



For Your Information

March 2024 : Issue 4

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**Being trauma-informed is much more than just a "simple" word or term. It is multi-layered and a whole system approach. It should apply to every sphere of an organisation and be fully embedded into the different levels of a system. This includes integrating trauma-related aspects, knowledge, and concept into things such as training, recruitment, induction, policies, procedures, mission statements, language used, having experts of experience, the environment, team meetings, supervision, reflective practice, leadership style, and so much more!**

**Dr Karen Treisman (2017)**

Welcome to the 4<sup>th</sup> issue of FYI your monthly round up of all things family support and early intervention/ prevention.

If you would like to contribute upcoming consultations, training, articles, or events that practitioners from the community, voluntary or statutory sectors within the Western Trust will find useful please contact:

Dr Priscilla Magee – Mobile 07880723076  
[priscilla.magee@westerntrust.hscni.net](mailto:priscilla.magee@westerntrust.hscni.net)

Paul Sweeney – Mobile 07387259117  
[paul.sweeney@westerntrust.hscni.net](mailto:paul.sweeney@westerntrust.hscni.net)

## What is Locality Planning?

The 25 Locality Planning Groups (LPG) at a geography that works best for planning of local services is an integral part of the Children and Young People's Strategic Partnership (CYPSP) infrastructure. Across Northern Ireland, there are approximately 1,532 members of LPG representing 600 different organisations. The strategic expectation is that these multi-agency groups of frontline leaders contribute to strategic planning through working closely with Outcomes Groups and Family Support Hubs.

If you wish to become a member of one of the Western LPGs, please contact either:

Dr Priscilla Magee  
Southern Sector  
(Fermanagh and Omagh)

Paul Sweeney  
Northern Sector  
(Limavady, Derry/L'Derry & Strabane)



### Southern Sector LPG Meeting Schedule

[Fermanagh & Omagh LPG Meeting Schedule 2024.pdf](#)

### Northern Sector LPG Meeting Schedule

Strabane LPG: 06/03/2024 11:00am – 12:30pm on TEAMS

Waterside LPG: 16/04/24, 2.00pm, Venue - Waterside NP Building

## Section 1: Family Support

### [FamilySupportNI - Family support and childcare services across Northern Ireland](#)

**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



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

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

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



## Section 1: Family Support

### Cancer Support Available on FSNI

[FamilySupportNI - Family support and childcare services across Northern Ireland](#)

## Cancer Support Available



Cancer Support

**Family Support NI is a platform to host information about services available for people with diagnosis of cancer, and their families or carers.**

Family Support NI are working with the Department of Health and Cancer Charities Coalition to use FSNI website as a platform to host information about services available for people with diagnosis of cancer, and their families or carers.

We recently added 'Cancer Support Services' as a category of service on the Family Support section.

If you provide a cancer support service to people in Northern Ireland - we would be very grateful if you would check whether details of your service are included / up-to-date ?

[Search Results in Cancer Support Services Category \(familysupportni.gov.uk\)](#)

These search results are for all of Northern Ireland - You can filter these search results by inputting your (full) postcode - indicate within 1/5/10 miles or you can use the Keyword Search to input name of service.

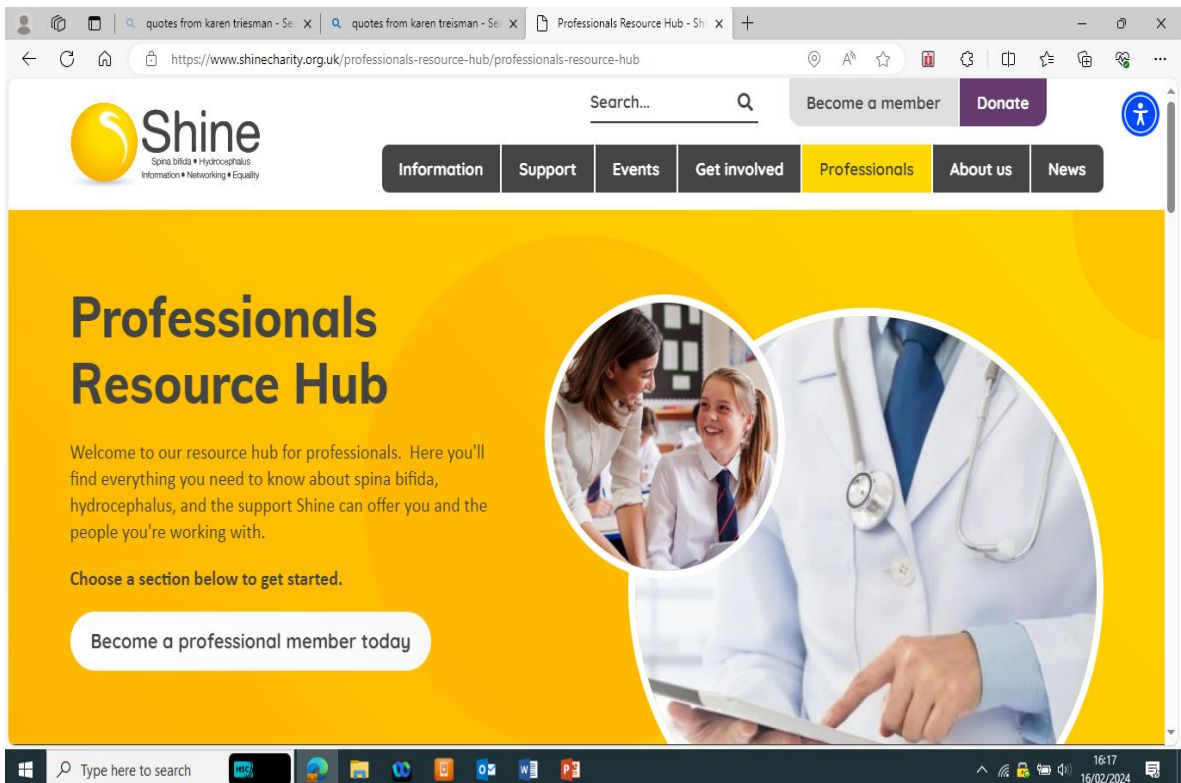
The website provides information on family support services in the statutory, voluntary and community sectors in Northern Ireland.

