPSP website has been updated to include all the latest free training available for parents/carers and a new section at the bottom of the page for free training for professionals – please share widely <https://cypsp.hscni.net/free-online-parent-training-solihull/>

Youth Wellness Web Teacher's Zone

Bereavement



Education Authority - Staff training

Critical Incident/Emotional Health & Wellbeing Service 2023-24



Cruse Bereavement Support NI

Helpful resources for parents/guardians and professionals supporting bereaved children and young people



Child Bereavement UK | Education Sector

Child Bereavement UK's mission is to ensure the accessibility of high-quality child bereavement support and information.



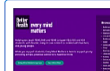
Bereaved NI website

Information and support if you are experiencing grief and bereavement or helping other people who are bereaved



Bereavement and Pupils with SEND

All children and young people, regardless of their circumstances, have a right to have their grief recognised, hear the truth and to be given opportunities to express their feelings and emotions. It is often assumed that young people with learning difficulties need protection from death and dying, or that they do not have the capacity to understand. However, it is important not to underestimate a pupil's ability to cope with difficult life events.



Every Mind Matters Public Health School Zone

Helping you teach PSHE, RHE and RSHE to Upper KS2, KS3 and KS4 students, with flexible, FREE ready-to-use content, videos and lesson plans co-created with teachers, and young people.



CEA Preparing for exams

This guide aims to help answer your questions and provide you with advice and tips on:

- how to revise;
- looking after your mental health and wellbeing; and
- knowing and understanding exam guidelines.



Navigating exam season resources - Place2Be

We've created three tip sheets to help young people, schools and families navigate exam season, with tips and practical advice on managing exam stress.



EBSA Guide | Emotionally Based School Avoidance - How to help children back into school

Educational psychology experts at the Carnegie Centre of Excellence for Mental Health in Schools have developed a guide for teachers and school leaders to address emotionally based school avoidance (EBSA).



Solihull Approach- Teachers Make A Difference

The Solihull Approach offers a transformative way of thinking about emotional regulation, nurturing, wellbeing and behaviour



What is The Daily Mile™?

The Daily Mile™ is a free and simple initiative where children can walk, jog or run for 15 minutes per day. The aim of Daily Mile is to improve the health and wellbeing of children regardless of their age or ability.

Why does The Daily Mile™ work?

- ✓ It's simple and free to implement
- ✓ Sustainable – happening all year, every year
- ✓ Takes place in a safe, risk-assessed environment
- ✓ Doesn't require any specialist training
- ✓ It only takes 15 minutes per day
- ✓ Helps improve focus, concentration and behaviour
- ✓ It can be linked to aspects of the curriculum
- ✓ It supports settings to meet the Chief Medical Officers' guidelines for physical activity

Don't forget to register with The Daily Mile™
<https://thedailymile.co.uk/school-signup>
Click the terms and conditions box to be recognised as a Northern Ireland Daily Mile setting!



Daily Mile
Network NI

The Daily Mile Logo and 'The Daily Mile' name are trademarks belonging to The Daily Mile Foundation, Hawkhead, Chapel Lane, Lymington, U.K. and are reproduced with permission. All rights reserved.

What teachers say...

Children are a lot more settled and relaxed after their Daily Mile

Teachers take part too, they love it!

The children really enjoy it

Those who were not keen to start with are now trying to run bits of The Daily Mile™

Children's concentration levels have improved

Fitness levels have improved

We can provide resources to help you get started or just to maintain your Daily Mile!

If you are interested in participating in The Daily Mile™, please contact Clare Drummy, Physical Activity Coordinator on physical.activity@southerntrust.hscni.net

HOPELINE247

WHAT IS OUR DEBRIEF SERVICE?

We work with professionals including GPs, teachers, counsellors, police, first responders and frontline workers, who have recently had an encounter with suicide, and would like to talk it through with a trained professional.

Phone: 0800 068 4141

Text HOPE to 88247

Email: pat@papyrus-uk.org



PAPYRUS
PREVENTION OF YOUNG SUICIDE



PHA launches e-Bug a free, online educational science resource for teachers.

e-Bug brings the world of microbes and antibiotics to life for children in the school environment.

To find out more see <http://e-bug.eu/en-xi>



e-Bug

HSC Public Health
Agency

e-Bug is an online health educational programme that aims to promote positive change among children and young people.

It provides free educational resources for ages 3-16 on microbiology, hygiene, infection and appropriate antibiotic use.

www.e-bug.eu/en-xi

School Anxiety and Distress

A Best Practice Guide for Schools

Developed in partnership with parents and professionals



Children
in Northern
Ireland

CiNI recently launched the School Anxiety and Distress: A Best Practice Guide for Schools to support the sharing of resources, tools and best practices across our education system. You can access the full document by [clicking here](#)



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!



Before birth - you can make a difference

Babies learn all sorts of things before they are born...

12-16 weeks

- I can hear Mum's heartbeat and breathing.
- I like to move about - sometimes I hiccup!

16-20 weeks

- I can hear your voice and other sounds.
- I have my own fingerprints.

20-24 weeks

- I'm learning to recognise the voices I hear most.
- If Mum taps her tummy I'll wake up.

24-28 weeks

- My heart beats faster when you play music to me.
- I practise sucking using my thumb - this helps me when feeding later.

28-32 weeks

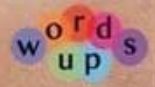
- I can hear the difference between loud and soft, high and low sounds.
- After I am born I'll remember the music we share now.

32-36 weeks

- I can move in time to my favourite music.
- When Mum rubs her tummy I can feel it.

36-40 weeks

- I know the voices of the people that often talk and sing to me.
- My face shows if I'm feeling happy, sad or grumpy.



