

# SOUTHERN AREA LOCALITY PLANNING GROUPS



**ISSUE 100**  
23rd March 2023



# WELCOME

Welcome to the milestone 100<sup>th</sup> issue of our information bulletin, 'FYI' (For Your Information).

So, we've made it to 100 'FYI's! A real achievement for our very small team and made possible by all of those who have submitted information on a wealth of relevant issues. Thank you to all and to those who have signed up to receive this every fortnight. And a massive thank you to Joanne, in our team, who is the creative talent behind it!!!

We have included some testimonials from our valued partners over the years which tell you how invaluable they have found 'FYI' over the last 4 years - Our very first edition was creatively called 'What's On', released on 21<sup>st</sup> January 2019 and consisting of just 12 pages...

May we also draw your attention to our new School Uniform Recycling Toolkit on [page 3](#) which we are inviting all schools across the Southern Area to use to help families recycle their children's school uniforms, and also to our invitation on [page 4](#) to anyone who wishes to come along to one of our Locality Planning Group meetings. The meetings include a lot of information sharing which is always very beneficial to all.

In the meantime, see you in a fortnight for Edition 101!!

Locality Development Team, Southern Area

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**SOUTHERN AREA**  
*School Uniform Recycling*  
**TOOLKIT**

.....  
**A Practical Support Guide for a  
School Uniform Recycling Initiative**  
.....



## Calling All Schools in the Southern Area!!!

We have produced a practical Toolkit to help schools organise a **School Uniform Recycling Initiative** and have produced a practical **Toolkit** for schools to use

It includes suggestions for discussions, checklists, templates and evaluation tools

**The Toolkit is free of charge and all schools are welcome to use it!**

We are inviting schools (primary & post-primary) to attend a short 30-minute online briefing session to introduce the Toolkit and explain how it, with the sessions scheduled to take place on the following dates:

**Tuesday 18<sup>th</sup> April: 3.30pm - 4pm | Wednesday 19<sup>th</sup> April: 3.30pm - 4pm | Thursday 20<sup>th</sup> April: 3.30pm - 4pm**

Schools can e-mail [localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk) to confirm their attendance and we would ask our members to spread the word within their respective areas, so that we can reach as many schools as possible



## Southern Area Locality Planning Groups CALLING NEW MEMBERS...



If you work with children, young people or families in any of our 6 LPG areas, you are welcome to become part of the Southern Area Locality Planning Groups network which shares important information, makes connections to work together and also tackles local actions with other key organisations in the area

### WHO WE ARE

The Children & Young People's Strategic Partnership (CYPSP) is a multi-agency partnership aiming to improve the lives of children and young people in Northern Ireland

### WHAT WE DO

Locality Planning Groups (LPGs) are partnerships between statutory, voluntary and community organisations working with and for children, young people and families at a local level

There are 6 LPGs in the Southern Trust area:  
Armagh, Banbridge, Craigavon, Dungannon, Newry & Mourne and South Armagh

### JOIN US TODAY!



Contact Darren at [localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk) to find out when the next meeting in your area is taking place and how to get involved

## SOUTHERN AREA LOCALITY PLANNING GROUPS MEETINGS CALENDAR 2023

<b>ARMAGH</b>	Thursday 12th January Thursday 9th March Thursday 11th May Thursday 7th September Thursday 26th October	Tower Hill Boardroom Zoom Face-To-Face Zoom Face-To-Face	All at 10am
<b>BANBRIDGE</b>	Wednesday 25th January Wednesday 22nd March Wednesday 24th May Wednesday 20th September Wednesday 15th November	Zoom Banbridge Youth Resource Centre Zoom Banbridge Youth Resource Centre Zoom	All at 10am
<b>CRAIGAVON</b>	Tuesday 17th January Tuesday 14th March Tuesday 16th May Tuesday 12th September Tuesday 7th November	Brownlow Community Hub Zoom Brownlow Community Hub Zoom Brownlow Community Hub	All at 10am
<b>DUNGANNON</b>	Tuesday 31st January Tuesday 4th April Tuesday 13th June Tuesday 26th September Tuesday 21st November	Zoom Gardeners Hall, Dungannon Zoom Face-To-Face Zoom	10am 2pm 10am 10am 10am
<b>NEWRY &amp; MOURNE</b>	Wednesday 15th February Wednesday 19th April Wednesday 21st June Wednesday 11th October Wednesday 6th December	Newry Youth Resource Centre Zoom Newry Youth Resource Centre Zoom Newry Youth Resource Centre	All at 10am
<b>SOUTH ARMAGH</b>	Tuesday 7th February Tuesday 28th March Tuesday 6th June Tuesday 3rd October Tuesday 28th November	Zoom Sure Start South Armagh Zoom Face-To-Face Zoom	All at 10am

FOR ANY RELATED QUERIES, PLEASE CONTACT:  
JOANNE PATTERSON (PROGRAMME SUPPORT OFFICER)  
TEL: 028 9536 3216 / E-MAIL: [LOCALITYPLANNING@CI-NI.ORG.UK](mailto:LOCALITYPLANNING@CI-NI.ORG.UK)

If you work with children, young people or families in any of our 6 LPG areas, you are welcome to become part of the **Southern Area Locality Planning Groups** network which shares important information, makes connections to work together and also tackles local actions with other key organisations in the area

Contact Darren at  
[localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)  
to discuss how to get involved





**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



**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



**9,000 downloads  
and counting...**

If you work with children and families who are struggling with the current cost of living crisis, make sure to check out CYPSP's **Cost of Living Crisis Resource** which provides details of targeted resources and support across the region [HERE](#)

This resource is continuing to be updated regularly and is also continuing to be downloaded and used

For those families whose first language is not English, the resource is fully translatable into over 100+ languages using Reachdeck on the Translation Hub

If your organisation carries out any relevant service or work, please e-mail Una Casey from CYPSP [HERE](#) to request a copy of the corresponding template for completion to record information across Northern Ireland

“

'FYI' in ArKe began as another 'resend' for the team- something I as a manager would receive and then forward to staff. Content was shared and utilised with families and colleagues alike.

Feedback from staff (especially the FSW team) was very positive and now the 'FYI' link is regularly shared in our team groups, on our FB page and website.

Furthermore colleagues working elsewhere in the sector have been 'hooked' and have signed up to the fortnightly issue. They also report having been able to signpost families to the services on offer and just as importantly comment on how they as homebased staff are able to keep abreast of related events and training.

Keep up the great work – don't know how you pull it all together every 2 weeks!!!! Thank you.

# An Introduction to Podcasting

Why your organisation needs one and how to get started

THU, 30 MARCH 2023 10:00

TUTOR : ROGER GOWDY

FREE WEBINAR



Children  
in Northern  
Ireland

Our funding restrictions are such that this training is only available to those who work/volunteer for a **voluntary, charitable, faith or community based** organisation

 [www.eventbrite.co.uk/e/intro-to-podcasting](https://www.eventbrite.co.uk/e/intro-to-podcasting)

## April Training

**Child Protection Practice (Zoom)**

**Wed 5th April**  
9:30 - 12:30

**Managing Challenging Behaviours (In-Person)**

**Tue 18th April**  
10:00 - 16:30

**Designated Officer (Zoom)**

**Wed 19th April**  
9:30 - 12:30

Training is only available to those who work / volunteer for a voluntary, charitable, faith or community based organisation.

Children  
in Northern  
Ireland

**Supporting School Based Anxiety (Zoom)**

**Wed 19th April**  
9:30 - 12:30

**Designated Officer (In-Person)**

**Tues 25th April**  
10:00 - 16:30

**Child Protection Practice (Zoom)**

**Wed 26th April**  
9:30 - 12:30

**TO BOOK**  
[www.ci-ni.org.uk/training](https://www.ci-ni.org.uk/training)



 [www.ci-ni.org.uk/training](https://www.ci-ni.org.uk/training)



## NI INFANT MENTAL HEALTH LUNCHTIME LEARNING 2023



These Lunchtime Learning sessions aim to provide a space for shared learning, discussion and collaboration for those working to support babies, infants and their families. Join us online to hear from services on how they are supporting positive infant mental health. Each session lasts 1 hour, with a short presentation and time for discussion and questions.



