

Welcome to the third of our weekly editions of 'FYI'.

We hope you find this e-bulletin useful and welcome any feedback, as we are always looking at ways to improve the resource. (Creative ideas are always appreciated!)

In an ever-changing online environment we can only give you a small sample of what is out there: what support, information and guidance is available at a local level and how to access this. We encourage you to share this amongst friends and colleagues.

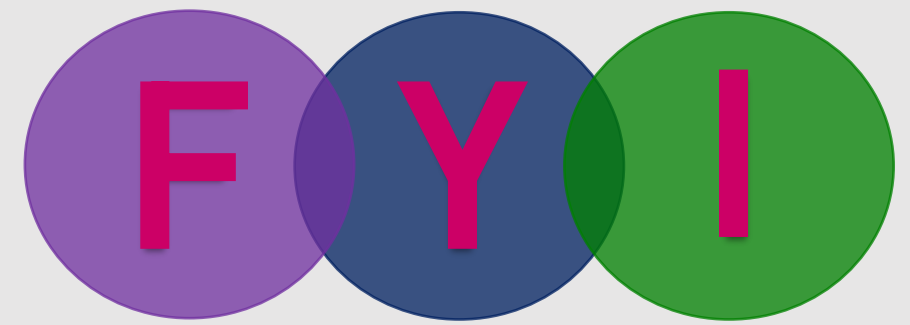
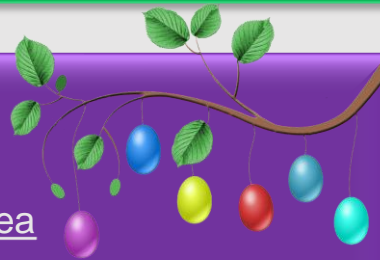
Due to the Easter break there will not be an 'FYI' next Thursday, but it will resume the following week and we will also provide a Daily Update each day from Monday-Friday.

Stay connected in a safe way!

Darren Curtis and Joanne Patterson  
Locality Development Team, Southern Trust Area

In this issue...

- Pages 2 to 24 - [Southern Trust Area](#)
- Pages 25 & 26 - [ABC Council Area](#)
- Pages 27 to 29 - [Newry, Mourne & Down District Council Area](#)
- Page 30 - [Mid Ulster District Council Area](#)
- Pages 31 to 38 - [Resources for Families](#)
- Page 39 - [Notice for LPG Members / Access to previous 'FYI' editions](#)



**For Your Information**




**Keeping connected...**

**Staying informed...**

**Sharing support...**

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


Filter by:



**Newry SureStart**  
April 9, 2020

The Newry SureStart Team are still working away supporting families albeit in a different way due to the current coronavirus...


[Read More](#)



**Carers UK**  
April 9, 2020

Are you wondering how your benefits are affected by the coronavirus outbreak? Carers UK have created a directory to help...

[Read More](#)




**Special Educational Needs Inclusion Service**  
April 9, 2020

The Special Educational Needs Inclusion Service is continuing to support parents by making contacts and resources available online. Visit <https://eani.org.uk/services/pupil-support->

Keep up-to-date with all the latest advice, fun activities, and services currently available [HERE](#)

If you would like to have advice or a service included, please email details to [valerie.maxwell@hscni.net](mailto:valerie.maxwell@hscni.net)



**CYPSP**  
Children & Young People's Strategic Partnership

**Details of Amendments to Locality Planning Groups Members Service Delivery During COVID-19**

**Updated 8 April 2020 (Version 12)**

In response to current developments due to COVID-19 our Locality Planning Group Members have provided CYPSP with updates to their family support provision and how to access these

This is a live document and will be updated on a regular basis

If you would like to include information about your service please email: [una.casey@hscni.net](mailto:una.casey@hscni.net)

Download the CYPSP Locality Planning Members Service Delivery Guide (updated daily)

[HERE](#)

To provide any local information for inclusion, complete

[THIS FORM](#)

and return to

[una.casey@hscni.net](mailto:una.casey@hscni.net)

The screenshot shows the nirect website with the following elements:

- Header:** nirect government services | tédíreach seirbhísí rialtais. Search bar: Search nirect.
- Navigation:** Home, News, Contacts, Help, Feedback. Social media icons for Twitter, Facebook, YouTube, and RSS.
- Breadcrumbs:** Home > Health and wellbeing
- Main Content:**
  - CORONAVIRUS (COVID-19)** banner with the text **WE ALL MUST DO IT TO GET THROUGH IT** and icons for **STAY HOME**, **KEEP DISTANCE**, and **WASH HANDS**.
  - Information box:**
    - i** Stay at home - only go outside for food, health reasons or work (but only if you cannot work from home)
    - If you go out, stay 2 metres (6ft) away from other people at all times
    - Wash your hands as soon as you get home
  - Do not meet others, even friends or family. You can spread the virus even if you don't have symptoms.
  - What to do if you think you have coronavirus (COVID-19)** button.

Watch this important  
Health and Social Care staff 'stay at home'  
video message

[HERE](#)

For more information and advice, visit the  
dedicated **NI Direct** Coronavirus pages

[HERE](#)



## Coronavirus Isolate your household Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- ✓ Everyone in your house must stay at home\*
- ✗ DO NOT go to your GP, hospital or pharmacy.
- ✓ You can ring NHS 111 for information or advice and they will help you decide if you need to contact your GP.  
Calling your GP is only necessary if you have:
  - an existing health condition
  - problems with your immune system
  - very serious symptoms
- ✓ Protect older people and those with existing health conditions by avoiding contact.

\*Find out how to isolate at home at [www.pha.site/coronavirus](http://www.pha.site/coronavirus)

If it is a medical emergency and you need to call an ambulance, dial 999 and inform the operator of your symptoms.



POSTER  
AVAILABLE IN  
SEVERAL OTHER  
LANGUAGES  
[HERE](#)

Find the most recent **PHA advice and guidance** on COVID-19 [HERE](#)



Department of  
**Health**  
An Roinn Sláinte  
Mánnystrie O Poustie

The Department of Health have recently published COVID-19 guidance for:

**Foster care and supported lodgings**

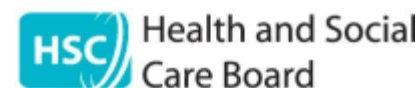
[HERE](#)

**Residential childcare**

[HERE](#)

**Supported accommodation settings**

[HERE](#)



The HSC Board & Department of Health have produced new **Sign Language Videos** with important advice to keep you safe from coronavirus

Download **British Sign Language** ([HERE](#)) and **Irish Sign Language** ([HERE](#)) video versions



## Supporting the Voluntary and Community Sector through the COVID-19 pandemic

### Updates

Regular and relevant updates for voluntary and community organisations on key developments in the fight against the COVID19 pandemic

### Advocacy

Representing the sector to government and other stakeholders to manage the impact of the COVID19 pandemic

### Employment/HR

Distilled and relevant guidance for voluntary and community organisations managing the impact of the COVID19 pandemic

### Funding and Fundraising

Assess and mitigate the damage and impact the COVID19 pandemic on funding and fundraising in the voluntary and community sector.

