



COVID-19: Fortnightly Family Support Hubs Newsletter

This edition includes:

- Support and Advice for Carers inc Young Carers Service
- Support and Advice for those feeling lonely
- Men's Health Week – Men's Health Forum Ireland/Action Metal Health – Men's Wellbeing On-line Session/Man Manual/Men's Shed
- Dad's Project
- Alcohol Awareness Information and Support
- Naloxone Advice
- SHSCT Family Nurse Partnership – Support for first time mums aged 19 and under
- CiNI Latest Podcast
- Parenting NI
- EA – Online Transport Eligibility Checker
- Family Mediation NI
- Children's Online Safety Advice
- TikTok Advice for Parents
- Parenting NI – Children's Emotional Health Session 30/6/20
- Barnardo's PIP
- Children & Young People's Resource Pack
- Space NI – Friends Resilience Programmes
- Action Mental Health – Healthy Me Programme
- Youth Ways
- Understanding Life in Lockdown
- Mencap Resource
- Autism NI Resource
- National Deaf Children's Society
- Angel Eyes NI
- Advice for blind and partially sighted people during COVID-19
- Supporting People with Learning Disabilities

- Employers for Childcare
- Keyworkers Access to Childcare
- CYPSP Daily Updates
- Youth Online – Online Safety while gaming
- Improving Digital Skills to Help People Get Online
- CCP – Training Guide
- Mindset Programme
- SEHSCT Recovery College June 2020 Timetable
- AWARE – Video Resources
- Minding Your Head
- Take 5 Steps to Wellbeing
- Apps 4 Healthcare
- Anam Cara – Parental Bereavement Support
- Domestic & Sexual Abuse Helplines
- Diabetes Helpline
- COVID-19 Testing
- Helplines NI
- Stroke Advice
- Support with Quitting Smoking
- School Uniform Projects
- Outer South & East Belfast Family Support Hub
- YMCA Carrickfergus
- County Down Rural Community Network – June Network Notes
- PRONI – Stay Home Memories
- The Law Centre NI
- Community Funding Opportunities
- Support and Advice for Young People
- Good News Story – Waterside Hub Derry/Londonderry

This edition of the newsletter provides advice, resources and project updates as of 17th June 2020.

The Family Support Hubs continue to be open for referrals during the current situation. They will try to access Family Support agencies during this time but this will be subject to individual projects ability to respond.

If you want to advise us of any changes to service provision or have particular needs you want to source during the current situation please contact Helen.dunn@hscni.net and we will try to connect with the appropriate information.

There are 29 family support hubs across Northern Ireland supporting families. www.cypsp.hscni.net/family-support-hubs/#ffs-tabbed-23

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




FREE LOCAL HELPLINE
0808 8020 400

Open 6 days a week

Monday-Thursday 9am -9pm

Friday 9am -5pm

Saturday 9am - 1pm



Young Carers Service

Providing practical and emotional support for young carers within Belfast, South Eastern and Southern Trust areas.

Tel: 028 90 460500 (ask to speak to a member of the young carers team)

Email: NIYoungCarers@actionforchildren.org.uk

Young Adult Carers Service – aged 18-25

Providing practical and emotional support to young adult carers.

Tel: 028, 90 460500 (ask to speak to a member of the young adult carers team)

Email: youngadultcarers@actionforchildren.org.uk

www.actionforchildren.org.uk/what-we-do/children-young-people/support-for-young-carers/



Support for young carers aged 5-23

Tel: 028 91 800661

Email: ycarer@crossroadscare.co.uk

www.crossroadscare.co.uk/young-carers/



Young Carers Service

Providing practical and emotional support for young carers in the Northern and Western Trust areas.

Tel: 028 79 631344

<https://www.barnardos.org.uk/what-we-do/helping-families/young-carers>



Struggling to support someone with a complex mental illness?



Email: support@cause.org.uk

www.cause.org.uk



If so please get in touch!



Extended Advice Service opening hours.

The service is now open:

9am-5pm, Monday to Friday

Tel: 028 9043 9843

Email: advice@carersni.org

www.carersuk.org/northernireland



Carers need a BREAK too

B R E A K

BODY

Look after your body by continuing to eat a healthy diet and keep hydrated. Physical exercise will help to promote good sleep. Take regular breaks in a shift and between shifts.

RELATIONSHIPS

Keep talking to your family, friends and colleagues. Tell them how you are feeling as they can be a good source of support.

EMOTIONS

You are likely to be experiencing a range of emotions, you may feel stressed, worried and overwhelmed at times. This is normal response to a very challenging situation and is not a sign that you are not coping well or that you are weak.

ATTEND

Pay attention to what you are doing right now. There are many demands on your time. It's easy to become worried and distracted by all the things you have to do. Take one task or one minute at a time. You will get there, and if you don't, ask someone to help.

KINDNESS

Be kind to yourself. You are doing an amazing job. The people you care for and their families really appreciate what you do. You may not always get it right, but when you do your best that's good enough!



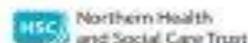
Information from the Health & Social Care Board on support available for carers.

[View Here](#)



Financial Support when Caring

Are you caring for someone? Information on support services available, your rights and looking after yourself as a carer is available to [view here](#).



carer hub

028 2766 1210



Department of Health

An Roinn Sláinte
Máinnstríe O Poustie

Latest Departmental advice for informal (unpaid carers) and young carers during COVID-19 pandemic - [Download Here](#)

New ID Card for Carers - The Health Minister has launch a new ID card to support carers in NI. Similar to ID's for healthcare workers, carers will be able to show their ID in stores to get access to priority shopping hours - [Further Information Here](#)



ONE LESS LONELY VOICE

Understanding loneliness one conversation at a time
L@NELINESS AWARENESS WEEK

Tips for dealing with loneliness:



- 1 Share your feelings
- 2 Learn something new
- 3 Find new ways to connect with people

Find out more at Every Mind Matters

Are you feeling alone?

0345 3 30 30 30
helpline@lgbt.foundation

LGBT foundation

WHILE YOU WAIT ON THE KETTLE GIVE SOMEONE A CALL

A little chat can make a big difference



Sometimes we need someone to simply be there...
Not to fix anything or do anything in particular, but just to let us feel we are supported and cared about



THE MISSING MILLION: A PRACTICAL GUIDE TO IDENTIFYING AND TALKING ABOUT LONELINESS



CORONAVIRUS (COVID-19)

WE ALL MUST DO IT TO GET THROUGH IT

STAY SAFE

SAVE LIVES



Tackling loneliness and building connections: Statement in response to COVID-19



Over 70% of carers in NI report feeling lonely or isolated. This Loneliness Awareness Week the Action Group on Loneliness Policy is calling on the NI Executive to take urgent action to help tackle loneliness in NI throughout COVID-19 and beyond.

[Read Statement Here](#)



1. Listen to a podcast or audio book where the hosts or characters talk to one another.
2. Join an online book club or meetup group around a topic that interests you.
3. Sign up for an online course.
4. Write letters or postcards to friends and family.
5. Spend time in a public place like a park.



A registered charity

Whatever you're facing
We're here to listen

Call free day or night on
116 123

Email
jo@samaritans.org

SAMARITANS

samaritans.org

SOS BUS ONLINE
#heretohelp

support@sosbusni.com
 Listening Ear ~ Mental Health Support ~ Signposting
We're still here for you
 Contact us if you are feeling vulnerable or lonely

Call your friends, colleagues and relatives regularly on the phone and see how they are.





COVID-19: ADVICE & SUPPORT

#MensHealthWeek #MHW2020

MEN'S HEALTH WEEK 2020

Monday 15th June - Sunday 21st June 2020



RESTORING THE **BALANCE**
BE PART OF THE SOLUTION

Visit www.mhfi.org to find out more




Men's Action Network
Supporting and Promoting Male Health and Wellbeing



Covid 19 Isolation Helpline
Men aged 50+

Listening Ear
Community Information
Signposting

Register your interest for a call back:
02871377777
admin@man-ni.org




Men's Action Network
Supporting and Promoting Male Health and Wellbeing

action mental health

provoking thought

"Men's Well-being During Lockdown" On-line Session

In recognition of Men's Health Week, 15-21 June 2020, the AMH MensSana team have developed a bitesize session based on our "Provoking Thought" programme for "Men's Well-being During Lockdown"

This session aims to:

- Identify issues men face during lockdown
- Raise awareness about risks posed by Covid-19 to men's mental health
- Highligh self-care techniques for building resilience
- Signpost to support services available for men

2 free sessions will be delivered on-line each day via Zoom and will last 30 minutes, so you can choose a day and time that suits you best.