Contact details for services are geo-mapped which means postcode can be used to find services most local.

The information is updated on a regular basis. If details of your cancer support service are not on the website or if you would like to amend or update details of a service please contact [info@familysupportni.gov.uk](mailto:info@familysupportni.gov.uk)

## Section 1: Family Support

<https://www.shinecharity.org.uk/e-learning/e-learning-courses>



With newly developed free e-learning modules, Shine is aiming to reach and upskill more health, care, education, and other professionals to better understand conditions such as Spina Bifida and Hydrocephalus, and improve support for families. Professionals will be able to access free online learning modules that are accredited for continuous professional development (CPD).

Courses available include, Spina Bifida, Hydrocephalus, Neural Tube Defects – antenatal e-learning and Spinal Dysraphisms and Spina Bifida Occulta, with Normal Pressure Hydrocephalus coming soon.

<https://www.shinecharity.org.uk/support-for-professionals/specialist-support-for-professionals>

## Section 1: Family Support

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



# RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE

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

February 2024

## Section 1: Family Support



### Parent and Toddler Groups



### in Co Fermanagh

Day	Time	Venue
<b>Monday</b>		
	10.30am-11.30am	Courthouse, Kesh
<b>Tuesday</b>		
	11am-12pm	Duplo Play Sessions, Enniskillen Library
	10am-12pm	Archdale Hall, Ballinamallarrd
	10.30am-11.30am	Oak Healthy Living Centre, Lisnaskea
	10am-11.30am	Toddle Tots, Largeness Centre, Tullymill, Florencecourt
<i>(alternate tues)</i>	10am-11.30am	Tiny Tots - Brookeborough Elim
<i>(2nd Tues)</i>	10am-12pm	Amazing Multiples - Safe Haven, Cornagrade Rd (for twins/triplets)
<b>Wednesday</b>		
	10am	Little Acorns - Fermanagh Christian Fellowship (FCF)
<i>(alternate wed)</i>	10am-11.30am	Kings Kids - Independent Methodist Church
	11am-12.30pm	Sunbeams - Salvation Army, Enniskillen
	10am-12pm	Rossorry Parents & Tots, Rossorry Parish Church
	10am-12pm	Tempo Mother and Toddler Group -
<b>Thursday</b>		
	10am-12.30pm	Mummy Mixer - Bellanaleck
	10am-12pm	Jelly Tots, Jones Memorial PS
	9.30am-11.30am	Belcoo Parent & Toddler Group, Community Centre, Belcoo
	10am-11.30am	Gilaroo Hall, Garrison
	10am-11.30am	Tiny Tots, Derrylin
<i>(1st &amp; 3rd)</i>	10.30am-12.30pm	Little Lambs, Emmanuel Centre, Lisnaskea
	10.30am-12pm	Breastfeeding group – Safe Haven
	9.30am-11am	Bubbles – Brookeborough Methodist Church
<b>Friday</b>		
	11am-11.30am	Rhythm & Rhyme – Enniskillen Library
<i>(2nd Fri)</i>	10am-11.30am	Tea & Tots, Derrygonnelly
<i>(3rd Fri)</i>	9.30am-11am	Tempo Mother & Toddler - Tempo Primary School (£3)
<i>(alternate)</i>	10.15am	Independent Methodist Church, Irvinestown

The following businesses run groups for parents and children please contact them directly for more information:

Bridge Gymnastics – mobile 07701302851  
 Splitz Gymnastics – mobile 07941837144  
 Little Mess Fermanagh – mobile 07538651507

Toddler Sense – mobile 07851258033  
 Jo Jingles – mobile 07843241237  
 Rugby Tots – email [justin@rugbytots.co.uk](mailto:justin@rugbytots.co.uk)



## Section 1: Family Support



### PARENT/CARER AND TODDLER GROUP

Our parent/carer and toddler group is starting up again for children with special needs between the ages of three months and four years old



During the session the group will have the opportunity to take part in music and movement, play with toys, enjoy a healthy snack and explore the sensory rooms!



It is a great way to make connections and meet other parents and children with SEN.



If you would like to attend the group, to book a space, or for more information please contact the school office on 028 6632 9947 or email: [info@willowbridge.enniskillen.ni.sch](mailto:info@willowbridge.enniskillen.ni.sch)



**FREE 12 WEEK GROUP**

Starting Tuesday 20<sup>th</sup> February 2024 from 1.15pm - 2.45pm

## Section 1: Family Support

### [Translations – Children and Young People’s Strategic Partnership \(CYPSP\) \(hscni.net\)](#)

#### Welcome to the Translation Hub

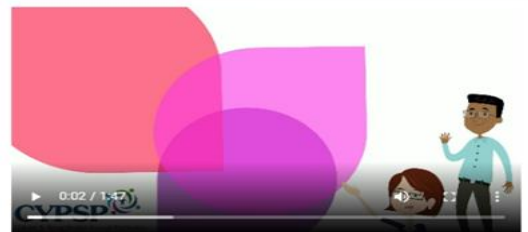
This page is best viewed with the ReachDeck (Browsealoud) application open, click on the  icon in the top right corner and select the language of your choice by clicking  on the toolbar above.

Welcome to the CYPSP Translation Hub providing you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.

To help promote this page [click Here](#) to download translated leaflets.

Please feel free to bring to our attention any amendments, comments or if you would like to suggest more content or include your contact details email [cypsp@hscni.net](mailto:cypsp@hscni.net)

How to use ReachDeck (Browsealoud) translation application



## Section 1: Family Support

[youngcarersposter.png \(845x592\) \(hscni.net\)](#)



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

Does someone rely on you for their care or to help at home?

You could be a young carer, too.

**That's a lot to carry.  
But you're not alone.**



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

Artwork created by a young carer



Action for Children, children's regional addresses | The Redwood, Arundel Road, Belfast BT2 8 8AP  
Action for Children is a registered charity limited by guarantee (England & Wales) (number 04744213). Registered charity in Ireland (number 10078447) (C004090) & Action for Children (2005) 1004

A young carer is someone 18 years old or under who helps look after a relative with a disability, illness, mental health condition, or drug or alcohol problem. Some children begin giving care from a very young age, and others become carers overnight. There are also many young adult carers that try to juggle a caring role with their own education and early employment journeys, that also often need some extra support.