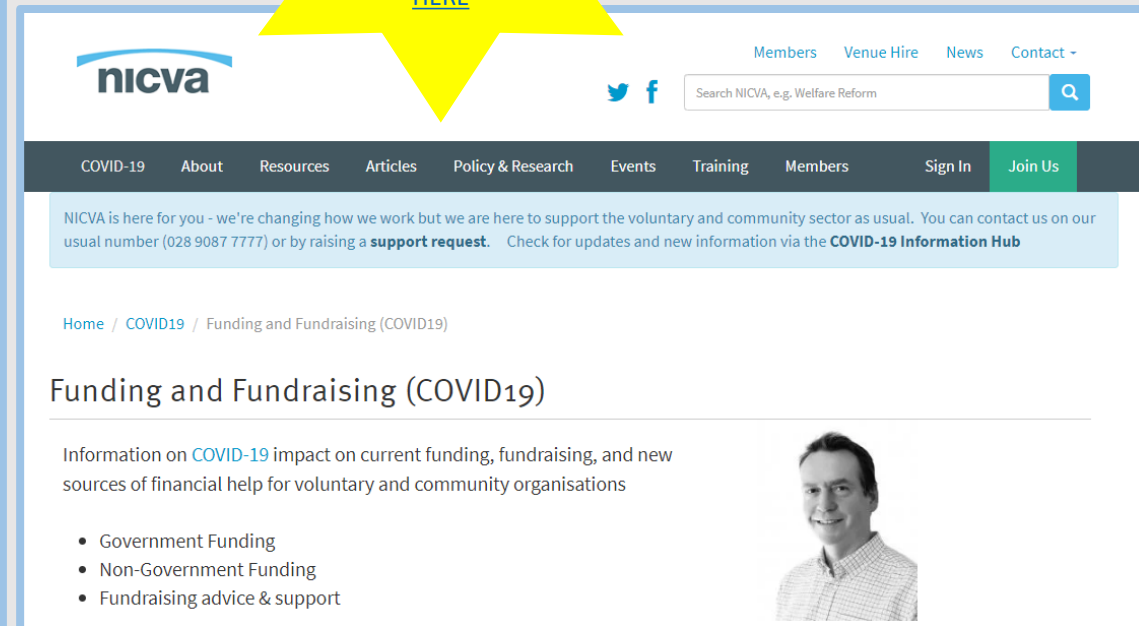
### Running your Organisation

Running and adapting your organisation to manage the impact of the COVID19 pandemic on operations and services

### Governance

Guidance for voluntary and community sector organisations to maintain good governance in the midst of the global COVID19 pandemic

**LATEST COVID-19  
NICVA UPDATE  
(8<sup>TH</sup> APRIL 2020)  
[HERE](#)**



Find out more about how **NICVA** are **supporting the voluntary and community sector** through the COVID-19 pandemic click [HERE](#)

See information on COVID-19 **impact on current funding, fundraising and new sources of financial help** for voluntary and community organisations [HERE](#)



## Coronavirus

Guidance on supporting children and young people's mental health and wellbeing



Read updated NHS guidance for parents and carers

[HERE](#)

## CORONAVIRUS (COVID-19)

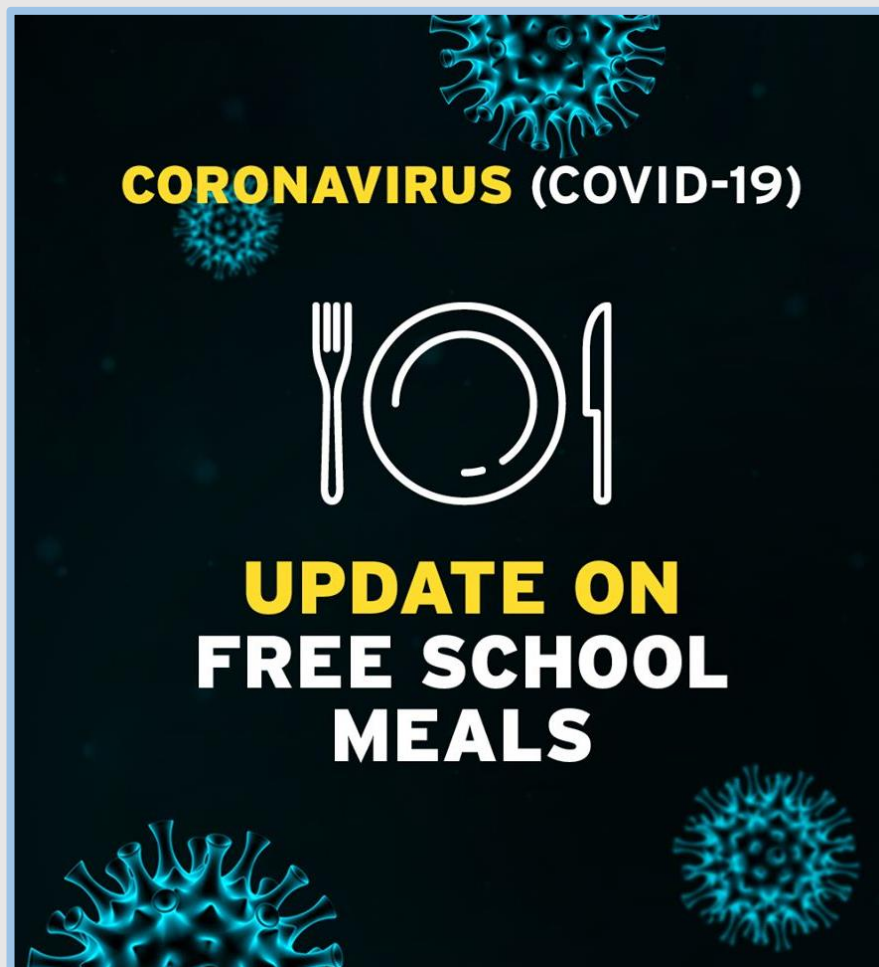
**DOWNLOAD THE  
COVID-19 NI APP NOW**



Download the  
Department of Health COVID-19 NI App

[Google Play](#)

[Apple App Store](#)



See a list of **FAQs**, on the **Education Authority** website, to assist parents / guardians who may have queries, [HERE](#)

View **list of schools** open for supervised learning of key workers' children and vulnerable children [HERE](#)



For further details, click [HERE](#)



Find **COVID-19** advice for **pregnant women** and **parents** in Northern Ireland [HERE](#)



## New Learning Zone Resource

6 April 2020

This resource aims to provide our registrants with some helpful information as they respond to the big issues of living and dying in relation to COVID-19. It also provides guidance to other health and social care professionals and it is equally relevant to community groups, voluntary sector, churches, all trying to support others at this time.

The Social Care Council has proudly developed this resource in partnership with the Northern Health and Social Care Trust, the Southern Health and Social Care Trust, the South Eastern Health and Social Care Trust, the Western Health and Social Care Trust, Queens University Belfast, NI Hospice and Southern Area Hospice Services.

Easily access on your phone, tablet or PC and share as a link to colleagues, across your organisation and with families and individuals.



This **resource** is relevant to **everyone** including: social care workers, social workers, other health professionals, community groups, voluntary sector, churches who are all **trying to support people at this crucial time**

For access, click [HERE](#)

#stayconnected



The **EA Youth Service** is delighted to announce that the **Stay Connected Service** is now LIVE!

Youth Workers will provide online support for any young person aged 9-25, so you can stay home & stay safe.

w: [www.youthonline.org.uk/stay-connected/](http://www.youthonline.org.uk/stay-connected/)



**Staying Safe**  
**Dealing with COVID-19**  
**A booklet for post-primary pupils**

© Education Authority Autism Advisory and Intervention Service

Download **full booklet** [HERE](#)

## COVID-19 Coronavirus - Update

### Children with Special Education Need 2020/21

This is an extremely challenging time for parents and young people. Many of you will be concerned that the strict public health measures in response to Covid-19 will delay your child's Statement of Special Education Needs being issued or amended. This is particularly concerning for pupils who are transferring to a new school in September.

Ensuring that children have suitable education places when schools return remains a priority for the Education Authority. Our staff are working hard under exceptional circumstances to progress work on statements. Regrettably, due to a reduction in staff available, it is likely that there will be some delays but we are doing our best to keep these to a minimum and will keep you informed. Your support and patience at this challenging time is much appreciated.

Should you need to contact a member of the Special Education Team, please email the named Statutory Operations Officer in the first instance. If your named officer is not available, you will be provided with the name of another officer who will respond to you. Please use the telephone Helpline Number 028 9598 5960 if you have difficulties in making contact via email.



See further **COVID-19 related updates** from the Education Authority [HERE](#)

## Education Authority

### Safeguarding Children Guidance

#### For Schools & EOTAS Centres

#### During COVID-19 Arrangements



7 April 2020

Download the **Education Authority's Safeguarding Children Guidance** for new Covid-19 Cluster School arrangements [HERE](#)





SHSCT Consultant Paediatrician, Julie Lewis, and Lead Nurse, Laura Spiers, from Acute Paediatrics, explain what to do **if you require either emergency or non-emergency treatment for a child** during this time

Watch the video [HERE](#)

*"SHSCT CAMHS continue to be available to meet the emotional and mental health needs of children, young people and their families, and even though adjustment to services has been necessary in light of the current pandemic, there are a range of services available to those who require them. CAMHS have already communicated directly with all of the parents / families who are already involved in CAMHS, and provided details on the range of available services as well as specific resource information to families."*

Please watch this **short message** from the **SHSCT Child and Adolescent Mental Health Service (CAMHS)** [HERE](#)

Visit [HERE](#) for more information



For more information on **healthy eating**, visit the **SHSCT Cook it!** website [HERE](#) or e-mail [cookit@southerntrust.hscni.net](mailto:cookit@southerntrust.hscni.net)



At the Recovery & Wellness College we are continuing to support our students and colleagues in these stressful times.