<https://us9.campaign-archive.com>



'FYI' is our go to guide to find out what's happening in the Southern Trust!

The best thing about 'FYI' is the ability to share information with our colleagues across a range of programmes in 5 locations for the benefit of our participants. It has such a positive impact on our organisation as we are able to signpost individuals and families to numerous other services ensuring that they get the best possible support to meet their needs. Staff not only feel equipped with knowledge of what is out there but it supports our organisation with partnership working and collaborative opportunities.

We look forward to receiving 'FYI' as I know there is always information on practical activities and events that will directly benefit with people we work with. An example is when we were addressing the cost-of-living crisis facing participants and increased energy costs – NIEC had advertised their energy efficiency sessions and we were able to have staff attend and then organise sessions for participants, which were very warmly welcomed.



**ACTION TRAUMA  
NETWORK**

## *Upcoming Events*



### **In-Person Networking Event Vicarious Trauma**

28th March | 12pm - 1.30pm (BST)



### **Webinar Unyte ILS Simplifying the Safe and Sound Protocol**

18th April | 3pm - 4pm (BST)



### **Screening Vivian McKinnon The Magic is within you**

28th March | 12pm - 1.30pm (GMT)

[actiontrauma.com/events](http://www.actiontrauma.com/events)



<http://www.actiontrauma.com/events>





**Free Relationships & Sexuality Education For Young People**

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

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

Sessions can be provided face to face at your premises. If required we can discuss a blended approach to include zoom. This service is available to groups across Northern Ireland in the community.

**common YOUTH.** 12-14 year olds. Contact [hello@commonyouth.com](mailto:hello@commonyouth.com)

**Nexus** **relate ni** **Rainbow Project**  
the relationship people  
15-16 year olds. Contact [office@relateni.org](mailto:office@relateni.org)

**acet** 17-19 year olds. Contact [nigel@acet-ni.com](mailto:nigel@acet-ni.com)



12-14 Year Olds



15-16 Year Olds



17-19 Year Olds

## INVITATION

The Southern Drugs and Alcohol Coordination Team (SDACT) invite CYPSP members working across the Southern Area including representatives from the Southern Outcomes Group, Southern Locality Planning Groups and Southern Family Support Hubs to an information session on drug and alcohol services available in your local area.

### WORKSHOP DETAILS

**DATE:** 17 April 2023

**TIME:** 2-4pm

**Online via Zoom**

**Please register your place at this workshop by Friday 7 April 2023 by clicking the link below:**

[https://hscni-net.zoom.us/meeting/register/tZcvfuqpqzMjHd0x8m73\\_qNE2lbETyux1VGI](https://hscni-net.zoom.us/meeting/register/tZcvfuqpqzMjHd0x8m73_qNE2lbETyux1VGI)

The purpose of this workshop is to;

- Provide an overview of the Substance Use Strategy and the current landscape in Northern Ireland
- Raise awareness and knowledge of local drug and alcohol services available and how to access service them. These are services supporting children, young people, families and carers across the Southern Trust Area who may be impacted by substance use
- To find out more about the Southern Area Connections Service and associated initiatives supporting organisations and communities locally
- Raise awareness locally of the PHA commissioned Targeted Life Skills programme delivered by Start 360. This programme is available across the Southern Trust Area to young people aged 11-25years at risk or using substances. This session will also include a brief overview of the course content within the programmes nicotine session.



“

The best thing about 'FYI' is... having an up to date list of organisations, what they do and current programmes they are running in the local area for families.

I look forward to receiving 'FYI' because... it has all the information in one place with easy links to more information.

I used 'FYI' to advertise... for parent volunteer befrienders for Home-Start Craigavon and to advertise our online counselling, online Mellow Parenting and face to face 'Out and About' Programme.

'FYI' has made a difference to my organisation as it is a free way to advertise for new volunteers and to those with whom I work because... our programmes are advertised widely that both practitioners and families can access.



## ODYSSEY PARENTING YOUR TEEN PROGRAMME

I HATE THIS HOUSE!

You do my head in!

Get out of my room!

I DON'T WANT TO TALK ABOUT IT. LEAVE ME ALONE!

### SOUND FAMILIAR?

Helping you deal with the reality of living with teenagers

**Call to register:**  
**0808 8010 722**

Mon-Thurs 9.30am-3.30pm  
Fri 9.30am - 12.30pm

This online programme is open to parents living within the Southern Trust.

**Southern Trust**  
Wednesday 19th April -  
Wednesday 7th June  
2023  
Join us Online Every Weds  
for 8 weeks  
7.00 pm - 9.00 pm

Odyssey

Parenting NI

Parenting Your Teen



0808 8010 722

## INCREDIBLE YEARS

HSC Southern Health and Social Care Trust

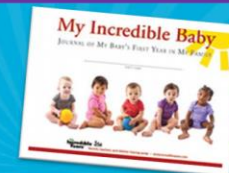


### Baby Programme

The Incredible Years baby programme is primarily aimed at parents/carers of children aged 0 - 1 year old. It works to strengthen parent-child interaction and attachment.

Parents will be supported to:

- Help their babies feel loved, safe, and secure.
- Encourage their babies' physical and language development.
- Provide physical, tactile and visual stimulation
- The parenting group format fosters peer support networks and shared learning. Trained Incredible Years® facilitators use video clips of real-life situations to support the training and stimulate group discussions. Parents practice skills with their babies in the group.



Date/Time: Thurs 27th April 2023 x 8 weeks. 10.00am - 12.00pm

Area: Newry Teachers Centre. Face to Face programme

Criteria: Preference will be given to parents of babies 0-4 months resident in the Newry & Mourne locality.

Enquiry/Referral:  
Lorraine O'Neill - Parenting Partnership  
parenting.partnership@southerntrust.hscni.net 07880 474 747

Elaine Trainor - MDT Team Meadowlands Surgery  
Elaine.Trainor@southerntrust.hscni.net 07766220716

CLOSING DATE: Friday 7th April. Parents will be notified if they have secured a place by Friday 15th April



freedesignfile.com



[parenting.partnership@southerntrust.hscni.net](mailto:parenting.partnership@southerntrust.hscni.net)



**We're cheering on  
local charities**

**Tell us how a £1k-£10k grant  
could benefit your organisation**

\*T&C's apply

Applications close  
**15th March**

**NURTURE  
OUR  
NEIGHBOURHOODS**



[www.spar-ni.co.uk/community-cashback](http://www.spar-ni.co.uk/community-cashback)



**BENEFACT TRUST**

**Let's make a  
lasting impact  
in communities**



<https://benefacttrust.co.uk/community-impact-grants>





### **Have your say!**

If you work with young people aged 12-17 years old, we would really value hearing about their practitioner experience around the financial education available and more importantly what we can do to make it better! This feedback will directly help shape how we develop future delivery models with these age groups to increase learning for Northern Ireland. You can complete a survey which should only take 10 minutes to provide your insight and please feel free to share this with your staff or colleagues!

**Click here to offer your input: [Practitioner Survey](#)**

If you know any parents or carers who would be interested in giving there feedback on 12-17years old financial education via survey they will get a £10 voucher for their participation. Spaces are limited so please send your expression of interest to Amy McAnulty or Michelle Somerville at Reed in Partnership to get involved.



[Amy.McAnulty@reed.com](mailto:Amy.McAnulty@reed.com) / [Michelle.Somerville@reed.com](mailto:Michelle.Somerville@reed.com)



# Community and Voluntary Sector Infrastructure Support – future plans

## Have your say

Survey closes 7 April 2023



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

An Roinn  
**Pobal**

Depairtment fur  
**Commonities**



<https://consultations.nidirect.gov.uk/dfc/vcse-infrastructure-and-support/>

“

'FYI' has been a valued tool for all our Early Intervention NIACRO staff . Staff have found it helpful as all information for southern trust is in one place and equally it is split into 3 areas for those working in one locality.

