

ISSUE TWO

10/06/2020

Making Sense

Focusing on
Sense's work in
Northern Ireland



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Welcome Back!

Hello, and welcome back to the second edition of our Making Sense Newsletter.

We have so much fantastic news to share with you and we are particularly excited to launch our:

Stay Fit. Stay Active. Stay Healthy. **'Keep it up'** Challenge!

To view our Sense NI 'Keep it up' video click [here](#) and enjoy!

As a voluntary organisation we endeavour to raise our profile across Northern Ireland so that we can provide effective support to children, young people and adults who are deafblind, living with the disabilities and complex communication needs.



Liz Gorman Development
Officer

You can support us by taking part in and promoting our 'Keep it up' Challenge by:

- Visiting our Facebook page and sharing our news.
- Tagging your friends on our Facebook page and sharing our **'Keep it up'** video.
- Sharing our video on YouTube.
- Print, display and share our 'Keep it up' poster.

Please continue to send us your **'Keep it up'** photographs and videos via instant messenger.

We want to say a big thank you to everyone who has taken part in our **'Keep it up'** video and we look forward to sharing your photographs and videos on our Facebook page.

Stay Fit. Stay Active. Stay Healthy. 'Keep it up' you know it makes SENSE!



“Children and young people, and their families, have always been at the heart of Sense. After being started by two mothers, in England, trying to do their best for their children who were deafblind and their families more than 60 years ago, supporting not just the child but the whole family has been the core of our work. Following similar efforts by mothers of deafblind children in Northern Ireland, particularly Muriel Mathers, Sense NI was launched. Over time, as in the rest of the UK, Sense NI has developed a wide range of much needed services for children and families, young people and adults. ”

Stay Fit. Stay Active. Stay Healthy. ‘Keep it up’ Challenge!

Below is a message from our Chairman **Brian Symington** and the inspiration behind our Challenge.

Sense NI is launching its ‘**Keep it up**’ Challenge to promote a greater awareness of the needs of those who are deafblind and / or living with complex disabilities. This also includes supporting their communication needs. In addition, we are seeking support for the important work delivered by our staff.

As someone who has had to stay at home since the Coronavirus pandemic lockdown began, I organised a Family Keepie-Uppies Challenge. It has certainly kept me active and healthy. I do some physical exercises and keepie-uppies (keeping a football in the air with my feet and knees - not letting the ball touch the ground) for up to 20-minute sessions each day. At the start I wondered if I would get to 20. Each week I have seen improvements in my totals. I could not have imagined getting to 1000 but in the past week I have passed the 1200 mark - it has been a pleasant surprise at this stage of my life. If I can have a go so can many others. As you can see from the photo on page 6, even my 13-month-old grandson, Alfie, has got involved!

We are inviting people of all ages to get involved in the Sense NI ‘**Keep it up Challenge**’ - it can include families (children, parents, grandparents, cousins, uncles, aunts etc). It can be an individual challenge or a group challenge. We would like to encourage sports clubs, schools, youth groups, organisations and companies etc to get involved.

As Chair I am asking you all to spread the word about our ‘**Keep it up**’ Challenge and get involved. The message is simple - Stay Fit, Stay Active, Stay Healthy and ‘KEEP IT UP’. You know it makes Sense!

Brian Symington
Chairman Sense NI



‘Keep it up’ Challenge



Stay Fit. Stay Active. Stay Healthy. You know it makes **SENSE**.



Looking for your next challenge?

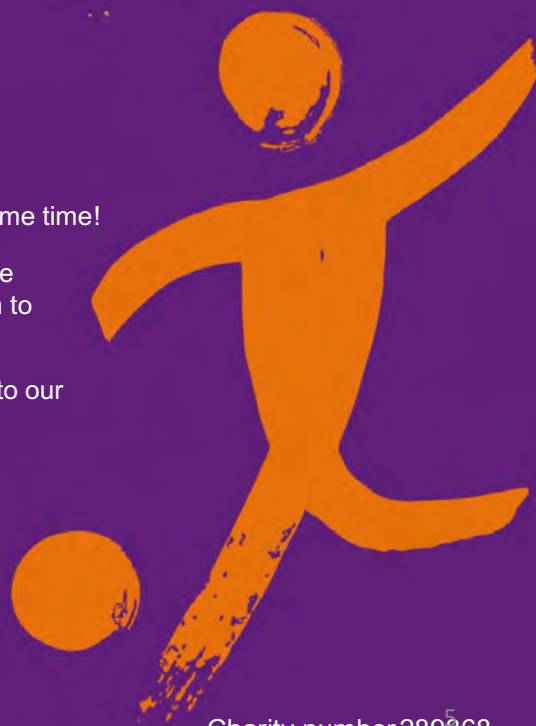
Why not join us and take part in our 'Keep it up' Challenge?