Visit our Facebook page ([HERE](#)) on which we are posting short videos (one per day) with tips for managing stress and anxiety.

We are also emailing our students every day with useful links to provide them with points of contact, in case they need any support with their mental wellbeing.

If you would like to be added to our mailing list for the daily emails or you would like any more information please do not hesitate to contact us.

e: [recovery.college@southerntrust.hscni.net](mailto:recovery.college@southerntrust.hscni.net)



# HEALTH TRAINER ONE TO ONE HEALTH AND WELLNESS COACHING

SUPPORTING YOU TO MAKE HEALTHY CHOICES WHEN STAYING AT HOME...



Supporting you to keep moving when you're **staying at home**



Supporting you to look after your mental and emotional wellbeing when you're **staying at home**



Supporting you to assess how much alcohol is too much when you're **staying at home**



Supporting you to keep connected to the services that will support you when you're **staying at home**



Supporting you to make healthy eating choices when you're **staying at home**



Supporting you by phone and video call during the COVID-19 crisis **#STAYHOME**

Contact Lisa McAliskey Community Health Improvement Officer to access the Health Trainer service on: [verve.network@southerntrust.hscni.net](mailto:verve.network@southerntrust.hscni.net)  
Or call **028 3756 3946** (leave your name and contact phone number on voicemail and we will return your call)

Like us on Facebook @ <https://www.facebook.com/vervecraigavon/>  
for updates on community activity throughout the Verve Healthy Living Network



## Online safety at home

SIMPLE 15 MINUTE ACTIVITIES  
TO DO WITH YOUR CHILD

Download the latest **CEOP Online safety at home activity packs** activity packs for children age 4-16

[HERE](#)

e: [verve.network@southerntrust.hscni.net](mailto:verve.network@southerntrust.hscni.net)



## The Northern Ireland Children's Spare Time Project

We are looking for parents in Northern Ireland who have a child aged between 5 and 11 years to help us with survey about children's spare time.

The project involves the child's main caregiver completing an online survey about what their child usually does in their spare time, their child's wellbeing, their wellbeing and their feelings about play. Parents will then be asked to complete the questionnaire again in one year.

The survey takes around 20-30 minutes to complete.

The first 400 parents to complete the survey will be given a £10 voucher for their time.

To find out more about taking part visit:  
<https://childresearch.online/NI>

Or contact Dr Helen Dodd  
[h.f.dodd@reading.ac.uk](mailto:h.f.dodd@reading.ac.uk)  
+44 (0) 118 378 6221



To take part in this **survey** visit [HERE](https://childresearch.online/NI)



Download, **Autism NI's social story** to help explain social isolation to those with autism, [HERE](#)

## The Pandemic Toolkit Parents Need

8 expert tips to help families stay regulated.

Posted Apr 01, 2020



Our families will come out of this with greater personal strength and resilience as we practice self-care, rely on others, and c

Source: National Cancer Institute/Unsplash

As Coronavirus spreads throughout the globe, we are surrounded by tragedy and uncertainty. We find ourselves navigating a terrain that changes daily. Work interruptions. Family disruptions. Health concerns. It appears no one is immune to an increase in stress and anxiety as we traverse into the unknown.

On top of everything, parents are

A useful article for parents which includes **recommendations from Dr. Bruce Perry**  
(Read the full version [HERE](#))



As we head into the third week of lockdown and the Easter holidays, we will continue to face many challenges and may be finding it harder to stay at home.

We want to remind you that you are doing brilliantly in such unique circumstances. This way of life seemed unimaginable a few weeks ago, but we are continuing to manage as best we can and get through these often long days!

Please continue to keep an eye on our social media pages as we continue to share tips and information for you throughout the pandemic.

[Facebook](#) / [Twitter](#) / [Instagram](#)



## Looking after your mental health whilst home-schooling



**TRY NOT TO STRESS** - You don't have to take on the teacher's role. Focus on activities that will help stimulate the brain but also enable you and your kids to have fun in the process like reading, puzzles and arts and crafts.



**ESTABLISH A ROUTINE** - Studies show young people work better when they are in a routine. Why not create a simple timetable for the week? Take regular breaks and make time for exercise even from the comfort of your living room.



**EAT A BALANCED DIET** - This is essential for healthy brain function so try to include a variety of healthy foods in your family's diet. Get the kids involved by making a new recipe or baking some healthy treats!



**GET CREATIVE** - This is a great opportunity for you and your little ones to get creative. Create a poster about your favourite book, write a poem or use those extra loo roll tubes to make an art masterpiece!!



**TAKE TIME FOR YOU!** - Take time to look after yourself. Lead by example by eating healthy, taking part in physical exercise and relax by doing something that makes you happy.

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

For more **support & information**,  
from **AWARE**, visit [HERE](#)

**NHS**

## AVOID INJURY WHILST IN SELF ISOLATION



Burning  
Rubbish



Chip-pan  
Fires



Kettle Scalds



Iron  
Burns



Hob /  
oven



Cooking  
injuries



Hot food +  
drinks



DIY  
injuries



Steam  
inhalation



Electrical  
injuries



Circular  
Saws



Drink  
Responsibly



Hair  
Straighteners



Hot water  
bottles

**YOUR NHS NEEDS YOU!**

ALLOW YOUR HOSPITAL TO BEAT COVID-19

**BE SAFE AT HOME**

**STAY SAFE AT HOME**

Authors: KVAH, RS, OPHON, SAKHAI, NKWEE

w: [www.nhs.uk/conditions/coronavirus-covid-19/](https://www.nhs.uk/conditions/coronavirus-covid-19/)



## SMALL GRANTS SCHEME

The Live Here Love Here Small Grants Scheme is an incredible opportunity for local communities to apply for a grant between £500 to £5000 to improve their environment and promote a cleaner, greener and safer place to live

**To find out more and to complete the online application form go to**

**[www.liveherelovehere.org /smallgrantsscheme](http://www.liveherelovehere.org/smallgrantsscheme)**

**APPLICATION DEADLINE**  
18th May 2020

**LIVE HERE LOVE HERE**

For further info. & to complete an application form click [HERE](#)

### Support for Trust staff



The Southern Trust's three year [Staff Health and Wellbeing Strategy 2018-2021](#) outlines the Trust's commitment and plans to improving staff health and wellbeing.

The strategy aims to achieve & maintain a healthy workforce by providing a safe, supportive and health promoting workplace, through:

- Better physical & psychological health
- Better work
- Better relationships
- Specialist support

A new, user friendly website can now be accessed (from work or at home) by all Trust staff at [www.u-matter.org.uk](http://www.u-matter.org.uk)

The SHSCT have recently opened their **UMatter website** (which is usually only accessible to staff) to the wider Southern Trust Community  
Visit [HERE](#)



**Online Courses for Parents & Parents-to-be**

**FREE** for parents, grandparents and carers across **NORTHERN IRELAND**

From bump to 12 months, lifetime access

**Access Code: NIBABIES**

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

Apply the 'ACCESS' code for a 100% discount!  
Fill in some details to create an account

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

**UNDERSTANDING YOUR CHILD**  
SOLIHULL APPROACH


**HSC** Public Health Agency

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

Go to [www.inourplace.co.uk](http://www.inourplace.co.uk)  
Apply the *NIBABIES* access code  
Fill in some details to create an account

Children in Northern Ireland

Latest News #CiNICommunityHub About CiNI



**Food Parcels: Statement from Department for Communities**

Read #CiNICommunityHub article [HERE](#)

# DRUG AND ALCOHOL SUPPORT SERVICES

## SOUTHERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: JUNE 2019  
 Copyright: HSC and NIHSC. All rights reserved. This is a copyright for information provided in this document and is not to be reproduced without the permission of the copyright owner. This publication may also be downloaded from: [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

