



# Family Support Hubs Newsletter

This edition includes:

**SPECIAL FOCUS**

Dr Theresa McShane, Regional Co-Ordinator for Emotional Wellbeing in Schools Project

**PARENTS/CARERS**

- Cost of Living and CYPSP Resource
- Youth Wellness Web Short Webinar
- Resource pack for C&Y People
- Translation Hub/Parenting Support Programmes/Family Support NI
- Help your child express their Feelings
- CYPSP Disability Guide & All About ME
- Measles/Grow Partnership/Calm Kids
- My Family Matters Foundation Ltd
- Summerhill Foundation Programme
- Children's Symptom Checker
- Parenting Survey 2024/Parent Rooms
- Choose to Live Better/Ascertain On-line
- Samaritans/Fostering/Letting the Future In
- EA High Five/Parenting NI
- SBNI/Parenting Additional Needs
- Libraries NI/Twinkl NI/Developing Brain
- Teen-Parent conflict/Parent Talk
- Understanding your teenager's brain
- Hillsborough Castle/Play for busy parents
- Step Supporting Families & Young People
- Causes of Social Anxiety for Students/Impact of drugs on the teenage brain/Samaritans/Help Kids Talk Website

**EARLY YEARS**

- Online Antenatal Classes/Homestart Causeway/Healthy Start Card/Baby and U
- Grow – A career in Childcare
- Mood Matters Workshops/Meal Ides
- Benefits of Breastfeeding
- Childcare Partnership/SureStarts

**KIDS ACTIVITIES**

- Easter Fun

**CHILDREN/YOUNG PEOPLE**

- Relateable/ C-Card/CEOP Website
- Are you a Young Carer?/Rights
- In our place For Teenagers
- Skills for life and work/Grow Digital skills
- Prince's Trust Start Something

**CHILDREN/Y P WITH A DISABILITY**

- Bolster Community/Autonomie
- Rare Disease Day/Family Fund
- Understanding your child/additional needs
- How to talk to kids about autism
- Contact Helpful Guide/Autism NI
- Inclusive Teen gym Programme /Autism NI Seminar & Virtual Information Session
- Autism and Fussy Eating/Neurodiversity

**CHILDREN/YOUNG PEOPLE'S MENTAL HEALTH**

- OUR Generation app/Childline
- Students: Look after your Mental Health
- Young Persons Mental Health Guide/Shout
- Exit Social Media/Teen Body Image
- What is an Eating Disorder/Text A Nurse

**MENTAL HEALTH & WELLBEING**

- Mindful March 2024 Calendar
- Mindset Workshop/Health & Wellbeing
- One Minute Mindfulness
- Steps to support your child's mental health
- Lifeline/Self Help Guides/Find Help NI
- Self-Harm & Mental Health Guide/Inspire
- Take 5/Inspire/Stress Control Course
- Look after yourself/SHIP Self Harm
- Minding Your Head/Helplines NI
- Women's Aid/Samaritans

**BEREAVEMENT**

- Winston's Wish/CRUSE Helpline/Hope Again

**BAME**

- Access to HSC Guidance/ESOL
- NINES/Nurse Led Clinic/Protect your Rights/CYPSP Translation Hub
- Diabetes Section/'Boloh'

**DOMESTIC & SEXUAL ABUSE**

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

**DRUG & ALCOHOL SUPPORT/ADVICE**

- Daisy/Helplines/ RAPID Bins
- PBNI/Ascertain/Start 360

**GOOD NEWS STORIES**

- Southern LPG Talk a Healthy Selfie

**COMMUNITY**

- Belfast City Council Cost of Living /Be wise about your energy/Comkit Online/Vaccines Trussell Trust/Foodbanks//Phone First

Welcome to Edition 1/2024 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 29 February 2024.

If you would like a service or information to be included in the next edition of the newsletter please send details to: [cypsp@hscni.net](mailto:cypsp@hscni.net)  
Hubs are continuing to work hard to provide vital support to children and families. We have 29 Family Support Hubs in operation covering all of Northern Ireland since 2013.

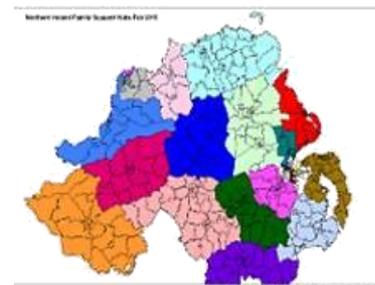
Hubs co-ordinate existing statutory/community and voluntary services:-

- To improve access to early intervention family Support services by matching the needs of referred families to family support providers.
- To improve coordination of early intervention family support services by creating a collaborative network of community, voluntary and statutory providers.
- To improve awareness of early intervention family support services.
- To assess the level of unmet need for early intervention family support services and inform the Trust's CYPSP Outcomes Groups.

For More information or to make a referral visit

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

Where are the hubs?





Welcome to the February Family Support Hub Newsletter, the first of 2024. In this edition alongside lots of news and information about events and services we have an interview with Dr Theresa McShane, the Regional Co-ordinator for the Emotional Wellbeing in Schools project. I'd like to thank Theresa for taking the time to talk to me about what the project is and how it works.

Hopefully you will find it interesting and informative.

Bronwyn Campbell  
Regional Lead for Family  
Support Hub Network

HAPPY  
Leap day

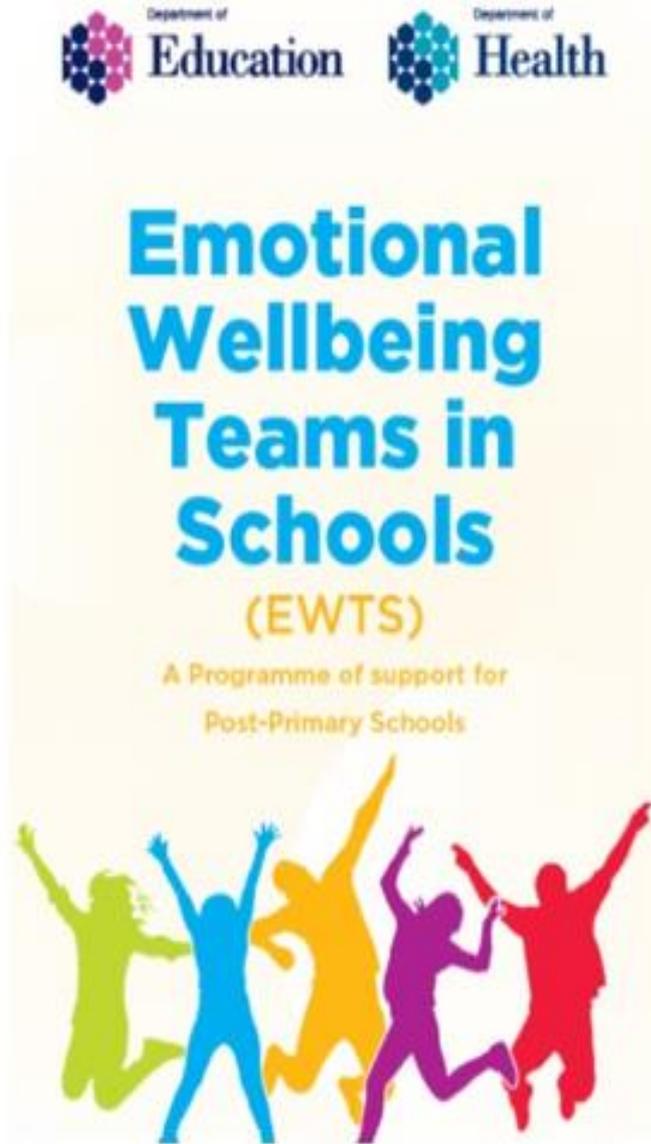


February 29

**Give positive  
comments to as  
many people  
as possible  
today**



**ACTION FOR HAPPINESS**



In this edition of the Family Support Hub Newsletter I've been speaking to Dr Theresa McShane, the Regional Coordinator for the Emotional Wellbeing Teams in Schools project.

**Theresa, what are the Emotional Wellbeing in Schools Teams?**

Emotional Wellbeing Teams in Schools (EWTS) is a regional programme of support for post primary schools and part of the implementation of the [Children and Young People's Emotional Health and Wellbeing in Education Framework 2021](#). The project is one of a number of complementary [projects and services across health and education](#) that are designed to support educational settings to promote emotional health and wellbeing at a universal level through a holistic, multi-disciplinary approach, building resilience to enable children and young people to cope with challenges they may face in life and recognising when additional support is required for those who may be at risk or showing signs of needing further help.

EWTS is a multi-disciplinary team of practitioners who have experience working with children and young people. The team is comprised of 6.5 staff in each Trust area. When a school signs up to EWTS they are assigned a named practitioner, who will work in line with the individual school model over one academic year to develop a bespoke programme of support for a range of emotional wellbeing themes identified by pupils and teachers.



### **What is it the teams do to build capacity and support YP and teachers?**

We start by asking YP and teachers about the supports they already have and what areas they would like help, or more help with. Depending on needs identified, we deliver educational workshops for groups of young people, from small class groups, year groups and up to whole school assemblies. We talk about emotional wellbeing and the things that matter to our young people. We are currently seeing that lots of young people are reporting that they're experiencing anxiety. In response to this we are developing a programme tailored to the post-primary school setting called "Dealing with Feelings", to help young people recognise when feeling anxious is a part of life, how anxiety feels in your body and thinking about what it is that's causing you to feel anxious, is it around exams, or something that's happening in your life? We want to promote student voice forums in our schools so that young people are active participants in influencing their schools' approach to emotional wellbeing. We also work with teachers to help them to develop the skills to support their pupils. We don't provide one to one support, nor will we be providing teachers with consultations on specific pupils but we can help teachers to recognise when a pupil needs further support and how to access this. Our focus is very much on prevention and very early help. We want to help and encourage school staff to become emotional wellbeing champions who will promote a universal approach to a caring and supportive mental health culture in their school.

### **Will your team be in every post primary school?**

This is the first year of the project, we are currently offering support in 48 schools across the region. The team spends one year helping build the school's capacity and knowledge and then the following year we will move to a new cohort of schools. Next year we will offer EWTS to a further 68 schools and it is our hope that we will carry on until every post primary school has had the opportunity to benefit from our programme.

### **How do you decide what schools you will go to next?**

For the coming academic year, teams in each Trust area will contact post primary schools that have not yet received the programme to invite them to submit an Expression of Interest. For any schools who are interested, please keep an eye out for an email coming in March 2024. Each Trust will determine the local arrangements for communicating with and allocating schools. If schools would like more information about the application process or would like more information about the programme in general, they can contact the teams below via dedicated email addresses for each area.





### What excites you most about this project?

I can't express strongly enough the calibre of the highly skilled and dedicated EWTS practitioners who are passionate about helping to build and support the resilience of our young people in the emotional wellbeing areas that they say are important to them. Teams will also be developing new tailored resources in a direct and bespoke response to need and these will be shared regionally each year. I hope that when we leave schools, they will have increased capacity to sustain and build further on the work we feel privileged to have supported. We hope also to make stronger links with other early intervention supports, including the Family Support Hubs and work closely with others involved in supporting and promoting positive emotional wellbeing for our young people.