There are currently over 17,500 unpaid carers aged under 25 in Northern Ireland that we know of, however there are likely to be more because they are often hard to identify. This figure makes up roughly 8% of Northern Ireland's carer population and includes more than 2,500 carers aged under 15, and 550 carers under the age of 10 years old<sup>1</sup>.

## Section 2: Youth Support

### [Youth Wellness Web – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](http://hscni.net)



Have a look through the Youth Wellness Web and then Help us keep it relevant - Click here to take our Survey and give us your feedback

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

There are many resources that you can access to get the help you need. There may also be services around you that can help.

A place where you can come to access help and resources if you need it anytime, anywhere!

No young person should feel alone and should feel they can get the support they need when they need it at any time or any place, no matter how big or small the situation.

When you are struggling it's okay to reach out, the Youth Wellness Web has been co-designed by young people for young people for easy access to different resources and services that can really help you.

All you have to do is click on your age group below where you will find information on Bereavement if you are struggling after a death, Bullying and how to find help, Your Wellbeing on how to stay well and be happy, Mental Health for lots of advice if you are worried or anxious, view some great videos and podcasts and finally support and advice about school.



Please select your age group

<b>AGE 8-10</b>	<b>AGE 11-15</b>	<b>AGE 16+</b>
<b>PARENT / TEACHER ZONE</b>		
<b>TRAINING ZONE</b>		

**Section 2: Youth Support**  
[youthoperations@eani.org.uk](mailto:youthoperations@eani.org.uk)



**FREE OF  
CHARGE!!**

*Motivated*  
**MINDS**  
BEGINS  
FRIDAY 1st  
MARCH  
Trillick Leisure  
Centre

**Socializing • FUN • Self Care**

**11-14  
years**

**6PM - 8.30PM**

Contact: [louise.mccullagh@eani.org.uk](mailto:louise.mccullagh@eani.org.uk) or

**07775625014**

## Section 2: Youth Support

[youthoperations@eani.org.uk](mailto:youthoperations@eani.org.uk)

**JUNIOR** Education Authority

# YOUTH CLUB

**FOR P6/P7 ONLY**  
**@ IRVINESTOWN YC**

EVERY TUESDAY 6.30-8.45pm

PLAY SPORTS, ARTS & CRAFTS, TEAM BUILDING ACTIVITIES  
PLAYSTATION + NINTENDO SWITCH, COOKERY CLUB & MUCH MORE

CONTACT RORY FOR MORE INFO  
[rory.cassidy@eani.org.uk](mailto:rory.cassidy@eani.org.uk)

**Lakeland Youth Centre**  
Proudly Presents

**"THRIVE & STRIVE"**  
Life Skills Programme

Problem Solving. Critical Thinking. Decision Making.  
Coping Skills. Communication Skills & So Much More!!

Eligibility 14 Years +

TUESDAYS 6.30pm-9.00pm  
Contact Aine:  
02866 326 932  
[aine.mcgahey@eani.org.uk](mailto:aine.mcgahey@eani.org.uk)

Skills listed in speech bubbles: Learn How To Cook, Make Informed Choices, Budgeting, Self Care, Goal Setting, Improve Resilience, First Aid, Employability Skills, Learn New Things, Social & Domestic Skills.

**NO CHARGE**

Education Authority

# Pathways to Horizons

Are YOU aged 13-14

**FREE TO SIGN UP**  
**LIMITED SPACES AVAILABLE**

**LISNASKEA YOUTH CENTRE**

Contact Sean on: [sean.mccusker@eani.org.uk](mailto:sean.mccusker@eani.org.uk) or mobile 07734978382

**Opportunities**

- Meet New People
- Trips away
- Qualifications (i.e sports coaching)
- Team Activities
- Social Action
- Making a difference

Education Authority

Free Sign Up!

# Young Women's Group

**The F.I.R.S.T Programme**  
(Finding Inspiration, Resilience & Self-Esteem Together)

Support Network For Young Women:  
Self-Care. Personal Hygiene. Health & Wellbeing. Friendships & Empowerment.

*Lakeland Youth Centre*  
*Wednesdays 6.30pm-9.00pm*  
*Age Group: 13+ Years*

Contact Aine To Sign Up: 02866 326 932/  
[aine.mcgahey@eani.org.uk](mailto:aine.mcgahey@eani.org.uk)

Lakeland Youth Centre

**Section 2: Youth Support**  
[youthoperations@eani.org.uk](mailto:youthoperations@eani.org.uk)

**LAKELAND YOUTH CENTRE**

**JUNIOR YOUTH CLUB**

**THURSDAYS | 6.30PM-9.00PM**

Team Games. Music. Sports.  
Arts & Crafts. Meet New  
Friends.....And So Much More!!

Eligibility: Primary 6 & 7

Contact Aine For Further Info & To Register:  
T: 02866 326 932  
E: aine.mcgahey@eani.org.uk

**LAKELAND YOUTH CENTRE**

**INTERMEDIATE YOUTH CLUB**

**FRIDAYS**

**TIME: 6:30PM-9:00PM**  
**ELIGIBILITY: YEAR 8-10**

**GAMES | ARTS & CRAFTS | SPORTS |  
MUSIC | MEET NEW FRIENDS | ... and so  
much more**

Contact Aine For Further  
Info & To Register:  
T: 02866 326 932  
E: aine.mcgahey@eani.org.uk

**Newtownbutler Young Women's Group**

*Come along and join  
in the fun!*

Arts & Crafts  
Team Challenges  
Beauty Nights

Primary 7 -Year 10  
Wednesday Nights  
6:30pm-9pm  
Newtownbutler  
Community Centre

For more information  
contact Meadhbh in  
Lisnaskea Youth Centre on  
Tel: 028 6772 3509  
or email:  
meadhbh.o'goan@eani.org.uk

Limited spaces available

**Section 2: Youth Support**  
[youthoperations@eani.org.uk](mailto:youthoperations@eani.org.uk)

**LIMITED SPACES!!**  
**STARTS MONDAY 22nd JAN**

Contact Rory to book your place -  
[rory.cassidy@eani.org.uk](mailto:rory.cassidy@eani.org.uk)