Staff regularly print off and What's app families with information and opportunities included in the newsletter and this has led to a greater number of families accessing and engaging in the range of local supports/ programmes, in addition to NIACRO services.

An excellent point of reference and reminder for practitioners on the ground for a busy working week.

Thanks for all the time and effort put into the publishing of 'FYI' newsletter and happy 100TH!!

niacro



Laurencetown, Lenaderg & Tullylish Community Association (LLTCA) is recruiting for the position of Project Co-ordinator for our new four year Youth Project – “Our lives, Our needs, Our solutions”

14 hours per week      £15 per hour      Term time basis

For an application pack (application form, Job Description and Person Specification) email: [enquiries@lltca.com](mailto:enquiries@lltca.com)

Closing date: Monday 20<sup>th</sup> March (noon)

Interviews: Monday 27<sup>th</sup> March

*This project is funded through the National Lottery Community Fund (Empowering Young People).*

LLTCA is an Equal Opportunities Employer

LLT Community Centre, Drumnascamph Road, Laurencetown, Craigavon, BT63 6DU

Tel: 028 4062 3770      email: [enquiries@lltca.com](mailto:enquiries@lltca.com)

LLTCA is a Company Limited by Guarantee NI 31476

Accepted as a charity by the Inland Revenue under reference XR 13935



[enquiries@lltca.com](mailto:enquiries@lltca.com)

## WE ARE HIRING!

## SUPPORT WORKERS & WELLBEING WORKERS

Download and application pack from our website

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

**Closes 3rd April**



[www.womensaidarmaghdown.org/join-our-team](http://www.womensaidarmaghdown.org/join-our-team)





## GET INTO HOSPITALITY with HASTINGS HOTELS

Join our new, FREE 3 week course with Hastings Hotels! If you are age 16-30, not in full-time employment or education, come along and see if a career in Hospitality is for you!

Travel costs covered to and from placement

**INFORMATION**

Taster Date: 29th March 2023  
Taster Location: BELFAST  
Course Dates: 3rd April - 21st April 2023  
Location: Multiple (BALLYGALLY, CULLODEN, EUROPA, EVERGLADES, GRAND CENTRAL, STORMONT)

Learn industry skills, gain confidence and complete a placement in a Hastings Hotel in either Food & Drink, Kitchen Porter or Housekeeping

No qualifications or experienced needed - just a willingness to learn and motivation to work in Hospitality

Guaranteed job interview

Receive employability support from The Princes Trust in order to improve your CV and develop your interview technique



Prince's Trust



[outreachni@princestrust.org.uk](mailto:outreachni@princestrust.org.uk)

## Join the #iwill movement today!

The #iwill movement, made for young people by young people, aims at empowering, supporting, and amplifying youth social action! If you are aged between 10 and 25 and you want to make a positive difference in our society, you can [become an #iwill champion!](#)



Whether you are collecting items for a foodbank for the first time, or whether you are a young trustee of a national charity, your social action matters and your role would be to encourage others to get involved too, share your story and take part in NI events and activities. You'll get free access to resources, training, and opportunities to get visibility around your social action, whether it's fundraising, campaigning, or volunteering in an organisation or an informal group.

You can sign up as a Champion here: <https://www.iwill.org.uk/join-iwill/become-an-iwill-champion/> or contact Sara, our Volunteering Participation Officer, at [sara.trusciglio@volunteernow.co.uk](mailto:sara.trusciglio@volunteernow.co.uk)



[sara.trusciglio@volunteernow.co.uk](mailto:sara.trusciglio@volunteernow.co.uk)



'FYI' is a helpful and practical tool that keeps us up-to-date with what's happening in the Southern Trust area, detailing seasonal events, and emerging issues of concern.

It covers a vast range of issues that would be beneficial for children young people, families and the wider community.

We are able to use 'FYI' to signpost young people to events or agencies that could support their needs and also allows staff to keep up-to-date knowledge of events and organisations that can support our young people.







 [www.saferschoolsni.co.uk/parents-and-carers](http://www.saferschoolsni.co.uk/parents-and-carers)



 [www.saferschoolsni.co.uk/schools](http://www.saferschoolsni.co.uk/schools)

**WELCOME TO THE YOUTH WELLNESS WEB**

CHECK IT OUT NOW! - 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:

- Mental Health
- Bereavement
- School
- Bullying
- Wellbeing
- FREE Mental Health Training
- Plus much more ...

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)

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

**English**

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







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



العربية

Scan me

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

 Health	 Family Support	 Education	 Housing	 Employment
 Safety	 COVID-19	 EU Settlement Scheme	 Sign Language	 Contacts

Evidence based  
**PARENTING SUPPORT PROGRAMMES**  
**Southern Trust Area**  
**2022/2023**

Giving every child  
the best start / opportunity in life.



For further information on these and other programmes visit our webpage:  
[www.cypsp.hscni.net/ebpp](http://www.cypsp.hscni.net/ebpp)



The **Children & Young People's Resource Pack** continues to be refreshed and updated to include new resources on disability, mental health, education, plus much more

Download your copy [HERE](#)

(Note: The Resource Pack will download directly to your device, so 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

The resource pack will continue to be updated over the summer period, so keep an eye out on our website and social media platforms

([Facebook](#), [Twitter](#) and [Instagram](#))





Page 1 of 2

## Help and advice for victims of sextortion ...

If you have been a victim of sextortion, **you are not alone.**

**Don't panic!** - don't respond to demands and don't enter into further communication.

If you can, **confide in a trusted friend or family member.**

**Contact police immediately on 101** or report it online via the police website. We will take your case seriously and it will be dealt with in absolute confidence.

Find out more about sextortion and support available at:

[psni.police.uk/sextortion](https://psni.police.uk/sextortion)



**Police Service**  
of Northern Ireland

# Sextortion

## Know the risks of sharing intimate images online!

**Report online. Call 101.**  
**In an emergency call 999**








**"Literally, in seconds they used my image to blackmail me."**



[psni.police.uk](https://psni.police.uk)

**we care  
we listen  
we act**



[www.psni.police.uk/safety-and-support/keeping-safe/sextortion](https://www.psni.police.uk/safety-and-support/keeping-safe/sextortion)



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## Sextortion

### What is sextortion?

Sextortion is a cyber-enabled crime during which victims are lured into sharing intimate images or performing sexual acts in front of a webcam. Unbeknown to victims, their actions are recorded by criminals who then use the video footage in an attempt to blackmail individuals.

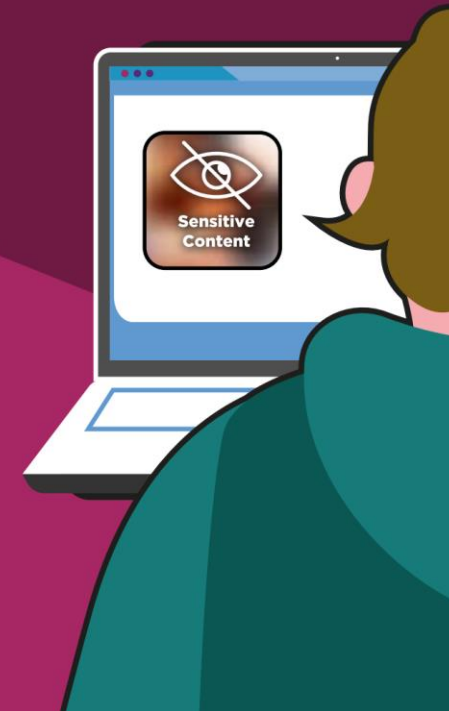
Offenders will commonly target their victims through dating apps, social media or webcams using a false identity.

### Anyone can be a victim

Anyone can be a victim but there are steps you can take to prevent this type of crime from happening to you. Prevention advice

- Update the privacy settings on your social networking accounts so only people you know can view your account.
- Do not include any sensitive, private or confidential information in profiles.