In the meantime, if you have any queries about the programme or would like to read more please [click here](#). Additionally, see below to contact EWTS representatives in your Health and Social Care Trust area:

In BHSCT area contact [EWTS@belfasttrust.hscni.net](mailto:EWTS@belfasttrust.hscni.net)

In SEHSCT area contact [EWTS@belfasttrust.hscni.net](mailto:EWTS@belfasttrust.hscni.net)

In NHSCT area contact [EWTS@northerntrust.hscni.net](mailto:EWTS@northerntrust.hscni.net)

In SHSCT area contact [EWTS@southerntrust.hscni.net](mailto:EWTS@southerntrust.hscni.net)

In WHSCT Trust area contact [EWTS@westerntrust.hscni.net](mailto:EWTS@westerntrust.hscni.net)

Additional info: News bulletin to highlight a EWTS regional learning event on 7<sup>th</sup> Feb in which staff came together to meet each other and share learning experiences: <https://view.pagetiger.com/dxjqldo/1> The event was a great success, with staff expressing feedback to show they found the event enjoyable, energising and motivating.

Also, our HSC web page (in early construction to date) is linked from the page tiger bulletin: [Emotional Wellbeing Teams in Schools \(EWTS\) - DOH/HSCNI Strategic Planning and Performance Group \(SPPG\)](#)



### Cost of Living Crisis

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

Our Cost of Living Crisis resource provides details of targeted resources & support for families & children struggling with the current cost of living crisis. Please let us know of any initiatives that you have running/planned or you are aware of, which are aimed at helping support families and children struggling with the current cost of living crisis so that we can promote in our Cost of Living Resource.  
[Download Cost of Living Resource](#)  
If you would like to include info on your service, please email [cypsp@hscni.net](mailto:cypsp@hscni.net)



### CYPSP Support and Resources Hub

The CYPSP Support & Resource Webpage is a central repository for information and guidance from our partners, that is updated regularly  
To find information on:



Visit CYPSP central Support and Resource Webpage at <https://tinyurl.com/4cev29vv> or scan the QR code for instant access and filter by theme



# Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!

SCHOOL BULLYING WELLBEING BEREAVEMENT MENTAL HEALTH

## WELCOME TO THE YOUTH WELLNESS WEB

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

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



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



[www.cypsp.hscni.net/youth-wellness-web](http://www.cypsp.hscni.net/youth-wellness-web)





The February Edition of the Children & Young People's Resource Pack is OUT Now! Included is a range of resources & information on activities, disability, looking after your mental health and bereavement.

Download at: <https://cypsp.hscni.net/download/426/cyp-resource-pack/42572/cyp-resource-pack-february-2024.pdf>

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

Resources and activities are free and in the public domain.



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

# Evidence based PARENTING SUPPORT PROGRAMMES

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



For information on these and other programmes available to families in the Southern Trust area visit our webpage:  
[www.cypsp.hscni.net/ebpp](http://www.cypsp.hscni.net/ebpp)





**We all need advice and support at different times during our lives**



**Do you know where to find contact details for various Family Support Services including statutory, voluntary and community support services?**

[Familysupportni.gov.uk](http://familysupportni.gov.uk) provides free, comprehensive and up-to-date information and advice about family support services for children, young people and their families in Northern Ireland. This online Directory of Services is for parents, carers, young people and professionals.

We provide information on a wide range of services including Statutory, Community and Voluntary Organisations.

At Home Page - select Family Support Services

Then choose a category from the drop-down list And/Or use a Keyword Search

Search results can be narrowed by Postcode / Distance Search

Results can be translated into a variety of languages

Profiles of individual organisations/services can be printed off (in any language) and given to a client/family for information.

Watch this short 90 second animation which gives an overview of Family Support NI website: [About Family Support NI](#)

If you provide a Family Support Service and would like details of your organisation/service included on Family Support NI please complete this form

[Get Included on Family Support NI](#)

and return to [info@familysupportni.gov.uk](mailto:info@familysupportni.gov.uk)

**Did you know...  
You may be entitled to help with childcare costs, even if you both have full time jobs.**

Anyone using a Registered or Approved Childcare provider may be eligible.



Working Parents You may be entitled to help with #Childcare costs ... even if you both have full time jobs

 <http://bit.ly/3OqT5hH>



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



TINY Happy PEOPLE

# HELP YOUR CHILD EXPRESS THEIR FEELINGS



PARENTS/CARERS

It's important to give your child the words to express how they feel from an early age and to encourage them to talk about their emotions. This sets them up to develop their emotional intelligence as they grow older.

- ✦ Help label feelings - use a 'feelings chart' with your child to help them understand the emotion they are feeling.
- ✦ Chat about feelings regularly - make it part of your routine to talk through feelings, not just when there is a problem.
- ✦ Be open about your own feelings - sharing your own thoughts can help guide your child with how to process various emotions.

HSC Health and Social Care

CYPSP Children & Young People's Strategic Partnership

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

For Parents by Parents



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

Or simply scan the QR code



## All About ME





HSC Public Health Agency

# MEASLES

## It's more than just a rash Get vaccinated with MMR

The Measles, Mumps and Rubella (MMR) vaccination is the safest and most effective way to protect against these diseases. You need **two doses** of MMR to be fully protected.

For anyone aged 12 months to 25 years who hasn't had one or both doses, catch-up vaccination is available.

For more information, see [www.nidirect.gov.uk/mmr](http://www.nidirect.gov.uk/mmr)



**i**mmunisation  
Protect your child. Protect yourself.

Measles\_A3\_Poster\_01\_24.indd 1 02/20/24 13:42



# CALM KIDS



## SUPPORTING YOUR CHILD'S EMOTIONAL DEVELOPMENT

We will be delivering a Workshop for up to 10 parents/carers focusing on how to use a variety of techniques and 'tools' to help support their child's emotional development.

Topics include:

- EFT – Tapping
- Mindfulness
- Hand Reflexology
- Aromatherapy

FREE CHILD FRIENDLY SENSORY PACK FOR ALL PARTICIPANTS



**5TH MARCH 2024**  
10AM - 12PM  
MAGHERAFELT

**6TH MARCH 2024**  
10AM - 12PM  
BALLYMENA

Interested? Get in touch to register:



**Jillian**  
07736 350773  
028 7963 1032  
[jillian.lennox@networkpersonnel.org.uk](mailto:jillian.lennox@networkpersonnel.org.uk)

**GET IN TOUCH**

\*Eligibility criteria applies

Funded by UK Government

POWERED BY  
**LEVELLING UP**

network  
personnel  
Light for Jobs and Employment

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



# MY FAMILY MATTERS FOUNDATION LTD



## How to Refer

Telephoning: 028 71 163 138

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

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



You are aged 18+ years



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



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



# Parenting NI

## The Summerhill Foundation Programme

The role of parents is crucial in the happiness and early years development of their children. With increasing pressures on families due to the rising cost of living the Summerhill foundation have collaborated with Parenting NI to provide practical support to parents in the form of a 4 week programme

This programme will allow parents to meet and discuss family life in a safe environment. Picking up tips on how to:

- Reduce household bills and expenses
- Play and connect with your child
- Practice self-care and become more confident in handling the daily pressures parents face.

By offering this programme it is our hope that families will benefit from a happier home life and children will feel more secure as they are given the support and love to enable them to reach their full potential in life.

Parents will receive a certificate and a £20.00 gift card on completion of the full 4 weeks.

Supported by:



summerhill  
foundation  
for family

If you have a group of parents that might be interested in availing of this opportunity in your local area, or for more information, please contact  
Kelly Barbour  
E: [kellyb@parentingni.org](mailto:kellyb@parentingni.org)



### Feedback



An amazing resource - thank you! Really easy to navigate and practical advice for parents. Otherwise I would have contacted my GP. I'll be telling everyone I know with children about this."

PARENT WHO HAS USED THE SYMPTOM CHECKER



Children's  
Symptom Checker

Before attending the Children's Emergency Department, we ask parents to use this symptom checker. It will guide you on the best course of action for your child's condition. Find out more about the Symptom Checker here:

<https://belfasttrust.hscni.net/hospitals/childrens/childrens-symptom-checker/>



THE Parenting NI

# BIG PARENTING SURVEY 2024



**Now open**

**DO YOU THINK SOCIETY'S HOPES FOR YOUR CHILDREN ARE THE SAME AS YOUR OWN?**



We want to hear your views, complete the survey today!

## CUPS OF POSITIVI-TEA



Don't give up, you can do this!



Your feelings matter.



Better days are on their way!



You are brave, you are valued & you are heard!



Keep believing in yourself!



You are so loved, no matter how you feel.



# A WALK THROUGH THE PARK

Every Thursday morning, 9.30am - 11am

Orangefield Park, Belfast (meet at the main entrance)

Meet other parents to chat



## Oak Healthy Living Centre Programme of Activities

# Jan - March 2024

PARENTS/CARERS



CHOOSE TO LIVE BETTER



With costs on the rise, check out some top budget friendly food shopping tips that will also help you make healthier selections 🛒

For more tips and advice on eating and drinking well, visit [www.ChooseToLiveBetter.com](http://www.ChooseToLiveBetter.com) or check out Shop Cook and Save series from the Public Health Dietitians Group at [www.pha.site/public-health-dietitians-youtube](http://www.pha.site/public-health-dietitians-youtube)

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

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

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

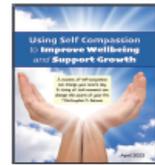
Do you over criticize yourself with mistakes and put yourself down?

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

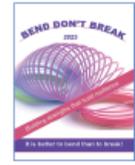
Building our Children's Developing Brain for parents to help build their children's emotional regulation.  
<https://view.pagetiger.com/selfcareforfamilies>




Self Compassion to Improve Wellbeing and Support Growth.  
<https://www.ascert.biz/self-compassion>




Bend Don't Break: Low intensity CBT based self-help to support resilience.  
<https://www.ascert.biz/bend-dont-break/>






A registered charity

Whatever you're facing  
We're here to listen

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

Email  
jo@samaritans.org

**SAMARITANS**

samaritans.org

**Thinking about fostering?**  
Our Foster Carers receive full training, ongoing support and financial allowances. Find out more  
<https://adoptionandfostercare.hscni.net/>

**Thinking about fostering?**

Find out more  
**0800 0720 137**  
adoptionandfostercare.hscni.net



**NSPCC**   
Cruelty to children must stop. FULL STOP.

Letting the Future In  
Information for parents/carers



**The NSPCC Helpline**

When you're worried about a child, talk to us.

Whatever your concern, the **NSPCC Helpline** offers advice and support. You don't have to say who you are. You could help us to protect a child.

Call **0808 800 5000**, text **88858**, email [help@nspcc.org.uk](mailto:help@nspcc.org.uk) or visit [nspcc.org.uk/helpline](https://nspcc.org.uk/helpline)



# THINGS WE NEED TO TALK ABOUT MORE

there's no one "right" way to parent

parenting is amazing AND amazingly hard

we all have mixed emotions along the way

it doesn't all come 'naturally'



offering ourselves compassion & care is vital

kids struggle even if we do all the things

changing patterns is work

we're always learning & growing

parents need & deserve more support

@wildpeaceforparents

Welcome back to High Five. Our theme in this issue is to Be Loving. As we move closer to Valentine's Day we are sharing ideas to help you explore what it means to be loving and show kindness within your class setting. <https://ow.ly/K4gz50QA8kT>

## New Issue Out Now!

Be Loving



## Come and join us for free Cost of Living Webinars for parents

### Financial Wellbeing

Tuesday 27th February at 7pm - 8pm via Zoom

### Teaching your Children about Money

Wednesday 13th March 2024 at 7pm - 8pm via Zoom

To register:

visit <https://buff.ly/42unqm1>

or call 0808 8010 722





FREE for professionals\* across Northern Ireland

Online courses:

- **Understanding Trauma** - This course covers Type 1 and Type 2 trauma, the window of tolerance, going through a traumatic experience, neurology and trauma, recognising trauma, recovery from trauma, and more...
- **Understanding Attachment** - This course is for practitioners who want to understand more about attachment, and shows how containment and reciprocity underpin the quality of an attachment.
- **Understanding Brain Development** - This course is for practitioners who want an introduction to brain development from antenatal period to adolescence.