**HSC** Public Health Agency **OS** Southern DRUG & ALCOHOL

### Services for Adults

**Drug and Alcohol Harm Reduction Service**  
 Aimed at those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to commit to formal treatment (including chronic drinkers & injecting drug users).  
**Open Access/Self Referrals Accepted**  
**Extern** (Southern Trust Drug & Alcohol Harm Reduction Service)  
 ☎ Tel: 074 2347 4844  
**DePaul NI** (Harm Reduction Floating Support Service for Chronic Alcohol and Drug Users)  
 ☎ Tel: 028 8772 5860

**Alcohol & Domestic Violence Intervention Service**  
 Targets the victims of alcohol-related domestic abuse/sexual violence and alcohol abuse - awareness raising sessions and one to one support available.  
**Open Access/Self Referrals Accepted**  
**Women's Aid**  
 ☎ Tel: 028 3025 0765

**Aftercare Addiction Service**  
 Offering one to one counselling, 6-12 week (non residential) treatment programmes, relapse prevention and family support.  
**Open Access/Self Referrals Accepted**  
**Davina's Ark**  
 ☎ Tel: 028 3027 9407

**Adult Step 2 Service**  
 One to one therapeutic treatment and support service for alcohol and/or drug misuse. Family members can also get advice and support - regardless of whether their significant other is seeking help.  
**Open Access/Self Referrals Accepted**  
**SHSCT**  
 ☎ Tel: 028 3756 4513

**Statutory Addiction Service**  
 Provided by a range of specialist teams within community and hospital settings.  
**GP/Health Professional Referrals**  
**SHSCT**  
 ☎ Tel: 028 3756 4513  
 Residential treatment is accessible through the statutory addiction service.

For more detailed information on services available in your HSCCT area visit: [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

**drugsandalcoholni**  
 "Addressing drugs and alcohol together"

### Young People/Family

**Newry Youth Engagement Service (YES)**  
 A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.  
**Open Access**  
**Magnet Centre**  
 ☎ Tel: 028 3026 9070

**Banbridge Youth Engagement Service (YES)**  
 A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.  
**Open Access**  
**FutureProof**  
 ☎ Tel: 028 4062 4511

**Strengthening Families Programme**  
 Parents and children participate in the 14 week programme, both separately in teen and parent sessions, and then together in family sessions.  
**Targeted at At-Risk/Vulnerable Families**  
**ASCERT**  
 ☎ Tel: 0800 254 5123

**Targeted Lifeskills Service**  
 Groupwork programmes for young people, aged 11-25, focussed on alcohol and harm reduction.  
**Targeted at At-Risk/Vulnerable Groups**  
**Start 360**  
 ☎ Tel: 028 3832 2714

**Steps 2 Cope**  
 Online support and self help resources for young people, aged 11-18, affected by a parent's use of alcohol.  
**ASCERT & Barnardos**  
 ☎ www.steps2cope.co.uk

**Alcohol & Domestic Violence Intervention Service**  
 Specialist programme for children and young people.  
**Open Access/Self Referrals Accepted**  
**Women's Aid**  
 ☎ Tel: 028 3025 0765

**Youth Treatment and Support Service**  
 For children and young people aged 11-25, family members can also get advice and support - regardless of whether their significant other is seeking help.  
**Open Access/Self Referrals Accepted**  
**Dunleavy Substance Advice**  
 ☎ Tel: 075 8788 0386

**Pharos**  
 Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.  
**Social Services/Addiction Services Referrals**  
**Barnardos**  
 ☎ Tel: 028 4062 3872

**DAMHS (Drug and Alcohol Mental Health Service)**  
 Range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.  
**GP/CAMHS Referrals**  
**SHSCT**  
 ☎ Tel: 028 3839 2112

**In Crisis? Call Lifeline** FREE 24/7 HELPLINE 0808 808 8000

### Specific Groups

**Needle & Syringe Exchange Sites**  
**Northern Pharmacies**  
 ☎ Broomfield Health Centre, Craigavon  
 ☎ Tel: 028 3834 1462

**Boots**  
 ☎ Scotch Street, Armagh  
 ☎ Tel: 028 3752 3199/5910

**McKeagney Chemists**  
 ☎ 5 John Mitchell Place, Newry  
 ☎ Tel: 028 3026 2606

**Group Support**  
 Call or go online to find a meeting near you:  
**Alcoholics Anonymous**  
 12 Step Programme/Group Meetings  
 ☎ www.alcoholicsanonymous.ie  
**AlAnon**  
 Group Support for Family Members  
 ☎ Tel: 028 9068 2368  
 ☎ www.al-anonuk.org.uk

**Alateen**  
 Group Support for Teenagers  
 ☎ Tel: 028 9068 2368  
 ☎ www.al-anonuk.org.uk/teen

**Narcotics Anonymous**  
 12 Step Programme/Group Meetings  
 ☎ Tel: 078 1017 2991  
 ☎ www.na-ireland.org

**Community/Stakeholder Support**  
**Southern Drug and Alcohol Coordination Team/Connections Service (SDACT Connections)**  
 The SDACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.  
 ☎ Tel: 028 3832 2714 (Start 360)  
 ☎ www.drugsandalcoholni.info  
 ☎ connections@sdact.info

**Workforce Development Training Programmes**  
 A range of drug and alcohol training courses for those working with adults, children and young people:  
**ASCERT**  
 ☎ Tel: 0800 254 5123

**Drink, Work and Me**  
 Offers one to one and online support alongside training to enable employers to recognise the impact of alcohol related harm on the individual and the workplace.  
**Addiction NI**  
 ☎ Tel: 028 9066 4434  
 ☎ www.drinkworkandme.com

# Free Online Universal Credit Awareness Session

Training by Law Centre NI

**Law Centre NI**

Taking place on  
**Thursday 23<sup>rd</sup> April 2020 (10am – 12pm)**  
 Book your space [HERE](#)

w: [drugsandalcoholni.info/familysupport/](http://drugsandalcoholni.info/familysupport/)





**make the call**

**0800 232 1271\***

**Quick Call, Lasting Difference.**

Talk to us about accessing benefits, supports and services you may be entitled to.

Text: **ADVICE to 67300\***  
 Visit: [nidirect.gov.uk/makethecall](http://nidirect.gov.uk/makethecall)  
 Email: [makethecall@dfcni.gov.uk](mailto:makethecall@dfcni.gov.uk)

 **Department for Communities**  
[www.communities.gov.uk](http://www.communities.gov.uk)

\*network charges may apply

**Don't rule yourself out...**

Even if you already claim benefits, own your own home, work, claim a pension, or have some savings, you could be entitled to additional support.

- Have you been diagnosed with an illness, condition or disability?
- Are you caring for someone?
- Have you reached retirement age?
- Are you unemployed or looking for work?
- Are you confused about benefits?

**Whatever your situation Don't miss out... Find out!**

Contact Make the Call for a **free and confidential** assessment. A friend or relative can make the call on your behalf (with your consent), providing they are with you when you call. We also offer an outreach service where we can visit you in your home to help you complete application forms.

**“** I would never have been able to get the things me and my wife need without the Make the Call service. They are invaluable. Life would have been an awful lot harder and it would have taken a lot longer to get help. **”**

CALLER



**make the call**

**0800 232 1271\***

**Quick Call, Lasting Difference.**

\*network charges may apply

w: [www.nidirect.gov.uk/makethecall](http://www.nidirect.gov.uk/makethecall) / e: [makethecall@dfcni.gov.uk](mailto:makethecall@dfcni.gov.uk)



We are almost at the end of week three of adapting to homeschooling and new routines...

Well done for getting to another Thursday!

If you feel you need support, we're here for you...