**IYC WALL WIZARDS ART CLUB**

**MONDAYS - P6/P7 @ 6.30PM**  
**THURSDAYS - YR 8-10 @ 6.30PM**

GRAFITTI STYLE ART MURAL DESIGN

GET CREATIVE  
EXPRESS YOURSELF

**OMAGH YOUTH CENTRE PROGRAMME PLAN**

**MONDAY** Intermediates Club-  
6.30-8.30pm Ages 12-14  
15+ Learning Disabled  
Programme 8-9.30pm

**TUESDAY** Senior Club  
6.30-9pm Ages 15-17  
Fearless and Flawless  
6.30-9pm Ages 12-15  
Youth Voice  
7.30-9pm Ages 16+

**WEDNESDAY** Buddy Programme  
ASD Young People  
7-9pm Year8+

**FRIDAY** Junior Club  
6.30-9pm Aged 9-11

For more Information please contact  
Bronagh on [bronagh.mcelroy@eani.org.uk](mailto:bronagh.mcelroy@eani.org.uk)  
or ring 02882249349

**Good Vibes ONLY!!**

- AGED 12+?
- WOULD YOU LIKE TO?
- BUILD ON YOUR CONFIDENCE
- MEET NEW PEOPLE
- PARTICIPATE IN ACTIVITIES
- HAVE FUN!!

**ECCLESVILLE CENTRE, FINTONA**  
**BEGINS MONDAY**  
**22nd JANUARY 2024**  
**6.30 p.m. - 9 p.m.**

**FREE OF CHARGE!!**

Contact: [louise.mccullagh@eani.org.uk](mailto:louise.mccullagh@eani.org.uk)  
or 07775625014



## Section 3: Cost of Living



**One in eight people across Northern Ireland need debt advice and another quarter live on the edge** new research from the Money and Pensions Service (MaPS) reveals.

Using its survey of 925 adults, conducted in July-September 2023, MaPS conclude that people in this situation have debts that could seriously affect their lives, such as mortgage, rent, rates and utility arrears. Many will have seen creditors start enforcement proceedings against them, such as contact from Enforcement of Judgement Officers, legal action or pre-payment tariffs for electricity and gas.

The research also shows that another 382,000 people (one in four adults, or 26%) are now at risk financially, meaning they're struggling to keep up with bills and borrowing commitments, using high-cost credit, or can't afford food or essentials. Combined, this means over a third of Northern Ireland's population (38%) either need debt advice or are at risk of needing it soon.

Among those 182,000 who already need it, people are more likely to be young and lower earners. More than half (55%) are 18-34 years old, despite that age group only making up 24% of the population, while three quarters (73%) earn less than £30,000 a year (vs. 50% of the population).

## Section 3: Cost of Living



MaPS says that debt advice can be “truly life-changing”, but being overwhelmed, embarrassed or unsure where or how to access it are all barriers to people getting the help they need. In reality however, someone will remain in charge of their own decisions if they get advice. They won’t be judged and contacting a debt advice organisation to find out about their options won’t affect their credit rating.

As a result, MaPS is urging them to follow the path that thousands have already taken and go online to find free debt advice.

To enable this, the organisation offers a free online [debt advice locator tool](#) on MoneyHelper, which enables people to find the help they need either from national or local organisations. Debt advice services are available online, by phone or face-to-face.

If your Organisation would value some support materials and more information, please make contact with Margaret McCloskey, Country Partnership Manager, MaPS - [Margaret.McCloskey@maps.org.uk](mailto:Margaret.McCloskey@maps.org.uk)

## Section 3: Cost of Living

<https://cypsp.hscni.net/download/390/lpg/39049/cost-of-living-crisis-resource.pdf>



## Cost of Living Crisis Resource

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

This is a live document and will be updated on a regular basis  
Updated February 2024

The information in this guide has been provided by services.  
If you would like to include information about your service please  
email: [louise.dickson@hscni.net](mailto:louise.dickson@hscni.net)

# Section 3: Cost of Living

**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

Select Service Type >> All Categories Keyword  Search

**More News**



MMR vaccine catch up clinics to run until end of March 2024



Working Parents - Financial Assistance with Childcare Costs



Childcare Providers - Have you activated your Tax-Free Childcare account?



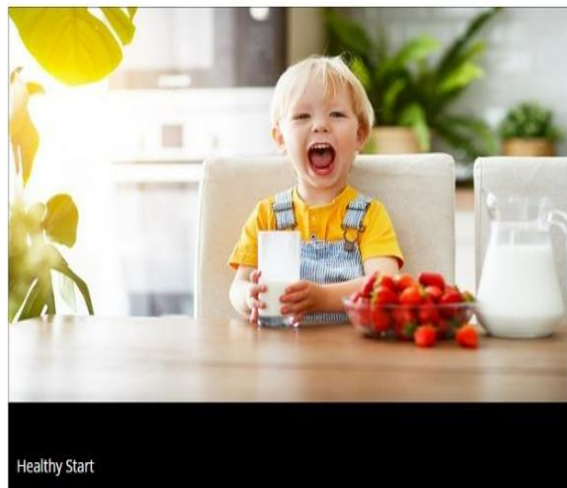
Audit of Family Support NI



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



## Healthy Start Scheme



Healthy Start

Many families in Northern Ireland who are eligible for the Healthy Start Scheme, which provides vouchers to help buy food and milk, are not availing of it.

You can access up to £442.00 per year and can get it from the point of pregnancy to when your child is four years old.

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins - these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children - these are suitable from birth to 4 years old

The details on applying are here: [Healthy Start Website](#)

## Section 4: Neurodiversity

<https://cypsp.hscni.net/download/428/your-journey-guide/40669/your-journey-disability-guide.pdf>



# A GUIDE TO HELP **YOU** ON YOUR JOURNEY THROUGH DISABILITY/ADDITIONAL NEEDS For Parents by Parents



Nov 2023



SCAN ME

## Section 4: Neurodiversity

### Outcome

Following assessment one of the following decisions will be agreed with you.