Monday 15 - Friday 19 June 2020
10.30am or 7.30pm

If you are interested in attending please register [HERE](#) via Eventbrite where further details are available.



MAN MANUAL

For Men on the Island of Ireland

Challenges and Choices



FREE COPY PLEASE TAKE ONE



Men's Shed Phone Befriending Service

Available every Wednesday from 10am-1pm & 2pm-4pm

Email mensshed@groundworkni.co.uk to schedule a time to chat

#TogetherApart




#menshealthweek

MEN'S HEALTH WEEK 15 - 19 JUNE 2020

Take Action For You

Creative Online 'Men's Health Week Initiative' Facilitated by the Community Networks in the Northern Area Men 16 years and over FREE as funded by the Public Health Agency

Please select sessions from the 'Activity Menu' (choose as many as you want)

ALL SESSIONS DELIVERED ONLINE VIA ZOOM 7.30 - 8.00PM

Monday 15 June **MEN'S HEALTH MOT WITH LOCAL PHARMACIST**
To register please contact:
pamela@impactnetworkni.org - ANBC & MEA
denise@cwsan.org - Mid-Ulster
registration@nacn.org - CCG / MEA

Tuesday 16 June **COOK-ALONG LIVE MAKE A KEBAB**
To register please contact:
healthalliance@cwsan.org

Wednesday 17 June **MEN'S BE SELF-CARE AWARE**
To register please contact:
lorna@crun.org

Thursday 18 June **MEN'S SELF-CARE CHALLENGE**
To register please contact:
janine@impactnetworkni.org

Friday 19 June **COOK-ALONG LIVE MAKE A BBQ SIDE DISH**
To register please contact:
registration@nacn.org





Men's health by numbers

1 man in 5 dies before the age of 65 (2 men in 5 die before 75).

NHS health checks are available from age 40.

A body mass index (BMI) over 25 is considered overweight. Over 30 is considered obese.

A waist over 37 inches puts you at increased risk of many serious health conditions.

Aim to drink no more than 14 units of alcohol a week.

Aim for 5 portions of fruit and veg a day.

Aim for 150 minutes of exercise a week.

Aim to walk 10,000 steps a day.



MEN'S HEALTH WEEK

MEN'S HEALTH FORUM

#menshealthweek

menshealthforum.org.uk/mhw

EDITION 4 - SUMMER 2020

Dads
project



Dads Enjoy A Socially Distanced Walk & Talk



With some restrictions relaxed The Dads Project Dads were able to come together for a socially distanced walk. Each dad received a Kindness Pack for Mental Health Awareness week thanks to Ballymagroarty and Hazelbank Community Partnership, based in Derry City.

We have been so very fortunate with good weather, dads have been busy barbecuing, gardening, cooking and reading with their children.

Dads outdoor and creative activities with their children



If you would like to feature in one of the next newsletters please send a photo of what you have been doing with your child, including virtual projects!

dadsprojectparentingni.org

Through this difficult time Parenting NI Support Line remains available to support parents and carers on 0808 8010 722. If you need any support please contact us.





Northern Ireland Alcohol Awareness Week (NIAAW) 2020

15th - 21st JUNE 2020
Be mindful when you drink

#NIAAW2020 #CONNECTIONS

drugsandalcoholni

Ni Alcohol Awareness Week (NIAAW)

Alcohol Change & Lockdown

CHANGING TIMES

- 1 in 3 are drinking less alcohol during the lockdown
- 1 in 5 are drinking heavier
- How is it impacting you?

Be mindful when you drink

#NIAAW2020 #CONNECTIONS

www.drugsandalcoholni.info

Ni Alcohol Awareness Week (NIAAW)

Alcohol Units

Men and women should drink no more than 14 units per week. It is best to spread these evenly over 3 days or more with several alcohol-free days.

Be mindful when you drink

#NIAAW2020 #CONNECTIONS

www.drugsandalcoholni.info

Ni Alcohol Awareness Week (NIAAW)

YOU, YOUR CHILD AND ALCOHOL

WORKBOOK AND SELF HELP TOOLS

ALCOHOL and you

IS IT TIME FOR A CHANGE?

HSC Public Health Agency

Focus on alcohol

A guide to drinking and health

REDUCE THE RISK
KNOW YOUR LIMITS
GOOD NIGHT OUT
GET HOME SAFELY
SOCIAL DRINKING
CUTTING DOWN
MOUTH CANCER
DEHYDRATION
ROAD DEATHS
HEAD INJURIES
HANGOVER
ALCOHOL
ACCIDENTAL
FIRE DEATHS
LIVER DISEASE
TAKE CARE OF YOURSELF

WEEKLY GUIDELINES
WHAT'S IN A DRINK?
PLANNING A PREGNANCY
HEART HEALTH
DRINKING AT HOME
PLANNING AHEAD
BLOOD PRESSURE
CALORIES

NOT HOW TO TEEMING

COUNTING UNITS

HSC Public Health Agency

DON'T GET LOCKED IN

During social distancing, several countries are reporting an increase in home drinking.

The UK Chief Medical Officers' guidelines for both men and women say that:

- you are safest not to drink more than 14 units a week, to keep your risks from alcohol to a low level;
- if you do drink as much as 14 units per week, it is best to spread this evenly over three days or more;
- if you are pregnant or think you could become pregnant, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.

Make your health and home life a priority by following these tips..

Choose Alcohol Free Days

Plan at least two or three alcohol free days during your week. The more alcohol free days the better!

Don't Stockpile

Don't stockpile alcohol in your home – plan your weekly shop. Only buy as much as you have decided you want to drink during the week. Opt for low-alcohol or no-alcohol choices.

Keep it Late

It can be tempting to drink earlier when you are at home during the day – try to delay any drinking until as late as possible, especially if there are children in your home. Consider a 'time rule' – e.g. No alcohol in our house until after 10pm

Mind the Children

Children can become afraid when adults are drinking. Avoid drinking alcohol until children have gone to bed. Make sure there is at least one non drinking adult in the house at all times.

Out of Sight

Keep alcohol out of sight and out of reach of children. When you pour a drink, put the remainder away out of sight or in another room so you are not tempted to reach for more. Drink water to quench thirst before drinking.

Help is Out There

Making changes can be hard. You can find local help and support by visiting www.drugsandalcoholni.info and clicking on "Services near you".

www.drugsandalcoholni.info

HSC Public Health Agency

WE ALL MUST DO IT TO GET THROUGH IT

STAY HOME. KEEP DISTANCE. WEAR MASKS

Adapted with permission from the Alcohol Forum

03/2020



Mixing

reduce your risk of harm



Alcohol and cannabis

- Alcohol and cannabis together can lead to the cannabis having a **stronger effect** than normal. You can also experience **physical and psychological side effects**.
- When using alcohol and cannabis together, you may experience **nausea, vomiting, dizziness, paranoia and/or panic**.

Find out more at www.pha.site/mixing

Medicines • Alcohol • Drugs

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



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

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



Our top 5 mocktail Recipes

Ditch the booze and say hello to health with our 5 refreshingly gorgeous drinks

ALCOHOL and you

Are you 11-25 and worried about your own substance misuse?

Contact the DAISY service for free and confidential support over the phone or by video call:

0800 2545 123 daisy@ascert.biz

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.

A TIP FOR HEALTHIER DRINKING:

DON'T EXCEED 14 UNITS OF ALCOHOL PER WEEK - THAT'S ABOUT 6 PINTS OF AN AVERAGE-STRENGTH LAGER.

NORTHERN IRELAND ALCOHOL AWARENESS WEEK
15TH - 21ST JUNE 2020

Suicide First Aid Lite

Date: 10th July 2020
Time: 10 am - 1 pm

This session will be delivered via Zoom.