- Do not share intimate videos online.
- Do not get lured into compromising situations such as removing clothes or performing intimate acts online.
- Always remember that what goes online may well stay online.
- Be wary about who you invite or accept invitations from on social networking sites. Do not accept friendship requests from complete strangers.



[www.psni.police.uk/safety-and-support/keeping-safe/sextortion](http://www.psni.police.uk/safety-and-support/keeping-safe/sextortion)

“

'FYI' is a fantastic resource for the entire Southern Trust area and keeps us and our Members fully updated on all Health and Youth related issues, events and information.



“

I look forward to receiving the 'FYI' newsletter as it provides me with a wealth of information and useful contacts for the Southern Trust area all in the one place. As a community connector for Find Help NI I have also used the newsletter to advertise our signposting services which has proven very successful. Thank you and continued success.





Need someone to listen  
without judgement?



Call us: 0808 8020 400  
Email us: [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)  
Webchat: [ci-ni.org.uk/parentline](https://ci-ni.org.uk/parentline)  
Request a call back: [ci-ni.org.uk/parentline](https://ci-ni.org.uk/parentline)

We're open:  
Mon-Thurs 9am - 9pm  
Fri 9am - 5pm  
Sat 9am - 1pm

 0808 8020 400

 [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)

 [www.ci-ni.org.uk/parentline](https://www.ci-ni.org.uk/parentline)

**Coming Soon**

*on the Parentline Podcast*



...discussing Emotional  
Literacy

Kerry McLean  
chats to...

**Conor McCafferty**  
Zest NI

 Listen to other podcast episodes [HERE](#)

**Parent Line NI**  
0808 8020 400

## Can I ask?

Parenting is a minefield and at times you may find yourself with questions, big or small and wondering who can I ask?

My child gets upset every morning at the school gates, what can I do?

How much sleep does my toddler need?

How do I tell my children we are separating?

Is it normal if....?

My child hits out, what do I do?

I am due back to work and need childcare, where do I start?

How do I keep my child safe online?

I am worried about managing our money over the school holidays, what can I do?

My teen is getting bullied and I don't know what to do...

How can I talk to my teen about safe sex?

Where do I ask for help?

**At Parentline there are NO silly questions**

Call us on  
0808 8020 400  
Mon-Thurs 9am-9pm  
Fri 9am-5pm  
Sat 9am-1pm  
Webchat; ci-ni.org.uk/parentline-ni

**Parent Line NI**  
0808 8020 400

## Waiting...waiting...waiting

Are you or your child on a waiting list to access support? Perhaps this is for mental health support, ASD assessment, counselling, play therapy or a specialised health service like speech & language therapy or occupational therapy.

We at Parentline know that waiting is hard and it can be a really worrying time for parents. Don't wait alone, Parentline are here at the end of the phone to listen and support you whatever your circumstances.

You don't have to wait to talk to us, we are here;  
Monday-Thursday 9am-9pm  
Friday 9am-5pm  
Saturday 9am-1pm  
On 0808 8020 400

Or webchat;  
ci-ni.org.uk/parentline-ni

**0808 8020 400**



0808 8020 400

Everyone should  
be able to  
enjoy a day out  
at the beach!



## 6 Step Booking Process:



- ① Ensure you have (free) membership of Mae Murray Foundation. Go to our website and select **Become a Member** to sign up.
- ② Watch our online induction and safety video, available on the *Inclusive Beaches* page of our website.
- ③ Read Frequently Asked Questions and Terms & Conditions.
- ④ Check beach schedules and equipment options for your preferred beach. If unsure about which piece of equipment is best for you, contact Mae Murray Foundation office.
- ⑤ Complete the online Booking Request form. You must send your request 72 hours in advance.
- ⑥ Await confirmation email with further instruction. If no email is received contact: Mae Murray Foundation office on 0300 600 1166.



Mae Murray Foundation  
A6 Willowbank Business Park  
Millbrook, Larne, BT40 2SF  
e. [info@maemurrayfoundation.org](mailto:info@maemurrayfoundation.org)  
t. 0300 600 1166  
w. [maemurrayfoundation.org](http://maemurrayfoundation.org)

@maemurrayfoundation maemurrayfdn

Registered Charity No. NIC100842



## INCLUSIVE BEACHES

A planned environment  
where people of all ages  
and abilities can take part.



[info@maemurrayfoundation.org](mailto:info@maemurrayfoundation.org)



# Information events for parents & carers

**27 March 5.30pm-7.30pm**

**Antrim Board Centre**

**28 March 5.30pm-7.30pm**

**Dungannon Teachers' Centre**

**29 March 5.30pm-7.30pm**

**Malone College**

**30 March 7.00pm-9.00pm**

**Online Event**

**31 March 3.30pm-5.30pm**

**Omagh Teachers' Centre**

**4 April 3.00pm-5.00pm**

**Newry Teachers' Centre**

**5 April 2.30pm-4.30pm**

**North West Teachers' Centre**



The **Education Authority** are inviting parents and carers to a series of **Special Educational Needs and Disabilities (SEND) Engagement Events**, beginning 27 March and running until 5 April

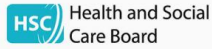
Each event will have two sessions:

- The first session, delivered by Special Educational Needs (SEN) Advice and Information Service will be to provide advice and information on general concerns relating to SEN
- The second session will be to introduce parents and carers to the SEND Transformation Programme and the work that is currently underway to make positive and lasting change to the SEND system

Parents and carers are welcome to attend both sessions but if doing so, the Education Authority ask you to complete a registration for each session

You can book your place for one or both of the sessions [HERE](#)

**relate ni**  
the relationship people



Your partners for  
professional counselling



Like many organisations, the continued fall out from COVID, etc. means that demand remains high for Relate NI's services across the board

However, Relate NI have recently been able to invest in their counselling provision from their Portadown Office, giving the organisation additional capacity to deliver in this area moving forward


**Relate NI** are keen to promote their **counselling services** (particularly for couples, individuals and children & young people) in the Southern Locality

In particular, they are keen to promote their funded referral route through HSCB, allowing GPs, Social Workers & other Healthcare workers to refer clients for relationship counselling free of charge when they are under 18, or if they have children under 18

Referrers can use [THIS FORM](#) on the Relate NI website to make the referral or by emailing [referrals@relateni.org](mailto:referrals@relateni.org) and asking for a referral form

Please note, clients cannot self-refer under this funded route

Find out more about Relate NI's counselling services [HERE](#)




**Brain Injury Matters**  
 March 21 at 3:35 PM · 🌐

Brain Injury Matters' recently launched advocacy service is helping families across Northern Ireland access local services for health, education, training, finances or housing.

In this video, our Advocacy Officer Suzi Turner talks about how the service can help children (0-18) and their families navigate their acquired brain injury (ABI) journey.

For more info, contact [suzanne@braininjurymatters.org.uk](mailto:suzanne@braininjurymatters.org.uk).



**BRAIN INJURY MATTERS**

0:11 / 1:38



<https://fb.watch/js03qzHCAF/>



“

I really look forward to receiving 'FYI' because it provides me and the organisation I work for with an invaluable resource which I use to help support the parents / carers with whom I engage. It is up to date, relevant and excellent information on such a wide range of topics presented in a very user friendly fashion. It is priceless and free! Thank you and keep up the great work.



“

'FYI' is an invaluable resource to me in terms of promoting the parenting programmes, training opportunities etc. It also provides me with a wealth of information on community initiatives to support families in our locality. Thanks so much to Joanne and Darren for the endless work you put into producing and sharing the resource and congratulations on the 100th issue!