- If diagnostic criteria is not met, your child will be discharged from the Children & Young People's Autism Service. Onward referral to other agencies/services may be made as appropriate with consent.
- A period of time for a watchful wait is agreed to allow further time for a child to access intervention or further developmental maturation.
- A diagnosis is confirmed and you will be offered post diagnostic support.

### Follow up supports may include:

- Information/Advice/Support
- Signposting
- Intervention Programmes
- Individual or Group intervention
- Social work assessment & Intervention



We all think differently

### Contacts Details:

**Rivendell**  
Tyrone and Fermanagh Hospital  
1 Donaghlan Road, Omagh, BT75 0NS  
Tel: 028 8283 5983



**Lilac Villa**  
Gransha Park  
Londonderry, BT74 6TG  
Tel: 028 7130 8313



**Children's Centre**  
South West Acute Hospital  
Enniskillen, BT74 6DN  
028 66382103



For further information go to:  
<https://westerntrust.hscni.net/service/autism-spectrum-disorder-asd-childrens-service/>

HSC Western Health  
and Social Care Trust

Welcome to the  
Children & Young People's  
Autism Service



Your Journey Starts here ...

This leaflet was co-produced by  
Parent/Carers and  
Autism Service staff

### Who We Are

Your child was referred to this service as they were presenting with characteristics that may be associated with Autism. The Autism Service is made up of a range of professionals who are here to help and support you and your family through this journey. The service has been developed to offer early intervention as a first step in the process.

### Who you might meet in the service:

The multi-disciplinary team consists of a range of professionals including: Community Paediatricians, Speech & Language Therapists, Psychologists, Occupational Therapists, Autism Practitioners, Social workers and Family Support workers.

### Support networks you can access now:

- Education Authority Autism Advisory & Intervention Service (AAIS)
- RISE NI
- Family Support Hubs
- Middletown Centre of Autism
- National Autistic Society (NAS)
- Autism NI
- Autism Initiatives

See enclosed directory for additional support

### Early Intervention

The Early Intervention Service is the crucial first step in your journey within our team. We aim to provide support, advice and intervention to you and your family in a timely fashion while recognising your child's individual strengths.

### What Now

You are required to book onto the first information session at your earliest opportunity. This session will last approximately 1 hour and will focus on: what your journey through this service may look like, information on what is available to you now, how we can help you support your child and links to external supports and agencies.

### Please contact your local office to book your place (see overleaf).

Following this session you will have the opportunity to avail of a wide range of other specialist supports.

### What we can offer:

- Group intervention
- Family intervention
- Training
- Advice, support and signposting
- Useful resources

### Assessment

This is the next step in your child's journey. This process is tailored to the individual needs of each child and their family and involves multi-professional specialist assessment.

### This process may occur over a period of time and typically includes:-

- Completion of a neuro-developmental history if this has not been provided by the referrer or by another service which your child is known to.
- Assessments with your child to observe their social interaction, communication and behaviour.
- Liaison with or referral to other professionals or agencies involved with your child.
- School and/or Home observations.
- In some cases a meeting will be arranged for all professionals who are involved in your child's care to share information as part of the assessment process.



We all think differently

## Section 4: Neurodiversity

The Western Trust in partnership with local Councils are inviting families to a number of Autism Support Cafés where they can access local support and advice. The support cafes are aimed at families with children and young people who have received an Autism diagnosis, are awaiting an assessment or are displaying early indicators of being neurodiverse. Everyone Welcome!

# Autism Support Café

### DATES:



**FERMANAGH**  
FRIDAY 17TH NOV 2023  
LAKELAND FORUM

**DERRY/  
LONDONDERRY**  
THURSDAY 25TH JAN  
2024  
TEMPLEMORE SPORTS  
COMPLEX

**LIMAVADY**  
FRIDAY 23RD FEB 2024  
ROE VALLEY LEISURE  
CENTRE

**STRABANE**  
FRIDAY 22ND MARCH  
2024  
MELVIN SPORTS  
CENTRE

**Times: 11am-1pm**

Information Stalls.  
Optional workshops on the day.

## Section 5: Trauma Informed Practice

### [SBNI Trauma Informed Practice Online Training Brochure – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](#)

#### SBNI Trauma Informed Practice Online Training Brochure



This brochure outlines training modules on understanding the impact of adversity and trauma informed practice currently available to support practitioners across Northern Ireland. All courses contained in this brochure are free for practitioners, funded by the Safeguarding Board for Northern Ireland.

The SBNI is committed to providing support to enable member agencies & partners to develop trauma informed practice to improve the health, wellbeing and safety of the children in Northern Ireland and the adults they become.



**Section 6: Training, Conferences and Consultations**  
**HEALTH IMPROVEMENT | TRAINING BROCHURE | DEC**  
**2023 to MARCH 2024**



**Contents**

- ASIST
- Autism Social Cafés
- Bend Don't Break Workshop - Building our Resilience
- Building our Children's Developing Brain
- Cook it! Tutor Training
- Cultural Competency and Sensitivity for Mental Health Practitioners
- Food and Health Essentials
- Food Values Tutor Training
- Making the Most of Your Slow Cooker Tutor Training
- Nutrition Awareness Training (Cue Cards)
- Nutrition Matters for the Early Years
- Pornography and its Impact on Young People
- Self-Compassion: Why the Way We Talk to Ourselves Matters
- Sexual Health Services Session
- Sexual Orientation and Gender Awareness Training
- Sleep Awareness
- Solid Start Tutor Training
- Strength and Balance
- Talking to Young People about Sensitive Topics
- Very Brief Advice for Smoking Cessation Support
- Walk Leader

**SafeTALK Training**

**Monday 15<sup>th</sup> January 2024** – Campsie Resident's Association, Omagh

[Register HERE](#)

**Tuesday 16<sup>th</sup> January 2024** – MDEC Building, Altnagelvin Hospital, L'Derry

[Register HERE](#)

**Wednesday 21<sup>st</sup> February 2024** – Location TBC, Fermanagh [Register HERE](#)

## Section 6: Training, Conferences and Consultations

Please Click “Here” To Register On Mental Health First Aid Training  
[HERE](#)



**Day 1:** Monday 11<sup>th</sup> March 2024 9:30am to 1:30pm

**Day 2:** Tuesday 12<sup>th</sup> March 2024 9:30am to 1:30pm

**Day 3:** Wednesday 13<sup>th</sup> March 2024 9:30am to 1:30pm

**Target audience:** Anyone over 18 who wants to increase their knowledge and skills in providing initial support for someone with a mental health issue.