Our challenge is a great way to stay active and support a good cause at the same time!

Please visit our Sense Northern Ireland Facebook page and remember to share our Challenge with your family, friends and colleagues. Try to encourage them to take part in the Challenge too!

Remember to send us a video or photograph of your best effort and forward it to our instant messenger. To view our 'Keep it up' video click [here!](#)

If you are interested in finding out more about our charity and how we support children, young people and adults who are deafblind and/or living with complex disabilities please visit our website. Alternatively, you can contact the Sense NI team on 02890 833 430 or email nienquiries@sense.org.uk



nienquiries@sense.org.uk

Charity number 289868

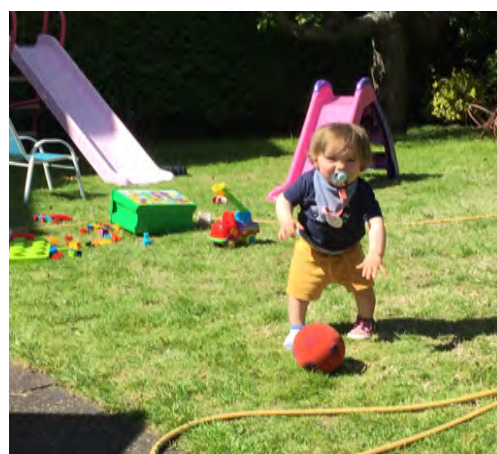
Thanks for the Support!

Marissa Callaghan Northern Ireland ladies captain has supported our 'Keep it up' Challenge and sent us a message of encouragement. Please click on Marissa's image to view her supportive words.

Thank you Marissa Sense NI appreciate your support, especially at this time!



Incredibly, **Brian** can do over 1200 Keepie Uppies – **Well done Brian!**



Brian's grandson **Alfie** is only 13 months old and he has taken part in our 'Keep it up' Challenge. **Well done little Alfie!**

Sense's Super Siblings

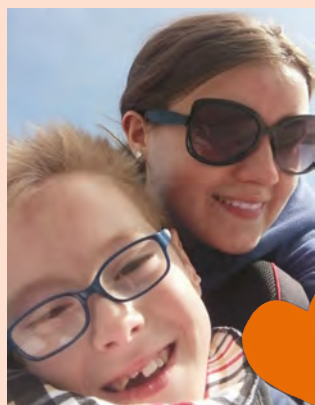


At Sense NI we are extremely proud of our carers and our young carers.

The Coronavirus lockdown is having a significant impact on family members caring for those living with disabilities. In addition to this, many carers have had to adapt the way they balance work life alongside their caring role. Also, many young carers have had to adapt the way they balance their studies as well as providing additional support to their loved ones who are currently in shielding.

An inspiring parent from the **Touching Lives - Transforming families** project wanted to shine the spotlight on what young carers are likely to be experiencing through this pandemic.

Lena Doherty, mum of 8-year-old **John** and 17-year-old **Emma** kindly shares a very powerful account, detailing how her beautiful daughter Emma is supporting her family at this challenging time.



“After another difficult night I sit here with a clean well looked after house. No one would ever guess that her brother is a 24hr job. If it wasn't for my daughter Emma, my house would be crumbling around me. She is like a domestic goddess cleaning, cooking, ironing doing absolutely everything round the house to leave me free to look after her brother. Emma's been doing this for 8 years but in this COVID crisis I feel that Emma has been put under a strain that many grown adults would struggle with - yet as usual she has stepped up with great resilience (So much so I'm almost embarrassed it's taken me until now to realise how much pressure she has been under and is smiling through). I know Emma is not the only one in this position, so I'd like to clap for our young carers who do so much without even realising how much they do.”

Lena Doherty

Sense's Super Siblings

Lori Harkin, family support worker in the Western Trust has shared how proud she is of Emma and her family, especially during this unprecedented time.

“ Emma and her family have been part of the Touching Lives, Transforming Families project in the Western Trust since its inception in 2016. Emma, her Mum Lena and brother John are regular attenders at all of my family and sibling events. Emma epitomises kindness, compassion, and courage. She is her Mum's main support in looking after John, and gives of her time and energy selflessly, and patiently. During this pandemic, Emma has shown her strength of character in being able to combine studying for her AS levels with helping to look after John. I am delighted that she is being recognised as a super sibling and wish her every success in her future. ”

Lori Harkin (Family support worker)

Our entire organisation is very proud of you Emma! You're our Super Sibling and everyone at Sense NI wishes you all the very best in AS levels. Thank you, Lena for inspiring us to focus on sibling support, especially at this challenging time and we will, without doubt, join you in clapping for our young carers.