COVID-19: ADVICE & SUPPORT



TARGETED Life Skills SERVICE

Preventing Drug & Alcohol related harm



Age Categories
 11-13 years
 14-15 years
 16-21 years



Programme Overview

11 - 13 Years			
Life Skills		Harm Reduction	
Session 1	Looking after your health and wellbeing	Session 1	Alcohol
Session 2	Decisions making	Session 2	Energy Drinks
Session 3	Risk taking behavior	Session 3	Nicotine
Session 4	Media & its influence	Session 4	Solvents
Session 5	Dealing with difficult emotions		
Session 6	Effective Communication Skills		
Session 7	Healthy Relationships		

14 - 15 Years			
Life Skills		Harm Reduction	
Session 1	Looking after your health and wellbeing	Session 1	Alcohol
Session 2	Decisions making	Session 2	Cannabis
Session 3	Risk taking behavior	Session 3	Energy Drinks
Session 4	Media & its influence	Session 4	Nicotine
Session 5	Dealing with difficult emotions	Session 5	NPS (legal highs)
Session 6	Effective Communication Skills	Session 6	Solvents
Session 7	Healthy Relationships		

16 - 21 Years			
Life Skills		Harm Reduction	
Session 1	Looking after your health and wellbeing	Session 1	Alcohol
Session 2	Decisions making	Session 2	Cannabis
Session 3	Risk taking behavior	Session 3	Energy Drinks
Session 4	Media & its influence	Session 4	Nicotine
Session 5	Dealing with difficult emotions	Session 5	NPS (legal highs)
Session 6	Effective Communication Skills	Session 6	Medicine Misuse
Session 7	Relationships	Session 7	Solvents
		Session 8	Depressants
		Session 9	Hallucinogens
		Session 10	Opiates
		Session 11	Stimulants

TARGETED Life Skills SERVICE Preventing Drug & Alcohol related harm

FOR FURTHER DETAILS CONTACT:



Western Trust
 Telephone:
 0800 254 5123



Southern Trust
 Telephone:
 028 9043 5810



Belfast Trust
 South Eastern Trust area
 Telephone:
 028 9267 0918

ASCERT / START 360
 Working in partnership

Northern Trust
 Telephone:
 0800 254 5123



Contact your local Low Threshold Service on:

- Belfast area (Belfast Drug Outreach Team) 028 9504 1433
- Northern area (Extern) 028 2565 4012
- Southern area (Extern) 074 2347 4844
- South Eastern area (Simon Community) 074 3575 4307/ 074 3575 4302
- Western area:
 - Derry area (Depaul) 028 7136 5259
 - Fermanagh and Omagh areas (Arc Healthy Living Centre) 028 6862 8741
 - Limavady area (First Housing Aid and Support Services) 028 7137 1849

Low Threshold Services can support people who use drugs to reduce their risks and also help them to access other support services or treatment.

If you are receiving treatment from a Community Addiction Team, you can also get naloxone from them.

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



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



02/20

At risk of overdose?

NALOXONE SAVES LIVES



What is naloxone?

Naloxone is a medicine that is used to reverse the effects of opiate-type drugs like heroin, for a short period of time. Naloxone has been used for many years in hospitals and by ambulance crews as an 'emergency rescue medicine', administered to people who appear to have taken an opioid overdose.

When someone accidentally overdoses on opioid drugs, their breathing can be affected and this can lead to their death. Naloxone can help restore the breathing of the person who has overdosed, and keep them alive until an ambulance arrives.

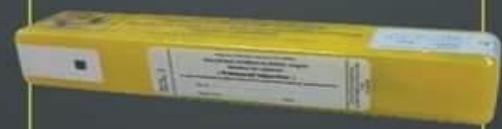
Naloxone is injected into the muscles of the outer arm or upper thigh.

Who can get naloxone?

If you use heroin or other opiate-type drugs such as morphine, methadone, codeine, or fentanyl, you can get a free naloxone pack.

You can also get naloxone if you have a friend or family member who uses heroin or other opiate-type drugs, so that if they overdose, you can administer it to them and save their life.

This is a free service for anyone who lives in Northern Ireland. It is legal to carry naloxone.



How to get naloxone

To request a pack, contact your local Low Threshold Service and ask for naloxone. They will arrange to meet with you. When you see them, they will give you a pack of naloxone and show you how to use it.

Once you get your pack of naloxone it is vital that you keep it with you so that it is there if you or someone else overdoses.

FAMILY NURSE PARTNERSHIP

FNP is an evidence based parenting programme, which offers specialist support on a one-to-one basis for first time mums who are 19 years and under. The programme runs from early pregnancy until the baby is 2 years old and is delivered by highly skilled family nurse practitioners, within the client's home. It is available throughout the Southern Trust.

Stay safe

REFERRALS

- Clients should be ≤ 19 yrs.
- Less than 28 weeks gestation.
 - Living in SHSCT area

To make a referral:

Telephone- 07771360718

Email- FNP@southerntrust.hscni.net

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

 Family Nurse
Partnership

AIMS

- Improve pregnancy outcomes
- Improve child health and development
- Improve economic self sufficiency

 ParentingNI

Northern Ireland's leading
parenting support charity

Parenting NI continue to provide a range of supports to families online and over the phone during the pandemic

Contact us for free
Support Line: 0808 8010 722
parentingni.org



www.parentingni.org/resources

CiNI Children in
Northern Ireland

CiNI's latest podcast is now live. Recorded during week 8 of lockdown, Parenting Support Officer Julie provides parents with some tips during this difficult time.

[Listen to Podcast](#)

 Public Health
Agency



CATCH IT.



BIN IT.



KILL IT.

Home to School Transport

You can find out if your child is eligible for school transport assistance by using EA's Transport Eligibility Checker App



Online
Transport
Eligibility Checker

For more information visit www.eani.org.uk

 Education
Authority



If Your Kids Could Make... The Rules of Divorce

In an exercise developed specifically for the 10-12 year old group of Children of Divorce and Changing Families, kids are asked to create a set of rules that would make their divorce situation less stressful. As the exercise is repeated for new groups, it became clear that certain 'rules' show up again and again.

Don't say bad things (true or false) about the other parent?

Keep us out of adult stuff.

Don't make me feel bad for seeing/loving other parent.

Learn to get along for big events.

Don't make me choose sides.

No fighting in front of us!

don't make me a messenger/or put me in the middle!

Don't take your anger out on me.

Don't ask me to spy.

give me 1 on 1 time with both parents



COVID-19 SEPARATED PARENTS MEDIATION AVAILABLE NOW VIA ONLINE PLATFORMS

“ We at Family Mediation NI are mindful that just because social isolation is in place to stay safe and stay well mums and dads still need to work out arrangements for their children. Mediation is more vital now than ever... That's why our team has online mediation in place now to help separated parents
~ Joan Davis, Director

Contact us on 028 9024 3265 or
enquiry@familymediationni.org.uk or
administration@familymediationni.org.uk

www.familymediationni.org.uk



If you would like to find out more about family support services in your area please see the Family Support NI website at: www.familysupportni.gov.uk



Baby Brain Facts

Babies:

- hear at around 24 weeks of pregnancy,
- recognise familiar voice at birth, and
- prefer faces to other shapes.

We are hardwired for relationships!

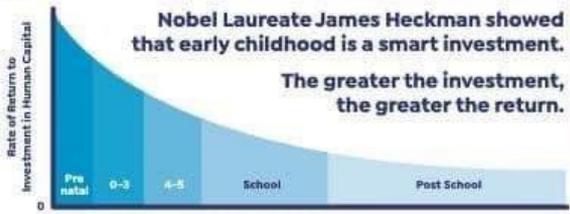
In the first years of life, more than 1 million new connections are formed every second in a baby's growing brain.

The way babies' brains develop is shaped by their interactions with others.

A range of research shows that **the way parents interact** with their babies predicts children's later development.

Family income and education is strongly related to children's development. Babies in higher income families are more likely to have frequent caregiver-child conversations. By age 3, babies with university educated parents have been found to have vocabularies 2-3 times larger than those whose parents had not completed school.

Children's development in the early years sets them on a positive trajectory, although what happens next also matters. Children's development at just 22 months has been shown to predict their qualifications at 26 years.



8,300 babies under one in England currently live in households where domestic violence, alcohol or drug dependency and severe mental illness are ALL present.

Rigorous long term studies found a range of returns between £4 and £9 for every pound invested in early intervention for low income families.

When parents experience problems in the first 1001 days it can have long term impacts on their children.

One study showed that children whose mothers were stressed in pregnancy were twice as likely to have mental health problems as teenagers.

Adults who reported four or more adverse childhood experiences had 4- to 12-fold increase in **alcoholism, drug abuse, depression, and suicide attempts** compared to those who experienced none.

Tackling adversity + supporting early relationships healthier brains + better futures

References and further information can be found on <https://1001days.org.uk/resources>



COVID-19 PARENTING Learning through play

Millions of children face school closure and isolation in their own home. This tip is about learning through play – something that can be fun for all ages!