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



"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 37522380  
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  
Barnardo's



## Southern Area FAMILY SUPPORT HUB

*Many families need a little extra  
help sometimes*



## Information for Families



MSC Southern Health  
and Social Care Trust

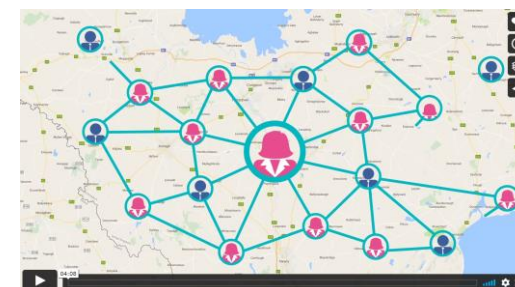


The 3 **Family Support Hubs** in the Southern Area continue to operate as normal and are open for referrals

Please make any referrals by e-mail [HERE](#)

Download the **February** edition of the **Family Support Hubs** newsletter [HERE](#)

Click on the below thumbnail to watch the **Southern Area Family Support Hub** promotional video



**familysupport** NI.gov.uk  
Helping You Find the Services You Need

[Family Support](#)
[Childcare](#)
[Childcare Partnerships](#)

Information on a wide range of family support services and registered childcare provision in Northern Ireland

Family Support Services

All Categories


Keyword


Q Search


Show Postcode Search


**Get Local Support**  
 Adoption Fostering & Looked After Children  
 Bereavement  
 Carers  
 Child Protection  
 Counselling  
 Disability - Learning Disability, Autism, ADHD  
 Disability - Physical & Sensory  
 Domestic/Sexual Abuse  
 Drug/Alcohol Misuse  
 Eating Disorders  
 Educational Support  
 Employment/Training  
 Ethnic Minority Support  
 Family Support  
 Family Support Hub  
 Financial/Welfare Advice  
 Health and Wellbeing  
 Health Visiting  
 Housing  
 LGBT  
 Mental Health  
 Parenting Support  
 Partnership Organisation  
 Prison Support Services  
 Self Harm & Suicide  
 Separating Families  
 Sure Start  
 Youth Offending  
 Youth Services


**Family Support & Advice**  
**Worried About the Welfare of a Child ?**  
 If you are worried about the welfare of a child or young person not already known to Social services, please contact your Gateway team in your local Health and Social Care Trust. Please see contact details below :- If you think a child is in Immediate Danger – Don't delay! Call the Police on 999.  
 Last Update: 19/12/2022






**Searching for Family Support Services**



**Lifeline - Crisis Response Helpline**  
Calls are free from all UK landlines and mobiles



**Help you and your loved ones cope with Bereavement**



**Care Orders**



**About Health Visitors**



**Financial/Welfare Advice for Families**



**Information For Carers**



**Information About Eating Disorders**



**Health and Wellbeing Services**

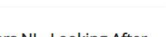

**Support for Learning Disability, Autism and ADHD**


**Adoption & Fostering Support in Northern Ireland**


**Free School Meals / Uniform Grants**


**Support For Disability**


**Looking after someone**


**Carers NI - Looking After**

Check out the **Family Support NI** website [HERE](#)

A useful up-to-date online directory making it easier for people in NI to find out about **family support services** and **ALL REGISTERED childcare providers** in NI

If you require any more information about the website or would like some leaflets / posters, call **0845 600 6483**

Watch the **promotional animation clip** outlining the functions / benefits of the website [HERE](#)

If you provide a family support service in Northern Ireland and would like **details of your organisation / service included** on the Family Support NI website, click [HERE](#) to complete a short questionnaire and return the form to [info@familysupportni.gov.uk](mailto:info@familysupportni.gov.uk)



“

The Action Trauma Network sends its congratulations on the 100th edition of the 'FYI' Information Bulletin. A lot of work goes into the bulletin, which is not only a great resource for us, but an excellent opportunity to share our events, webinars and trauma resources with relevant organisations and community contacts in the Southern Area.



“

We have used 'FYI' to advertise our parent & family support programmes over the last year having recently expanded our project reach to the whole of Mid Ulster. This has enabled us to reach more new families, highlight the developing work of our organisation & learn more about what others in our community are doing to share with those we support, Thanks.



## Text-A-Nurse to chat about your health concerns



If you are aged 11-19 and are worried  
or concerned about any aspect of your  
health and wellbeing send a text to

**07507 328057**

and chat in confidence with a school nurse.

We are here to help and can offer advice  
around many health issues including:

Emotional Health & Wellbeing Self-Harm  
General Health Drugs Stress & Anxiety  
Bullying Body Image Alcohol  
Sex & Sexuality Contraception

<https://pha.site/textanurse>



Text-A-Nurse to chat about any concerns  
regarding a young person's health (aged 11-19)

If you are worried or concerned about  
any aspect of a young person aged 11-19's  
health & wellbeing send a text to

**07312 277421**

and chat in confidence with a school nurse.

We are here to help and can offer advice  
around many health issues including:

Emotional Health & Wellbeing Self-Harm  
General Health Drugs Stress & Anxiety  
Bullying Body Image Alcohol  
Sex & Sexuality Contraception

<https://pha.site/textanurse>

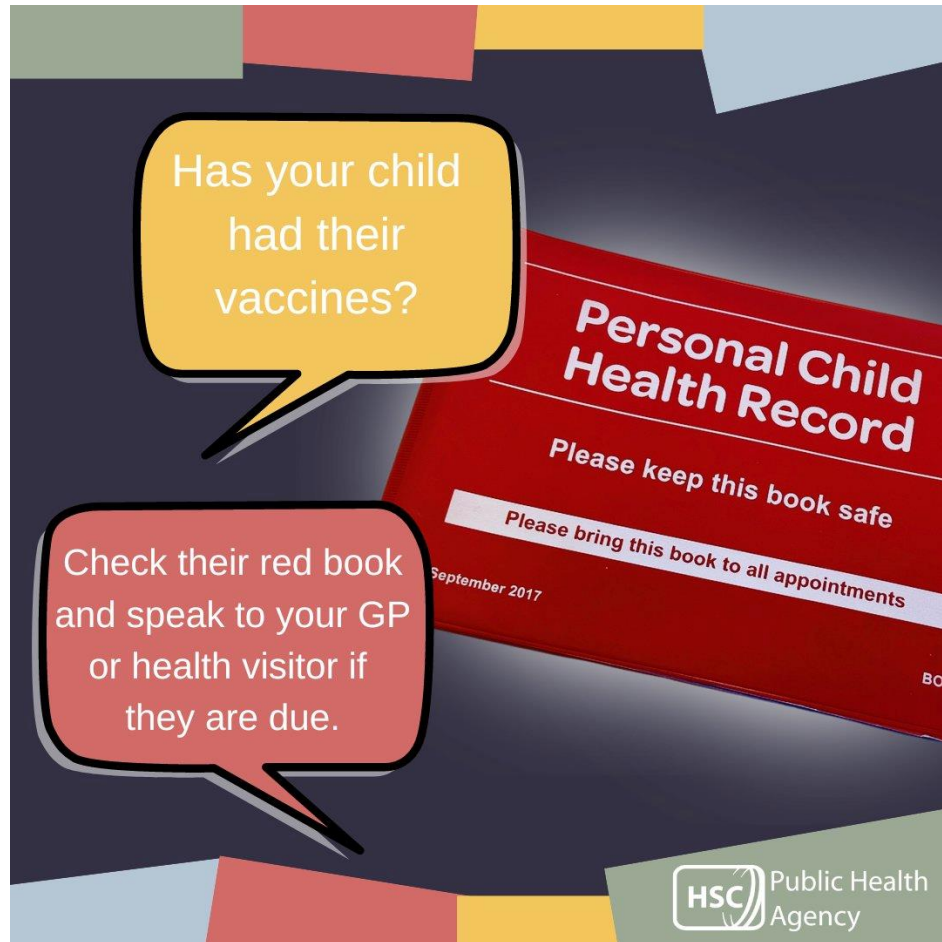
**Text-A-Nurse** is now available for parents, carers and school staff! The service will be for advice for caregivers to 11-19-year-olds and builds on the existing service which has been available to children of this age themselves since 2021

More info. on the service for young people can be found [HERE](#)

The **PHA** and **Department of Education** initiative is delivered by School Nursing Teams across Northern Ireland and provides health advice and guidance via a text messaging service to caregivers of 11 to 19-year-olds on sensitive topics such as emotional health and wellbeing, alcohol and drugs, sexual health, bullying and general health and wellbeing issues