Niamh Lunny

We also want to recognise the lovely **Niamh Lunny**, who is a big sister to **Molly**, and great help to her Mum.

Niamh also celebrated a special birthday recently as she turned sweet 16.

Happy Birthday Niamh from everyone at Sense NI!

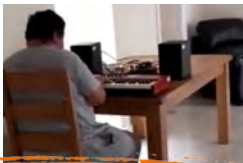


Holly House



In the last edition of our newsletter we shared the news that Individuals from Holly House have used this period of lockdown to practice their musical skills and form a new band called **The Holly House Collective**, comprised of both staff and the people we support.

We are excited to let you know that the band are planning an online performance in the next few weeks and we will keep you updated!



Listen to the Holly House Collective [here!](#)

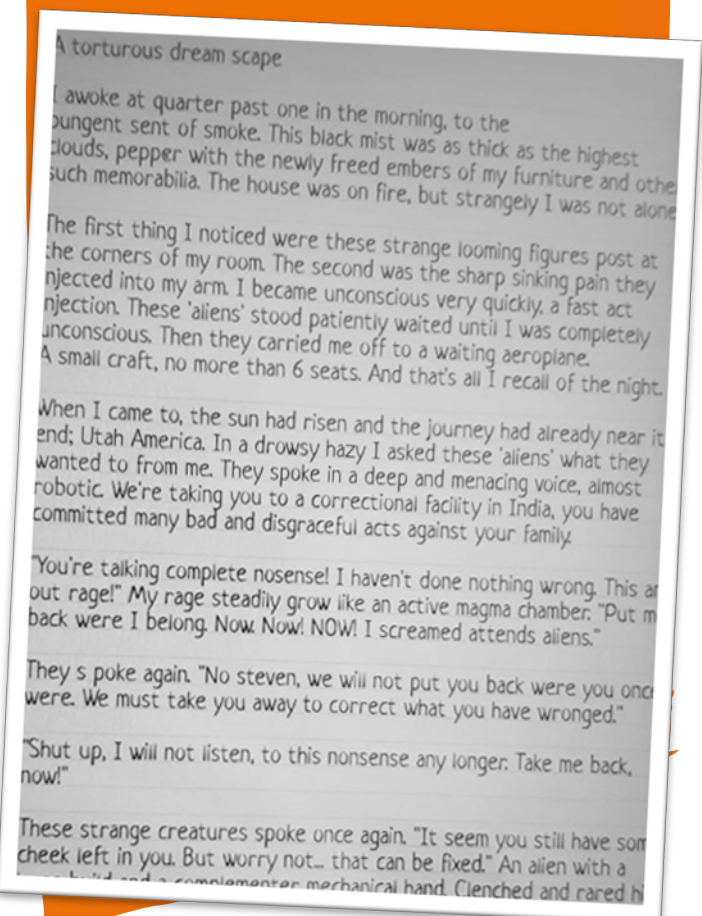


Ofentse Molai
(Support Worker)

Steven, who is a resident at our supported living service at Holly House has started to write a novel that was inspired by a dream he once had.

Ofentse Molai (support worker) is helping Steven to write his novel.

Thank you for sharing an extract from your novel Steven, we all look forward to the reading your book!



Patrick Black our Community Service

Manager writes:

“Our team in Northern Ireland have adapted their working patterns and duties to ensure our individuals and families are getting the support they need. They have changed shifts, taken on extra hours and expanded their duties to take on shopping; meal preparation; collecting food donations and delivering meals far and wide and many family members and other volunteers have willingly given up their time to help. It is great to see so many people from all our services pulling together to help each other and the people we support.

James our administrator has been doing early morning collections before work from Tesco, Doagh Road and has changed his working days to ensure that 3 days a week he can support with delivering meals in Belfast – and in between this he is doing his day to day job and making calls to older members of our social clubs

In addition, **Kate** continues to provide support to our club members, providing telephone support. Kate regularly hosts quizzes, reducing social isolation and loneliness for an extremely vulnerable group of individuals. Kate is the type of person that consistently goes above and beyond the call of duty to ensure that our members are safe and well. A recent example of Kates commitment was highlighted when one of our club members was sadly unwell and her brother was abroad, Kate regularly provided overnight support to ensure our member was safe and well.