Step 1: Create (or convert to) a 'professional' account  
Go to [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)  
Select 'Online courses for professionals'

OR  
Go to [www.inourplace.co.uk](http://www.inourplace.co.uk)  
sign in to existing account and click 'unlock professional courses'

Step 2: Once signed in to your professional account, enter access code:

**BETHECHANGENI**

Step 3: To return to the course go to [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com) or visit [www.inourplace.co.uk](http://www.inourplace.co.uk) and click on 'Already have an account? Sign in'

Each course will take approx 3.75 hrs CPD per course

\*To attain Solihull Approach Advanced Trained Practitioner status, just send a copy of your certificates for the 2 Day Foundation training and three Advanced Trainings (online or face to face) to [solihullapproach@uhb.nhs.uk](mailto:solihullapproach@uhb.nhs.uk)

For technical support contact: [solihull.approach@uhb.nhs.uk](mailto:solihull.approach@uhb.nhs.uk) or 0121 296 4448 Mon-Fri 9am-5pm

PARENTS/CARERS



0808 8010 722 [parentingni.org](http://parentingni.org)

Parenting Additional Needs

Peer Support Group

REMEMINDER



WEDNESDAYS - ONLINE

9.30am - 10.30am

For more information, email [hello@theparentrooms.co.uk](mailto:hello@theparentrooms.co.uk) or call 02895 380404



Library NI Events

Remember that libraries are open and we've restarted our regular programme of events! If you're looking for some Rhythm and Rhyme, tea and newspapers or a bit of a Knit and Natter check what's on at your local library Visit <https://bit.ly/LNIFind> to find out where your local library is.



Building our Children's Developing Brain

Some ideas for parents and carers

[Download](#)



# Teen-Parent Conflict

## Resolving conflict – Top Tips

### Communication

Be open to hearing your teenager's point of view. Try to let them finish before you talk. Be open about your feelings. Explain your view simply and briefly, making it clear that your main concern is for their wellbeing for example, 'I need to make sure you're safe if you're out at night. It helps if you tell me where you're going and who you're with'.

### Strengthen relationship

Conflict is avoided by most because it creates an intense amount of uncertainty, discomfort and anxiety. Some of us start shaking, voices tend to raise and more-often-than-not things are said out of reaction which are not meant. Feelings get hurt and at times relationships can be impacted. However, the most innovative solutions often arise out of conflict and it can strengthen our relationships.

### 'Being A Teen Is Hard

Teenagers are at a difficult age when they're no longer seen as children but are not yet considered adults. Their hormones are racing, they may be struggling with sleep, they're under pressure from friends & the media, & their schoolwork is more important now than ever. These are just some of the issues that can lead to the mood swings & emotional outbursts that we commonly associate with teenagers. This can be worth remembering when handling problems & difficult situations with your teenager.

### 'I statements'

Using 'I statements' can help a parent express how they are feeling in a non-judgmental way and makes it easier for teenagers to hear what you have to say. E.g. 'I feel disappointed when you don't come in on time... because I was worried about you...I would like you to come home on time.'

### Be authoritative

Teenagers want and need boundaries and consequences while being loved and nurtured to become resilient adults. Parents should reflect how they parent in different situations, e.g. when stressed. Remember – Stay Calm, Set Rules & Boundaries, Be Consistent, Show Love.

### Teenagers struggle to see Consequences

The teenage brain is developing so your teenager might not be able to see the risks and consequences of a situation. They might not be able to see things from your perspective. Try to be flexible about little issues. This might mean your teen is more willing to listen and discuss bigger issues.

### Decision Making

The feeling a teen gets when their parent genuinely wants their opinion is priceless. Many parents make the decisions instead of letting their teens play a role. Try to negotiate something that is fair to you both and then let them take responsibility for their own decisions.

0808 8010 722

ParentingNI

parentingni.org

# Parent Talk

Providing emotional, peer support and signposting to parents that have a child awaiting a behaviour assessment via Zoom.

7-8pm

Wednesdays

2024: 17th April, 22nd May, 19th June, 28th Aug, 25th Sept, 16th Oct, 13th Nov & 4th Dec

2025: 15th Jan & 19th Feb

To book call  
0808 8010 722

Opening hours:  
Mon-Thurs 9.30-15.30 &  
Fri 9.30- 12.30





# Understanding your teenager's brain

Free online course for all parents, carers, grandparents.

- Understanding your teenager's brain development in adolescence
- Reading your teenager's behaviour and understanding their feelings
- Reflecting on the importance of your relationship and how to nurture your teenager's mental health

Designed by clinical psychologists in partnership with practitioners and parents



Residents of NORTHERN IRELAND

In paid partnership with:



Use Access Code  
**NIFAMILIES**

PARENTS/CARERS



Hillsborough Castle and Gardens, has asked we make you aware they are launching a programme for all schoolchildren across Northern Ireland to visit Hillsborough Castle and Gardens for free on a completely subsidised school trip. For more information visit <https://cypsp.hscni.net/hillsborough-castle-and-gardens-free-subsidised-school-trip/>

# Play for busy parents



As a parent or carer, it can sometimes be difficult to make time to play with your children, or to find the energy! When it comes to playing with your child, think **quality over quantity**. Just five minutes of uninterrupted, quality play together can mean the world to your child and contribute positively to their development and self-esteem.

## QUICK AND EASY PLAY IDEAS

- **Hidden in plain sight** - ask your child to leave the room while you 'hide' a distinctive object in plain sight. Encourage some healthy competitiveness amongst siblings by seeing who can find the object first! 
- **Scavenger hunts** - this game is great as it can be an indoor or outdoor activity and can be tailored to suit all ages and abilities.
  - Look for:
    1. Different coloured items
    2. Different textures e.g. soft, fluffy, hard, bumpy, shiry
    3. Outdoor resources e.g. leaves, flowers, acorns, pine cones, feathers
    4. Indoor resources e.g. a sock, a spoon, something you can eat
- **Decorate some cupcakes or buns** - we aren't all Mary Berry in the kitchen so keep it simple and buy some pre-made madeira buns, icing and sprinkles and enjoy decorating the buns together. 
- **Teddy bears' picnic** - an oldie but a goodie! Round up your child's favourite teddy bears, make a comfy spot on the floor and enjoy some biscuits and juice together. 
- **Make a den** - what's more exciting than making a den under the table or using other house hold props?! Grab all your cushions, blankets, duvets and those all-important close pegs and create a cosy den together for reading, eating or playing board games together. 
- **Play hide and seek** - another oldie but a goodie and great for children of all ages. 
- **Shop keepers** - children love to play with 'real' objects. Set up a simple shop area, complete with bags for life or baskets and enjoy some role play together.
- **Restaurants** - it's all about the resources! Take each other's orders with some pen and paper, set up a dining area, 'cook' and serve! Take it up a notch and introduce some real food like dried pasta or rice. 
- **Get creative with some wallpaper** - when it comes to children's play, the bigger the better! And drawing is no exception. Take some old wallpaper and roll it across the floor or take it outside and hang it from your washing line. Next, provide lots of different mark-making materials such as crayons, felt tips, paint etc. and let your child's creativity run wild! For added outdoor messy fun, mix paint and water and pour into water pistols so your children can enjoy a new and exciting way of painting. 
- **Dress up and put on a show** - whether it is dressing up costumes, dressing up in your clothes or making costumes from blankets etc. children will love having your full attention as they dress to impress and show off their latest dance moves or singing skills. 
- **Santa's workshop/birthday party wrapping** - use up unwanted wrapping paper or newspaper and allow your child to wrap 'presents' such as their toys or empty boxes. Simple, yet it will keep your child entertained, stimulate their imagination and promote their fine motor development!



# THE ROLE OF LOCAL COMMUNITY ADVICE SERVICES IN SUPPORTING FAMILIES AND YOUNG PEOPLE WORKSHOP

This workshop will enable greater understanding of the role of advice services in supporting families and young people, and will focus on key benefits and entitlements, as well as advising and informing on significant changes within the welfare system, this includes.

- Grants and entitlements available for Families and Young People
- Move to Universal Credit
- The Two Child Limit
- Disability and Carers Benefits for Families

This is opportunity to ask questions at our Q&A session hosted by our experienced advisors.

Please RSVP to reserve a place  
Kellie Murray [kellie@advicenmd.com](mailto:kellie@advicenmd.com)

Wednesday 20th March 2024  
9.30am -1pm  
The Junction, Dungannon



step



# THE CAUSES OF SOCIAL ANXIETY FOR STUDENTS

## FOR PRIMARY SCHOOL CHILDREN:



- Having someone to play with
- Being left out of a game
- Unkind behaviour

## FOR SECONDARY SCHOOL STUDENTS:



- Fitting in with a social group
- Responding to or rejecting peer pressure
- Bullying both online and offline

## HOW CAN SCHOOLS HELP?

Try these strategies to help students build positive relationships and create connections in school...



**1. Encourage mutual respect**  
Help students see each other as team players through small and large group activities.



**3. Make restorative conversations work**  
When friendships breakdown encourage everyone involved to explore the solution and identify where harm was done.



**2. Encourage empathy**  
Speak to students about how they would feel about certain situations if that happened to them.



**4. Help students make friends**  
Suggest lunchtime clubs or organised activities the student can attend - it can be easier to meet and make friends in these settings.

For more strategies, download our **FREE** guide. [www.leedsbeckett.ac.uk/student-anxiety-guide](http://www.leedsbeckett.ac.uk/student-anxiety-guide)

Visit here



# Impact of Drugs on The Teenage Brain



## Mental Health

Drugs increase your risk of depression & anxiety

## Addiction

Drugs hijack the brain's reward system, making them highly addictive

## School Performance

Drugs impact your memory, judgment and planning

## Dangerous Behaviour

Taking Drugs makes it difficult to make good decisions

## Stunted Development

Drugs negatively impact the proper development of the brain

## Lower IQ

Certain drugs have been shown to lower the user's IQ level

## Dunlewey Adults & Families Addiction Counselling

 [www.dunlewey.org](http://www.dunlewey.org)

 028 9039 2547

SCAN  
HERE!





# SAMARITANS

Call free on  
**116 123**

We're here to  
listen 24/7



**NEW**

**New Online Safety Education Website for 4-7 Year Olds**  
CEOP's new 4-7s website features characters from Jessie & Friends to provide age appropriate online safety information in a fun and engaging way. [http://thinkuknow.co.uk/4\\_7](http://thinkuknow.co.uk/4_7)



An interactive website for 4-7s

based on



**JESSIE & FRIENDS**

Online safety education  
for 4-7 year olds

[www.thinkuknow.co.uk/4\\_7](http://www.thinkuknow.co.uk/4_7)



**Employers  
For Childcare**

## Family Benefits Advice Service



Freephone helpline: 0800 028 3008

Lines open Monday-Friday 9am-5pm

Email [hello@employersforchildcare.org](mailto:hello@employersforchildcare.org)

[www.employersforchildcare.org](http://www.employersforchildcare.org)

Providing free, impartial and confidential advice to parents, employers and childcare providers on a wide range of childcare and work-related issues.