### **Aim of Course:**

To increase knowledge and skills in providing initial support for someone with a mental health issue.

### **Learning Objectives:**

- Increase participants knowledge and skills in providing initial support for someone with a mental health issue
- Increase knowledge and skills to recognize the symptoms of mental health issues
- Develop skills to provide initial help
- Increase awareness of services to guide a person towards appropriate professional help.
- Mental Health First Aid is the help provided to a person in a mental health crisis. First Aid is given until appropriate professional treatment is received or until the crisis resolves. Mental Health First Aid does NOT teach people to be therapists.

**Not suitable for anyone recently bereaved.**

## Section 7: Digital Safeguarding

[snapchat-2023-safetycard-web.pdf \(ineqe.com\)](https://ineqe.com/snapchat-2023-safetycard-web.pdf)



# Snapchat



Snapchat is a social media platform used to share photos, messages and short videos. Users can configure how long their friends can see the images and videos they share. Content can be customised with filters, text and stickers. If the content is sent directly to another user, it will disappear after it is viewed. Alternatively, if a user uploads content to their Story it will remain visible for 24 hours.

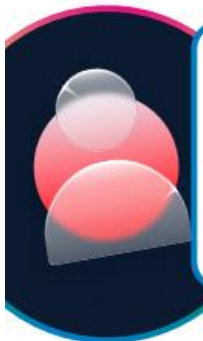
Stay safe on Snapchat by following the instructions below:



### Privacy

Activate Ghost Mode on your Snapchat account:

- Open the app and tap on the **location pin** in the bottom navigation bar.
- Tap the **settings cog** in the top right corner.
- Swipe right on **Ghost Mode**. This is **Ghost Mode** now activated.



### Block

Block a user using these simple instructions:

- Swipe left once you open the app.
- Select the contact you want to block and then **tap three dots (...)**.
- Tap **Manage Friendship** and then **Block**.



### Report

Report a user using these simple instructions:

- Swipe left once you open the app.
- Select the contact you want to report and then tap the **three dots (...)**
- Tap **Manage Friendship** and then **Report**.



## **Section 7: Digital Safeguarding**

### [Safer Internet Day 2024 – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](#)

## **Masterclasses still taking place across March. Book Now!**

The online world is a fast moving space with a host of new and emerging trends. For practitioners, parents and carers who have responsibility for children and young people, it is often hard to keep up as well as understand the impact of technology and where the risks might be.

The Western and Northern Trust Digital Safeguarding Steering Groups have partnered up to host a range of masterclasses which finishes in March focusing on these online issues and concerns so that we help practitioners promote safe, responsible and positive use of digital technology for children, young people and their families.

Key messages for practitioners so they can support and advise young people and their families online:

Lecture Theatre, SWAH, Enniskillen, 10.30am-12.30pm, 15<sup>th</sup> March

Everyone Welcome

Full details including Eventbrite booking information are in the brochure  
above.

## Section 8: UNICEF



# CHILD FRIENDLY COMMUNITY

As Derry / L'Derry and Strabane District continue with the journey towards a [Child Friendly Community](#) we have made a commitment to train 'key audiences' in Council, WHSCT, EA Youth Service and other statutory, private, community, voluntary and arts and culture sectors to increase knowledge of the [United Nations Convention on the Rights of the Child](#) (UNCRC) and a [Child Rights based approach](#) to improve services.

*Some of the sessions are targeted and some are open/ multi-agency. The content of the session will be the same,* it will be the conversation in the group work that maybe targeted and the benefit of shared learning with a group of professionals in a similar field . If you are not available for your targeted session, please book onto any other session. For administrative purposes, bookings are being made on Eventbrite.

Introduction to Child Rights in Practice (ICRIP)

Introduces participants to human rights and the UNCRC

Targeted: Governance Groups, Western Area Outcomes Group, Local Growth Partnerships, Youth Participation Board, Cross Departmental Working Groups etc.

Part A: 7th March 2024, 2 – 4pm

Part B: 14th March 2024, 2 – 4pm

<https://www.eventbrite.co.uk/e/introduction-to-child-rights-in-practice-tickets-780218312977?aff=oddtcreator>

## Section 8: UNICEF

<https://resourcecentre.savethechildren.net/pdf/How-to-write-a-child-friendly-document.pdf/>



### HOW TO WRITE A CHILD-FRIENDLY DOCUMENT

#### Summary

Children have a right to seek and receive information, including about their human rights. If this right is to be implemented in practice, the information that they receive needs to be available in ways that they can understand. One approach is to produce what are sometimes referred to as 'child-friendly' versions of documents. In this guidance, we are focusing on written child-friendly versions of documents. These are usually short, visually appealing to children, summaries of another document, written in simple language that children understand. This guide describes a process for producing these documents with children acting as advisors.

This guidance is developed primarily for civil society practitioners wishing to advance children's rights, to help them develop or guide the development of child friendly information. It aims to show how child participation and civil and political rights can be applied in practice.



### Derry & Strabane District Council Area

If you are interested in finding out more about the UNICEF UK Child Friendly Communities in Derry and Strabane, please contact [youth@derrystrabane.com](mailto:youth@derrystrabane.com)

## Child Friendly Communities



HOME > COMMUNITY > CHILDREN AND YOUNG PEOPLE > CHILD FRIENDLY COMMUNITIES

Child Friendly Communities

Unicef Child Friendly Communities

## Where can a child or young person get support if they believe their rights are not being respected?

**ASK REE** is a chatbot designed to answer children and young people's questions about their rights. Giving them confidential advice and putting them in contact with someone to talk to if they feel that would help.

[REE Rights Responder](#)



**The Northern Ireland Commissioner for Children and Young People (NICCY)** promotes the rights of children and young people. You can seek advice and make a complaint if you feel your rights have not been respected.