Tracy and **Jenny** both continue to support a gentleman for our Personal support Service in a nursing home. Amazingly, when discussed issues such as reducing risks by not having staff working across sites, they both said they would increase their days and support him to help reduce the risk and also to ensure he was able to continue to get this valuable 1-1 support. Nursing homes can often be higher risk and it can often be difficult when your isolated from the rest of the team. They have both shown dedication and its lovely to chat to them through WhatsApp, telephone or zoom calls and hear about how much their support is making a significant difference. ”

Patrick Black
(Community
Services Manager)



Holly House

Casper's Ice-cream van visited Holly House as a special treat for our tenants and staff, everyone enjoyed a lovely afternoon!





Meadowbank

Carrickfergus

Alison (support worker) from Meadowbank continues to make vital contact calls to the individuals we support.

The Meadowbank team continue to cook for Sense families and vulnerable individuals who need our support right across the region.



Thank you for all your hard work!



Edenvale Avenue

Lorna from Edenvale shares this message:

"Beth (support worker) pulled out all of the stops to celebrate John's 64th birthday. Beth made it memorable occasion for John. The support staff played music and placed decorations around the garden. Beth was adamant that lockdown & social distancing wouldn't stop us making his day special.

On Saturday evening members of the team brought an array of food items and Beth cooked a delicious Mexican meal for the support staff, as well as a selection of salad burgers & nachos for the individuals we support".

Happy birthday John, we are delighted that you had a great birthday!



News from Edenvale and our 'Keep it up' Challenge

Edenvale Avenue – 'Keep it up' Challenge!

Edenvale have been busy enjoying arts, sports & wellbeing activities specifically designed for those we support. In addition to this, Edenvale staff and residents have been busy taking part in our **'Keep it up' Challenge**.

Staff and the individuals we support have thoroughly enjoyed the challenge and we look forward to receiving your videos and photographs of you taking part in the Challenge in the coming weeks.



If you need more information on the Sense NI **'Keep it up'** Challenge, please contact **Liz Gorman** - Sense NI Development Officer

Tel: 07572151119

Liz will also offer support to those who wish to donate or to arrange a **'Keep it up Challenge'** sponsored / fundraising event.

As you will have seen in our video the staff from across all of our services and the individuals we support at Sense NI have got involved in our All Ability Challenge. Everyone has shown great enthusiasm and enjoyment.

It is fun!

We would like to thank sporting professional Marissa Callaghan for showing her support!

Click on this video link!

<https://youtu.be/cPBdJuvb8yk>

Supporting our Sense families during lockdown



“We are in our fourth year of providing support to families in the Touching Living, Transforming families’ project funded by the National Lottery. We have five members of staff who support children and families within each health trust area. It is a whole family approach and young people up to the age of 12 are referred to the project with a vision and/or hearing loss with additional/complex needs. From home visits and local support in the community we have adapted our ‘hands on services’ to communicating with the online virtual world of zoom, emails, texts, telephone calls and WhatsApp’s.”

Joyce Rainey
(Project Manager)

“Thank you to everyone in Sense we are working together to continue to support our families”

Joyce – Project manager shares with us:

“As the weeks have progressed, we have supported the sibling’s groups using Zoom online sessions with Little Critters across the five Trust areas. **Bernie** from the Southern Trust said, “Today I held my first online session with Allan from Little Critters via Zoom. This brought the jungle right into the living rooms of eight families. The children were able to ask questions and learned that Allan’s armadillo can roll himself into a ball and his beetle can hiss like a snake.”

In the Belfast Trust **Orlagh** has also been holding weekly story and rhyme sessions with the younger children.

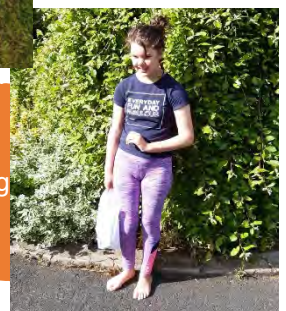
Lori in the Western Trust also arranged a Jo Jingle session and six families attended via Zoom.

We have been delivering over 100 sensory packs to our families throughout Northern Ireland. **Susan** described how it was great to meet some of her new families at the garden gate; she also had a quick walk with a new mum and chatted at a safe social distance”.



Sienna Roddy from Lurgan receiving her resource pack. Enjoy Sienna!

Charlotte Montgomery from Portadown receiving her resource pack. Enjoy Charlotte!





Supporting our Sense families during lockdown

Joyce continues “**Katie** has also kept in touch by sending creative postcards to the children/families she supports in the South Eastern Trust.

We continue to deliver the delicious cooked food to the families across four of the five health Trusts and are grateful to the support provided by the National Lottery Community Fund and the staff from Meadow bank, Carrickfergus. **Nicola** from the Family Focus project continues to keep in regular contact with her early year families. Nicola has enjoyed seeing her families when she delivered the sensory packs.