PARENTS & CAREGIVERS | PRACTITIONERS | ABOUT US | NEWS | CONTACT US

## WEBSITE NOW LIVE!

- Check out Help Kids Talk website for:
- helpful tips and advice
- booking details for free monthly training
- access to informative bitesize sessions
- latest news and events

[www.helpkidstalk.co.uk](http://www.helpkidstalk.co.uk)



**Everyone in our  
community  
working together  
to Help Kids Talk**

Help Kids Talk is a community-wide partnership project that supports speech, language and communication development



### FREE Online Antenatal Classes across NI

Following the success of the online antenatal classes the PHA are now offering parents the opportunity to take part in further online courses free of charge. Go to <http://inourplace.co.uk> to join.  
#gettingreadyforbaby #pregnancy #newbaby #children #parents



## Online courses available for parents FREE (prepaid) for residents of Northern Ireland

### 1. Understanding pregnancy, labour, birth and your baby

Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

### 2. Understanding your baby

Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

### 3a. Understanding your child (0-19 yrs) (main course) or

### 3b. Understanding your child with additional needs

Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

### 4. Understanding your teenager's brain (short course)

Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.



Go to:

[www.inourplace.co.uk](http://www.inourplace.co.uk)

and enter the 'access code'

**NIBABIES**

To return to the course(s) go to [inourplace.co.uk](http://inourplace.co.uk) and sign in!

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

[www.inourplace.co.uk](http://www.inourplace.co.uk)  
[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)



# HOME START Causeway

## Support for Families

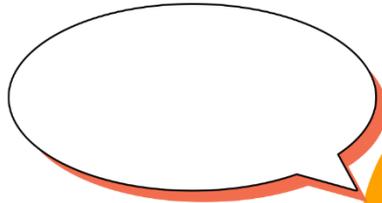
Are you a health visitor, midwife, GP or another professional working with local families? You can refer a family with a Level 2 Family Need for visits and targeted support.

At Home-Start Causeway support for families is completely free.

To receive support from our services a family must have at least one child under the age of 5 and live within the Causeway Coast & Glens Borough Council area.

Home Start match families with volunteers who will understand their unique situation and be able to give help and support.

If you know a parent or family who would benefit from a referral, please contact us - we are here to help.



Email: [info@homestartcauseway.co.uk](mailto:info@homestartcauseway.co.uk)



### Healthy Start Prepaid Card

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

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



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



# BABY and U

### Baby and U – Your Pregnancy Journey

A new Northern Trust webpage, 'Baby and U' has been produced to allow newly expectant mums to access up-to-date health advice and pregnancy information easily. As soon as you have a Positive Pregnancy Test you can refer yourself directly for Maternity Care in the Northern Health and Social Care Trust using the electronic Self-Referral form or Browse 'Baby and U' on our website – [Baby and U - Your pregnancy journey - Northern Health and Social Care Trust \(hscni.net\)](https://www.healthystart.nhs.uk/how-to-apply/)



# A CAREER IN CHILDCARE



Are you considering a career in Childcare or Self-Employment as a Childminder or Approved Child Home Carer?

Would you benefit from access to training courses such as Paediatric First Aid (12 hr) and/or financial supports to remove other barriers that may be in your way? Contact us for more information.

GROW is funded by DLUHC (UKSPF) and is aimed at those who are Economically Inactive. This refers to those 'without a job who have not sought work in the last 4 weeks and/or are not available to start work in the next 2 weeks.' This may include those in receipt of ESA, PIP, Carer's Allowance, Income Support etc as well as those not claiming any benefits.

**IF YOU ARE CURRENTLY ECONOMICALLY INACTIVE FUNDING AND SUPPORT MAY BE AVAILABLE!**



Maxine

07872 838680

028 7963 1032

maxine.mclean@networkpersonnel.org.uk

**GET IN TOUCH**

\*Eligibility criteria applies



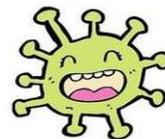
Funded by UK Government

POWERED BY  
**LEVELLING UP**

network  
personnel  
together towards Employment

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

# THE POWER OF PEEK-A-BOO



encourages social skills



teaches object permanence



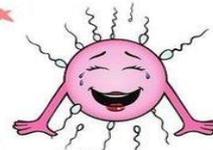
hide and seek comes next



stimulates brain

2

most kids enjoy this up to the age of 2 years



tickles sense of humor

hide and seek comes next

boosts brain power



healthiest  
BABY



helps baby's see the funny side of things



stimulates visual tracking



element of surprise is fun

BBB TINY Happy PEOPLE

## 5 ways to help your child's mental health

talk about your own feelings

support them in their interests

make check-ins part of your routine

look out for changes in behaviour

help them to label feelings



TINY Happy PEOPLE

# 6

## Benefits of OUTDOOR PLAY for toddlers

Helps bone development

Encourages early exercise

Teaches new words

Squish!

Develops social skills

Lifts their mood

Helps tire them out\*  
\*no promises

EARLY YEARS



PARENT & BABY WORKSHOP

A free online mental health awareness workshop for expectant parents and parents of young children (under 3 years of age) delivered by AWARE, the depression charity for Northern Ireland.

The workshop teaches you skills to:

- Look after your mental health
- Manage your feelings when you are stressed, anxious, or depressed
- How to identify mental ill-health
- Cope with challenges during and after pregnancy
- How and where to get help

Course delivery:

Delivered online via Zoom  
Thursday 14th March 7-9pm  
Sign up online on our website:

[www.aware-ni.org/MMPB](http://www.aware-ni.org/MMPB)



Registered with the Charity Commission for Northern Ireland with NIC100561 Company No. NI. 30447



PARENT & BABY WORKSHOP

*Positive Minds for Premature Parents Project*

A free mental health awareness workshop for parents with neonatal experience delivered by AWARE NI, the depression charity for Northern Ireland.

The workshop teaches you skills to:

- Look after your mental health
- Manage your feelings when you are stressed, anxious, or depressed
- How to identify mental ill-health
- Cope with challenges during and after pregnancy
- How and where to get help

Course delivery:

Delivered online via Zoom  
Wednesday 20th March 10.30am - 12.30pm  
Sign up online on our website:

[www.aware-ni.org/MMPB](http://www.aware-ni.org/MMPB)



Registered with the Charity Commission for Northern Ireland with NIC100561 Company No. NI. 30447



FROM TINY Happy PEOPLE

# Meal ideas



## for babies



# BREAKFAST

## Banana pancakes



### Ingredients

- 1 banana
- 150ml of milk
- 1 tbsp of veg oil
- 1 egg
- 50g of plain flour

1. Mash banana, add egg and whisk
2. Add milk, mix, then add flour and whisk until smooth
3. Pour the batter into a jug then heat a little oil in the frying pan on a medium heat. Pour the mixture into the pan.
4. Cook the pancake for 2-3 mins on each side!



EARLY YEARS

# LUNCH

## Baby's First Fishcakes

FROM TINY Happy PEOPLE

### Ingredients

- 3 peeled and halved potatoes
- 75g no-sugar or salt sweetcorn
- 15g butter or spread
- 100g canned tuna in water
- 2 heaped tbsp plain flour

1. Boil the potatoes for 12-15 minutes until tender. Leave to steam dry.
2. Add the sweetcorn and butter to a small saucepan, then Blend into a coarse paste.
3. Add sweetcorn and tuna to the potatoes and mash together.
4. Tip the flour onto a plate and season with pepper. Divide the potato mixture into 8 equal portions and shape, coat in flour.
5. Pour oil into a large frying pan and heat over a medium heat. Place the fishcakes in the pan and cook for 3 minutes on each side until crisp.
6. Serve the fishcakes as finger food with green beans and carrots!



# DINNER

## Baby's First Curry

FROM TINY Happy PEOPLE

### Ingredients

- 50g red split lentils
- 1 potato, peeled and chopped into chunks
- 1 carrot, chopped into chunks
- 400g can chopped tomatoes
- 125g canned peaches, finely chopped
- 1 tsp mild curry powder
- 2 tsp olive oil

1. Rinse lentils well, tip into saucepan with the potato and carrot. Bring to the boil.
2. Simmer for 12-15 minutes or until the vegetables are softened and the lentils become mushy.
3. Drain the vegetables and lentils over a bowl, saving the cooking water, and return them to the pan.
4. Add tomatoes and peaches, olive oil and curry powder and bring to a simmer. Cook over a low heat, for 8 minutes until cooked through.
5. Season with pepper, and roughly mash. Add some of the saved cooking water if you need to!





UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH

inourplace

NHS

# Understanding your child: from toddler to teenager

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

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

Designed by clinical psychologists in partnership with practitioners and parents



Residents of NORTHERN IRELAND

In paid partnership with:

Use Access Code  
**NIFAMILIES**

**Breastfeeding**  
Good for baby. Good for mum.

## Health benefits of breastfeeding

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



For more info see  
[www.breastfedbabies.org](http://www.breastfedbabies.org)

OUR TINY  
Happy  
PEOPLE

## 10 activities to boost your baby's imagination

1. What could this box be?
2. Play pretend animals
3. Talking bananas
4. Make up a story together
5. What's in the bag?
6. Teddy bear's picnic
7. Play with sock puppets
8. Making toys from junk
9. Night night, teddy
10. Play Ready, Steady, Go

EARLY YEARS

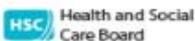


# SureStart



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

#SureStartWorks



[About CCPS](#) [Training & Quality](#) [Sure Starts](#) [For Childcare Providers](#) [Parent Resources](#)



[CHILDREPARTNERSHIPS.HSCNI.NET](http://CHILDREPARTNERSHIPS.HSCNI.NET)

**Training & Quality – Childcare Partnerships**

Training Queries - If you would like to cancel or amend course details please contact the relevant training office. Please click here.



### BookTrust NI

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

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

[BookTrust Northern Ireland](#) | [BookTrust](#)

EARLY YEARS



Go To **Easter Fun**




FREE LOCAL HELPLINE  
0808 8020 400

### Home-Made Together

Try...

Exploring an open farm

Explore your local museum

Explore a new forest, beach or park

\*\*\*Mix rice crispies into melted chocolate. Fill paper bun cases to make 'nests' and add mini-eggs

\*\*\*Have a 'cup-cake challenge'.

Prizes for the most original toppings

\*\*\* Pour melted chocolate onto a lined baking tray. Add sweets and treats. Have fun smashing the set slab into pieces.

Game time... transfer eggs from one bowl to another using a spoon. Held in your mouth!

### For more ideas....

- Easter Events NI [dayoutwiththekids.co.uk/ni](http://dayoutwiththekids.co.uk/ni)
- [walkni.com](http://walkni.com)
- [nationaltrust.org.ni](http://nationaltrust.org.ni)
- [discovernorthernireland.com](http://discovernorthernireland.com)
- [goodhousekeeping.com/holidays/easter-ideas](http://goodhousekeeping.com/holidays/easter-ideas)



Plant sun flower seeds and race to the sky!

Try creating giant noughts & crosses on the floor with sticky tape and paper plates.

**Hairy Eggs!**  
Line clean empty egg-shell halves with wet kitchen paper. Add a sprinkling of cress seeds and watch them grow. Then, cut the 'hair' and eat it!