It enables caregivers to access professional nursing advice on young people's health issues

Find out more about the extended Text-A-Nurse service [HERE](#)



## Are your Child's Vaccines Up to Date?

Immunisation is the safest and most effective way of protecting against serious diseases

The Public Health Agency (PHA) strongly recommends that babies and children are vaccinated according to the Routine Childhood

Immunisations Schedule and are urging parents to check their child's red book to see if vaccinations are up-to-date

Vaccination rates have seen a slight decrease over recent years and the additional disruption caused by the COVID-19 pandemic is likely to have caused some of the decreases in vaccine coverage

It is important vaccination coverage is improved as soon as possible to help prevent the spread of avoidable serious and sometimes deadly diseases such as measles and polio

Please share the information links below widely with families and encourage uptake:

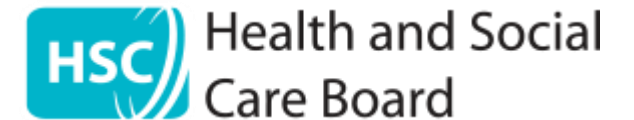
For more information visit [Check your child's red book to see if vaccinations are up-to-date | HSC Public Health Agency \(hscni.net\)](https://www.hscni.net/child-vaccinations)

Also view [Why the MMR Vaccine is important for you and your family](#)





**CLICK ON THE FOLLOWING ORGANISATIONS, FOR ONGOING CORONAVIRUS INFORMATION, ADVICE & UPDATES:**



SOUTHERN AREA  
LOCALITY PLANNING GROUP



**VOLUNTEER NOW**  
*connect • build • change*



"FYI" is a fantastic publication which allows us to get information about the support we can offer to a wide, relevant audience. It is also our go to publication when we need to find out what is happening in the youth arena in the Southern area.

Congratulations on your 100th issue

## COST OF LIVING CRISIS

# FINANCIAL AND DEBT MANAGEMENT PROGRAMME

Armagh City Banbridge and Craigavon Borough Council, are delivering a programme targeted at households severely impacted as a result of the Cost of Living Crisis. The programme will incorporate the following themes;

- Money management
- Debt management
- Practical support and guidance through online/in person workshops and mentoring.

### Money and Budget Management workshops covering topics such as:

1. Acknowledging debt
2. Prioritising debt
3. Working out a personal budget
4. Finding the help and support available
5. How to deal with your creditors
6. Create a personal budget plan
7. Budgeting and taking control
8. How to save!

### One to one Mentoring Support

Mentoring will be flexible to suit the participants' needs and tailored to suit those households/participants that have the greater need and contribute to meeting the aims and objectives of the programme.

The support programme will offer an accessible approach to the provision of information and advice. This could include e.g. telephone, virtual or a face-to-face service to meet the needs of the participants.

### To find out more

Please let us know if you have a group of users that would be interested in availing of some aspect of the project.

Contact Courtney at Advice NI

☎ 028 9064 5919

✉ [comms@adviceni.net](mailto:comms@adviceni.net)

or fill out the pro forma on Advice NI website [adviceni.net](http://adviceni.net)



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

As Seen  
Pobal

Department for  
Communities



[comms@adviceni.net](mailto:comms@adviceni.net)

**libraries ni**

Free

Portadown Library presents

# Spring into Summer Health Fair

**Featuring: Drug & Alcohol awareness; sampling Mocktails; Information Stands; Advice & Support**

Dunlewey Addiction Services Action mental Health  
Southern Health Trust, Cancer Focus, Clanrye group  
Parenting NI, National Trust, PSNI, ABC  
Inspirewellbeing, PIPS, Aware NI  
Verve, MacMillan, CYPSP,  
Princes Trust, Find Help Ni,  
Action Mental Health,  
IncredAble, Alzheimer's,  
Early years, diabetes,  
CAMHS, Fostering  
And Many more .....



**Wednesday 29 March**  
**11:00am - 3:00pm**

There will be limited computer use during this time

**Everyone welcome**

**Ask staff for details**

t: 028 3833 6122

e: [portadown.library@librariesni.org.uk](mailto:portadown.library@librariesni.org.uk)



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



[portadown.library@librariesni.org.uk](mailto:portadown.library@librariesni.org.uk)





## GET HIRED IN HEALTH AND SOCIAL CARE

### COMMUNITY CARE ASSISTANT ROLES AVAILABLE

Are you aged 18-30, and looking for work in the health and social care sector? Come along to our hiring session, earn about the jobs on offer, and prepare for interview.

- No experience necessary as full training will be provided.
- Opportunities to progress and gain further qualifications.
- Locations available across NI.
- Applicants subject to Access NI check.
- Guaranteed interview on day 2.

**INFORMATION**

Course Dates: 27th - 28th March 2023  
Location: Prince's Trust Centre, BT12 5GH

📞 princestrustNI  
☎ 0800 842 842  
✉ outreachni@princes-trust.org

**inspire**  
wellbeing, ability, recovery

**Prince's Trust**  
Northern Ireland

**START SOMETHING**



[outreachni@princestrust.org.uk](mailto:outreachni@princestrust.org.uk)

## Feel Good

### ARMAGH

#### SAVE THE DATE

#### COMMUNITY NETWORKING EVENT

Friday 9th June 2023  
Armagh City Hotel

#### YOUNG PEOPLE'S EVENT

Saturday 10th June 2023  
The Epicentre

Registration for information stalls opens on 31st March 2023  
For any queries, in the meantime, contact Darren Curtis at [localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)

Hosted & supported by:

CYPSP Ark TRIANGLE Armagh City Banbridge & Craigavon Council Southern Health and Social Care Trust

Northern Ireland Executive T:buc Housing for all Housing Executive



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

We are recruiting young women aged 14-18 to participate in our **BCCP 14-week Pharmacy Programme** starting end of March.

The Pharmacist will be available to give free advice throughout these sessions.



Some of the topics we will be covering in this 14 week programme will include:

- Drugs and alcohol, including vaping.
- Sexual Health and Relationships
- Mental Health, including Self-Harm and Suicide.

For more information or to register your interest contact Lucinda on: 07540049938 or [Lucinda@futureproofni.org](mailto:Lucinda@futureproofni.org)



[Lucinda@futureproofni.org](mailto:Lucinda@futureproofni.org)

## Young Women's Nurture Group



A quiet safe space for young women to come along and meet new people.  
Focusing on mental health, social skills and everyday issues young women face.

Young people can self-refer by contacting Lucinda:  
Mobile: 07540049938  
[Lucinda@futureproofni.org](mailto:Lucinda@futureproofni.org)





Group

## LGBTQI+ Support Group

Where: YES Drop In,  
3 Enville Court, Banbridge

When: Tuesday 4-6pm

[info@futureproofni.org](mailto:info@futureproofni.org)

075 400 49938

[@banbridge\\_yes](https://www.instagram.com/banbridge_yes)

[@banbridge\\_yes](https://www.tiktok.com/@banbridge_yes)

Cara-Friend

Supported by

futureproof  
engage | educate | empower

YOUTH ENGAGEMENT SERVICE

HSC Public Health Agency

**WHERE? BANBRIDGE YES**  
**@UNIT 3 ENVILLE COURT**  
**CASTLEWELLAN ROAD**  
**BT32 4AX**

**WHEN? EVERY FRIDAY**  
**4:30PM TO 6PM**

**STARTS FRIDAY 28TH**  
**OCTOBER**

This is an informal drop in service for young people with ASD to socialise in a safe and informal environment and explore new interests

## ASD TEENS

**FOR 11-17 YEAR OLDS**

For referral information please contact via email below

**TALK TO US**  
phone: 07483396345  
email: [info@futureproofni.org](mailto:info@futureproofni.org)

HELP SUPPORT GUIDANCE

YOUTH ENGAGEMENT SERVICE

HSC Public Health Agency

futureproof  
engage | educate | empower



[info@futureproofni.org](mailto:info@futureproofni.org)



**LOCAL CHURCHES WORKING IN PARTNERSHIP**

**IN THE HEART OF NEWRY**

**NEWRY FOOD INITIATIVE**

Opening Hours  
**Monday 10am to 1pm**  
**Wednesday 10am to 1pm**  
**Friday 10am to 1pm**

All donations gratefully received  
 (Food, Toiletries, Household/Cleaning Items,  
 Baby Products, Winter Coats For All Ages)

Referrals accepted via e-mail or letter  
 for any individual/family in need

✉ [newryfoodinitiative@gmail.com](mailto:newryfoodinitiative@gmail.com)

Find us on Facebook  
**Newry Food Initiative - YMCI**

Located in the ground floor premises underneath the Magnet Centre, Hill Street

✉ [newryfoodinitiative@gmail.com](mailto:newryfoodinitiative@gmail.com)




**Join us for a free bite, cuppa and a chat.**

Our team will be there to help with any form-filling, appointment booking or signposting to local services that you may need.