Types of play

- There are so many different types of play that can be both fun AND educational
- Language, numbers, objects, drama, and music games give children opportunities to explore and express themselves in a safe and fun way



Movement games

- Create a dance choreography to your children's favorite songs. First person does a dance move and everyone else copies. Everyone takes turns being the leader.
- "Challenge" who can do the most toe touches – jumping jacks, windmill toe touches in a minute
- "Mirror" each other – facial expressions, movements, sounds. One person can start as the leader and then switch. Try it with no leader!
- Freeze dance: Play music or someone sings a song, and everyone dances. When the music stops, everyone must freeze. Last person still dancing becomes the judge for the next round.
- Animal dance: Same as above but when the music stops, call out a name of an animal, and everyone has to become that animal!

Telling stories

- Tell your children a story from your own childhood
- Ask your children to tell you a story
- Make up a new story together starting with "Once upon a time..." Each person adds a new sentence to the story
- Act out a favorite story or movie – older children can even direct younger ones while learning responsibility

Change the object!

- Every day household items like brooms, mops, or scarfs can become fun props for games
- Place an object in the center of the room and whenever someone has an idea, they jump in and show the rest what the object can be
- For example, a broom might become a horse or a microphone or even a guitar!

Memory game

- First person says, "When COVID-19 lockdown ends, I am going to... (e.g., go to the park)"
- Second person adds to first person, "When COVID-19 lockdown ends, I am going to the park and... (e.g., visit my best friend)"
- Each person adds to the previous trying to think of all of the fun things to do when COVID-19 lockdown ends.

Singing

- Singing songs to your baby help develop language
- Play or sing a song, and the first one to guess it right becomes the next leader
- Make up a song about handwashing or physical distancing. Add dance movements!



For more information click below links:

- TIPS FROM WHO
- TIPS FROM UNICEF
- OTHER LANGUAGES
- COVID-19 Q&A



Financing for Learning (Health is supported by the UK's GDF) accelerating achievement in Africa, Asia, Latin America, the Caribbean, Eastern Europe, the European Region, and the Western Pacific. UNICEF is the European Union's Special Representative for Children's Rights and Well-being. UNICEF is the United Nations' Special Representative for Children's Rights and Well-being. UNICEF is the United Nations' Special Representative for Children's Rights and Well-being. UNICEF is the United Nations' Special Representative for Children's Rights and Well-being.



CALM DOWN YOGA FOR KIDS



I am strong.



Use your strength to catch tricky waves.



I am kind.



Stretch high and spread kindness all around.



I am brave.



Be brave and fearless as you fly down the ski run.



I am friendly.



Stretch like a dog wagging its tail.



I am wise.



Be a wise owl perched on a tree branch.

TINY HAPPY PEOPLE

Schedule for the week

Morning, Afternoon, Evening

Monday	Tuesday	Wednesday	Thursday	Friday
Boo! Where are you?  Play pretend animals	Baby workout  Homemade playdough	Making faces  Pairing socks	Dressing for the weather  Spend time outdoors	Noise makers  High fives & clapping
Playing with teddy  	Sing me a rhyme  	Take a look at a book  	Puppet play  	Cosy corner  

THINK UP KNOW

Teach children how to stay safe online



DOWNLOAD THE ACTIVITY PACKS FOR YOUR LESSON PLANS



Guide on everything parents need to know about TikTok

[Read Here](#)

COVID-19: ADVICE & SUPPORT



FREE online session

ParentingNI

Children's Emotional Health

Children who have positive emotional health and wellbeing tend to have better outcomes in life. This workshop encourages parents of children to recognise the importance of their children's mental health, exploring how parents can provide opportunities for children's emotional development.

Tuesday 30th June 2020

Morning session: 10am - 11am
Register:
emotionalhealtham.eventbrite.co.uk

Evening session: 6:30pm - 7:30pm
Register:
emotionalhealthpm.eventbrite.co.uk

These sessions are being delivered thanks to support from the Henderson Group Community Cashback Grant



CONTACT DETAILS

Barnardo's Parent and Infant Programme (PIP)
5 Crescent Business Park
Lisburn
BT28 2GN

email: pip@barnardos.org.uk

www.barnardos.org.uk/northernireland
www.setrust.hscni.net

(028) 9260 7537

BARNARDO'S PARENT AND INFANT PROGRAMME (PIP)

Helping parents build positive early relationships with their child.

INFORMATION FOR PARENTS

South Eastern Health and Social Care Trust

Believe in children
 Barnardo's Northern Ireland

CYPSP
Children & Young People's Strategic Partnership

RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE

Updated 29 May 2020

The Children & Young People's Resource Pack has been updated to include more links to resources for outdoor play and other creative ideas.



NEW PROGRAMMES STARTING SOON

Friends Resilience Programmes

SPACE NI are licensed providers and trainers for Friends Resilience Programmes in Ireland. The following programmes will be delivered in the comfort of your own home via ZOOM



Friends for Life Programme

Children Aged 8-11
1.00pm 24th June 2020

FRIENDS for Life is a social skills and resilience building program that has been recognised by the World Health Organisation as an effective means to prevent anxiety for children aged 8-11. It is proven to reduce anxiety and provide participants with the tools to rise to life's challenges, and make the most of setbacks and adversity. It also improves participant's social and emotional skills, ability to focus, confidence, and the capacity to relax and regulate emotions.



Expected Outcomes

- Improved confidence
- Increased ability to cope with stress
- Increased ability to cope with fear
- Enhanced social skills
- Improved ability to communicate better with adults
- Boosted self esteem
- Increased happiness and enthusiasm

Adult Resilience Programme

Anyone aged 18+
11.00am and 8.00pm 23rd June 2020

The Adult Resilience program provides positive coping and resilience skills for those aged 18+. The human brain is capable of constant change and it is never too late to learn new positive skills. The Adult Resilience program is also taught to parents to increase their resilience and coping skills and ensure that the FRIENDS "language" is spoken at home. We would encourage parents of children who are currently or have in the past participated in Friends for Life or Fun Friends programmes to sign up - if the whole family participates, then everyone will flourish.

TO REGISTER

CALL 02830835764 OR EMAIL INFO@SPACE-NI.COM



Mental health awareness programme for primary school children developed by Action Mental Health, Child and Adolescent Mental Health Services (CAMHS) and The Royal College of Psychiatrists – has moved on-line. There are 2 types of sessions, one suitable for groups of Parents, Carers & Teachers of children aged 8-11 (P5-P7) and one for groups of children in this age category.

To find out more check out:

<https://www.amh.org.uk/news/amh-menssana-on-line/>

For more information or to register your interest, email Southern Trust Area : menssana@amh.org.uk
All other Trust Areas : amhmenssanani@amh.org.uk



Coming back to school...



this is how I feel right now

3 things I want to tell you...
1.
2.
3.

3 things I am looking forward to...
1.
2.
3.

3 questions I'd like to ask you...
1.
2.
3.

My favourite thing about being at home is...

and something I have found tricky is...

My name

SESSIONS

Connecting with others

Think about the people in your life and then answer the following questions:



- If I need help with my homework I would ask _____
 - If I have a quarrel with my best friend I would talk to _____
 - If I felt lonely I would _____
 - If I got lost I would _____
 - If I needed money I would _____
 - If I didn't understand the homework I would _____
- Complete the following three sentences with your own examples:
- If I _____ I would _____
 - If I _____ I would _____
 - If I _____ I would _____

People will help me to cope in Year 7 if I:
1 _____
2 _____
3 _____
4 _____
5 _____



'Thinking About Pedagogy in an Unfolding Pandemic'
Doucet et al (2020)