Nicola delivered a Zoom session last week and the children enjoyed songs, rhymes and sensory story time. Nicola is looking forward to the parents coffee and chat evening next week via Zoom.

We are working together to continue to support our families, we are doing things differently but please be assured that we will continue with the same high level of care and support in these uncertain times”

Joyce Rainey (Project manager)

We have received a lovely message from **Kathleen**, Mum to **Ted**, **Frankie** and **Dessie**

(Middle picture above)

“Just wanted to send you a wee pic of all me boyos delighting in your gift. Pass my appreciation on to all the people who took the time putting it together- every bit of it was enjoyed”.

Kathleen Toner

Bernie Cousins - Southern Trust Family Support Worker
(Top left photo)

Susan Surgenor - Northern Trust Family Support Worker
(Top right photo)

For any queries please contact me at

Joyce.Rainey@sense.org.uk

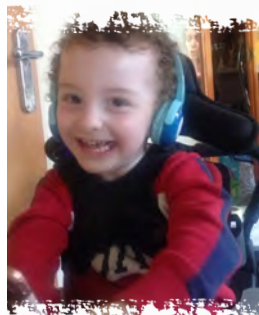
Please stay safe and take care!

Belfast News

Orlagh Curran - Family Support Worker, shares news from Belfast

Delighted to see Jackson from the Touching Lives- Transforming Families project enjoying his new chair.

Your new chair is amazing Jackson!

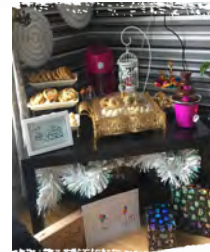


“One of our families had described to me, how much they were loving video calls with school, actually seeing the teachers and classroom assistants has become real highlight to the week for this little boy. When the family asked if we could make our next call a video call I jumped at the chance. We began with our well known and much loved hello song. The child led the session, choosing his favourite songs and rhymes, we read some books and took a virtual tour of my garden! To see the huge smile on his face was super and brought more than a little joy to my day! I thoroughly enjoyed our session and I am looking forward to our next call.

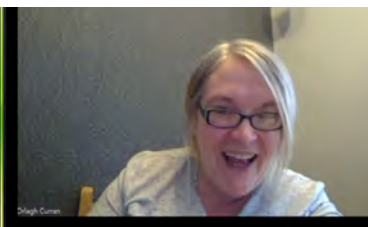
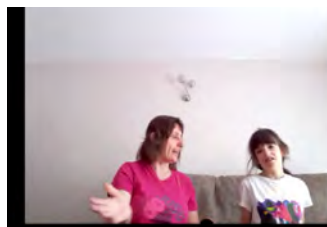
Orlagh Curran

After having such a fun Zoom session, we thought it would be a great opportunity to bring our families together and give our children the chance to see their friends on screen and have a family singalong session. At the request of families this has become a weekly event getting together on Thursday afternoons. The children are loving seeing themselves on screen as well as their friends. All of our children get to interact and choose their favourite songs, definitely a highlight of my week.”

Orlagh Curran



Some beautiful photos from the Abu-Tair family who celebrated Eid at the weekend and who also celebrated Basil's 11th birthday at the end of April. Happy birthday Basil from The Touching Lives, Transforming Families Project.



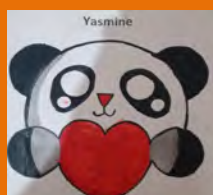
Orlagh facilitates weekly Zoom Singalong sessions. In the photograph we have Lile O'Connor 11yrs, Sophia Magee 8yrs, Sebastian Magee 4yrs and Daniel Petticrew Craughwell 3yrs.

We love your photo's!



Adam Glenn

4 years old from Belfast, partaking in various stimulating sensory activities



Yasmin Omar

5 years old from Belfast, showcasing some of her amazing work, we are so impressed with your talent and we can't wait to see more of your beautiful pictures!

Mental Health



78th – 24th May 2020

Mental Health Awareness week

took place on the 18th – 24th May 2020, it is the UK's National week to raise awareness of mental health. It was also used to promote messages of good mental health for everyone, this year's theme was kindness.

Brian Symington our Chairman highlights the importance of how people living with sensory loss should have the right to access mental health and wellbeing services.

The Belfast Statement on Mental Health and Deafness was launched at the 8th European Conference on Mental Health which, was held in the International Conference Centre. Up to 400 delegates attended the Conference.