[Complaints Referral Form – Niccy](#)



## Section 9: Emotional Wellbeing and Mental Health Support

[info@aware-ni.org](mailto:info@aware-ni.org)

Support groups for people aged 18+ experiencing low mood, depression, anxiety or bipolar with relatives and carers also welcome. Groups are informal and led by facilitators that usually have personal experience of depression / caring for someone with depression. Meetings last around an 1 hour. Also, two online support groups for those that cannot get out on a Tuesday at 2.30pm and Wednesday at 11am. You can email [info@aware-ni.org](mailto:info@aware-ni.org) for a link.

### **Derry (Evening)**

AWARE NI Derry Office  
2 Crawford Square  
Derry /Londonderry  
BT48 7HR  
Weekly: Tuesdays at  
7:30pm

### **Derry (Morning)**

AWARE NI Derry Office  
2 Crawford Square  
Derry /Londonderry  
BT48 7HR  
Weekly: Thursdays at  
11am

### **Limavady**

Roe Valley Therapy  
Centre  
101a Irish Green Street  
Limavady  
BT49 9AA  
Fortnightly: Thursdays at  
7pm

### **Enniskillen**

The Aisling Centre  
Darling Street  
Enniskillen  
BT74 7DP  
Fortnightly: Tuesdays  
at 7pm

### **Strabane**

Melvin Sports Complex  
Melvin Road  
Strabane  
BT82 9PP  
Co Tyrone  
Fortnightly: Wednesdays  
at 6:30pm

### **Omagh**

*The Hub*  
67D Market Street  
Omagh  
BT79 0AA  
Tyrone  
Fortnightly: Tuesdays  
at 7pm



## Section 9: Emotional Wellbeing and Mental Health Support

### FREE ONLINE STRESS CONTROL COURSE

#### Course covers:

- What is stress

#### Controlling :

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



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

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



Public Health  
Agency

## Section 9: Emotional Wellbeing and Mental Health Support

<https://westerntrust.hscni.net/download/441/recovery-college/17621/recovery-college-prospectus2024-spring-summer-02-002.pdf>



The Western Trust Recovery College offers free courses and workshops that support people to better understand and manage their mental health and emotional wellbeing.

All courses are written and delivered by people with lived experience of mental health issues in partnership with those who have professional experience and knowledge. The College strives to promote hope and self-awareness; increase understanding of particular conditions and treatments; and encourages self-management with an emphasis on taking back control.

Free courses are open to all – those who use services, people with mental health issues whether diagnosed or otherwise, carers and supporters, students, health professionals – in fact anyone who is interested in good mental health.

Operating in 5 locations within the Trust area: Derry/Londonderry, Enniskillen, Limavady, Omagh and Strabane, the College is friendly and informal, and a place where we support and learn from each other.

## Section 9: Emotional Wellbeing and Mental Health Support

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



Every year in Northern Ireland over 1900 babies are born too soon, too sick, or too small and may have to spend time in one of our seven neonatal units. TinyLife offers free support and services in hospital, at home or in local communities.

[TinyLife's Breast Pump Loan Service](#) helps parents provide essential breast milk for their premature or sick baby, crucial for growth and development. Hospital grade pumps can be obtained directly from the Neonatal Unit or TinyLife offices.

[Family Support Services](#) offer one to one emotional and practical support to families whose premature baby starts life in a neonatal unit. They also deliver the Growing Child programme, from birth to preschool, monthly in families' own homes, giving parents information and practical activities to help baby reach developmental milestones in a fun enjoyable way.

Family support facilitate monthly peer support groups for parent and baby based in local communities. Groups offer learning and support on premature baby development through the fun '*Five to Thrive*' Programme. A closed Facebook page [TinyLife Online Community](#) also brings opportunity for peer support.

The specialist [International Baby Massage Programme for Neonatal Babies](#) consists of five-weekly sessions delivered in each Trust area, focusing on attachment, wellbeing, and child development. Meanwhile, in partnership with NHSCT, a unique, specialised physiotherapy-based service teaches simple exercises to parents to aid the physical and cognitive development of their baby.

## Section 9: Emotional Wellbeing and Mental Health Support



Free training and support is available for parents and teaching professionals, increasing knowledge of the impact of prematurity on childhood learning and development. Schools can show their commitment to supporting children born prematurely throughout their learning by achieving [‘TinyLearners Award.’](#)

TinyLife knows that parents and family's emotional wellbeing and mental health can be impacted if they have a premature baby. The [Positive Minds for Premature Parents](#) project, delivered in partnership with Aware NI and Parenting NI, focuses on emotional wellbeing outcomes and providing information on parenting across the whole family.

**How to refer:** Family supports services **are free of charge** and are a relaxing experience for babies and parents. A small charge applies for the Breast Pump Loan Service. You can access services through [www.tinylife.org.uk](http://www.tinylife.org.uk).

### **Some recent parents said:**

*“Thank you for making the hardest journey of our lives a little easier, we felt loved and supported”.*

*“What you guys do is honestly amazing, TinyLife became my family during the most difficult and scary time of my life. You don’t know how much people need this support until you are in it yourself, keep up the great work!”*

## Section 9: Emotional Wellbeing and Mental Health Support

<https://solihullapproachparenting.com/news/baby-sleep-challenges-for-21st-century-parents/>