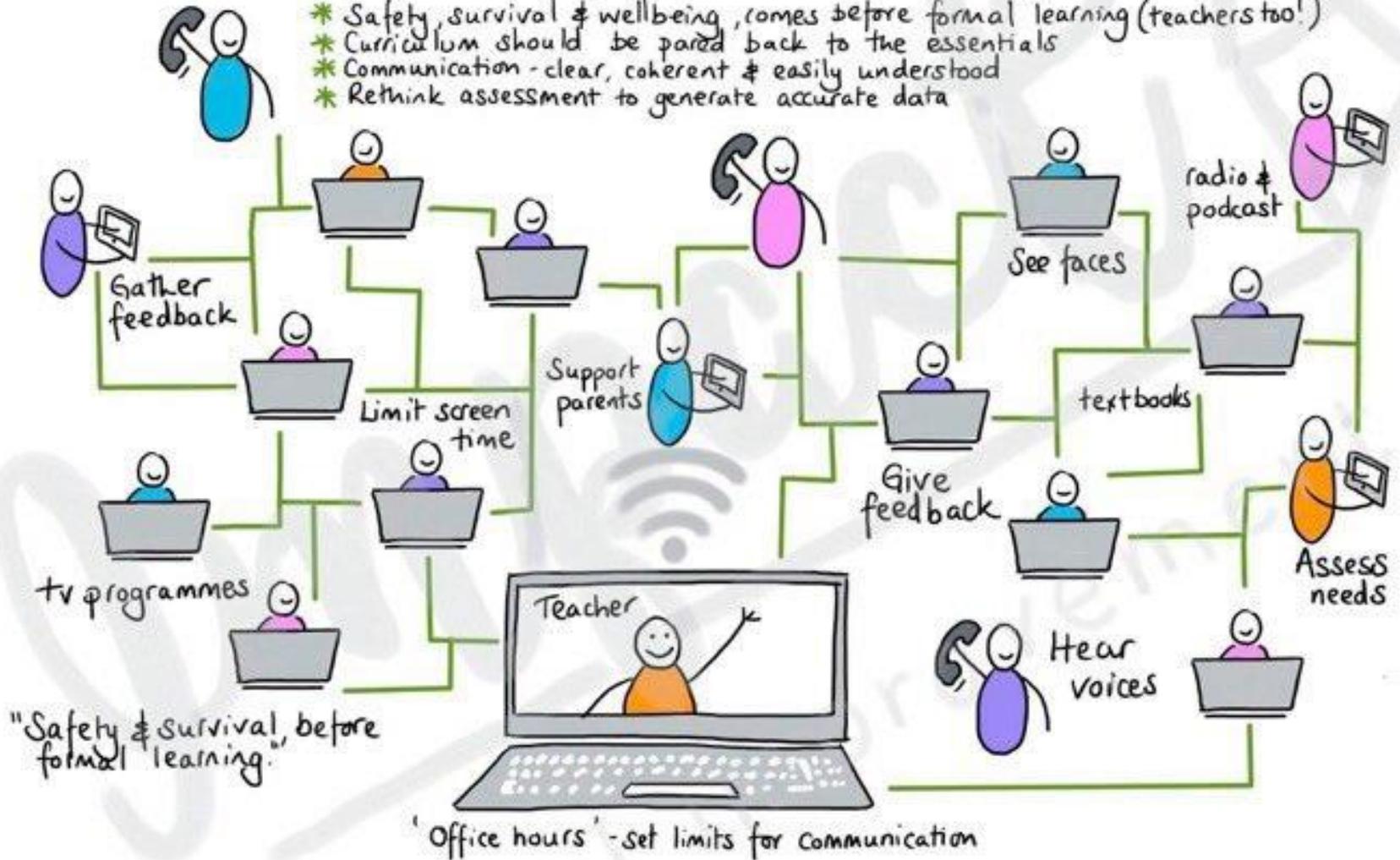
HOME LEARNING

Copyright © 2020 www.impact.wales
We create bespoke support & resources that make a difference to learning

@ImpactWales

or maintaining human connection

- * Safety, survival & wellbeing, comes before formal learning (teachers too!)
- * Curriculum should be pared back to the essentials
- * Communication - clear, coherent & easily understood
- * Rethink assessment to generate accurate data





YOUTH WAYS

Do you have a child/grandchild going into year 12 who is struggling with school?

Maybe their attendance in year 11 was very sporadic and you worry that they won't achieve their qualifications this year?

Maybe you can't even get them out the door?

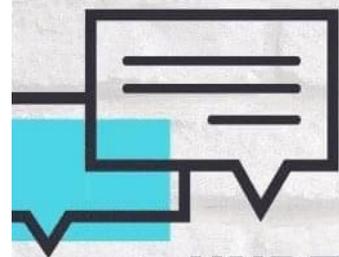
At Oasis Caring in Action in Antrim we have a solution for you. If they are disengaging from education they could be eligible for a place on the Youth Ways project 2020. We provide:

- Qualifications including English, Maths, ICT, Employability,
 - Drugs, alcohol, mental health awareness training
 - Specifically designed 4 day timetable.
 - 1-2-1 support from Youth Workers and Tutors.
 - Informal, small relaxed and friendly classes
 - Fun community projects to get them involved
 - Outdoor activities, fitness and trips
 - Fully compliant with Covid-19 recommendations
 - Support finding a placement in post 16 provision
- Advice and support to families involved in the project

If you know someone who would benefit from this course then please contact us for full details of the programme and to discuss suitability for the young person you have in mind. We'd love to hear from you!



For more information please contact:
Hugo Armstrong - Youth Coordinator
07934713635
@ hugo.armstrong@oasis-ni.org



UNDERSTANDING LIFE IN LOCKDOWN

Are you a young person with autism age 11-18?

We want to find out what life in lockdown has been like for you!

We would like you to do this by taking photographs.

If you would like to take part in our research project, please contact:

Bronagh, b.byrne@qub.ac.uk OR
Gillian, gcurran04@qub.ac.uk



During the Covid-19 crisis Mencap NI has been working in partnership with a number of family carers, practitioners and researchers on a resource for families who care for children, young people or adults with a learning disability or developmental difficulty (including those who are autistic).

The resource can be found at: www.positiveapproachestosupport.co.uk / www.epats.org.uk and contains information about effective communication techniques, ideas for creating choice and independence, strategies to reduce behaviours that challenge and tools to support well-being. The website has a range of guidance, videos and printable resources and families will find it valuable both during and after the Covid-19 lockdown.

Over the last 3 months Mencap NI has also set up a Family Support Facebook page: <https://www.facebook.com/Mencap-Family-Support-NI-106146074379695/> where families can source information, resources and activity ideas. Parents and carers can also schedule a time to speak with one of the family support team by contacting familysupport@mencap.org.uk.



Information and support for parents of children with visual impairments in NI.

[Visit Website](#)

Advice for blind and partially sighted people during coronavirus (COVID-19)



Phase One



As lockdown restrictions are being eased in NI, Autism NI have produced a visual resource to help explain these changes in Phase 1.

[Download Resource](#)



Age appropriate guides and resources to support deaf children with learning to read and write.

[View Here](#)



Supporting people with learning disabilities

[Download Factsheet Here](#)



We are here to help - call the Family Benefits Advice Service 0800 028 3008

www.employersforchildcare.org

Employers For Childcare

COVID-19 UPDATE

EXTENSION OF DEFINITION OF KEY WORKERS TO ACCESS CHILDCARE



Daily Updates

[Click here to stay informed](#)



YouthOnline have produced guides for both parents and young people around how to stay safe while playing online games.

[Online Gaming – Parents Guide](#)

[Online Gaming – Young People's Guide](#)



Digital Assist Training Guide

IMPROVING DIGITAL SKILLS TO HELP PEOPLE GET ONLINE

www.bitcni.org.uk

The Responsible Program Network, nirect government services, Finance for Enterprise

Training Guide - Issue 2



These extraordinary times may provide you with the opportunity to complete training from the comfort of your home.



[Read Here](#)



menssana



Mindset is a Mental & Emotional Health & Well-being Awareness Programme

Online Programme

For Adults and Young People aged 14-17yrs



The Mindset programme from Action Mental Health is moving to online delivery!

Mindset is funded by the Public Health Agency. In response to Government guidance the programme will not be available for face to face delivery but will be **delivered online** and is open to youth and community groups across the Northern, Western, Belfast and South Eastern Trust areas for groups of 6 to 12 people.

The online programme can be delivered in a format to suit participant needs and will be agreed prior to booking confirmation:

- 1 **A one-off interactive workshop**
- the full Mindset programme
Duration: 3 hours (with breaks)
- 2 **Mindset sessions**
- The full Mindset programme in bite size
Duration: 2 or 3 sessions over separate days

Aims

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Well-being
- Raise awareness of signs and symptoms of mental ill health
- Promote self-help/resilience techniques and how to maintain a safe level of positive mental and emotional health and well-being
- Promote self-care
- Information and/or resources on mental health support organisations available (locally and regionally)

For more information or to register your interest contact:

nimenssana@amh.org.uk
or tel: 07740403724



Project supported by the PHA

www.amh.org.uk

@amhNI   

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covidwellbeing
ni.info

Disable Notifications

You can disable notifications from apps like Facebook and Twitter so you're not being constantly bombarded with information. Most phones also have a Do Not Disturb function where you can set times in which to receive notifications.