We are here at Parentline to listen, support or advise. Please contact us Monday to Thursday 9am to 9pm, Friday 9am to 5pm or Saturdays 9am to 1pm

Go To **Easter Fun**




FREE LOCAL HELPLINE  
0808 8020 400

### Picnic Together

- \*\*\*Use cookie cutters to make sandwiches more interesting
- \*\*\*Try filling wraps, rolling them up and cutting into pin-wheel slices.
- \*\*\*Have fun with healthy dips and mutli-coloured veggie sticks.
- \*\*\* Prepare individual jellies packed with fruit

Picnic anywhere.... out and about, inside at home or in the garden.



Try...

Creating an indoor or outdoor egg hunt

OR... Create a family Easter Tree



Plant easy seeds such as lettuce or rocket and watch them grow.

### Home-Made Together

Gather together; empty loo-rolls, cotton-wool balls, paper cups, glue, sellotape, paints, paper, tissue paper, pipe cleaners and paper plates. Have fun with your Easter Creations: bunnies, baskets, fluffy lambs, masks and flowers

### Magic Eggs

Hard boil eggs. Roll cooled eggs to crack the shells. Boil again in water with food colouring added.

We are here at Parentline to listen, support or advise. Please contact us Monday to Thursday 9am to 9pm, Friday 9am to 5pm or Saturdays 9am to 1pm



IT'S TREASURE HUNT TIME - YOU'RE SURE TO BE A WINNER! START BY GOING TO THE PLACE WHERE YOU EAT DINNER.

FOLLOW THE CLUES TO DISCOVER AN AWESOME TREAT. GET YOUR NEXT HINT INSIDE A THING YOU WEAR ON YOUR FEET.

GREAT JOB, YOU'RE ON THE RIGHT PATH! YOU'LL FIND THE NEXT CLUE WHERE YOU TAKE A BATH.

IF YOU WANT TO WIN, DO AS YOU'RE TOLD. FIND THE NEXT CARD IN A BOX THAT IS COLD.

IF YOU WERE A CLUE, WHERE WOULD YOU HIDE? CHECK NEAR A DOOR THAT TAKES YOU OUTSIDE.

FIGURING OUT THESE RIDDLES TAKES SOME BRAIN POWER. YOU'LL FIND THE NEXT CLUE WHERE WE KEEP THE FLOUR.

BUNNIES HOP AND CHICKS PEEP. GRAB YOUR NEXT CLUE WHERE YOU GO TO SLEEP.

BET THIS TREASURE HUNT MADE YOU THINK! YOUR GRAND PRIZE CAN BE FOUND UNDER A SINK.

# Easter Activity Sheet

Color Me



Fill in the Vowels

B \_ NN \_ \_ S \_ R \_ BR \_ WN

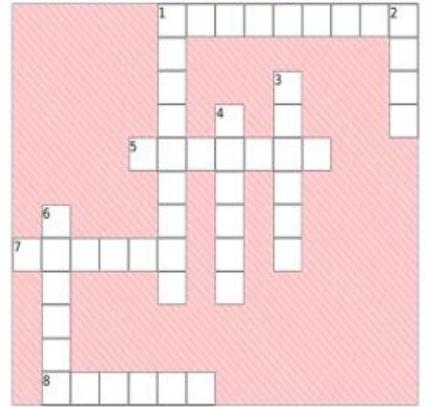
B \_ NN \_ \_ S \_ R \_ WH \_ T \_

B \_ NN \_ \_ S \_ R \_ \_ LW \_ YS

\_ N \_ \_ ST \_ R D \_ L \_ GHT

Free printable courtesy of wasootch.com  
Note: For personal use only

## Easter Crossword Puzzle



- ACROSS**
- 1 WHAT PEOPLE DO ON EASTER
  - 5 RHYMES WITH SHOPPING
  - 7 A WOVEN CONTAINER TO HOLD OR CARRY THINGS
  - 8 A LONG EARED ANIMAL THAT HOPS
- DOWN**
- 1 A FAVORITE EASTER TREAT
  - 2 THESE ARE DECORATED FOR EASTER
  - 3 EASTER IS ON THIS DAY OF THE WEEK
  - 4 ONE OF THE FOUR SEASONS OF THE YEAR
  - 6 A HOLIDAY IN THE SPRING

## Easter Word Search Puzzle

R S J O M M O F V H V F F W Q  
 S M G W X I L Y A R W H E T L  
 C P N G P D S C C I O L Y Y Z  
 B B I B E T A T I L T N C L S  
 X D R L M R I F I S N H D I H  
 X G P Q U B W D F U Z E Z M U  
 F L S R B T A C B O B Z R A N  
 L U D A U Y O K A K D E C F T  
 O P R C C H I C K S T I R X N  
 W V T E K S A B G S R W L W T  
 E U G J Z V E T A L O C O H C  
 R C A N D Y B E L S B S K S M  
 S Z Z G U J U S Q K I T D I K  
 E I Y S U N D A Y L Z G G L E  
 N O I T A R B E L E C E M R B

BASKET BUNNY CANDY CELEBRATION CHICKS CHOCOLATE  
 DAFFODIL EASTER EGGS FAITH FAMILY FLOWERS  
 HOLIDAY HUNT RABBIT SPRING SUNDAY TULIPS



# Self Care

KIDS EDITION



**B I N G O**

READ 	BE KIND 	CREATE 	DANCE 	GO OUTSIDE 
HAVE FUN 	BUILD 	PLAY A GAME 	HUG SOMEONE 	MOVIE TIME 
NAP 	DO NOTHING <b>RELAX</b>	FREE SPACE 	WRITE 	ASK FOR HELP 
ENJOY COOKIES 	EXERCISE 	COMPLETE A PUZZLE 	BRAIN BREAK 	SING 
LISTEN TO MUSIC 	EAT HEALTHY 	CUDDLE WITH A PET 	HYDRATE 	FAMILY TIME 

# spring chicks

egg carton craft



typicallysimple.com

KIDS ACTIVITIES



YOUNG PEOPLE



# Relateable.

**Free Relationships & Sexuality Education for 15-16 Year Olds**

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

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

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

For more information please contact [office@relateni.org](mailto:office@relateni.org).



# C-CARD

## Northern Ireland C-Card Scheme

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

Find your local provider at:



## New CEOP Website Launched

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

Check it out now:- [http://thinkuknow.co.uk/11\\_18](http://thinkuknow.co.uk/11_18)



# The internet, relationships & you

Advice from [CEOP Education](#) at the National Crime Agency



“What makes me different?  
I’m a young carer...”

Does someone rely on you for their care or to help at home?  
You could be a young carer, too.  
That’s a lot to carry.  
But you’re not alone.



To find out more please scan the QR code or contact your local service provider

Artwork created by a young carer



## ARE YOU A YOUNG CARER?

If you can answer 4 or more of these questions, you could be a Young Carer. If you live in the Belfast, Southern or the South Eastern Trust please contact Action For Children for more information.

1. I am between 8 and 18 years old.
2. I have a family member with a physical / learning disability, mental health issue, addiction or life limiting illness.
3. I sometimes miss school or social events because I have to take care of a family member.
4. I worry more about my family member’s health than myself.
5. Do you put the needs of your family members before your own.
6. I sometimes feel I have no one to talk to about my caring role.
7. I rarely get time to do things that I enjoy (like hanging out with my friends) because I am helping care for a family member.
8. Sometimes, I don’t have the time to complete my homework because I am caring for a family member.

Action for Children: [NIYoungCarers@actionforchildren.org.uk](mailto:NIYoungCarers@actionforchildren.org.uk)

Loughshore House, 10 heron road, Belfast, BT3 9LE (028) 90460500.

Banbridge Youth Resource Centre,  
Hill Street, Banbridge, BT32 4DP (028) 4062 6516



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



WHATEVER YOUR QUESTION ABOUT YOUR RIGHTS, ASK REE.

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



YOUNG PEOPLE

# For teenagers

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

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

Designed by clinical psychologists in partnership with practitioners and teenagers



Residents of NORTHERN IRELAND

In paid partnership with:



Use Access Code  
**NIFAMILIES**



## Maximising Potential with Bryson Energy – Training and Employability



**Bryson Energy** – Training and Employability is a leading provider of a range of employment and training initiatives, designed for young adults and those living with long term unemployment. We are contracted by the Department of the Economy for the delivery of Programmes such as Apprenticeships NI, and Skills for Life and Work. Up Skilling and Employability Programmes are also available.

### Enhancing Opportunities

Bryson deliver vocational training and employment opportunities through the Skills for Life and Work Programme to 16- & 17-year-olds, individuals under 22 years of age who have a disability and individuals under the age of 24 who qualify under the Children. (Leaving Care) Act (NI) (2002).

At Bryson we offer a comfortable learning environment with small groups of 10-12 learners. Learners also experience all round specialist support from our Learning Support Team, the team includes a full-time mental health specialist, Mentors & Employability Officers.

Skills for Life and Work is designed for individual abilities and includes real work experience with an employer.

### Skills for Life and Work includes:

- No exam requirements to join.
- Vocational qualifications & work experience
- £40 per week Educational Maintenance Allowance
- Travel allowance & bonuses
- Pastoral care programme and employment opportunities.

For more information on vocational qualifications available contact:  
- **Julia on 07425589575**



Skills for Life and Work



On Facebook



# DIGITAL SKILLS



## DO YOU WANT TO IMPROVE YOUR DIGITAL SKILLS? OUR 4 WEEK PROGRAMME IS FOR YOU!

Topics will include:

- Scam awareness
- Online shopping
- Social Media
- Browsing the internet
- Email
- Price comparison sites



**4 WEEK COURSE BEGINNING:**

**5TH MARCH 2024  
10.30AM-12.30PM  
ANTRIM**

**6TH MARCH 2024  
10.30AM-12.30PM  
OMAGH**

GROW is funded by DLUHC (UKSPF) and is aimed at those who are Economically Inactive. This refers to those 'without a job who have not sought work in the last 4 weeks and/or are not available to start work in the next 2 weeks.' This may include those in receipt of ESA, PIP, Carer's Allowance, Income Support etc as well as those not claiming any benefits.



**Shauna** 07855 108628  
028 7963 1032

[shauna.kelly@networkpersonnel.org.uk](mailto:shauna.kelly@networkpersonnel.org.uk)

**GET IN TOUCH**



Funded by  
**UK Government**

POWERED BY  
**LEVELLING UP**

network  
personnel  
together towards employment

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

YOUNG PEOPLE



Prince's Trust  
Northern Ireland

**START  
SOMETHING**

### **The Prince's Trust Explore Plus Programme: Starting in April**

An individually tailored programme of group work and one to one support delivered face to face and designed to support a young person on their journey towards a positive outcome

During the programme, young people between the ages of 14 – 24 will engage in a range of activities and sessions over a period of six months

The sessions are carefully designed and implemented to foster personal growth and enhance interpersonal skills

Through themed sessions including Personal Development, Citizenship, Good Relations, Employability Skills and Positive Progression, young people will gain valuable insights into teambuilding, self-awareness, resilience, effective communication, emotional intelligence and how to cultivate positive relationships with others

Key features of this programme are listed below:

Target young people aged 14 - 24 years

Address five key areas (Personal Development, Citizenship, Good Relations, Employability Skills and Positive Progression)

Last 6 - 9 months (depending on needs of young people involved and are of sufficient intensity to ensure transformative experience)

3 - 4 days of participant contact per week (including group sessions delivered face to face and tailored 121 support with a dedicated Youth

Development Lead from the Prince's Trust)

Residential Opportunities

For further information, or to request a referral form, please contact

Ciara Courtney at [ciara.courtney@princes-trust.org.uk](mailto:ciara.courtney@princes-trust.org.uk) or phone 07484544696



FAMILY

# Family Support Service for Families of Children with a Disability



## SERVICES:

- Navigation & Signposting
- Time limited practical support
- Social Activities

Covid-19 and the ensuing lockdown has been an extraordinarily difficult time for families. We are proud to introduce a new pilot service to better support and connect families with a disabled child to access community and voluntary supports in the Armagh and Dungannon area.