**When?**

Monday - 10am - 1pm - Adults  
 Wednesday - 10 - 1pm - Adults  
 Thursday - 10 - 1pm - For parents & children

**Where?**

5-7 Marcus Street, Newry, BT34 1ET

For further information contact Joanne Caraher on  
 02830835764/ [joannec@bolstercommunity.org](mailto:joannec@bolstercommunity.org)

NIHE Homelessness Prevention Project

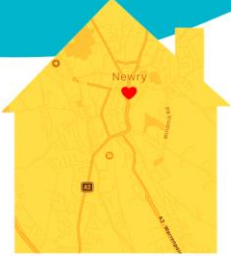
**BOLSTER COMMUNITY**

**Housing Executive**

✉ [joanne@bolstercommunity.org](mailto:joanne@bolstercommunity.org)

**Foster Care is Coming to Town**  
**WE NEED YOU NEWRY**

**HSC Northern Ireland Foster Care**



**COLLECT** an info pack  
Dromalane House Reception,  
Newry, BT35 8AP  
Mon-Fri, 9am-5pm, March 2023

**DROP-IN** Q&A  
Canal Court Hotel, Newry,  
BT35 8HF (Mall Suite, 2nd floor)  
Wed 29 March 2023, 1pm-8pm





**GET IN TOUCH**  
T: 0800 0720 137  
E: [info@fostering.hscni.net](mailto:info@fostering.hscni.net)

Being a carer does not necessarily require a full-time or long-term commitment. There are a wide range of children who need looked after for varying amounts of time.

Learn more about the different types of fostering opportunities available that can fit with your family and lifestyle, such as short breaks for children with disabilities, or supported lodgings for young people aged 16+.

Training and support is provided, and you will receive financial allowances for each child or young person in your care.

**Give a child a brighter future**

    [adoptionandfostercare.hscni.net](https://adoptionandfostercare.hscni.net)



[info@fostering.hscni.net](mailto:info@fostering.hscni.net)



**Radius HOUSING**

**Understanding Refugee Resettlement & Asylum Northern Ireland**  
**3 Interactive Workshops for People Working in the Community**

**Delivered by Dr. Edie Shillue**

**20th and 26th April & 4th May**  
**10am - 1230 pm with lunch @**  
**The Mourne Country Hotel**  
to include a discussion on  
Newry's special border location

**To book call Blanaid on**  
**07483 168400 or**  
**[m:blanaid.bruce@radiushousing.org](mailto:m:blanaid.bruce@radiushousing.org)**



[blanaid.bruce@radiushousing.org](mailto:blanaid.bruce@radiushousing.org)



## COSTA 'Open Door Day'



**Friday 24th March 2023**

*One-to-one support sessions for local groups in the  
Dungannon & South Tyrone Area of Mid Ulster  
in COSTA at President Grants Homestead  
Sessions can also be held via Phone or Zoom*

**- Pre-booking a time slot in advance is ESSENTIAL -**

Please advise of nature of assistance required when booking:

**Timeslots:**

9:30am – 11:00am

11:30am – 1:00pm

2:00pm – 3:30pm

3:30pm – 5:00pm

To book your slot Tel: 028 855 56880 or email:

[info.costa@btconnect.com](mailto:info.costa@btconnect.com)

A great opportunity to get assistance with Charity Registration or Annual Returns, or discuss fundraising or governance needs most relevant to your organisation e.g. identifying suitable funding, diversifying income streams, fundraising, policies, procedures, communications or sounding out some ideas.



[info.costa@btconnect.com](mailto:info.costa@btconnect.com)



**Both events  
taking place  
imminently!**



[tara@speedwelltrust.com](mailto:tara@speedwelltrust.com) / [kim@speedwelltrust.com](mailto:kim@speedwelltrust.com)



**Family Wellbeing Showcase event!**

Join us **Saturday 25th March (10 am-12.30)** for our final of four Parent & Child together wellness retreat days at Speedwell Trust Parkanaur.

**Activities will include:** Spring floral creation to take home, seasonal arts & crafts, screening of our family wellbeing film shot with our families over the last 3 sessions, a family wellness booklet to take home & making memories!

**Spaces are limited so booking is essential.**  
Open to families of young people aged 4-12 years old living in Mid-Ulster.  
(You do not need to have attended previously\*)

**EMAIL:**  
[tara@speedwelltrust.com](mailto:tara@speedwelltrust.com)  
[kim@speedwelltrust.com](mailto:kim@speedwelltrust.com)

Logos: DoH, arts council, and an illustration of a family.



South West College are currently recruiting for the below Academies:

Academy	Start Date	Qualifications	How to enrol
<b>Tourism/ Hospitality</b>	17 <sup>th</sup> April	<ul style="list-style-type: none"> <li>Level 2 Introduction to Hospitality Industry</li> <li>Level 2 Food Safety</li> <li>Barista Skills</li> </ul>	Contact Derek Connor <a href="mailto:derek.connor@swc.ac.uk">derek.connor@swc.ac.uk</a> or 07484 078772
<b>Construction</b>	20 <sup>th</sup> March	<ul style="list-style-type: none"> <li>Level 2 Introduction to Retro fitting</li> <li>CSR Card Training</li> <li>Level 2 First Aid</li> </ul>	
<b>Health and Social Care</b>	17 <sup>th</sup> March	<ul style="list-style-type: none"> <li>Introduction to the Health and Social Care Sector</li> <li>Level 2 First Aid</li> </ul>	

All students receive £5 per day allowance (This is paid based on achievement of 80% attendance)

For more information, click [HERE](#)



BCM (BELFAST CENTRAL MISSION) PROVIDES HOUSING SUPPORT FOR YOUNGER PEOPLE AGED 16-25. WHO ARE EXPERIENCING HOUSING DIFFICULTIES ACROSS DUNGANNON, ARMAGH, NEWTOWNARDS AND MAGHERAFELT.

We are a free and confidential service providing guidance, advice and support for up to two years, helping with the things YOU want or need help with.

## WHAT WE DO

- We can help you find a new home, get set up and settled
- We help you maintain a home
- Develop your independent living skills
- Signpost and support education, training or employment opportunities
- Developing support networks in your area
- Budgeting /maximise income / benefits advice

## MAKE A REFERRAL

Our support services are free and referrals can be made by an individual or on their behalf by a family member or social worker, the NI Housing Executive or any community, voluntary or statutory organisation or agency. Visit [www.belfastcentralmission.org](http://www.belfastcentralmission.org) where you will find an online referral form to complete.

Alternatively, you can contact the relevant regional project manager: For Armagh, Magherafelt and Dungannon, contact **Teresa** on [tmiles@belfastcentralmission.org](mailto:tmiles@belfastcentralmission.org) or by calling +447917304841.