AnamCara NI Supporting Parents After Bereavement

Anam Cara provides information, resources and bereavement support after the death of a child of any age and through all circumstances to all bereaved parents.

[View Service Update Here](#)

www.anamcarani.co.uk
www.anamcara.ie

Find apps to support your health and wellbeing during COVID-19

Discover apps to help you at apps4healthcare.ni.hscni.net



Service provided by ORCHA



[VIEW APP LIBRARY](#)

THE 7 DAY 7 MINUTE EXERCISE CHALLENGE

MINUTE 1
non-stop sit-ups

MINUTE 2
high knees

MINUTE 3
as many push-ups as you can

MINUTE 4
jumping jacks, don't stop

MINUTE 5
keep lunging

MINUTE 6
plank for 60 seconds

MINUTE 7
non-stop squats



Talk to us!

**New!!
Web chat**



We are launching a new online service
Monday to Friday
10:00 am - 12:00 pm

Go to our website:
www.belfastwomensaid.org.uk
and click the icon on the lower right hand corner

women's aid 

Belfast and Lisburn

Talk to Us!

We are launching a new web chat service

available
Mon-Fri 10am - 12pm

Go to our website -
www.foylewomensaid.org
and click the green icon in the lower right corner of your screen



Foyle Women's AID 

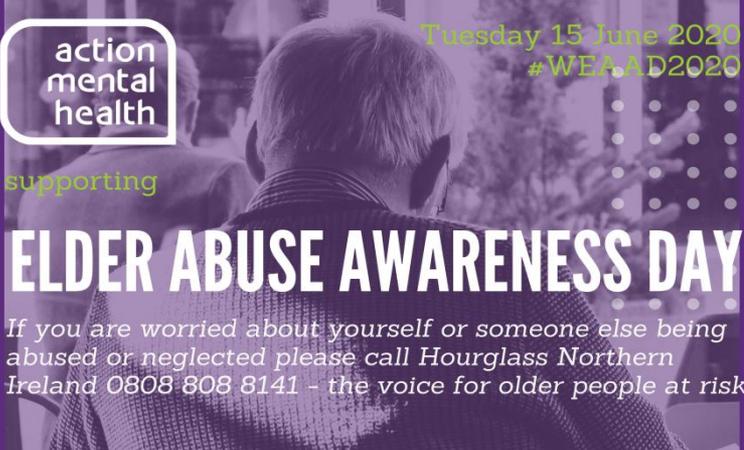
action mental health

supporting

Tuesday 15 June 2020
#WEAAD2020

ELDER ABUSE AWARENESS DAY

If you are worried about yourself or someone else being abused or neglected please call Hourglass Northern Ireland 0808 808 8141 - the voice for older people at risk



domestic and sexual abuse helpline

0808 802 1414

Freephone confidential 24/7 helpline

Call now.

dsahelpline.org



PBNI WORKS WITH PARTNERS TO TACKLE DOMESTIC ABUSE

See more information about our work on our website:
www.pbni.org.uk



 **PBNI** Probation Board for Northern Ireland

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

Belfast. 028 9024 1929

Foyle. 028 7116 0001



COVID-19: ADVICE & SUPPORT

CORONAVIRUS (COVID-19)

Diabetes Helpline

028 9536 0600

Email: diabetic.helpline@hscni.net

This new helpline service for those living with diabetes in NI will run 7 days a week from 9am - 3pm.



COVID-19 testing

Everyone over five years of age in Northern Ireland with symptoms of coronavirus is now eligible for testing.

For more information and to book a test visit www.pha.site/coronavirus



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!



DON'T DELAY

If you are unwell, use the HSC

www.hscboard.hscni.net/dont_delay_help/



Health and Social Care

CORONAVIRUS (COVID-19)



STROKE

If not treated **urgently**, a person is at a higher **risk of death or disability** if they take a **stroke** than from COVID-19.



You must act F.A.S.T

Know the symptoms of stroke:

Face - Has it fallen on one side?



Arms - Can they raise them?



Speech - Is it slurred?



Time - If you notice any of these signs make the call, dial **999**



Visit www.pha.site/ActFAST

It could **save a life.**



Serious about quitting smoking?

Then take the first step and order your **free** Quit Kit today!



Visit www.stopsmokingni.info

Never give up on giving up!





Ards Community Network Centre
43-45 Frances Street, Newtownards, BT23 7DX
Tel: 028 9181 4625
Email: info@ardscommunitynetwork.com
Web: www.ardscommunitynetwork.com

HAVE YOU GOT SCHOOL UNIFORMS THAT YOU NO LONGER NEED?

Ards Community Network and the CYPSP Ards and North Down Locality Planning Group is supporting families in the **Ards and North Down** area with a **Back to School Uniform Project** making this time of year a little less stressful for families!

If you have school uniforms that are clean and in good condition please donate items to Ards Community Network Centre

Drop Off Dates:

- Mon 15th June to Thurs 18th June 10.30am – 3pm
- Mon 22nd June to Thurs 25th June 10.30am – 3pm
- Mon 29th June to Thurs 2nd July 10.30am – 3pm

***With the present situation and Social Distancing guidelines we would ask that you drop the uniform items into the large boxes placed at our front door**

Primary and Secondary School Uniforms:

- Blazers, Jumpers & Sweatshirts
- Shirts, Trousers, Skirts & Pinafores, Ties
- Coats, Schoolbags / Book Bags
- PE shorts, skorts, sports tops, PE bags



Let's work together and find these clothes a good home!



WE ARE COLLECTING OUT-GROWN SCHOOL UNIFORMS

Please help us...

We will recycle the school uniform you donate and pass it on free of charge to families who need help.
Please help us by bagging up your out-grown uniform items, see list.



- Polo-Shirts
- Trousers
- Coats
- Skirts
- Shirts
- Jumpers
- School Bags
- Cardigans
- Blazers
- Shoes
- Socks
- Jackets
- Trainers
- Pumps
- Sports Kits
- Dresses

Collection Date:
From 15th June 2020
10am—12noon
Mon—Fri

Drop Off Point:
Conway Youth Centre
Church of God Shankill
225 Conway Street
Belfast, BT13 2DE



shankillcog@btconnect.com

07791568218



Shankill Church of God





Outer South & East Belfast Family Support Hub

We're still here to help

The Family Support Hub links children aged 0-18 years and their families to early intervention family support services particularly needed during the COVID-19 pandemic which may include support with:

- Family or Parenting
- Emotional Health & Well being
- Behaviour Support
- Drugs & Alcohol
- Youth Support
- Debt / Benefit Advice
- Education & Employability
- Foodbank Support

Areas covered by the Outer South & East Belfast Family Support Hub:

Belmont, Knock, Beechill (excluding part Belvoir Estate), Knockbracken, Cairnshill, Galwally, Newtownbreda, Wynchurch, Hillfoot, Enler, Carrowreagh, Grahamsbridge, Carryduff East, Carryduff West, Stormont, Dundonald, Ballyhanwood, Cregagh, Downshire, Lisnasharragh, Lower Braniel, Upper Braniel, Gilnahirk, Cherryvalley, Tullycarnett, Moneyreagh

For more information or to make a referral please contact Charlene on 07850541313 or email charlene.mitchell@barnardos.org.uk



Radius HOUSING Sow & Grow Project

We are giving out free seeds to our residents and communities. You don't need a garden. These seeds can all be grown in pots. Growing instructions are on the packets of seeds. We can provide small pots to get you started. You can also use toilet roll tubes! We will provide instructions!



Wildflower Seeds
Enjoy their colours and the insects that these flowers support. If you don't have an outside garden you can grow these seeds in a flower pot.

Sunflower Seeds
Who can grow the biggest sunflower? We will give you seeds, a pot and support cane to get you started. Send in your photos and measurements.

Cress Seeds
A tasty treat! You can grow these quickly, at any time of the year, on a sunny window sill and can be added to sandwiches and salads.

To get your free seeds please contact our Community Investment Team:
tenant.engagement@radiushousing.org / 07741 741525



The Public Record Office of NI (PRONI) is calling for the public to help create an archive of how we lived during the Covid-19 outbreak – to ensure the story of the pandemic is preserved and made accessible for future generations. Find out more at www.nidirect.gov.uk/articles/stay-home-memories



Advice NI is looking for enthusiastic and committed volunteers to assist in the delivery of the COVID 19 Community Helpline.