Call **ParentLine FREE** on **0808 8020 400**

[Webchat](#)

[E-mail](#)

[Podcasts](#)

[YouTube](#)

Watch back our most recent online [#LetParentsTalk](#) panel discussing your parenting questions [HERE](#)

### Services Available Through The Hub May Include...

- Practical Support
- Drug & Alcohol Support
- Emotional Health & Wellbeing
- Signposting to Other Supports
- Family Support
- Education Support
- Advice & Guidance
- Youth Support
- Parenting Programmes
- Behaviour Support
- Parenting Support

"The hub linked me with services I didn't know existed"

"It was so simple to make a referral and I got the help I needed"

"After a friend recommended that I contact the hub, I rang and spoke to the hub co-ordinator who helped me to make a self-referral"

### There Are 3 Family Support Hubs In the Southern Trust Area

**ARMAGH & DUNGANNON HUB**  
Pat McGeough  
Young People's Partnership Barnardos  
39A Abbey Street, Armagh  
BT61 7DY  
T: 028 37622380  
E: familysupporthub@barnardos.org.uk

**CRAIGAVON & BANBRIDGE HUB**  
Lisa Grant  
NIACRO  
26 Carleton Street, Portadown Co. Armagh  
BT62 3EP  
T: 028 38331168  
E: familysupporthub@niacro.co.uk

**NEWRY & MOURNE HUB**  
Allison Slater  
SPACE  
24 Monaghan Street, Newry  
BT35 6AA  
T: 028 30835764  
E: familysupporthub@space-ni.com

Believe in children Barnardos niacro space

### Southern Area FAMILY SUPPORT HUB

Many families need a little extra help sometimes

Information for Families

family support NI Southern Health and Social Care Trust CYPSP

### What is the Family Support Hub?

- The Family Support Hub is a meeting of representatives from community, voluntary and statutory organisations who deliver services for children and families in your area.
- Each Family Support Hub has a lead body who co-ordinates the meeting and receives the referrals.
- The members of the Family Support Hub are from a range of statutory and community/voluntary agencies who offer services in your area. These agencies include: Education Welfare, Health Visiting, Womens Aid, Homestart, Social Services, Surestart and Child and Adolescent Mental Health Services.
- Referrals will not be accepted without your consent. If the young person you are seeking support for is over 16, they must also sign the referral form.
- For more information follow this link <https://vimeo.com/216493917>

### Your Family Support Hub Will

- Meet once a month to discuss referrals to identify and connect you and your family to the service you need at a time when you need it.
- Work in partnership with you and your family.
- Act professionally ensuring all information is treated in a confidential manner.

### How The Hub Works

A referral form is submitted to your local hub-coordinator.

The Hub Co-ordinator may contact you for more information prior to the Hub meeting.

Hub Co-ordinator will present all referrals received to the monthly meeting. The Hub members will then discuss your referral and aim to match your family to the best service for you.

Only core Hub Members attend the meeting, you will not need to attend.

You will receive a letter from the Hub Co-ordinator to let you know what service was identified as most appropriate to meet your needs.

The service that was identified as most appropriate will then contact you directly.

You can choose whether or not you wish to accept the support that has been offered. You are in control.

### What Are The Criteria For Making A Referral To The Hub?

- Your family would like support - this is a voluntary process and you can withdraw your referral at any time.
- You are a family with children aged 0 -17 years.
- No social worker currently involved with your family.

### Some of the challenges the Hub can help with

- Children's wellbeing
- Managing behaviours
- Social isolation
- Family routines
- Domestic violence
- Change of family situation
- Support with young children
- Alcohol / drug misuse
- Establishing boundaries i.e tech
- Teen issues

### Who Can Refer To The Hub?

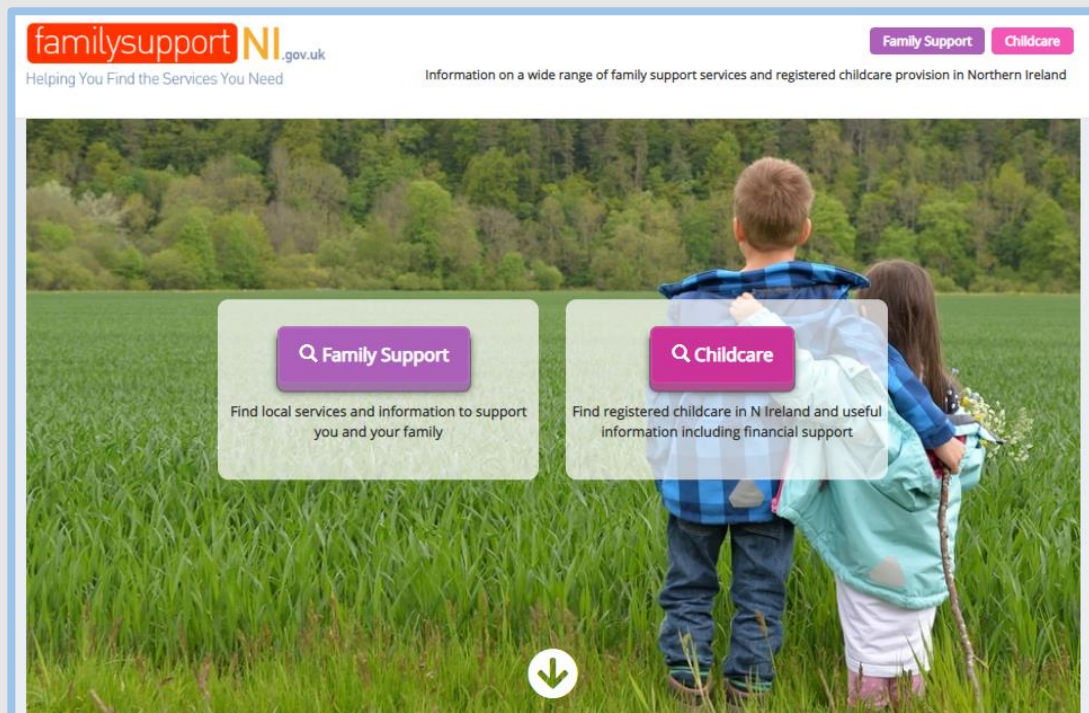
- You can make a self-referral to the family support hub or a referral can be made by anyone working on your behalf i.e. teacher, doctor, health visitor or community group.
- You can download a referral form from <http://www.cypsp.hscni.net/family-support-hubs/> or just pick up the phone and call your local family support hub co-ordinator. Details can be found on the back of this leaflet.

Our 3 **Family Support Hubs** in the Southern Area continue to operate and are open for referrals  
Due to developments with Covid-19 there is a reduction in the level of support given, with support through telephone contact and signposting

Please make any **referrals by e-mail** (E-mail addresses available [HERE](#))

Family Support Hubs wish to highlight the importance of the [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk) website, so families / professionals can access support directly (See next slide)





Check out the [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk) website, making it easier for people in NI to find out about **family support services** and ALL REGISTERED **childcare providers** in NI

## COVID-19 Latest Advice for Childcare Providers & Key Workers looking for Childcare



Find the latest correspondence for Childcare providers and Key Workers looking for Childcare here.

Find the **latest correspondence** for childcare providers and key workers looking for childcare [HERE](#)

Local councils are monitoring the evolving situation with COVID-19 and are offering ongoing updates & advice via their corresponding webpages, as follows:



Armagh City  
Banbridge  
& Craigavon  
Borough Council

Click [HERE](#) for **section homepage**

#### COVID19: Community Engagement



Click [HERE](#) for a local support directory: local services and what they can currently provide



Click [HERE](#) for information on local shopping delivery and collection services




Click [HERE](#) for information on local Food Banks (and advice services)

#### COVID19: Health & Wellbeing



Click [HERE](#) for links to the Health and Wellbeing page, which includes a directory of key support services, healthy lifestyle messages and advice on healthy eating at home



**AREN'T GOING ANYWHERE!**

In line with government guidance and for the safety of our service users and staff, we have made the decision to close our Start360 offices in Belfast, Ballymena, Derry and Lurgan.

However, we're still working. You can reach us for ADVICE, SUPPORT or to REFER to our services on:

**07923129559 or [info@start360.org](mailto:info@start360.org)**

UPDATE  
REGARDING  
LURGAN-BASED  
SERVICE

e: [info@start360.org](mailto:info@start360.org)

Local councils are monitoring the evolving situation with COVID-19 and are offering ongoing updates & advice via their corresponding webpages, as follows:



Click [HERE](#) for section homepage

Includes information and advice on matters related to Covid-19 in the Newry, Mourne & Down District





Upcoming funded projects at Centred Soul

### THE MOTHER SESSIONS

FUNDED 5/6 week online course for those in pregnancy, to include birth information, birth positions, pain relief, 4th trimester, education on perinatal mental health, birth trauma, signs, symptoms and how to manage them.

Booking link and information [HERE](#)

### CENTRED BABIES

FUNDED/Contribution based 5 WEEK ONLINE COURSE of Baby Massage and Baby Yoga.

Starts Saturday 11th April at 11.45am-12.30pm via zoom.