Call us for more info 028 3083 5764

[bolstercommunity.org](http://bolstercommunity.org)



In partnership with:



Southern Health and Social Care Trust

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



[www.autonomie.org.uk](http://www.autonomie.org.uk)

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

Find out more!

Email: [sharon.autonomie@gmail.com](mailto:sharon.autonomie@gmail.com)

Tel: 078 7251 9900





**1 IN 17** PEOPLE  
WILL BE AFFECTED BY A  
**RARE CONDITION** AT SOME  
POINT IN THEIR LIFETIME



#RAREDISEASEDAY  
RAREDISEASEDAY.ORG



29 FEB  
2024

In Northern Ireland one in 17 people (approximately 110,000) will be affected by a rare disease at some point in their lifetime.

Find out more about rare diseases

<https://t.co/YUbbQWogTT>

<https://t.co/qR1v4w0vOZ>



## Understanding your child with additional needs

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

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



www.inourplace.co.uk

Designed by clinical psychologists in partnership with practitioners and parents



Residents of NORTHERN IRELAND



In paid partnership with:

Use Access Code  
**NIFAMILIES**

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

<https://www.familyfund.org.uk/grants/schemes>

Grants for families raising disabled or seriously ill children





# HOW TO TALK TO KIDS ABOUT AUTISM

1

**Everyone is Different:** Just like everyone looks different on the outside, everyone's brains are different too. We all have our own unique strengths and weaknesses- and this is a **GOOD THING!**

2

**Invisible Disabilities:** There are many disabilities we can see just by looking at a person. But there are many people living with a disability that we cannot see on the outside. Just because we can't see it, doesn't mean it's not there.

3

**What Autism is & What Autism is Not:** Autism is a difference in the brain that allows people to experience things in a different way. Autism is **NOT** unintelligent, anti-social, wrong, or bad. It's just different, and differences are **GOOD.**

4

**Kindness & Including Others:** Even though we are all different, we all have the same needs. Brainstorm specific ideas for what you can do to be kind and include someone who may feel left out.

Mrs. SPEECHIEP



Get our free Helpful Guide in the post for all the information you need to navigate life with a disabled child. Our 92-page book is packed with advice to support families from the early years right through to the adulthood transition. Order your copy <http://contact.org.uk/helpful-guide>



contact.org.uk  
Do you care for a baby or toddler? We're here to help you | Contact Information, advice and support for parents of younger children whether you have a diagnosis for your child or you are waiting for one.

Do you know any families who have a baby or toddler with special needs? We offer lots of free support for new parents. From online workshops, information across a range of areas and advice on keeping babies well this winter, we can help. [Contact Northern Ireland | Contact](#)



# Autism Awareness Card

Telephone:  
**028 9040 1729 (Option 1)**



# I am Autistic

Important information on reverse



[www.autismni.org](http://www.autismni.org)

Our Autism Awareness Card is a tool to support autistic individuals to communicate their needs in a wide variety of situations. To find out more information visit [Autism Card – Autism NI](#) or email [info@autismni.org](mailto:info@autismni.org)

**AutismNI**

**Guidance for Parents/Carers with a Recent Diagnosis**

# Outdoor Play

CENTRE FOR AUTISM

Autism - Outdoor Play! It is full of practical ideas, social narratives and case study examples. So follow the link, access the resource and then get outdoors!

Link: <https://outdoor-play.middletownautism.com>

## Become a member!

### Why?...

**So many reasons WHY!**

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

**and many more...**

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



# Inclusive Teen Gym Programme



Small group gym induction and confidence building programme, to enable young people to access Teen Gym in the future.



4 week programme begins **Monday 4th March 2024** and you can choose from one of three council gyms:

WHERE:	WHEN:	TIME:
Gilford CC	Mondays	4.30-5.30pm
Orchard LC	Tuesdays	3.30-4.30pm
South Lake LC	Wednesdays	3.30-4.30pm

For anyone with a disability aged 12-15 years.

Contact **Colleen Connolly** on **07769 250 885** or email **colleenconnolly@dsni.co.uk** to register



## Free online seminar for organisations



**"I would highly encourage people to explore accessibility, the adjustments can be minor but the impact can be massive"**

**Feedback from a staff member at Allstate**

With over 35,000 autistic people in NI, there are over 35,000 good reasons why your organisation should become more autism inclusive. Join our FREE seminar on 19th or 21st March 2024 Register today at <http://autismni.org/seminar>



Our Autism Services team invite Parent / Carers to our Virtual information session.

Wed 6th March 5-6pm

Dr. Anna McGovern will be presenting Autism and Mental Health at this months information session.

Click link to book your place.

<https://pulse.ly/alpqzw9qhg>



# AUTISM SERVICES

## Parent / Carer Virtual Information Session

### Wednesday 6th March 2024 @ 5-6pm

We are hosting Dr Anna McGovern presenting "Autism and Mental Health" at this months information session.

Please use link to apply for your place.

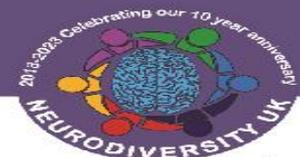
# Autism and Fussy Eating



Join our session on fussy eating and autism, led by Dr Kirsty Porter a Children's Dietitian from Nutrition4kidsNI. Discover practical strategies to help master fussy eating including mealtime challenges, sensory eating and food acceptance tips.

When: Thursday 29th February, on Zoom  
Time: 10am-11.30am

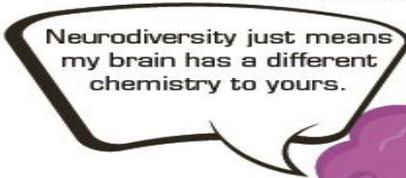
To book a place call free  
0808 8020 400



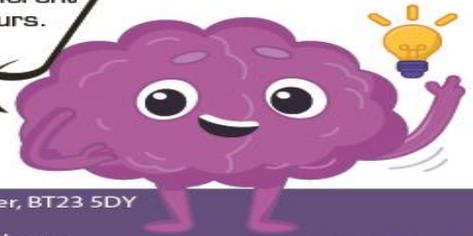
## NeurodiversityUK

To help and support individuals and families affected by:

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



Neurodiversity just means my brain has a different chemistry to yours.



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





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

**OUR generation**  
Growing Up Better, Together

**Peace**  
Northern Ireland - Ireland  
European Regional Development Fund

OUR Generation

Download on the App Store

GET IT ON Google Play

**FREE**

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

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

Google Play: <https://bit.ly/43UrmMz>  
 Apple Store: <https://bit.ly/42jXdoD>



Childline has launched a new mental health campaign, 'We all feel it' to support young males to reach out for support. Watch the video <https://cypsp.hscni.net/childline-launch-new-we-all-feel-it-campaign-aimed-at-young-males/>

# Students: look after your mental health

[nidirect.gov.uk](http://nidirect.gov.uk)

This is a period of huge change for students. New responsibilities can lead to feelings of stress, such as:

- living away from home
- moving into a new house
- making new friends
- starting a new course

Some students may also need to find a part-time job to help support their studies, which can be an added pressure. A certain amount of stress is normal but it is really important that students know that looking after their mental health is just as important as looking after their physical health.

Where to find mental health support online and on the phone

*Mind Wise*



A new resource has been issued by the Public Health Agency for young people, their parents and carers to support mental wellbeing. Contents include healthy lifestyle tips to support your wellbeing, practical ways to manage your thoughts and emotions and useful websites and apps.

[Download Young Persons Mental Health](#)

young  
person's  
mental  
health

a guide...

HSC Public Health Agency  
Project supported by the PSA

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

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

**shout**  
85258

**Shout Crisis Textline**

If you need immediate support, you can text SHOUT to 85258 and chat by text. The service is free on most networks and available 24/7, and trained volunteers will listen to you, and work with to help you take the next steps towards feeling better.

TEXT SHOUT TO 85258

**How to Create a Healthy Routine**

Did you know that having a regular routine is good for your well-being and can help with low mood?

Here's how to add structure

<https://www.childrensociety.org.uk/information/young-people/well-being/activities/keeping-busy> to your day and develop a routine that will help you get ready for going back to school [Keeping Busy & Creating Routine | The Children's Society \(childrensociety.org.uk\)](#)



Social media can be fun and a great way to find out what your friends and family are up to. But sometimes it can be overwhelming, especially when you're dealing with difficult emotions. It's OK to exit social media or take a break. Read more tips:<http://ow.ly/jmck50PQH14>



Teen struggling with body image?

We can help



### eating disorder myths debunked

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

@crazyheadcomics x @counsellingwithalix

0808 8010 722 parentingni.org

In an increasingly body conscious world it is important to provide teenagers with the support they need with body image, as it can impact on their overall wellbeing and self-esteem. If you're unsure how to best support your teen call **0808 8010 722**.



# What is an eating disorder?

An eating disorder is a mental health condition where you use the control of food to cope with feelings and other situations.

[www.nhs.uk](http://www.nhs.uk)



What is an eating disorder?  
[#EatingDisordersAwarenessWeek](#) An eating disorder is a mental health condition. They can affect anyone, anywhere, or any age, gender or background. Eating disorders are complex, but people can and DO recover.

Eating disorders awareness week  
26th Feb - 3rd March 2024

*If you are aged 11-19 and are worried or concerned about any aspect of your health and wellbeing send a text and chat in confidence with a school nurse.*



- Emotional health and wellbeing
- Self-harm
- Stress and anxiety
- Body Image
- Smoking
- Alcohol and drugs
- Bullying
- Sexual health

*Text the number in your trust area for free, confidential support and advice*

- Belfast Trust - 07507 328290
- South Eastern Trust - 07507 327263
- Southern Trust - 07507 328057
- Western Trust - 07480 635984
- Northern Trust - 07480 635982





Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

TUESDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today [dayofhappiness.net](http://dayofhappiness.net)

27 Appreciate nature around you, wherever you are

THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

FRIDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SATURDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together



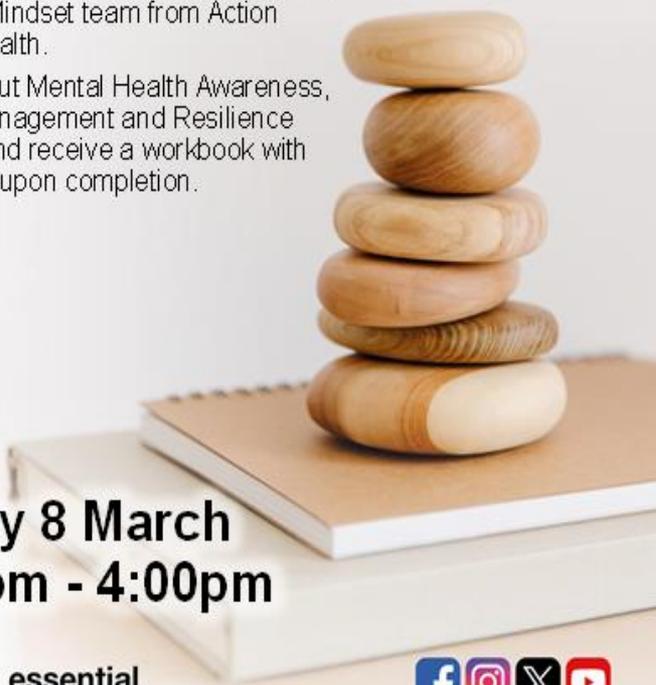
Free

Glengormley Library presents

# Mindset Workshop

Why not come along for a free workshop from the Mindset team from Action Mental Health.