[Find out more here](#)

CORONAVIRUS (COVID-19)

COMMUNITY HELPLINE
0808 802 0020

COVID19@ADVICENI.NET
TEXT ACTION TO 81025

Coffee time

Cappuccino | Latte | Flat white | Americano

All proceeds going to Bangor

Community Food Bank
Local Charity

Auntie Anne's Bloomfields Bangor



WHAT'S ON THE MENU COMMUNITY PROJECT

Starter

Food is a universal language, it tells us about history and culture.
We want your favourite family recipes and to find out the story behind your food.

Main

You can send us;

- Name, address and phone number
- Recipes (please include ingredients & method)
- Photo of dish
- Who/where did the recipe come from?
- When would you eat it? Everyday / celebration event?
- Why is it important to you? What does it tell us about you? Faith/culture/ history.

Dessert

Send your recipes to

For Mid Ulster
geraldine.dougan@radiushousing.org/ 07483 328455
For North & West Ulster
melanie.rintoul@radiushousing.org/ 07741741525
For Belfast
sharon.traynor@radiushousing.org/ 07483328463



Help and Advice in Your Language
The Law Centre NI's website can now be translated into 59 different languages at the click of a button.

[More Information Here](#)

Helping to keep
you connected



phone calls



one to one mentoring



zoom group meetups



whatsapp broadcasts



facebook @carrickymca



instagram @ymca.outreach

IT'S GOOD TO TALK

GET INVOLVED

STAY SOCIAL

social* support* mentoring*



County Down Rural Community Network

Catch up on the latest news and information from across the District with the June 2020 edition of the CDRCN Network Notes. Includes information on health and wellbeing opportunities, funding news and useful contacts for your community groups.

[Download Here](#)



Funding Opportunities

Armagh City, Banbridge & Craigavon Borough Council is offering financial assistance to eligible groups in the voluntary, community and social enterprise sector for the period 1st August 2020 - 31st March 2021 for:

Running costs (for eligible organisations)

Funding is available through the following grant programmes:
- Community Development Grants
- Good Relations Grants

APPLICATIONS ARE OPEN FROM 9.00AM ON MONDAY 8TH JUNE 2020 UNTIL 12 NOON ON FRIDAY 26TH JUNE 2020

Further information, including details of how to apply, is available from www.armaghbanbridgecraigavon.gov.uk/resident/community-grants

Any queries should be directed to fap@armaghbanbridgecraigavon.gov.uk or by phoning 07515 607480.



CORONAVIRUS (COVID-19)



COVID-19 CHARITIES FUND



Applications are open for Rosa's Covid-19 Response Fund (Small Grants)



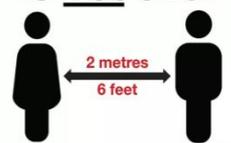
This is an open call for women's organisations to apply for what they identify as a short-term funding need. We'll provide quick and straightforward grants of up to £10,000.

NO DEADLINE FOR APPLICATIONS

[Further Information](#)

COVID-19

The fight is not over



Keep social distancing



Applications are now open for the 2020 Aisling Bursary Initiative

Applications can be downloaded from our website www.westbelfast-partnership.com or requested by email to a.lunney@wbpb.org.

Hard copy applications can be posted on request by calling 02890809202.

Closing date for completed applications is Friday 24 July at 4 p.m.

* Please check that you fit the criteria below before applying.

Essential Criteria

- Applicants must be resident in the West Belfast Westminster Parliamentary Electoral Constituency. (Use the following website to check your postcode to confirm parliamentary constituency: <http://www.parliament.uk/about/how/elections-and-voting/constituencies/>)
- Applicants must be preparing to study or be currently studying on a full-time or part-time further education, higher education or vocational training course.
- Applicants must be at least 18 years of age on 1st July 2020.
- Chosen Course and Award should contribute to the regeneration of West Belfast

Covid-19: Next Steps programme

The Next Steps programme is Children in Need's response programme designed to deliver support for children and young people affected by the COVID-19 pandemic. Eligible organisations will be able to apply for between £5,000 and £80,000 for work commencing in September 2020. Further information available at: <https://www.bbcchildreninneed.co.uk/grants/covid-19-funding-streams/>



Want to talk? Give us a call!

Belfast / South Eastern - 028 9024 4888
Northern - 028 2563 2641
Southern - 028 3831 3380
Western - 028 7137 8980

Or email us - info@voypic.org - and we'll call you back!



ymca north down DIGITAL YOUTH PROVISION

YMCA North down is committed to providing innovative, authentic and impactful youth work for young people aged 7- 25 years. During the pandemic our weekly youth provision includes the following:

- 3 afternoon Zoom sessions all with a health and wellbeing theme (Mon, Tues and Thursday, 3pm).
- Friday morning Breakfast Club Zoom session (10am, 7-11years)
- Monday night Fuse Film Club Zoom session (7pm, 12-17years)
- Tuesday night Girls Group Zoom session (7pm, 14+ years)
- Thursday night Life Skills Zoom session (7pm, 12-17 years)
- Friday night Gamers Club Zoom session (7pm, 17-25 years)
- Saturday night Quiz night Zoom session (7pm, 14+ years)

There is also 'one to one' support available along with 'wellbeing' phone calls and text check ins.

#YMCAconnects #staysafe

@northdownymca

@northdownymca

HAVE YOU CHECKED OUT ALL OUR SOCIAL MEDIA?

SEARCH 'NIYF'

@NIYF

@NIYOUTHFORUM

springvale
employment & learning solutions

ARE YOU AGED 16-17?

LEARN!
EARN WHILE YOU LEARN
GET PAID TO GET QUALIFIED
£40-£52 per week (Travel costs included)

ENROL NOW

REFER A FRIEND AND GET £25*

- £40 a week (doesn't affect family benefits)
- Travel allowance paid
- £360-£520 attendance bonuses and 37 paid holidays a year
- Housing and childcare allowance could apply to you

Text us for more info
07852985165

200 Springfield Rd
Belfast
BT12 7DR

www.springvalelearning.com

www.springvalelearning.com

ENROL NOW!

Gain an NVQ recognised qualifications at Level 1/2 in professional and technical skills with 2/3 days practical work experience each week, all taught within state of the art facilities. Improve your chances of finding the right job or further education opportunity.

- Barbering & Hairdressing
- Beauty Therapy
- Catering
- Computer Technology
- Digital Media
- Joinery
- Plumbing
- Essential Skills

TEXT: 07852 985 165

Training for Success is the Department for the Economy's professional and technical training provision for 16-17 year olds.

*New learners must stay at least 6 weeks on the TFS programme before fee is paid

SKILLS TO SUCCEED TRAINING FOR SUCCESS

European Union European Social Fund

Department for the Economy

SOUTH WEST COLLEGE GOING PLACES

Learn More, Get Moving, 1-1 mentoring, Career support, Take Charge!

TAKE THE NEXT STEP TO YOUR FUTURE
Vocational Tasters
Digital Awareness - Get to know your digital device
Learn how to home school effectively
Customer Service
Sports Science
Health and social care

Gavin - Enniskillen - 07831122703
Geraldine - Dungannon - 07771728588
Kathleen - Omagh - 07734281030

GOING PLACES

FREE VIDEO CREATED ON POSTERMYWALL.COM

South West College
Communities

European Union European Social Fund Northern Ireland

SWITCH ON TO EMPLOYMENT

Department for the Economy www.economy-ni.gov.uk

A START4U SERVICE

Class in session

Welcome to our June issue of the SOE newsletter, hope you are all keeping well and looking forward to the weekend ahead.

For this extended issue, we thought we would share some of our highlights from the last 12 weeks of working from home. We have included some of our favourite challenges from the SOE Challenge Group, included some of our young people's favourite quotes, and finished off by going straight to the young people to get their opinion on us as a team and see how we're doing. We asked if they felt supported as this is our main aim as a project, it was a pleasure to hear their responses and wanted to share with you their own thoughts.

It was tricky to narrow down the highlights for this issue, there was so much more we could have included but for now I hope you enjoy the June issue of the SOE newsletter.

Congratulations Corner

Congratulations to Maraine for completing her Award in Community & Independence and a continued well done to all our young people for carrying to work hard and push against the limits of what is going on- you are all amazing!!



Let's go for a walk n talk



Lockdown has been a rewarding/scary experience in equal measures. It has been great to not have to travel to and from work, but it has been a challenge to keep my 87-year-old mum safe, as she is a very independent woman.