The Belfast Statement is an outcome of the 6th World Congress hosted in Belfast in 2014. The Statement sets out the right to effective communication access in the mental health setting for Deaf, hard of hearing and deafblind people of all ages. This right is enshrined in key international declarations such as the United Nations Convention on Human Rights for

Persons with Disabilities. The Statement was drawn up in close consultation with Deaf people and it reflects their first-hand knowledge of the issues they face in the mental health setting. **Michael Schwartz**, an eminent lawyer from the USA, who is himself Deaf, oversaw the final draft.

Dr Liisa Kauppinen, WFD Honorary President and the 2013 United Nations Human Rights Awardee, presented the first draft at the 6th World Congress, encouraged the Statement to be released and distributed to stakeholders concerned about mental health. This includes the World Health Organisation (WHO), governments, non-governmental organisations, national mental health care providers as well as families of those who are Deaf, hard of hearing, late deafened and deafblind persons who have mental health issues.



I acted as President and Chair of the 6th World Congress Organising Committee and gave a presentation on the Statement to the 8th European Conference on Mental Health, as did Dr Ines Sleeboom, from the Netherlands, who is the Honorary President of the European Society on Mental Health and Deafness. Two local Deaf people also gave brief presentations in support of the Statement - Majella McAteer, Community Development Manager at the British Deaf Association and Michael Johnston, Language Officer at Belfast City Council. Members of the local Deaf Community were also in attendance at the event.

Mental Health

Mary McAleese, former President of Ireland said, "The Belfast Statement is an assertion of the rights of all Deaf people to be fully included in every aspect of civic life. Many things thoughtlessly and needlessly exclude them. Access to mental health and well-being services is their right. The Belfast Statement insists on the fullest vindication of that right. It is time to hear the voices of Deaf people."

Roy McClelland, Emeritus Professor at Queen's University and who spearheaded the **Mental Capacity Act NI 2016**, described the Statement as one of the great achievements of the 6th World Congress. Higher rates of mental health need have been reported consistently among people with deafness. Yet these people experience greater barriers to appropriate health care than their hearing counterparts. The Belfast Statement made a much needed appeal to governments and all stakeholders to address the needs and fundamental rights of all Deaf people - their right to full citizenship, to full parity of esteem, to equality of access to appropriate services.

I recommend the Belfast Statement to anyone who is involved in mental health provision as a clear statement of the issues faced by people who are too easily marginalised. I believe that the Statement is an important legacy from the 6th World Congress held in Belfast. The Belfast Statement has been endorsed by Sense/Sense International.

- Brian Symington (Chairman of Sense NI)

For further information on local services please contact - Deaf Mental Health Service (NI), Woodstock Link, 1- 15 Woodstock Road, Belfast.

Referrals to this service can be made via

Tel: 028 95042697

Text: 07740493539

Email: mhdni@belfasttrust.hscni.net



Brian Symington (Left), Dr Michael Schwartz (Middle) and Andrew Geary (Right)

Thank you from Sense NI



Thank you for being inspired to support us at Sense NI



The Friends of Sense NI would like to thank **Mr and Mrs Mc Kee** for kindly donating brand-new domestic appliances for our developing short break service at Mallusk. Your generosity is greatly appreciated, and we look forward to inviting you for a visit to our new short break service as soon it is possible.

Thank you, McKee family!



We would like to thank **Mrs Pauline McCaughley** for her kindly donating a fridge freezer to our services. We really appreciate your kindness.

Thank you, Pauline!



We received a kind donation from **Manager Helen Alcorn – Hayes** from Urban Beauty and Skincare Centre, for our developing carers packs. Your kindness was sincerely appreciated.

Thank you, Urban Beautician!

<http://www.urbanskincare.co.uk/>

urban
Beauty & Skincare Centre



We received a kind donation, including hair products and a bath bomb for our developing pamper packs. Thank you, **Tori Rodgers** Salon-Owner at Hair City. Your kindness is very much appreciated.

Thank you, Hair City Urban Salon! <https://www.facebook.com/haircitybelfast/>

Thank you for your generous donations!



We continue to receive fantastic support from **FareShare**. We would also like to extend our thanks to **Tesco at Doagh Road and Dunmurry** for their continued support. We have been able to support many Sense NI families and vulnerable individuals because of your generosity. Thank you, **FareShare** and **Tesco**!

We received a free Amazon Fire Tablet for one of our amazing Sense NI families from the

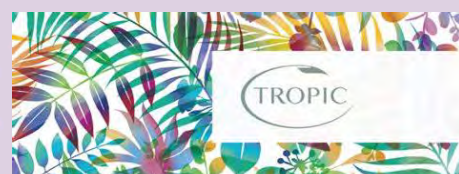
Lower Belfast Family Support Hub and at the **Ashton Community Centre**. The Tablet was funded by the **Belfast Harbour Board**. Thank you, **Lower Belfast Hub** and **Belfast Harbour Board**!