Developed by Speech and Language Therapy, Care and Learning



03/15 - 04/16

Healthy Start Prepaid Card

With Healthy Start, you could receive money towards the cost of fresh, frozen and tinned healthy essentials. If you're pregnant, or have a child under the age of 4, you could be eligible. Find out in as little as 5 minutes:

<https://www.healthystart.nhs.uk/how-to-apply/>



What can I buy with my NHS Healthy Start prepaid card?



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 or Browse 'Baby and U' on our website – [Baby and U - Your pregnancy journey - Northern Health and Social Care Trust \(hscni.net\)](http://www.babyandyoujourney.nhs.uk)



"Add some words to what I say"

@helpkidstalk

Your child says...

ball

dancing

bird flying

You can say...

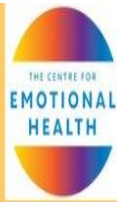
A big ball. I see a big ball!

Yes the little girl is dancing.

The bird is flying in the sky.



The Nurturing Programme

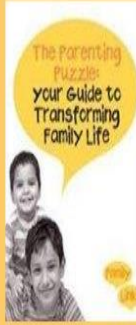
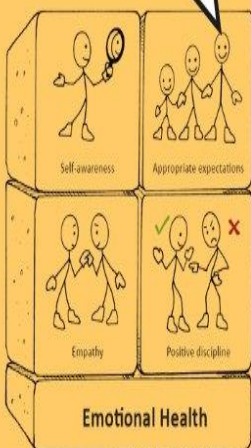


Join us for a 10-week Nurturing Programme designed to strengthen the bond and relationships between parents and children through connection and trust. We will explore the four constructs and building blocks of emotional health: Self-awareness, Appropriate expectations, Empathy and Positive discipline. Through engaging discussions and practical strategies, parents will gain insights to better understand their children's emotional needs, while children benefit from a more nurturing and responsive environment.

"I have been going through a difficult time with my partner and this group was my lifeline! I was able to say how I was feeling with no one judging me and had support from other mums. I realised I can make a change"

Tuesday 16th September
6.30pm-8.30pm (10 weeks)
@St.Joseph's Early Years centre, Ballymena

"An amazing programme, absolutely full of great tips and tricks to guide me as a parent through my child's growth and development"



TO BOOK YOUR PLACE, CALL US ON 02825642883



Baby playtime



Play is a crucial way for babies to explore and learn about themselves, the world, and the people around them. Playtime with your baby doesn't require expensive toys but should involve connecting through eye contact, facial expressions, changes in your tone of voice, and sharing words of encouragement. These simple actions create a powerful combination of love and bonding. Through play, your baby will experience the joy of being with others. By the end of the first year, the volume of your baby's brain will have doubled in size, aided by the sensory learning they have been exposed to within the world around them.

PLAY IDEAS FROM BIRTH TO ONE YEAR

- **Tummy time** - This is a great way to build your baby's upper body strength right from birth. Start by placing your baby on your chest when they are unlikely to fall asleep. Gradually increase the duration of tummy time and progress on to the floor, laying your baby on a mat with a cushion for support.
- **Black and white patterns** - Babies take time to see and understand colour. They are stimulated by the high contrast between black and white. Using a black card and a white chalk pen you can create simple patterns and pictures to show your baby. Watch as they focus on the patterns and follow the page with their head as you move it, helping strengthen the muscles in your baby's neck and head.
- **Books and songs** - Reading and singing to your baby will greatly improve their early literacy skills. Books will help them understand that words have meaning and are linked to images. Songs will introduce rhythm and communication skills. You can borrow books from your local library and nursery rhymes can be found online. Alternatively, you can create your own songs and stories!
- **Tissue boxes** - Allow your baby to pull each individual tissue out of the box. You have the fun job of putting them all back in again!



- **Treasure basket** - This activity taps into your baby's natural sense of curiosity and need for exploration. Fill a wide, shallow baby-friendly basket or container with various household items and loose parts. You could include kitchen utensils, sponges, scrubbing brushes, toothbrushes, plastic bottles, spoons, ribbon, dishcloths, or other clean, safe items you can find at home. Change and check the objects regularly and choose items carefully, appropriate to the age and stage of your child. Avoid small items which could pose a choking hazard or be poked into their nose or ears.
- **Baby massage** - This is a relaxing activity for your baby to enjoy after their evening bath as part of their bedtime routine. Apply natural oil or lotion to your fingertips and rub between your palms. Apply the oil or lotion to your baby's skin using gentle motions across different areas of their body in circular or swiping motions.
- **Mirror** - Babies love faces, especially those of their parents and caregivers. Your baby can learn to track movements and develop their muscles when reaching and rolling towards their reflection. Encourage your baby to point to different parts of their body, work on imitation skills by pulling funny faces, or try performing a puppet show in front of the mirror.



For younger children always be aware of choking – toys/loose parts intended for children under 36 months must not present a choking risk. A test can be carried out using a 'small parts cylinder' (toys or parts of toys/loose parts that can fit entirely inside the cylinder are identified as choking hazards).

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



TREE BABIES

STARTING TUESDAY 9TH SEPTEMBER 11AM-12PM

Tree babies is a programme developed to promote bonding and connection between parents, babies and nature.

 South Eastern Health and Social Care Trust

 Colin Neighbourhood Partnership

Call/Text: Natasha 07525349711
Danielle 07841908718



WE WANT OUR CHILDREN AND YOUNG PEOPLE TO

THRIVE

RATHCOOLE & MONKSTOWN

WE CAN

GET READY TO LEARN

Have good routines.

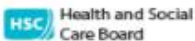


SureStart



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.



Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



www.inourplace.co.uk

Residents of **NORTHERN IRELAND**

In paid partnership with: **Public Health Agency**

Use Access Code
NIFAMILIES

EARLY YEARS



WHY PLAY MATTERS

... because play is the most natural way for children to learn, grow, develop and make sense of the world and their place within it.