Learn about Mental Health Awareness, Stress Management and Resilience building and receive a workbook with certificate upon completion.



**Friday 8 March**  
**2:00pm - 4:00pm**

**Booking essential**  
Ask staff for details  
t: 028 9083 3797  
e: glengormley.library@librariesni.org.uk



Connect with us  
[www.librariesni.org.uk](http://www.librariesni.org.uk)



Free

Antrim Library presents

# Health and Wellbeing Fair

Come along as Antrim Library welcomes community groups and organisations that serve the area, at our Health and Wellbeing Fair.

Enjoy refreshments and some entertainment during the day.



**Monday 11 March**  
**10:30am - 1:00pm**

**Everyone welcome**  
Ask staff for details  
t: 028 9446 1942  
e: antrim.library@librariesni.org.uk



Connect with us  
[www.librariesni.org.uk](http://www.librariesni.org.uk)



# One Minute Mindfulness

Mindfulness practices you can try anywhere, any time.

Observe your breathing



Walk mindfully



Listen to your surroundings



Scan your body



Focus on your food

# HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH



## Love

Be there for them & show how much they mean to you.



## Support

Support them emotionally and encourage them.



## Listen

Listen to what they have to say & be attentive.



## Exercise

Encourage physical activity and playtime.



## Educate

Read up on and educate yourself about mental health.



## Coping

Help your child to cope with the symptoms.



## Rest

Help your child to cope with the symptoms.



## Conversation

Help your child to open up and have conversations.



## Environment

Create a positive environment so that they can thrive.

! TheMindsJournal



## Help

Don't be scared of seeking help from professionals.



## Be proud

Tell your child how proud you're of them.



## Patience

Try not to pressurize your child, and be patient with them.

MINDJOURNAL

“ I really appreciated you answering and encouraging me. I am single and being a parent to my daughter as she works through her eating disorder is hard at times. I really felt heard. ”

shout  
85258  
here for you 24/7

-Shout texter

8

# Steps to support your child's mental health

## Remember to...

## Parenting NI's top tips:

## Practical examples:

- Listen & validate their feelings**

Let your child know that their emotions are important & valid. Let your child know you are happy to make time to talk and listen to them about any worries they may have.

Respond with empathy and understanding: "I hear that you're feeling upset. That's completely normal. Let's talk about it more."
- Create a safe & supportive environment**

Encourage open & honest communication, provide a safe space for them to talk about feelings.

Set time aside to chat about your day - the good & the less positive. Try ending the day on something positive.
- Encourage self-care & Promote positive self-esteem**

Teach your child healthy coping strategies & encourage them to prioritise self-care. Encourage & support your child's strengths & interests, & help them develop a positive self-image

Teach your child to take breaks when needed, engage in activities they enjoy, and express themselves through creative outlets
- Use appropriate language**

Children will understand the idea of feeling sad, stressed or anxious; explain that this is what is meant when we talk about mental health.

For younger children, you can use face flash cards to illustrate different emotions
- Keep an open mind**

Keep an open mind when your child comes to you. Try to avoid being critical or dismissive of children's feelings and be accepting in order to normalise talking about mental health.

Avoid saying things like "you shouldn't feel that way" and instead say, "I'm here for you. Tell me more about what you're going through."
- Notice how your child communicates in other ways**

Children express themselves in other ways, such as through play, behaviour, body language & facial expressions. You can learn a lot about how they may be feeling by spending time with them & watching them play or engage in activities

Observe your child's play or behaviour. If they become withdrawn or show changes in their usual activities, gently inquire about their feelings & provide a comforting space.
- Lead by example**

By taking care of your own mental health, you can show your child the importance of self-care and help them develop healthy habits.

Demonstrate healthy coping strategies such as going for a walk, or taking time for a hobby. Share your experiences of self-care with your child.
- Seek help when needed**

If your child is struggling seek help. Remember, no one has all the answers; not knowing things about mental health is OK.

Don't be afraid to ask for help from family, friends, a doctor or support organisations

0808 8010 722

ParentingNI

parentingni.org



*"Thank you for being there at my lowest time"*

Male caller to Lifeline service



**Lifeline**  
0808 808 8000  
Textphone:



# THE RIGHT SUPPORT AT THE RIGHT TIME!

Chat to our team TODAY through our webchat service!  
[www.inspirewellbeing.org](http://www.inspirewellbeing.org)

Monday to Friday 10.00 am to 4.00 pm



# Self Help Guides for Mental Health & Emotional Wellbeing



A-Z Mental Health



## Find Help NI.com



Find Help NI is a not for profit organisation, which has been created by experienced counsellors, to help our community find the right help, at the right time. Through years of front line experience working with people in crisis or despair, they recognised the need for a joined up approach to wellbeing that looks at the whole person, and everything in that person's life that contributes to their sense of wellbeing.

There are many dimensions to our wellbeing, and all these dimensions contribute to a healthy life.

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



Find the right help at the right time!



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



# Take5

steps to wellbeing

We know when we are mentally and physically well but sometimes we need a little extra support.

Here are five simple steps to practise every day:

- 

**Connect**  
Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.
- 

**Be active**  
Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.
- 

**Take notice**  
Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.
- 

**Keep learning**  
Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.
- 

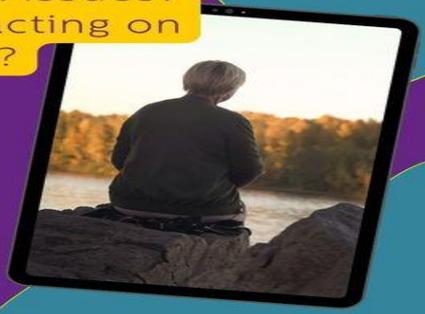
**Give**  
Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing [www.neweconomics.org](http://www.neweconomics.org). Artwork designed in association with Galbat Strategic Partnership.

[www.mindingyourhead.info](http://www.mindingyourhead.info)

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

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



## HELP AND ADVICE RESOURCES

**SELF-HARM**

**ANXIETY**

**BEREAVEMENT**

**COMMUNICATING WITH YOUNG PEOPLE**  
CYFATHREBU A' PHOBL IFANC

**Supporting your child Self-harm and Suicide**  
Cynorthwyo'ch plentyn Hunan-niweldio a Hunantaddiad

MENTAL HEALTH & WELLBEING



# FREE ONLINE STRESS CONTROL COURSE

Course covers:

- What is stress

Controlling :

- Your body
- Your thoughts
- Your actions
- Panicky feelings
- Getting a good night's sleep
- Boosting your wellbeing



**#StressControlNI**  
**6 Sessions**  
**90 minutes**  
**per session**

For course information and dates  
visit [www.ni.stresscontrol.org](http://www.ni.stresscontrol.org)



## Tips for talking about your mental health

- 1** Choose someone you trust to talk to.
- 2** Write a pros & cons list for opening-up.
- 3** Find a good place to talk with no distractions.
- 4** Prepare for different reactions.
- 5** Whatever happens, be proud of yourself for opening up.





@Sonia\_sparkles  
Soniaparkles.com

# Look after yourself IN THE WORKPLACE

 KEEP HYDRATED	 LUNCH AWAY FROM DESK	 USE YOUR VOICE	 SHARE YOUR FEELINGS	 TAKE REGULAR BREAKS	 GO FOR A WALK	 GO HOME ON TIME
 ORGANISE YOUR WORK	 ASK FOR HELP	 DELEGATE MORE	 KEEP COMMUNICATING	 SEND LESS EMAILS	 WALK AWAY FROM CONFLICT	 TAKE DEEP BREATHS
 REFLECT ON YOUR DAY	 TAKE YOUR TIME	 FOCUS ON SUCCESS	 ASK CURIOUS QUESTIONS	 HELP EACH OTHER	 BE CLEAR	 TREAT YOURSELF + OTHERS
 BE YOURSELF	 BELIEVE IN YOURSELF	 FOCUS ON THE GOOD	 BE HONEST + BRAVE	 TRY SOMETHING NEW	 SPREAD KINDNESS	 LISTEN TO YOURSELF

MENTAL HEALTH & WELLBEING

**SHIP/Self Harm Educational support, funded by PHA.**

SHIP can provide a short period of education and support to carers to help them better understand and cope with this issue and ensure they know how to obtain help in a crisis situation. If you wish to have a better understanding of self-harm or a person, you know is self-harming and you want to support them please contact: Holy Trinity Centre and ask for SHIP/Self Harm carers support.  
Contact number: **028 9020 0557.**

**Acknowledge someone's problem or pain rather than trying to fix it**

**ACTION FOR HAPPINESS**





# Mental Health Support Services & Crisis HELPLINES



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

MindWise | 028 9040 2323  
 PIPS Upper Bann | 028 3831 0151  
 Samaritans | 116 123  
 Yellow Ribbon | 028 3833 1485  
 YoungMinds | 0808 802 5544

For help and advice on taking care of your mental and emotional wellbeing, visit [mindingyourhead.info](http://mindingyourhead.info)



Information, self-help guides and ways to find support on a range of mental health and wellbeing issues, available at: [www.mindingyourhead.info](http://www.mindingyourhead.info)



## women's aid Local groups

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

Whatever you're facing We're here to listen

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

Email [116@samaritans.org](mailto:116@samaritans.org)

**ALI** Local Authority

**SAMARITANS**

samaritans.org

**Helplines NI**  
listen. support. inform

[www.helplinesni.com](http://www.helplinesni.com)

New COVID-19 helplines added to website offering a wide range of support

- Community Helpline
- Diabetes Helpline
- HMRC Helplines for businesses and many more!

HSC Public Health Agency



# GIVING HOPE TO GRIEVING CHILDREN

Helpline: 08088 020 021  
winstonswish.org



We give hope to grieving children.

GET SUPPORT

SUPPORT US

# CRUSE NATIONAL HELPLINE

# 0808 808 1677

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



BEREAVEMENT

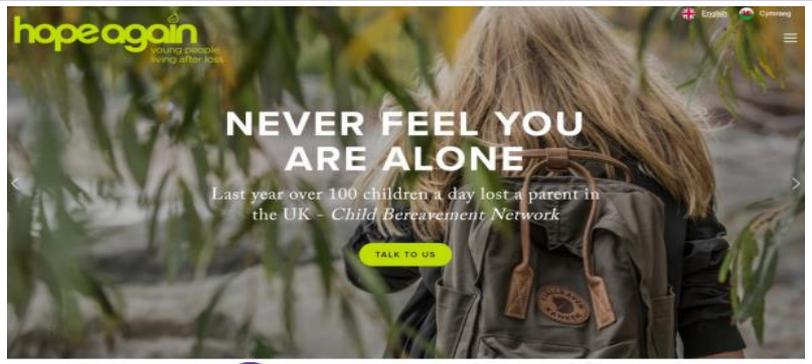
## What children understand about death 5-10 years old

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

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

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

Let them talk about their feelings.



## NEVER FEEL YOU ARE ALONE

Last year over 100 children a day lost a parent in the UK - Child Bereavement Network

TALK TO US

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

Grief is overwhelming.  
Let us help.

# Cruse

Bereavement Support

If you're struggling after someone close to you has died, there's lots we can do to support you.