**Belfast
Harbour**



Many thanks to **Coca-Cola** for your plastic bottle donation for our sensory packs and for your kind donation of soft drinks to our Children's Specialist Services at Jordanstown.

Thank you, Coca-Cola!



We would like to thank the **Mandy Rodgers – Rep from Tropic Skincare** for your kind donation. We really appreciate your donation. Thank you, **Tropic Skin Care**!



Many thanks to **Richard McBride** who is responsible for the face shields, kindly donated to our children's nursery and after-schools. We really appreciate your support. Thank you, **Interior Systems COLLINS AEROSPACE**!

Sense 100

We are asking everyone to cycle **100 miles** between 1st and 16th August, the day that would have been Ride London 100. You can do this however you want – indoors or outdoors, in one epic ride or splitting the distance across the sixteen days.



Entry is completely **FREE** and we are asking for people to set a sponsorship target of £150 to support our work. We have a special microsite for this event so we can see the donations and miles clock up over August. You will also have your own special fundraising page that links with your Strava or where you can manually add your miles. You can also earn some nifty Sense 100 badges which will appear on your page as you hit your distance and fundraising milestones.

I'm in! Where do I sign up?

Fab! Head to our website at

<https://sense100.blackbaud-sites.com/>

to get your page launched today!

Our new fundraising advertisement



went live on the 22nd May across a number of Channel 4 and Sky channels with a star appearance from **Rebecca Liddiard**, Head of Children's Specialist Services. The advertisement focuses on the current crisis and our need for funds to continue providing support to the children and their families who rely on Sense.



Links to support carers & young carers



In this edition of our newsletter we have highlighted the significant impact that covid-19 is having on our carers and young carers. Below we have provided an extensive list of links regarding carers support in Northern Ireland, we hope you find it useful.

The Department of Health's advice for informal carers has been recently updated. Along with new information and supports, it now includes advice for carers of people with a learning disability, autism and dementia.

<https://www.health-ni.gov.uk/publications/advice-informal-unpaid-carers-and-young-carers-during-covid-19-pandemic?fbclid=IwAR1elkRpaCAFGn5eCBfV7gpjsusf3xKe0fk327tQAWXujHarAkv0MfHm6BA>

Support Services for Carers – Northern Ireland



Assessments for carers If you provide a regular and significant amount of care for someone, you are entitled to a carer's assessment from your Health and Social Care Trust.

Carer's Allowance If you're aged 16 or over and spend at least 35 hours a week caring for someone who is ill or has a disability, you may be eligible for Carer's Allowance.

Young carers A young carer is aged under 18. There are many young people and children in Northern Ireland who care for someone else.

If you are a young carer, it's important that you get the support you...

Carers and learning Many carers enjoy learning and doing courses. It is an opportunity to spend time on themselves. If you're a carer interested in studying, there is support available to help you find a course...

Support services for carers If you're a carer, you might be able to arrange short- or long-term alternative care for the person you care for. Local support groups for carers meet in different areas.

Helpful Information

Health and Social Care

There are **Carers Support Teams** based in each Trust area across Northern Ireland please find links below:



Health and Social Care

Western Trust

<https://westerntrust.hscni.net/service/carers-support-service/>



Western Health and Social Care Trust

Southern Health and Social Care Trust

<https://carers.org/our-work-in-northern-ireland/carers-support-service-northern-ireland>



Southern Health and Social Care Trust

Northern Health and Social Care Trust

<http://www.northerntrust.hscni.net/services/carers-service/carers-information-and-resources/>



Northern Health and Social Care Trust

Belfast Health and Social Care Trust

<http://www.belfasttrust.hscni.net/CarersServices.htm>



Belfast Health and Social Care Trust

South Eastern Health and Social Care Trust

<http://www.setrust.hscni.net/CarersInformation.htm>



South Eastern Health and Social Care Trust

Great Advice



The Northern Healthy Lifestyle Partnership have been working in partnership with Mid and East Antrim on a Slow Cooker starter kit initiative in response to the Covid-19 pandemic.



For more information please visit

<https://www.mynewsdesk.com/uk/meabc/pressreleases/slow-cooker-kits-to-be-deliveredacross-the-borough-2998917utmcampaign=sendlist>

A free remote interpreting service for British Sign Language (BSL) and Irish Sign Language (ISL) users in Northern Ireland has been introduced to provide the Deaf community with access to:

NHS111 (Northern Ireland COVID-19 advice line) and all health and social care services during the COVID-19 pandemic. This temporary service is provided by Interpreter Now and is funded by the Department of Health and the Department for Communities.