Play benefits:

- ✓ Healthy brain development
- ✓ Fit and active bodies
- ✓ Cognitive agility and learning
- ✓ Emotional regulation and strength
- ✓ Inquisitive minds
- ✓ Imagination and creativity
- ✓ Social etiquette and making friends
- ✓ Conflict resolution
- ✓ Negotiating skills
- ✓ Managing and assessing risk and challenging situations



BLOW BUBBLES

BUILD A DEN

HOPSCOTCH

Play builds resilient children

Resilience is the ability to bounce back after getting knocked down. It is the way that we cope with setbacks and disappointments without them becoming debilitating hurdles that hamper our progress.

Make time for play every day and help your children develop the skill of resilience, it will assist them to bounce back when the knocks and hardships of everyday life come their way.

As we now know, if a child encounters too many, or ongoing stressful situations their life course can be altered. Too many Adverse Childhood Experiences (ACEs) occurring during childhood can result in young bodies encountering 'toxic stress'. Toxic stress can trigger hormones that wreak havoc on the brains and developing bodies of children, putting them at greater risk of disease, and limiting their life chances and choices.

Your child might not remember all the great play opportunities and experiences you provided over the years but their bodies and brains certainly will.

Helping your child to become more resilient is an important part of parenting. It's tempting to protect your child from setbacks and difficulties; however, building the essential skill of resilience will serve them much better now and into the future.

There comes a time when your child or children will unfurl their wings. We can't be there forever to smooth the path before them so it pays to lay the groundwork now.

Children need time to relax, rest and play every day (Article 31, UNCRC), because play builds children. It's important to make time for play every day.



Relateable.

Free Relationships & Sexuality Education for 15-16 Year Olds

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

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

This service is available free to groups across Northern Ireland and is provided face to face at your premises.

For more information please contact office@relateni.org.



Relate NI



C-CARD

Northern Ireland C-Card Scheme

Free condoms and lubricants available for 16-25 year olds
Available across Northern Ireland.

Find your local provider at:



Public Health Agency

Project supported by the PHA

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](#)



GROW

Do you need help to secure a pathway for September?

We're here to guide you every step of the way whether you connect in person or remotely via phone, email, or MS Teams.

The following (and much more) may be available to you...

- Support to research and apply for Training or Further Education courses
- Financial support to access training, buy equipment, or remove barriers to progression
- Help to find work that fits your skills and goals
- Support with Driver Theory Test prep and obtaining your provisional licence
- Access to short, skills-boosting courses
- Guidance on budgeting, managing loans, and avoiding debt



Scan me!



Lets make September count
Get in touch today!

📞 028 7963 1032

✉️ info@networkpersonnel.org.uk

Eligibility Criteria Applies



**Funded by
UK Government**

This project is funded by the UK Government through the UK Prosperity Fund.

**network
personnel**
Together Towards Employment



September 2025 start

School Leaver

OPEN DAYS

2025 COURSES INCLUDE:

- | | |
|--------------------------|-----------------|
| • BRICKLAYING | • ADMIN |
| • JOINERY | • IT |
| • CHILDCARE | • CATERING |
| • HEALTH AND SOCIAL CARE | • PLAYWORK |
| • RETAIL | • HAIRDRESSING |
| • ENGLISH | • MATHS |
| • ICT | • EMPLOYABILITY |

21st August

26th August

22nd August

27th August

Register today 🔍

Bryson
PATHWAYS

Skills Based Training

Stockman House
39-43 Bedford Street

Belfast
BT2 7EE

07803833373

francs.mcdonald@brysonpathways.org



For teenagers

Free online courses to help you understand your feelings and brain development, to support your wellbeing

- Understanding your brain development and what this means for how you feel and behave
- Understanding your feelings, your mental health and how to nurture emotional wellbeing
- How your relationships and friendships may change and why
- Written for teenagers with teenagers

Designed by clinical psychologists in partnership with practitioners and teenagers



Residents of NORTHERN IRELAND



Use Access Code
NIFAMILIES

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



Help and advice for young people

New website for young people with local and national resources for topics like:

- Anxiety and Depression
- Drugs and Alcohol
- Gender and Sex
- Staying Safe Online
- Education & Employment
- Eating
- Bullying
- Problems at Home



app.heeadsss.uk

HEEADSSS

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



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



Perfectly Proudful

LGBTQIA+ & Allies Youth Group

Are you looking somewhere to be yourself, have fun and engage with like minded others?

Perfectly Proudful is a Safe, Supportive and Inclusive Space for young people aged 13 to 18 years old.



The Welcome house
28-30 Bridge Street
Lisburn BT28 1AE



The Connected Minds Empowering Youth project – a mentoring and support service for children, and young people aged 8-24 years old in Lisburn.

We provide:

- 1-1 Support for emotional health and wellbeing issues.
- Support for parents and family members.
- Connect to and develop services to directly address the issues of emotional health and wellbeing.
- Listen and respond meaningfully to the voices of children, and young people.

Contact:

connectedmindsync@resurgamtrust.co.uk
028 9267 0755 (option 6)

Connected Minds Youth Committee

This committee is for young people aged 14-24 years who are passionate about raising awareness and positive change around mental health within our community. The group aims to inspire, motivate, and empower young people, make positive changes within our local area. We are also grant makers where local groups can apply for funding to deliver mental health activities for children, and young people.

Contact:

connectedmindsync@resurgamtrust.co.uk
028 9267 0755 (option 6)

Resurgam Healthy Living Centre

We provide free advice, support, information, and programmes to help you with your health and wellbeing needs.