All the family can attend if they wish! Open to all.

Registration [HERE](#)

e: [info@centredsoul.co.uk](mailto:info@centredsoul.co.uk)

Newry  
**SureStart**

**E-Daisy**

April 2020

### *Developmental Programme for 2-3-year olds (September 2020 Intake)*

The Developmental Programme for 2-3 Year Olds offers an age-appropriate, play-based learning environment with the intention of enhancing children's social and emotional development, their communication and language skills and encouraging imagination through play.

If you have a child born on or between **02/07/2017 and 01/07/2018**, live in our catchment area and are registered with the project you are eligible to express an interest in a place for your child.

Forms will be posted out in May to parents of all eligible children who are registered with Newry Sure Start, so it is vital that **you ensure** that you are registered with the project and that all your contact details are up to date. If you need to register with the project or update your address, please email [patricias@newrysurestart.org](mailto:patricias@newrysurestart.org).

**Newry SureStart** recently circulated the first edition of E-daisy, the electronic form of their **Daisy Mail newsletter**, containing information for families such as the above (Any registered Newry SureStart parents, please e-mail [patricias@newrysurestart.org](mailto:patricias@newrysurestart.org), to receive your copy)





## We continue to provide support for families and older people in need during Covid-19.

Space is a charity registered with the Charity Commission of Northern Ireland NIC105005



We will continue to process referrals to the **Family Support Hub** and signpost to appropriate supports during the coming months.

Services available through the Hub include:

- Parenting Support
- Behavioural Management
- Advice and Guidance
- Practical Support
- Emotional Health and Wellbeing
- Managing Anxiety
- Financial Support

For further information or to request a referral form please email us on [familysupporthub@space-ni.com](mailto:familysupporthub@space-ni.com)



SPACE will continue to support children and families, just in a slightly different way. Training programmes and 1:1 support will continue using Zoom. We have set up peer support groups where parents can chat/video call each other or talk directly to a family support worker who can help access additional support services; carry out practical tasks, or collect food or emergency supplies for those who have no access to transport or cannot leave home due to caring responsibilities. Parents will receive daily advice, suggested games and activities for children and updates via our social media platforms.



Older people who are eligible for our **Home2Hospital** service can still avail of this service for essential appointments. They can also avail of a "Call for Help" service where SPACE staff and volunteers are on standby to respond to deliver food and emergency supplies. Staff will provide additional regular contact with our elderly service users and will be on stand by to further support through our 'Call for Help' service.



24 Monaghan Street  
Newry, BT35 6AA  
T. 028 3083 5764

NB: Eligibility criteria

- aged 65+
- haveno access to transport
- live in either the Mourne or Slieve Gullion DEA






[info@space-ni.com](mailto:info@space-ni.com)

[www.space-ni.com](http://www.space-ni.com)




Southern Health and Social Care Trust



Newry, Mourne and Down District Council



Early Intervention Transformation Programme

e: [info@space-ni.com](mailto:info@space-ni.com)

Local councils are monitoring the evolving situation with COVID-19 and are offering ongoing updates & advice via their corresponding webpages, as follows:



Comhairle Ceantair  
**Lár Uladh**  
**Mid Ulster**  
District Council

Click [HERE](#) for **section homepage**



03000 132 132

Home Your Council Resident Business Visitor Leisure Jobs Contact Us

How can we help?

Search Mid Ulster District Council

You are here: Home / Resident / Health & Wellbeing / COVID-19: Advice And Information / Local Community Support

COVID - 19 Local Community Support

Click [HERE](#) for a local support directory: local services and what they can currently provide

How can we help?

Search Mid Ulster District Council

You are here: Home / Resident / Health & Wellbeing / COVID-19: Advice And Information / Counselling and Advice Services

COVID-19 Counselling and Advice Services

Click [HERE](#) for counselling and advice services, both locally and across Northern Ireland



Click [HERE](#) for information on local Food Banks

## RESOURCES

In the section which follows, you will find a range of resources, which can be accessed online, providing ideas for activities and support for children and young people at home...



## RESOURCES



# BE ACTIVE!

## Move more, sit less

Now, more than ever, we need to look after both our physical and mental health by moving more and sitting less, whether in the home or outdoors (following current government guidelines). We have gathered a range of videos to help you and your family stay active, while at home.

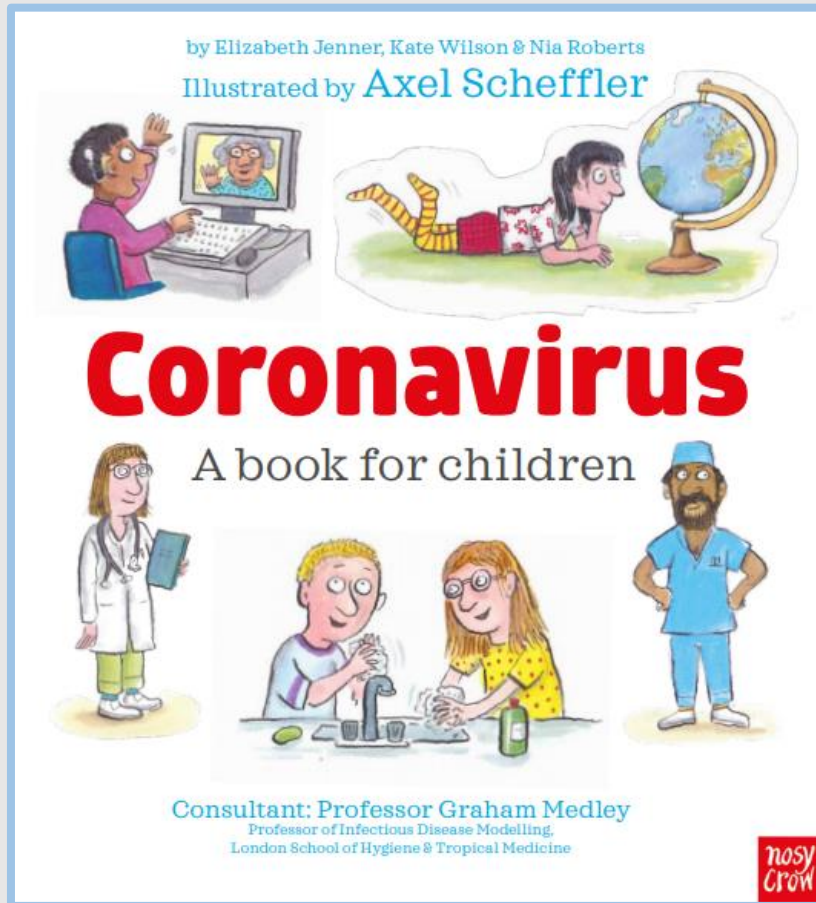
<a href="#"><u>The Kids Coach</u></a>	<a href="#"><u>Don't forget the Daily Mile at Home for everyone</u></a>
<a href="#"><u>Kids activities in isolation</u></a>	<a href="#"><u>Activities for children - for school leaders, teachers or parents</u></a>
<a href="#"><u>Change4Life indoor games for children</u></a>	<a href="#"><u>Active for life physical activity ideas for 2–4 year olds</u></a>
<a href="#"><u>Joe Wicks PE lessons from Monday</u></a>	<a href="#"><u>Change4Life accessible activities for children</u></a>
<a href="#"><u>Fit for sport at home - Guide to being active with kids at home</u></a>	<a href="#"><u>British Cycling Ready, set bike Teach bike skills</u></a>

Please remember to start any physical activity session slowly and gradually, particularly if you have not been active for some time.

The Southern Health and Social Care Trust does not take any responsibility for the exercises outlined within the videos.

The videos are provided by external organisations and professionals to the industry.