For Newtownards, contact **Liam** on [lmiley@belfastcentralmission.org](mailto:lmiley@belfastcentralmission.org) or by calling +447739575192

## We can also help with:













- Physical/emotional Health
- Budgeting
- Benefits & grants
- Rent arrears
- Know your rights
- Home maintenance
- Accessing support services
- Leaving the care system



[tmiles@belfastcentralmission.org](mailto:tmiles@belfastcentralmission.org) /



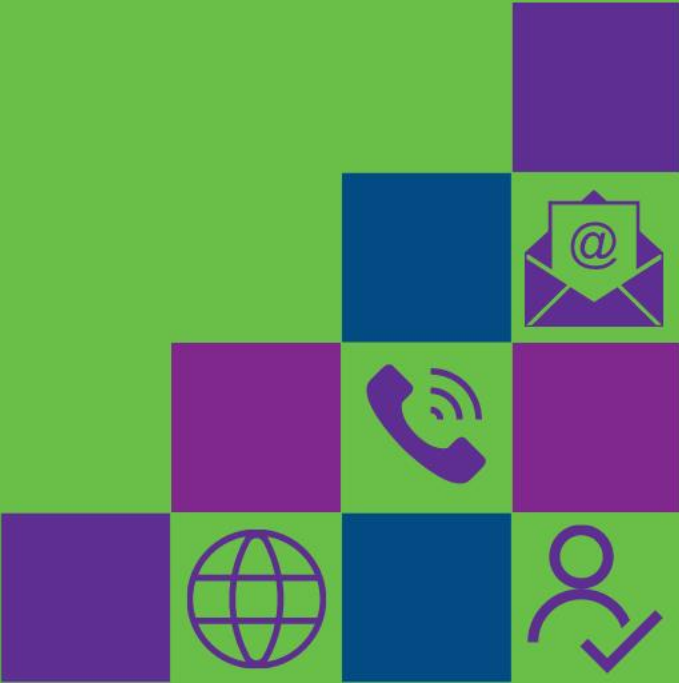
[www.belfastcentralmission.org/housing-support-referral-form](http://www.belfastcentralmission.org/housing-support-referral-form)

SUBMISSION		GUIDELINES
<ul style="list-style-type: none"> <li>✓ Submit the information in the format you would like it to be included. We can't transform a word-heavy document into a flyer.</li> <li>✓ Less words, bigger pictures!</li> <li>✓ We do not advertise or endorse those events or programmes which are privately funded as a business.</li> <li>✓ Information will usually be included for x1 edition, unless otherwise requested.</li> </ul>	           	<ul style="list-style-type: none"> <li>✓ 'FYI' will usually be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.</li> <li>✓ We may have to decline to advertise information which is not applicable to better outcomes for children and young people.</li> <li>✓ Your feedback is welcome. (We are not perfect, but strive to be as good as we can.)</li> <li>✓ Please let us know if 'FYI' has helped your service, event or activity in any way.</li> </ul>



Click on the below issue nos.  
to view recent editions of 'FYI':

- [Issue 99](#)  
9<sup>th</sup> March 2023
- [Issue 98](#)  
23<sup>rd</sup> February 2023

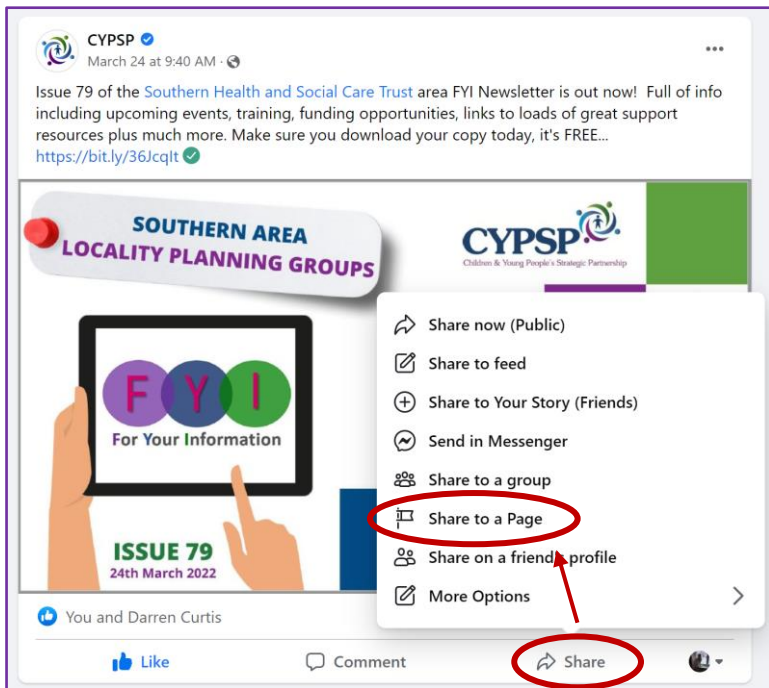






Please note, content will be displayed differently depending on the device being used

## SHARING 'FYI' – SOCIAL MEDIA "HOW TO"



If sharing to your organisation's page, use 'Share to a Page'

(You need to have Admin permissions to do this)  
Otherwise, you can share to your own personal page, as well as into Facebook Groups which you are a member of



Undo Retweet

Quote Tweet

If logged in on your organisation's Twitter account, you can retweet to their page

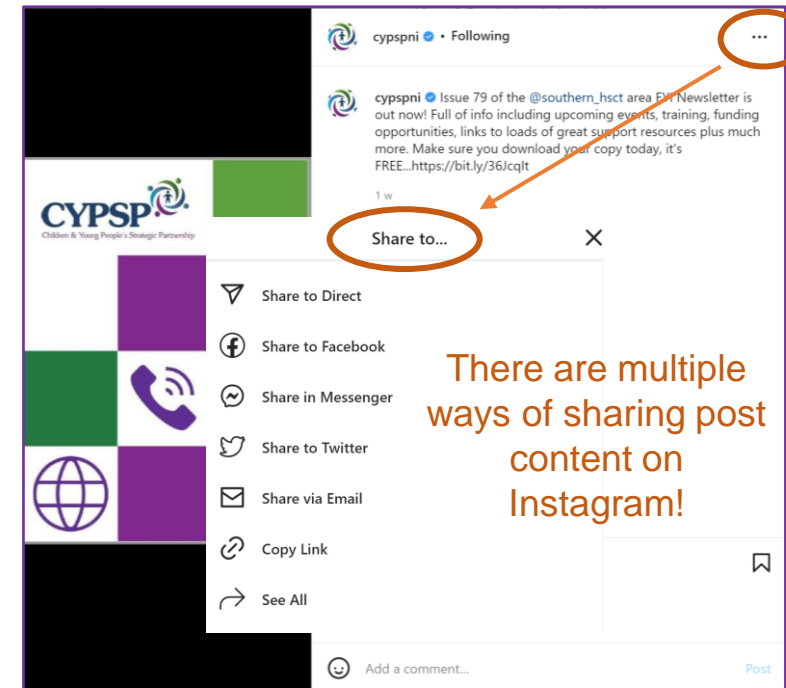
Send via Direct Message

Bookmark

Copy link to Tweet

Share Tweet via ...

Alternatively, you can copy the link to include in a new tweet and you can also send the Tweet link via Direct Message to chosen contacts



There are multiple ways of sharing post content on Instagram!

## UPCOMING 2023 LPG MEETINGS

South Armagh	Tues. 28 <sup>th</sup> Mar.
Dungannon	Tues. 4 <sup>th</sup> Apr.
Newry & Mourne	Wed. 19 <sup>th</sup> Apr.
Armagh	Thur. 11 <sup>th</sup> May
Craigavon	Tues. 16 <sup>th</sup> May
Banbridge	Wed. 24 <sup>th</sup> May

Meetings are usually scheduled to begin at 10am  
Formats will alternate between face-to-face & Zoom  
(Refer to the 2023 Meetings Calendar on our [Linktree](#))



SCAN QR CODE  
FOR INSTANT  
ACCESS TO OUR  
INFO. HUB



For further information on Locality Planning or 'FYI', contact:  
Joanne Patterson ([localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)) or Darren Curtis (07725232566)  
CYPSP, 2<sup>nd</sup> Floor, Health & Social Care Board, Tower Hill, Armagh. BT61 9DR





For Your Information

## NEXT ISSUE

**6th April  
2023**

**Submission  
Deadline:  
4th April  
2023**



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