Support services available through the Resurgam Trust

Programmes include:

- Living with pain and self-management
- Healthy eating and practical cooking for the whole family
- Stop smoking support
- Mental health and wellbeing
- Information in a wide range of conditions including local support/services.

Contact:

healthylivingcentre@resurgamtrust.co.uk
028 9252 8233

Resurgam Youth Initiative

We provide youth services for children and young people aged 5-25 years old. We have centres in Hillhall, Old Warren, Ballymacash, Hilden, and the Maze. We deliver programmes on health, education, youth voice and participation, equality, and diversity. We are an OCN accredited centre, and we offer a range of OCN training options for young people.

Contact:

Francie.ferris@resurgamtrust.co.uk
07895 757720

Scan the QR code to access all help line support available in Northern Ireland





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

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



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



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





Autism Information Cafés

The Northern Health and Social Care Trust invites parents and caregivers of children under 16 with an autism diagnosis or awaiting assessment to join one of our information cafés.



We aim to bring together professionals and organisations to provide support and information on the day.

Wednesday 2nd April 2025
10.00am - 12.00pm
Joey Dwyer Learning Centre
Ballymoney

Wednesday 8th October 2025
10.00am - 12.00pm
The Braid Arts Centre
Ballymena

Thursday 29th May 2025
10.00am - 12.00pm
Cookstown Learning Centre

Tuesday 3rd February 2026
10.00am - 12.00pm
Mossley Mill
Newtownabbey



YOUR JOURNEY THROUGH DISABILITY

For Parents by Parents

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

A Guide to help YOU on your journey through disability/ additional needs

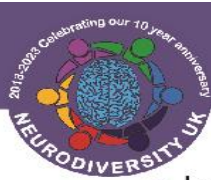


WHY WE WANT TO HELP YOU ON YOUR JOURNEY

Parents have worked closely with statutory, community and voluntary services to develop this resource as an easy read guide for YOU, to help signpost you to information, advice and support that you as a parent may need on learning your child has additional needs/a disability. This guide was devised to be a source of help available when it's needed, at whatever stage of your journey.

This guide includes information on support services and counselling available along with lots of tips and advice. We hope you can dip in and out of this guide, to source whatever information and support you may need

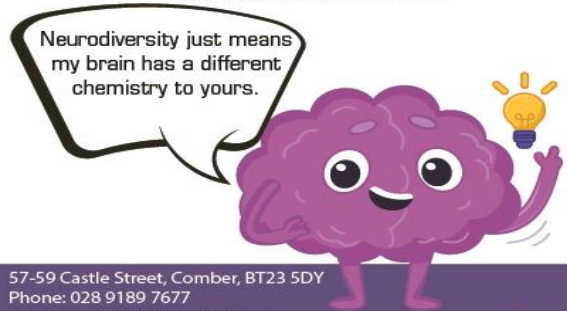




NeurodiversityUK

To help and support individuals and families affected by:

- **Learning Difficulties**
Dyslexia, Dyspraxia, Dysgraphia etc...
- **Mental Health Conditions**
Anxiety, Depression, OCD, Bipolar, PTSD, etc...
- **Neurodevelopmental Disorders**
Autism, ADHD, Tic Disorders, etc



57-59 Castle Street, Comber, BT23 5DY
Phone: 028 9189 7677
Email: comber.asg@outlook.com
NIC 100167



Grants for families raising disabled or seriously ill children

Family Fund provide grants to families raising disabled or seriously ill children. ❤️ You can apply to Family Fund now for items like clothing, kitchen appliances, furniture, technology items, or even a family break. Find out more about our grant programmes online, and apply today: <https://www.familyfund.org.uk/grants/schemes>



Understanding your child with additional needs

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



www.inourplace.co.uk



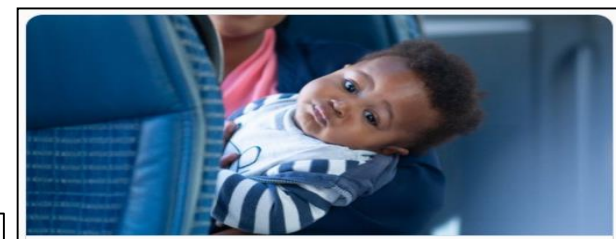
Residents of NORTHERN IRELAND

In paid partnership with: HSC Public Health Agency



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>

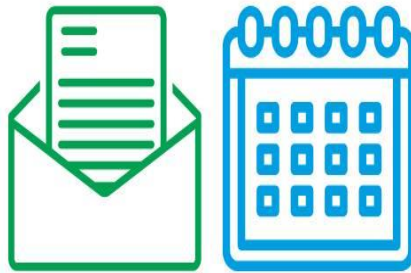
Use Access Code
NIFAMILIES



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](#)



GCSE results social story



'I have yet to meet a child who enjoys misbehaving. Rather, I see a child who is working to communicate a message about an unmet need in increasingly desperate and extreme ways.'

@NurturedNeuroKids

CRISIS CAFE NEWRY

Talking Autism - Parents and Carers Peer Support Group.

This group was set up by parents and continues to be facilitated by parents. They meet on the second Tuesday of each month at Crisis Cafe from 7-8.30pm. New members always welcome.

Parents and Carers Autism Peer Support Group aims to create a supportive and understanding community for parents and carers of autistic children and young people. (A diagnosis is not necessary).

For further information DM page or just come along.

Anne Small Carla Quinn Clare McLoughlin Grace Clarke

**For
parents
and
carers**



Ask Questions
Understand
Talk to a Friend
Include
Show Support
Make a Difference

**2nd
Tuesday
of each
month**

River House 41
The Mall Newry

**TALKING
AUTISM PEER
SUPPORT
GROUP**



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 [Autism Card — Autism NI](#) or email info@autismni.org

Become an autism inclusive school



Receive training and expert guidance to support neurodivergent students in the classroom



Nursery, Primary, Secondary & tailored options available



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>



Become a member! 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 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:

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

Scan QR code



Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Text Shout:
852558

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

SUICIDE

the biggest killer of young people in the UK.