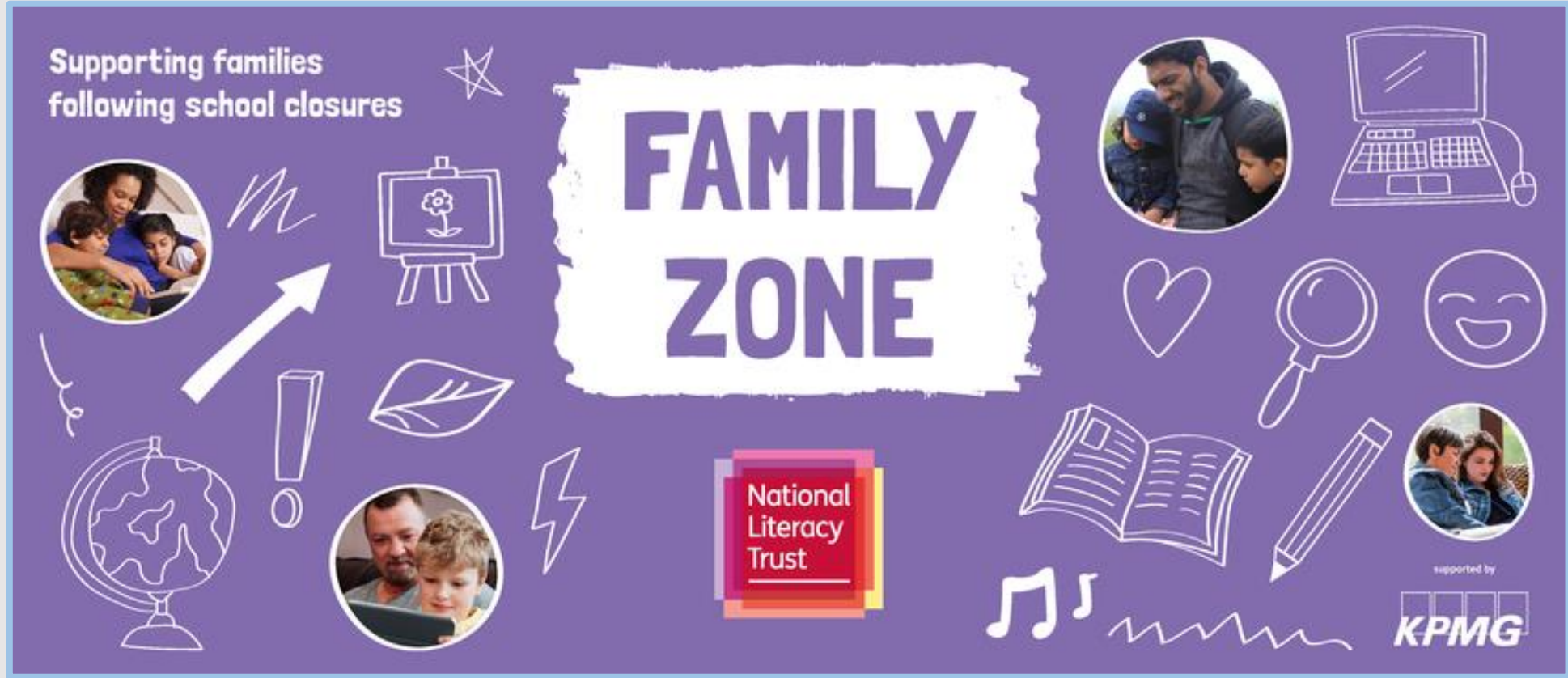
For further information on **being active with the family**, visit the **SHSCT Physical Activity** webpage [HERE](#)



Download your free **information book explaining the coronavirus to children**  
(Illustrated by Gruffalo illustrator Axel Scheffler)  
[HERE](#)

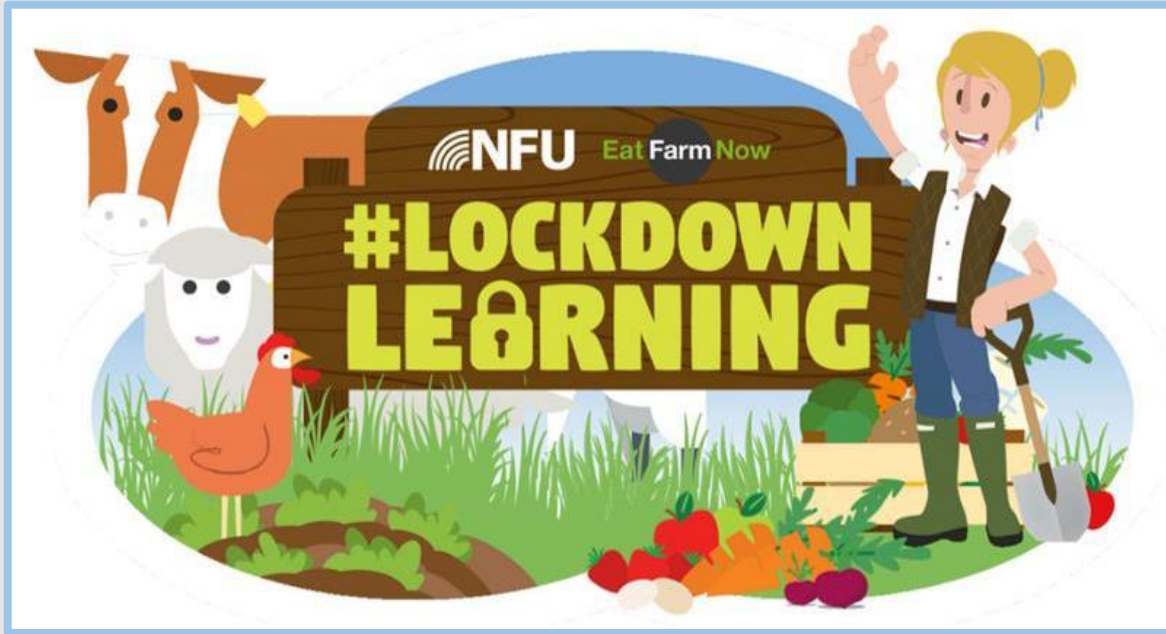


For a list of **play ideas**, a **guide to helping your child read** and even **how to create an obstacle course**, click [HERE](#)



Access free reading and writing resources, audiobooks, videos, competitions and reading challenges [HERE](#)





Access this free **online learning resource**, providing exciting educational farming activities and videos for children while they are away from school, [HERE](#)



Find a range of **downloadable Easter / Springtime activities**, from **Libraries NI**, [HERE](#)



## Lachtar -

A word Seamus Heaney's Aunt Mary used for a setting of eggs or a flock of day-old chicks.

Find a range of **literacy-based Easter activities** that you can do at home with your family from **Seamus Heaney HomePlace** [HERE](#)

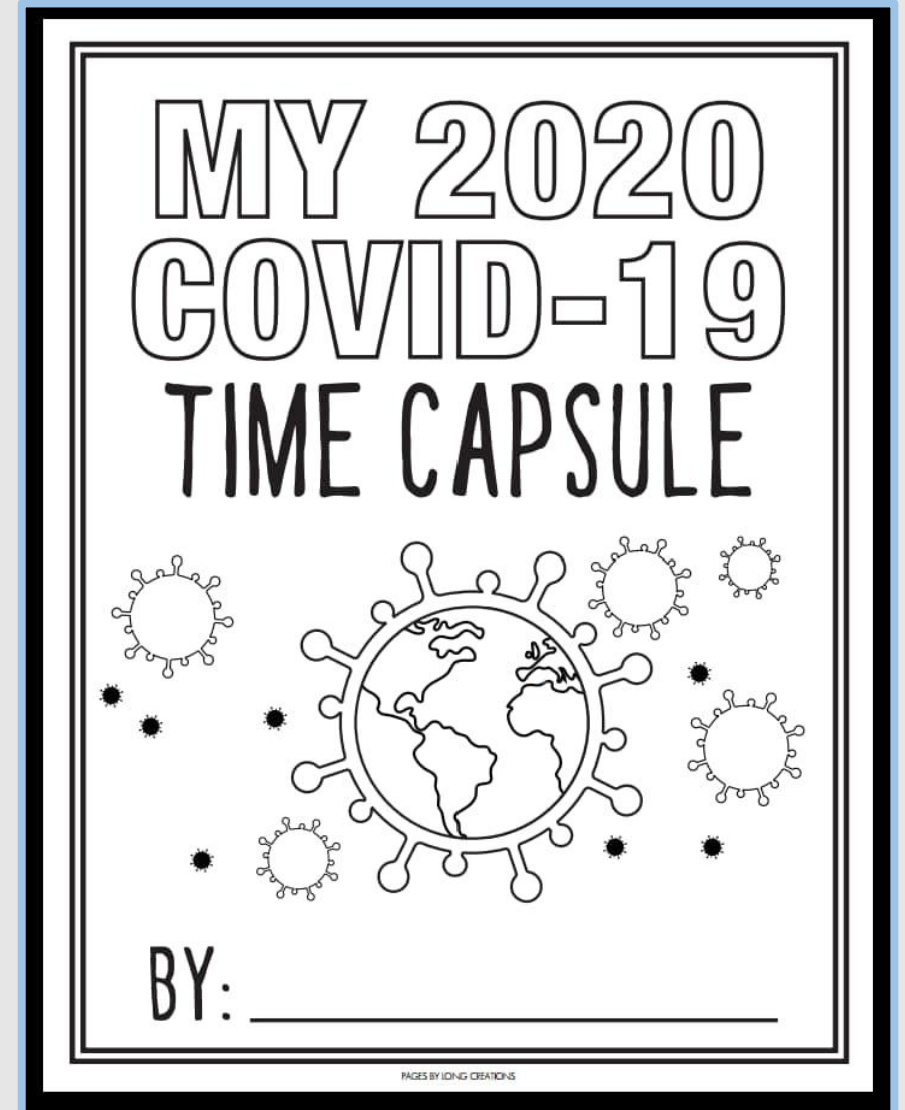


Download an egg-cellent free **Easter Activity Pack** from **Cancer Fund for Children** [HERE](#)