During lockdown I have been going for walks with my daughter, which she has been trying to get me to do for a long time. Well it's her chance to have a captive audience, we can walk n talk. We sort out the problems of the world, not always agreeing entirely, although very close. We are both feminists agreeing all people are equal, and we want to save the planet- me a little at a time- her yesterday! Lol. So, this has been good for me to give her my undivided attention, and it makes me feel better to have the time to chat, laugh and just be together.

Working from home is difficult when there are 3 people in a household doing the same- needing laptops, printing, quiet and shopping done each day all on different time zones. I'm up and away at 7.45- well away to the bathroom, while the other 2 are just turning over, then at 11 when I'm heading to sleep, they are watching TV and taking Zoom calls. Saying all that I am glad we have been able to continue with SOE, as I love my job, and I feel it is a privilege to do the work I do.

Written by Carmel, Essential Skills Communication tutor and Keyworker

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Department for the Economy www.economy-ni.gov.uk

A START4U SERVICE

Feel good song challenge

Zara's feel good song is by Todrick: Nails, hips, hair, heels

Chelsea: One room, two men, three voices



We got to know some interesting facts about our young people

Alice's favourite food is baked potatoes
Hilary has met 9 famous people
Pierrette wakes up at 6am every day, even on the weekends!

Songs from the year we were born

Nicole Beth- Smash Mouth- I'm a believer
Michael- Coolio- Gangsta's paradise



MAKE UP LESSON



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FAVOURITE QUOTES

Mousa- Be who you want to be

Maraine- Overthinking will not solve the problem but taking action will. Stay positive and confident

Pierrette- Lift you head up, so your crown doesn't fall

Zara- Don't worry about yesterday, think about tomorrow.

If you want to be successful you will learn from your wrong things- Fali

GOOD NEWS, BAD NEWS

Dear Teacher, the dog ate my homework

The good news is I have a copy of it at home

The bad news is I'm locked out and lost my key

Good news is I can see the bathroom window is open

Bad news is there is no ladder to get to the window

Good news is there is a large tree outside the window

Bad news is I'm scared of heights

Good news is my mate next door is home 'cause he skipped school

Bad news is my mate wants payment and wants me to do his homework

Good news I tell him if you climb for me, I'll photocopy my homework for you, the tutor will never know we are all in lockdown

Bad news is he falls off the first branch of the tree

Good news is there was a trampoline below

Bad news is he bounces into the house wall

Good news he was wearing a sumo wrestling suit so just bounced off the wall

Bad news is I can see it as it happens

Good news is he realised he has hovering shoes on, so he flies up with his shoes

Good news is he went straight through the bathroom window

Bad news is he went through shower curtain

Good news is the shower curtain saved him from an injury

Bad news is he hadn't finished his homework

Good news is school was closed for the weekend

The end



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A START4U SERVICE

How are you finding sessions over the phone?

- I find this good
- Sessions over the phone are fabulous, keyworker always makes time to listen and comfort me when I'm feeling low
- Class is good, everything is good

Team have been very supportive, so we don't feel lonely. If you want to talk, you can, they always ask how I am before class. They do everything to help

The support I get is fab, even though the main reason you are there is obviously to do the lessons, the fact the keyworkers help me with my mental health is amazing

Do you find doing your sessions at home beneficial to you?

- Yes, I find good as this benefit me but little bit hard for me to do this
- The phone sessions are fine, I have only recently become involved in this project but loving it so far and they are EXTREMELY beneficial
- Yes, classes are helping me very much
- This way works, I am still learning

100% OF YOUNG PEOPLE ASKED SAID THEY FEEL SUPPORTED BY THE SOE TEAM SINCE WORKING FROM HOME

Do you find the SOE challenge group beneficial?

- Yes, because I will learn how to write and read a sentence
- Yes, it is fun doing the daily 'activities'. The challenges we get everyday are good fun to do, gives me a laugh. Don't think it could be made anymore 'fun', it is already the best and the atmosphere of the group is lovely. Everyone is so nice
- I take part sometimes, but I like to read the messages when I don't
- Yes, nice speaking to other people. I'm an introvert so not sure how to chat, I like the activities. I see everything every day which helps, lets me see conversation, even though I don't always take part it is helpful
 - Yeah, it helps me to improve my language
 - They are interesting and fun, I like the music challenges
 - I enjoy it even I don't always feel the best to participate

The 'staff' on the WhatsApp group are all so lovely, you are a huge credit

Keyworkers are still there, even though it is more complicated. I like how I still feel I have their support. I miss the office, it was my safe space



WHILE YOU'RE THERE, WE'LL BE HERE

ONLINE RESOURCES

Contact hello@commonyouth.com for more information

Telephone service available for young people across NI.

028 9032 8866

www.commonyouth.com

COMMON
YOUTH

QUARANTEENS!

PARENT/TEEN COMMUNICATION
OCNNI Accredited online training

This FREE online ZOOM workshop is for anyone who works/volunteers with teens, parents or families.

Topics include:

- *Practical ways to improve communication between adults and teens, particularly during "lockdown".
- *Information on Puberty and Sexual Health issues.
- *Where to find help and support for Parents and Teens.

Accreditation

This course has been accredited by the Open College Network Northern Ireland at **Level 2**. It has the value of **2 credits**.

Who should apply?

Anyone who works or volunteers with families.

Training Costs

This workshop training is **free of charge** to successful participants.

ACET has been funded by the Public Health Agency to provide this Training.

Dates:

Live online learning.

4 sessions:

- 10am – 11.30am**
- Monday 22 June
- Friday 26 June
- Monday 29 June
- Friday 3 July



For more information or an application form:

Contact:

LINDA ALLEN
linda@acet-ni.com
or
tel: 07971 065641.



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Holywood
BT18 9AE



Public Health Agency

Project supported by the PHA



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**Action for Children
Waterside Hub Derry/Londonderry**

The current COVID crisis has significantly increased our school's involvement with the Waterside HUB in Derry/Londonderry. This crisis has undoubtedly presented extra stresses and strains for many of our families. As a result, we have experienced a large increase in the number of families needing and requesting a referral for a range of support from the Hub.

In a time when school felt frustrated about our limitations it was a huge help to be able to turn to the Hub. The service and level of support that has been provided has simply been superlative.

The staff are extremely sensitive to each referral and have offered tailored support to each of our families. By alleviating difficult situations and empowering families to make positive changes, the Hub has genuinely improved the lives of many children.

All of our parents have positively commented on the level of support that they have received and speak so highly of the staff.

The Hub has certainly made a real difference to the lives of many of our families and we look forward to strengthening these links in the future.

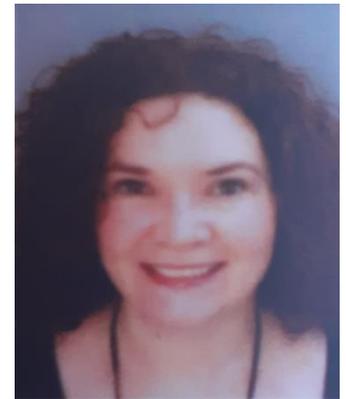
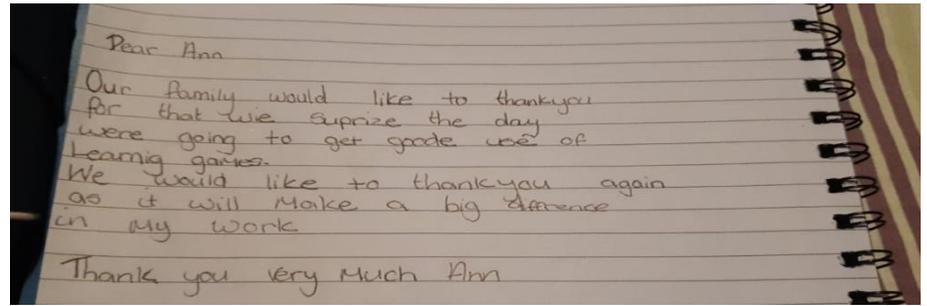
Strathfoyle Primary School

Hi there,
Anne I just want to say thank you for providing a laptop to our family in St Breacan's. I spoke with the family on Friday and yesterday and they are so grateful.

The children have now better access to their school work, and mum and dad are finding it easier to get home works completed and don't have to draw tasks out. This has eliminated the stress of having to use their phones.

Thankyou

Project Worker – Strength to Strength Program



**Anne McCloskey
Waterside Hub Coordinator**

For further information on Family Support Hubs in your area?

Contact: Helen Dunn, Regional Coordinator of Family Support Hubs Email: Helen.dunn@hscni.net