HOPELINE247



HOPELINE247 | Papyrus UK |

Suicide Prevention Charity

Are you having thoughts of suicide or are concerned for someone who feels suicidal? Then contact HOPELINE247 for free confidential support on 0800 068 4141.

Crisis Cafe

LGBTQ+ peer support group for young people 13-17yrs
Wednesdays 4-5pm (upstairs room). Everyone Welcome
[#peersupport](#) [#socialcafe](#) [#lgbtq](#) [#youngpeople](#) [#support](#)
[#community](#) [#newry](#)



Crisis Cafe

LGBTQ+ SUPPORT
GROUP

WEDNESDAYS 4-5pm



Where to find
mental health
support online
and on the phone





Exit social media

Social media can be fun and a great way to find out what your friends and family are up to. But sometimes it can be overwhelming, especially when you're dealing with difficult emotions. It's OK to exit social media or take a break. Read more tips: <http://ow.ly/jmcK50PQH14>

eating disorder myths debunked

- the main tell of an eating disorder is being underweight
- you can be any weight and have an eating disorder
- eating disorders aren't that serious
- eating disorders have the highest mortality rate on any psychiatric disorder
- eating disorders are a woman's illness
- eating disorders affect people of all genders
- eating disorders in teens are just a "phase"
- eating disorders generally begin in adolescence and it needs to be taken seriously

@crazyheadcomics x @counsellingwithalix



CRISIS DROP IN CAFE NEWRY

ARE YOU AGED 12-18?

FEELING DOWN, OVERWHELMED OR ANXIOUS?

CALL IN AND CONNECT WITH US

**MONDAYS
3.30-7PM**

**RIVER HOUSE
41 THE MALL
NEWRY
07703466075**

**SOMETIMES
YOU JUST
NEED TO
TAKE A BREAK
(AND THAT'S OK)**

**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



it's okay if you...



make mistakes



need support



need a break



have a bad day



aren't perfect

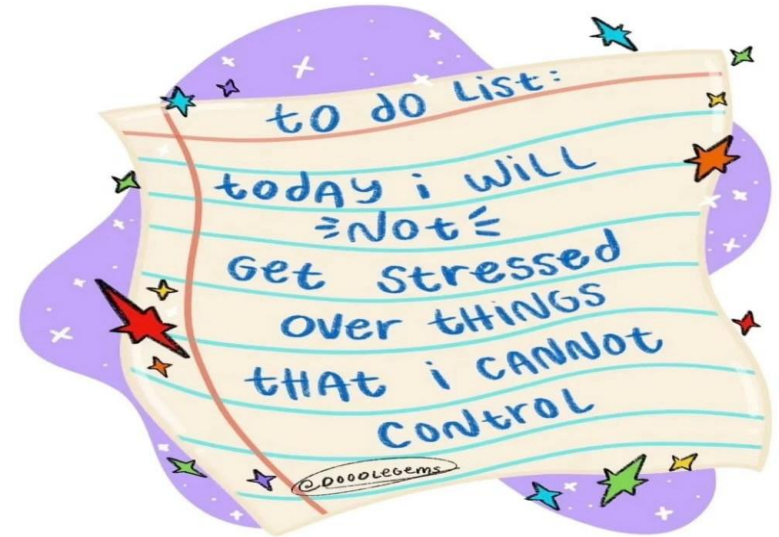


need alone time

Victim Support NI

We offer long-term creative arts therapy to young people aged 8-21 living in the Northern Health & Social Care Trust area through our Phoenix Youth project. It's available to young people suffering the effects of trauma. Find out more here:

<https://bit.ly/3JxcU4A>





Self-Care September 2025

MONDAY

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

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

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

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

29 Write down three things you appreciate about yourself

TUESDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

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

WEDNESDAY

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

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

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

24 Accept yourself and remember that you are worthy of love



THURSDAY

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

11 Make time to do something you really enjoy

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

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



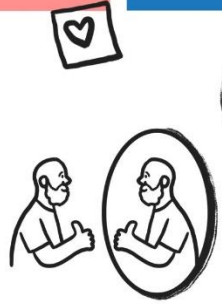
FRIDAY

5 Forgive yourself when things go wrong. Everyone makes mistakes

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

19 Notice what you are feeling, without any judgement

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



SATURDAY

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

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

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans



SUNDAY

7 Give yourself permission to say 'no'

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

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



ACTION FOR HAPPINESS

Happier · Kinder · Together



Getting the right support isn't always easy, especially when problems are affecting your mental health. It's not always clear where to go for support. That's where we can help.

If you are over 18 and live in Northern Ireland get in touch with our team today:

Freephone - 0808 189 0036

Use our webchat - www.inspirewellbeing.org

Email - hello@inspirewellbeing.org

Our phonedlines and webchat are open from 10:00 am to 4:00 pm Monday to Friday!

IF YOU
NEED US...
CONTACT
US

We are here to listen:

Freephone - 0808 189 0036

Webchat - inspirewellbeing.org

Email - hello@inspirewellbeing.org



#StressAwarenessMonth



Are you experiencing

*Work-Related
Stress?*

Let's break it
down together



AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

teachergoals.com

You seriously have no idea what people
are dealing with in their personal lives.
So just be nice. It's that simple.





Managing Parenting Stress: 6 Top Tips

1 Prioritise Self-Care

Make sure you set aside time for you each day, such as going for a walk or reading a book. Try to get enough sleep, eat well, and exercise regularly.