To contact **NHS111**, visit:

www.interpreternow.co.uk/nhs111ni

Find out more on the link :[Regional HSC BSL ISL Remote Interpreting Service.pdf](#)

Friends of Sense NI member, Sarah Hull has been busy and highly recommends a sign language course at Tech. Sarah writes:

"I wanted to do a sign language course at Tech for a good while now but there was never enough places or times that were suitable for me. It was very worthwhile and good use of time in lockdown. I broke it up and I completed it in just 1 week. You can go through it at whatever pace works best for you. I thought I would share the link with you all"

<https://www.british-sign.co.uk/learn-online-british-sign-language-course>

Advice and Information NI

Click links to access

Training & Resources



[You application during the Coronavirus outbreak](#)

Patient and Client Council
Your voice in health and social care

[The Patient Client Council](#)



[Free courses for Parents and Parents to be: Apply 'ACCESS' code for 100% discount-fill in some details to create an account](#)



[Get Advice Northern Ireland](#)



Community Family Support Programme

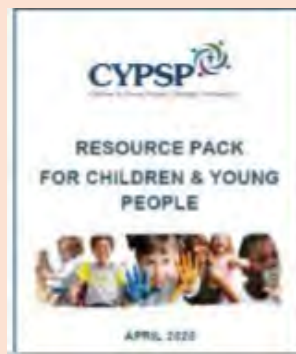
[Community Support Programme- All Regions](#)



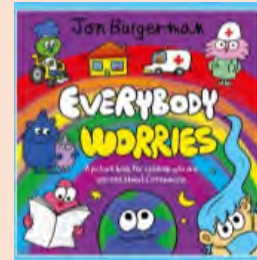
[Stay Active for Under 5's](#)



[North Belfast Community Support Programme](#)



[CYPSP Resource Pack](#)



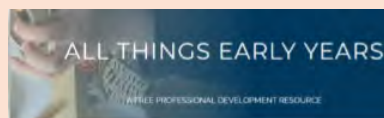
[Everybody Worries Free Picture Book](#)



[Rise NI- Advice and resource for parents/carers to understand & cope with covid-19](#)

Employers For Childcare

[Family Benefit Advice Service](#)



[All things early years](#)



[Help and Support is available to those who need medical attention](#)

Sense's Special Mentions

HAPPY BIRTHDAY



Remi will be celebrating her 1st Birthday on the 11th June, mum Rebecca kindly sent us this fabulous photo.

Everyone at Sense NI wishes you a very **Happy 1st Birthday Remi!**

Daniel Petticrew Craughwell turned 3yrs old on the 1st of June and

Yasmin Abu-Tair turned 9yrs on 2nd June

Everyone at Sense hopes you had a wonderful Birthday!

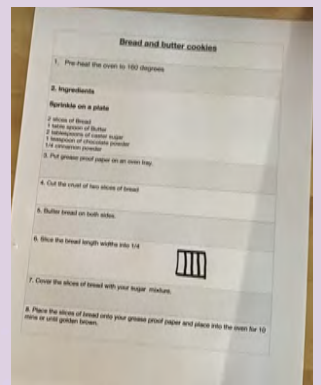


Thanks to **Joy** from Children's Specialist Services who kindly completed a Story Massage Online course in her own time. **Thanks Joy!**

Rhys, Carter and **Dean** have been busy baking. They look delicious boys!

Dean continues to sign and support Sense NI on Thursday evenings, the entire Sense team really appreciate your support.

Thank you so much Dean.



We want to say we appreciate you all!

"I have always been proud of our services and the support, empowerment and encouragement our staff deliver on a daily basis; but never has that been more true than throughout this crisis. Everything changed and the world became a different place but the amazing support provided by our staff continued.

I was reading some coverage last night of a speech given by Meghan Markle and one line really hit home "always remember to put other's needs above your own fears" that is exactly what our staff have done throughout this crisis and the difference that has made to those around them has been incredible".

Colette Gray (Head of Services)



Niamh Conaghan

Western Trust

Niamh has been enjoying the sun during lockdown. Thanks for sharing what you have been up to Niamh!

Thank you for reading our newsletter, I hope you enjoyed it. In the meantime stay connected with us by following us on the [Sense NI Facebook page](#). If you have any news or information that you would like to share with the Sense community for the next edition of 'Making Sense' please contact Liz Gorman by email or by phone.

Take care and stay safe



Facebook



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