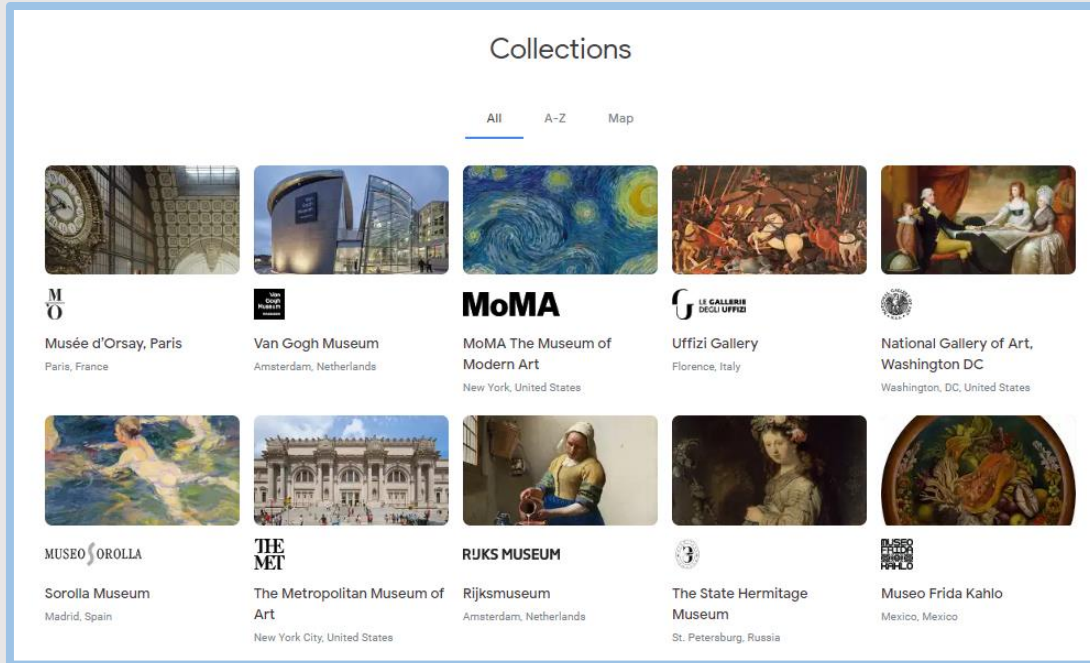


Download **suggestions** and **printable sheets** [HERE](#)

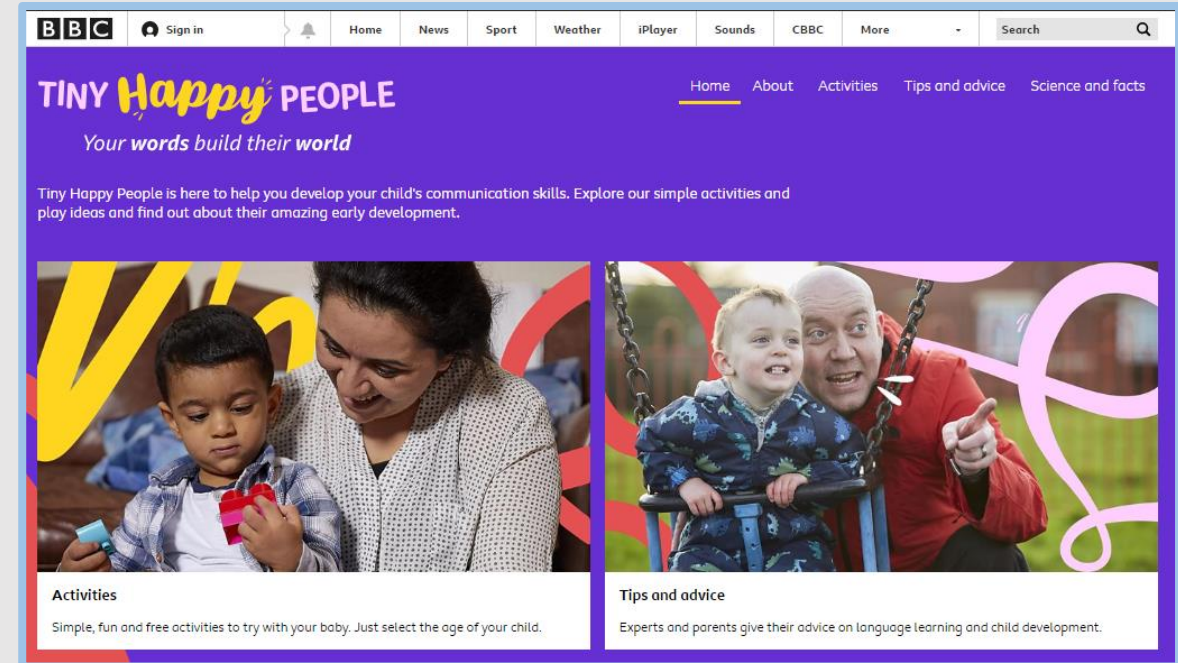


Download [HERE](#)

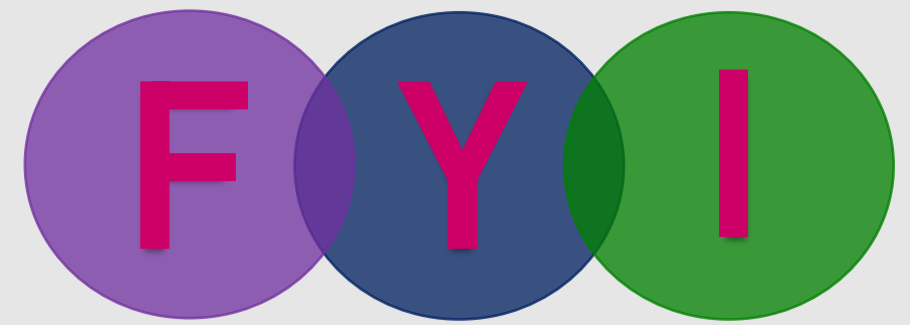




From the Van Gogh Museum in Amsterdam to the National Gallery of Australia... There are over 500 free **museums and art galleries** which you and your family can visit [HERE](#)



**Tiny Happy People** is here to help you develop your child's communication skills.  
Explore our **simple activities** and **play ideas** and find out about their amazing early development [HERE](#)



**For Your Information**



**\*\*\* NOTICE FOR LPG MEMBERS \*\*\***

**All LPG meetings** have been **cancelled** until further notice.

We would like to take this opportunity to thank all of our members for their ongoing commitment to locality planning and we look forward to seeing you all when our related meetings and activities start up again.

Most of the information included in this issue of 'FYI' hasn't featured in previous editions.

To view our recent 'FYI' weekly newsletters, please click on the following links:

[Issue 30 - 2nd April 2020](#)

[Issue 29 - 26th March 2020](#)

For general newsletter information, contact:

Tel: Darren Curtis (028 9536 3966) / Joanne Patterson (028 9536 3216)

E-mail: [localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)

CYPSP, 2<sup>nd</sup> Floor, Health & Social Care Board, Tower Hill, Armagh. BT61 9DR