2 Manage Emotions Healthily

It is important to identify and express your emotions in a healthy way, such as through meditation, yoga, or journaling

3 Establish boundaries

Boundaries are important, set limits on your time and availability, delegate tasks to others if you can. Remember you can say "no" when you need to. As well as setting boundaries, make sure you make time for activities you enjoy.

4 Step away when needed

Take a break and step away from a situation if it becomes too stressful. Whether this is for a few minutes or a number of hours - often removing yourself from a situation allows for clarity and better judgement, especially if you feel overwhelmed.

5 Focus on Prioritisation

If you feel overwhelmed find a way to prioritise what works for you, such as listing tasks in order of priority, or dealing with manageable ones first. Delegate where you can.

6 Seek Support & Communicate

Having a network of supportive people to talk to—whether it's your partner, friends, or family—can provide emotional validation and practical advice. Open and honest communication ensures everyone is on the same page and responsibilities are shared, preventing feelings of isolation.



0808 8010 722



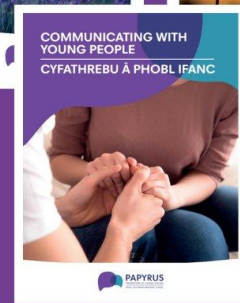
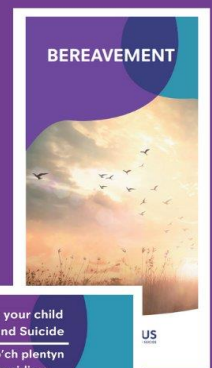
parentingfocus.org



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



HELP AND ADVICE RESOURCES





Find Help NI .com

Funded by
Department of
Health

Find Help NI is a not for profit organisation, which has been created by experienced mental health professionals, to help our community find the right help, at the right time. Through years of front line experience working with people across NI, from all walks of life, they recognised the need for a joined up approach to wellbeing that looks at the whole person, and everything in that person's life that contributes to their sense of wellbeing. There are many dimensions to our wellbeing, and all these dimensions contribute to a healthy life.

- Family & Relationships
- Disabilities & Medical
- Ethnic Minority & Cultural
- LGBTQIA+ Abuse
- Addiction Bereavement
- Anxiety, Depression & Self-Harm
- Neurodiversity Eating Disorders
- Housing, Living, Finance & Benefits



Find the right help
at the right time!



Founded by Pamela Kirkpatrick & Cara Swanston, who together have decades of experience specialising in mental health within the community, voluntary and statutory sectors.

Self Help Guides for Mental Health & Emotional Wellbeing



A-Z Mental Health



OUR MISSION

- ✓ To put health and wellbeing in the hands and pockets of every single person in Northern Ireland.
- ✓ Connecting our community to people, services, and organisations that can help, through a comprehensive online directory with all NI's fantastic services in one place.
- ✓ Inspiring people to take control of their health and wellbeing through information, education, helpful resources, inspiring blogs and content that will benefit Wellbeing & Mental Health

Find Help NI wants to be part of a bigger picture of creating a collaborative and joined up Northern Ireland, who puts the health and wellbeing of our community at the centre of everything it does. Helping to create a motivated and inspired nation of help seekers, who know where to find help and how to also help themselves and their loved ones.

Visit Website Today!



info@findhelpni.com



Become a Member!

"Thank you for being there at my lowest time"

Male caller to Lifeline service

Lifeline

0808 808 8000

Textphone:
18001 0808 808 8000



Move more, feel better



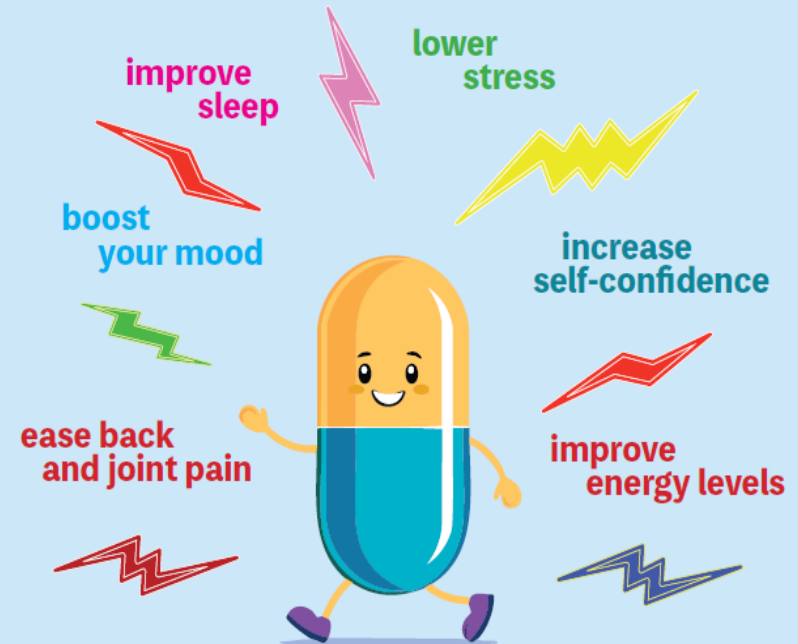
The more you move the better you'll feel.
Find out why it's good to move more at
www.choosetolivebetter.com/getting-active



52/19

Moving is the best medicine

If physical activity was a drug, we would call it a miracle cure.



Regular physical activity can also help to reduce your risk of high blood pressure, high cholesterol, heart disease, type 2 diabetes and certain cancers.

To find out more, pick up your free *Moving is the best medicine* leaflet in pharmacy.



www.choosetolivebetter.com/getting-active



04/25



What are the mental health benefits of kindness?