We can provide information, advice or simply listen.



Find out more about how we can help you.

Contact Cruse in North Down and Ards  
028 9127 2444  
[Northdownandardsarea@cruse.org.uk](mailto:Northdownandardsarea@cruse.org.uk)  
[cruse.org.uk](http://cruse.org.uk)

You're not alone.

Registered Charity No. 208078 | A Company Limited by Guarantee No. 638709 (London) Unit 0.1, One Victoria Villas, Richmond, TW9 2GW



**HSC** Belfast Health and Social Care Trust  
caring supporting improving together

## Access to Health and Social Care Guidance

Belfast Trust has led on work on behalf of the region to put together some information which newcomers to Northern Ireland might find useful. This booklet aims to inform about health and social care services and how to access them. The booklet has been translated into the following languages - click on each language for the document.



English

Dari

Bulgarian

Pashto

Arabic

Ukrainian

Hungarian

Russian

Mandarin

Polish

Portuguese

Romanian

Slovak

Tetum

Lithuanian



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

**NINES**  
NORTHERN IRELAND | NEW ENTRANT SERVICE

## NURSE LED CLINIC



NINES is a nurse led service which provides health care advice and health assessments for adults and children who are new to Northern Ireland and not already registered with a General Practitioner (GP).

### Southern Trust Area

NINES - Northern Ireland New Entrant Service,  
South Tyrone Hospital, B Floor, Carlant Road, Dungannon BT71 4AU.  
Tel: (028) 3756 1370 Email: nines@southerntrust.hscni.net

## Protecting Your Rights

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

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

**Bryson Intercultural**  
028 90 244639  
www.mcrcc-ni.org

**Samaritans**  
0845 790 9090  
www.samaritans.org.uk

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

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

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

**Crimestoppers**  
0800 555 111  
www.crimestoppers-uk.org

Created by Police Service Print-Design RP001



Keeping People Safe

BLACK, ASIAN AND MINORITY ETHNIC



# CYPSP Translation Hub

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



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

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

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

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

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

- The Translation Hub brings together information from our partners
- Health & Social Care Board
  - Public Health Agency
  - Health Trusts
  - Education Authority
  - Business Services Organisation
  - Police Service of Northern Ireland
  - NI Housing Executive
  - Community / Voluntary Sector Groups



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

If you would like to know more or suggest new content  
email : [cypsp@hscni.net](mailto:cypsp@hscni.net)

[www.cypsp.hscni.net/translation-hub](http://www.cypsp.hscni.net/translation-hub)



**BLACK, ASIAN AND MINORITY ETHNIC**

## New Diabetes Section on the Translation Hub

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

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

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

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

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

[www.cypsp.hscni.net/translation-hub](http://www.cypsp.hscni.net/translation-hub)

## Boloh

### The Black, Asian and Minority Ethnic family Covid-19 Helpline

We are here to ensure support and advice is provided to Black and Asian children, young people and families affected by Covid-19.

[helpline.barnardos.org.uk](http://helpline.barnardos.org.uk)

Contact the helpline on **0800 1512605**





## Women's Aid Across NI

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



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

Open Monday - Friday 09:00 - 17:00

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

**Housing Executive**



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

### INFORMATION & SUPPORT LINE

0800 0246 991  
Mondays & Thursdays  
6pm-8pm

Listening, Believing & Support for All  
[www.rapecrisisni.org.uk](http://www.rapecrisisni.org.uk)



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

**Belfast. 028 9024 1929**  
**Foyle. 028 7116 0001**

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

**Victim Support NI**  
Belfast Hub: 02890 243133 | Foyle Hub: 02871 370086  
[belfast@victimsupportni.org.uk](mailto:belfast@victimsupportni.org.uk) | [foyle@victimsupportni.org.uk](mailto:foyle@victimsupportni.org.uk)



Domestic abuse is not just physical.

More than **4,000**

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

16 DAYS OF ACTION AGAINST GENDER BASED VIOLENCE

psni.police.uk

we care we listen we act



Police Service of Northern Ireland

EVERYONE THINKS HE'S GREAT...

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

#STILLABUSE



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



DOMESTIC & SEXUAL ABUSE

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

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

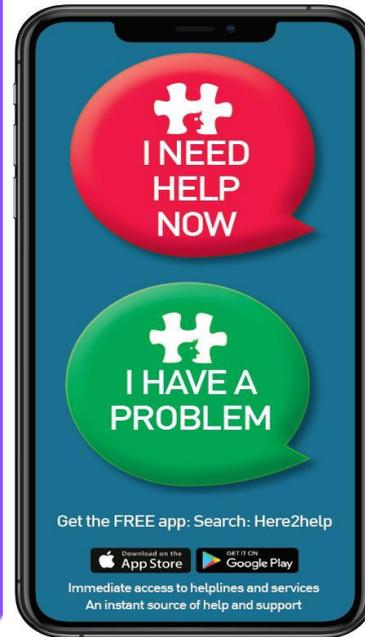
the rainbow project



here

LGBTQ + Advocacy Officer  
The Rainbow Project  
Joe Walsh  
advocacy@rainbow-project.org  
T: 02890 319030  
M: 07904 864957

LBTI Support Officer  
Cara-Friend/HereNI  
Amanda McGurk  
amanda.mcgurk@cara-friend.org.uk  
T: 02890 890202  
M: 07849 912877



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



11-25 and struggling with alcohol or drugs?



DAISY provides confidential support over the phone or by video call

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

0800 2545 123  
daisy@ascert.biz



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

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



ASCERT

**RAPID:**  
Safely removing illegal drugs and unwanted prescription medication within the community.



NORTHERN IRELAND  
MEDICINES AWARENESS WEEK 2020

There are over 50 RAPID bins installed in Northern Ireland.

www.drugsandalcoholni.info/RAPID

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



VISIT [STEPSTSCOPE.CO.UK](http://STEPSTSCOPE.CO.UK) FOR TOOLS THAT CAN HELP YOU COPE DURING THIS TIME.

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

**PBNI CONTINUE TO WORK WITH PEOPLE WHO HAVE ADDICTIONS.**



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

**PBNI** Probation Board for Northern Ireland

**HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED**



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

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

[www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

Affected by someone else's drinking or drug use?



**HSC** Public Health Agency

Drugs and alcohol support services are available in your local area. Reach out, get help. Find out more at <http://DrugsAndAlcoholNI.info>  
Support services are available for anyone impacted by alcohol and drug misuse, including family members.



## Take a Healthy Selfie – Check in on Yourself

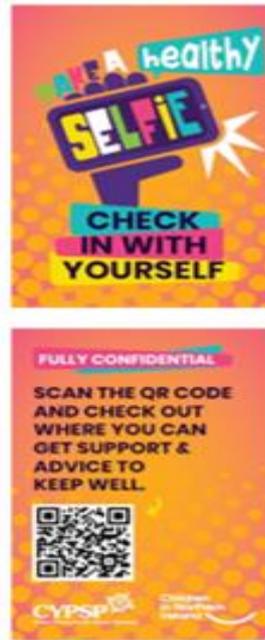
Wednesday 7<sup>th</sup> February saw the online Launch of a new resource to support young people’s emotional wellbeing and mental health in the Southern Health & Social Care Trust Area. The “Take A Healthy Selfie” campaign includes 3 resources to signpost young people, parents/caregivers, school and youth work staff to support services in the Southern area. This resource was launched to coincide with Children’s Mental Health Week.

Originating from Banbridge Locality Planning Group (LPG) the aim was to work with young people to produce simple signposts to key quality-assured services and resources online. Young people from Futureproof, Crisis Café, New Bridge Integrated College and the Epicentre in the Southern area, advised on the themes, content and design for the resources.

The resources are available in electronic form (see links below) and paper copies. To order copies of this free resource, or to learn more of this campaign, contact Darren Curtis, Locality development Officer (Southern Area), at [localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)



[HERE](#)



[HERE](#)



[HERE](#)



Belfast City Council

Cost of living

# Cost of living support

Belfast City Council recognise that individuals and households continue to face pressures this year due to the continued high cost-of-living. In response, this winter we will allocate £1.019 million of funding to a hardship scheme designed to support residents most in need of help. It is being used to boost existing programmes delivered by partner organisations to support:

- children and young people (including those with special needs),
- families and individuals who need emergency support,
- older people, and minority ethnic communities.

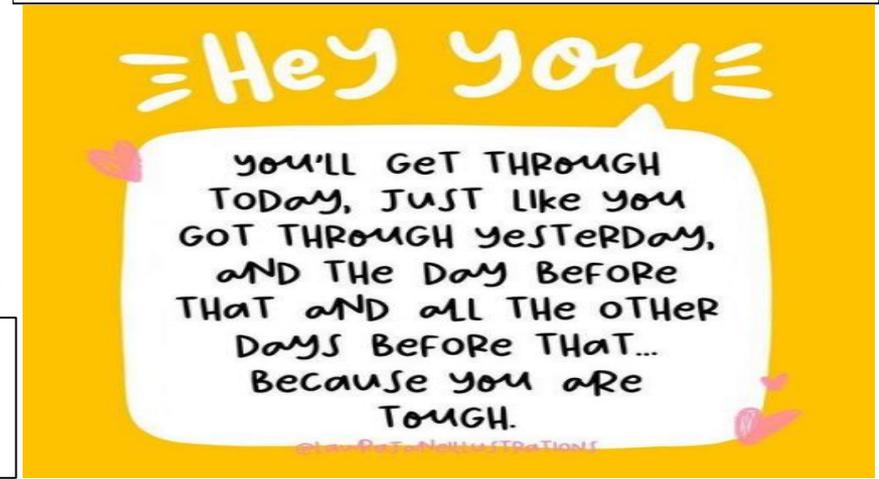
Please use this link: [www.belfastcity.gov.uk/costofliving](http://www.belfastcity.gov.uk/costofliving)

COMMUNITY

**Do you know if you are on the correct tariff?**  
 Check out The Consumer Council NI energy price comparison tool that will enable you to compare electricity and gas tariffs for every supplier in Northern Ireland [https://consumercouncil.org.uk/comparison\\_tool/begin](https://consumercouncil.org.uk/comparison_tool/begin)

**ComKit New Online Platform to support communities following suspected suicide**

A new online platform has been launched to help support communities following a sudden death that is a suspected suicide. Comkit is supported by the Public Health Agency (PHA) and has been developed with Urban Scale Interventions (USI) in partnership with Families' Voices Forum as well as community and voluntary groups who are members of local Protect Life Implementation Groups (PLIGS) from five health and social care trusts. Comkit can be accessed at [www.comkit.info](http://www.comkit.info) For more information about Comkit contact [Jak@urbanscaleinterventions.com](mailto:Jak@urbanscaleinterventions.com)





# WINTER VACCINES

Even if you received the vaccines previously you still need to get **vaccinated** this winter season to **stop** your **protection** from **fading**.




**the trussell trust**  
Stop UK Hunger

[Find a Food Bank Near You](#)




GET HELP

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



## NEW 'PHONE FIRST' SERVICE FOR EMERGENCY DEPARTMENTS AND MINOR INJURIES UNITS



The 'Phone First' number to ring is  
**0300 123 1 123**

The 'Phone First' text relay number is **18001 0300 123 1 123**

Interpreter Now – [Visit site](#)

For further information on Family Support Hubs in your area?

Email: [cypsp@hscni.net](mailto:cypsp@hscni.net) or Visit <http://www.cypsp.hscni.net/family-support-hubs/>