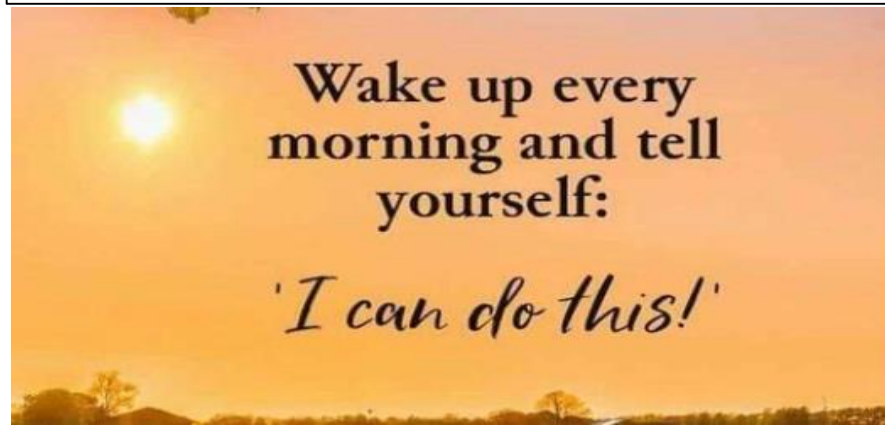


Being kind and compassionate is proven to benefit your wellbeing and happiness.

- Boosts optimism
- Reduces stress
- Promotes belonging
- Reduces isolation
- Boosts self-esteem
- Improves mood



ComKit is an empathetic communications toolkit to support families, communities, organisations, reporters and political representatives in what to do and say at a time of heightened suicide concern.





stress control

MENTAL HEALTH & WELLBEING

Stress often includes a mix of anxiety, depression, panic, sleep problems, poor wellbeing, low self-confidence, and low self-esteem. If stress is affecting your daily life and you're ready to take control, Stress Control can help.

Developed by consultant clinical psychologist Dr Jim White, Stress Control is a 6 session online course that combines cognitive behavioural therapy (CBT), positive psychology and wellbeing.

Through the course, you'll gain practical skills to manage stress effectively and improve your overall wellbeing.



Please see www.stresscontrolclass.com for dates of classes running in Northern Ireland.

EMOTIONAL BURNOUT

((Sometimes looks like...))



Saying "I'm fine" because explaining feels like too much work.



Avoiding texts because you don't have the energy to connect.



Feeling relief when plans get canceled.



Forgetting the last time you did something just for fun.



Functioning so well people assume you're okay.



Being exhausted by even small decisions.

thesunshine.therapist



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



Minding your head has information, advice and support to help people in Northern Ireland look after and improve their mental health and wellbeing and find out what to do in a crisis.

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

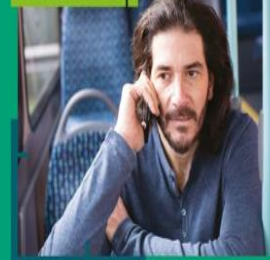
Whatever you're facing
We're here to listen

Call free day or night on

116 123

Email 116123@samaritans.org
ALIT

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!





Bereaved NI
NI Bereavement Network

Language ▼

Enter your search here



[Home](#) | [Care Before Death](#) | [Practical Support](#) | [Bereavement Support](#) | [Helplines](#) | [Video Wall](#) | [For Carers](#) | [For Professionals](#)

Cruse Bereavement Support

"You are not alone" [Click here for bereavement information and support](#)



Information and support if you are experiencing grief and bereavement or helping other people who are bereaved

The search filter below can help you to find specific bereavement help and support

Person who has died ▼

Circumstances of Death ▼

Age groups needing su... ▼

Types of support ▼

Get bereavement support

Winston's Wish provides grief and bereavement support for children and young people (up to 25) after the death of someone important, along with advice and support for the parents, carers and professionals supporting them.

**Grief is overwhelming.
Let us help.**

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.

Cruse
Bereavement Support



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

CRUSE NATIONAL HELPLINE

0808 808 1677

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



www.hopeagain.org.uk

BEREAVEMENT



Protecting Your Rights

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

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

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

Samaritans
0845 790 9090
www.samaritans.org.uk

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

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

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

Crimestoppers
0800 555 111
www.crimestoppers-uk.org

Created by Police Service Print+Design RP021



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



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 4AJ.
Tel: (028) 3756 1370 Email: nines@southerntrust.hscni.net



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	



CYPSP Translation Hub

CYPSP brings together a range of agencies to improve outcomes and lives of children, young people and their families in Northern Ireland



1.9 million people live and work in Northern Ireland
approx. **54,500+** speak English as a second language

We completed a survey with **83** groups supporting **7,000+** families and analysed the results

A Key area identified was: Lack of Interpreters / Translations in a Central Resource

CYPSP developed a Translation Hub that provides important information translatable into **110** languages on Health, Family Support, Education, Housing, Cost of Living, Employment and much more for Parents, Carers, Professionals and Support groups

The Translation Hub was launched in August 2022 and is now recognised as a key resource

The Translation Hub brings together information from our partners

- Health & Social Care Board
- Public Health Agency
- Health Trusts
- Education Authority
- Business Services Organisation
- Police Service of Northern Ireland
- NI Housing Executive
- Community / Voluntary Sector Groups



Frontline Social Workers , Social Care & Health Care staff can access the Translation Hub on their phones just scan the QR code

If you would like to know more or suggest new content
email : cypsp@hscni.net

www.cypsp.hscni.net/translation-hub



BLACK, ASIAN AND MINORITY ETHNIC



[A Young Persons Guide to living in Northern Ireland under the United Kingdom's National Transfer Scheme \(NTS\)](#)

This is your guide to help you know what to expect when you arrive in your new home, who is there to support you and some helpful things you should know about Northern Ireland.

Boloh Helpline

Call us on 0800 151 2605

In Urdu and Hindi the word Boloh means “to speak or to talk”. We called the service Boloh Helpline because by sharing your experiences we are able to support you. We are here to help!



Women's Aid Across NI

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



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

Open Monday - Friday 09:00 - 17:00

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

Housing Executive



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

INFORMATION & SUPPORT LINE

0800 0246 991

Mondays & Thursdays
6pm-8pm

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



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

Belfast. 028 9024 1929

Foyle. 028 7116 0001

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


Victim Support NI

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



**Domestic
abuse is
not just
physical.**

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

psni.police.uk

**we care
we listen
we act**



**Police Service
of Northern Ireland**

**More than
4,000**

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

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

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

#STILLABUSE



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



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

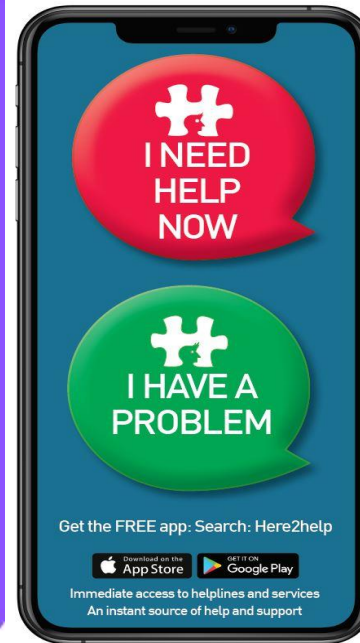
**You will be believed
&
we are here to
support you.**

**rainbow
project**



**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**



The Here2Help App provides quick access to advice and support services for anyone in crisis and needing help. It contains details of local, not-for-profit organisations who can help with many issues such as mental health, addiction, housing and domestic abuse.
INFO + ADVICE 24/7



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.

Substance Abuse Support
If you or someone you know is impacted by substance abuse, contact ASCERT for free on 0800 254 5123. We're here to help.
Cruse Bereavement: 0808 808 1677
Lifeline: 0808 808 8000

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



ASCERT

START 360 Connections services develop and deliver drug and alcohol-related projects, events and initiatives in the community.
<https://www.start360.org/how-can-we-help-you/connections-north>

PBNI CONTINUE TO WORK WITH PEOPLE WHO HAVE ADDICTIONS.



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



PBNI Probation Board for Northern Ireland

HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED



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

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

www.drugsandalcoholni.info



Affected by someone else's drinking or drug use?



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.



Family First Hub had a jam packed 7 days full of Summer Fun Activities providing opportunities to try new things, build confidence and make connections within the community. Activities included crafts, games, movies, mindfulness, dance and a trip to the local allotments. The Summer Fun activities were kindly supported by Triax Neighbourhood Management Team, Flaunt Ur Step Dance Academy and The Nerve Centre.

GOOD NEWS STORIES





We want the cafes to be a place where adults, parents and carers can come and speak with different services which are all in one place in an informal way.

Autism Cafés 2025

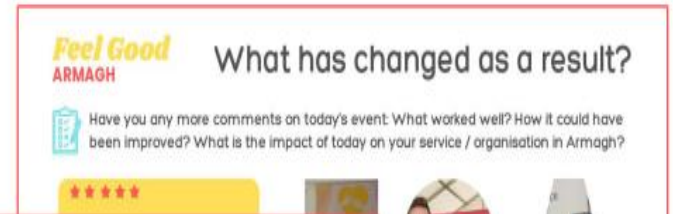


"Services is great. Loads of information and staff was lovely"

If you would like more information on the Autism Support Cafes or the work the Health Improvement, Equality and Involvement Department are doing in support of Autism Awareness please contact us on health.improvement@westerntrust.hscni.net or 028 718 65127



"Great event, lots of variety of support available for families"



On Saturday 7th June 2025, the **Feel Good Armagh Community Networking Event** was held on The Mall in Armagh. This free event was organised to help all ages of the communities in Armagh to find out what support and opportunities were available on their doorstep.

43 services and organisations held information stands to inform the public (and each other) of what they provide, and activities were held for children.

Download the Feel Good Armagh Community Networking Event Scorecard [HERE](#) to find out more about what we did, how well we did it and what changed as a result.



HEY!!

**BOLSTER
COMMUNITY**

HELLO!

Welcome

AUTISM CONNECT

Hi



**A place of community,
connection & support**

📍 **Armagh**

📍 **Banbridge**

📍 **Newry**

For further info contact
Bolster Community on 028 3083 5764

Funded by **COMMUNITY
FUND**

HSC Southern Health
and Social Care Trust
Quality Care - for you, with you

Newry & District



[Find a Food Bank
Near You](#)



GET HELP

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



COMMUNITY

Apply for a free defibrillator for your community

Find out if your community group is eligible for a free, BHF-funded defibrillator. Having a defibrillator and knowing how to do CPR will give members of your community a better chance at surviving a cardiac arrest.





Our consumer service



MoneyHelper provides clear, free, impartial money and pensions guidance that's on your side and backed by government.

Financial stress?



Learn the true cost of borrowing and find help and support.

The Consumer Council is authorised and regulated by The Financial Conduct Authority to act as a credit broker. Our Firm Number is 503040.



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



Join the stay warm scheme now

Collect stamps to help pay for your home heating oil.

 **Belfast City Council**

www.belfastcity.gov.uk/staywarm

Belfast City Council fuel stamp scheme 'Stay Warm' helps householders save for home heating oil by spreading the cost. You can buy oil stamps from participating retailers, collect them on a savings card and use the value of the stamps to pay for all, or part of, your oil when placing an order. The scheme is available throughout Belfast. <https://www.belfastcity.gov.uk/staywarm>

'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](#)

For further information on Family Support Hubs in your area?

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