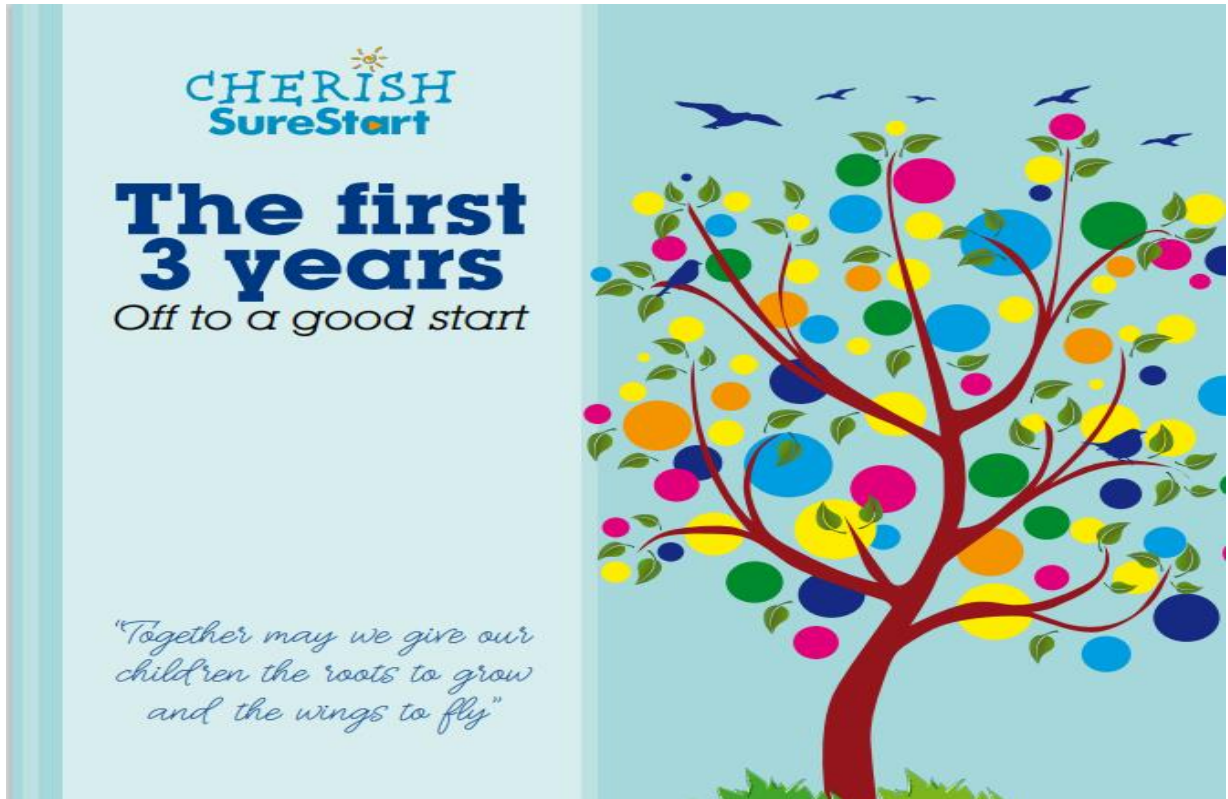
### Solihull Approach in Northern Ireland

#### **Sleepfullness: How to nurture positive sleep habits for infant and child mental wellbeing**

New Sleep resources to nurture positive sleep for under-fives have been released. A dedicated 'sleep hub' on [www.inourplace.co.uk](http://www.inourplace.co.uk) has been launched in February and will bring together helpful practical advice with professional insights around emotional development and separation anxiety and focussed on five common sleep issues.

Please see link above to article on ***Baby Sleep Challenges for 21<sup>st</sup> Century Parents*** from The Solihull Approach.

## Section 10: Western Area Sure Start Projects



[SureStart Shantallow – Home](#)

[Little Hands SureStart | Western Health & Social Care Trust \(hscni.net\)](#)

[Waterside SureStart | Action For Children](#)

<https://www.archlc.com/activity/cherish-sure-start/>

<https://www.facebook.com/people/LAST-Sure-Start/100068971487719/>

<https://www.facebook.com/people/LAST-Sure-Start/100068971487719/>

<https://www.dryarchcentre.org/work-and-impact/sure-start-planner/>

## Section 11: Western Area Family Support Hubs

### [Western Family Support Hubs – Children and Young People’s Strategic Partnership \(CYPSP\) \(hscni.net\)](#)



#### Early Intervention and Family Support Hubs



- [Family First Referral Form](#)
- [Dry Arch Referral Form](#)
- [Fermanagh Referral Form](#)
- [Omagh Referral Form](#)
- [Ethos Referral Form](#)
- [Outer West Dunluce Referral Form](#)
- [Strabane Referral Form](#)
- [Waterside Referral Form](#)

Contact Information	Telephone	Email
<b>Family First</b> – Sharon Doherty Family Support Hub Coordinator	(028) 7137 3870	<a href="#">Email here</a>
<b>Dry Arch</b> – Donna O’Kane Family Support Hub Coordinator	(028) 7774 2904	<a href="#">Email here</a>
<b>Fermanagh</b> – Séana Connor Family Support Hub Coordinator	(028) 6632 4181	<a href="#">Email here</a>
<b>Omagh</b> – Shauna McKenna Family Support Hub Coordinator	(028) 8225 9495	<a href="#">Email here</a>
<b>ETHOS</b> – Marty Daly Family Support Hub Coordinator	(028) 7135 8787	<a href="#">Email here</a>
<b>Outer West</b> – Frances Breslin Family Support Hub Coordinator	(028) 7126 9833	<a href="#">Email here</a>
<b>Strabane</b> – Shauna Devine Family Support Hub Coordinator	(028) 7138 2658	<a href="#">Email here</a>
<b>Waterside</b> – Meghan Leonard Family Support Hub Coordinator	(028) 7132 9444	<a href="#">Email here</a>

## Section 12: Useful links

### **Cost of Living Resources Including Contact Details for Local Food Banks**

Fermanagh and Omagh District Council

[Cost of living help – Fermanagh & Omagh District Council \(fermanaghomagham.com\)](https://fermanaghomagham.com)

Strabane and Derry/ Londonderry District Council

[Derry City & Strabane - Help with Cost of Living \(derrystrabane.com\)](https://derrystrabane.com)

Causeway Coast and Glens Council

[Advice and Support - Causeway Coast & Glens Borough Council \(causewaycoastandglens.gov.uk\)](https://causewaycoastandglens.gov.uk)



### **Family Support Hubs Newsletter:**

<https://cypsp.hscni.net/download/391/family-support-hubs/42690/fsh-newsletter-feb24.pdf>

### **CYPSP Ezine:**

[CYPSP Ezine 74 - October 2023 \(mailchi.mp\)](https://mailchi.mp)



## Section 12: CRIS: Crisis Resources Information & Support

**HSC** Western Health and Social Care Trust | **CRIS** Crisis Resources Information and Support

If you are worried about your mental health, this card provides details of supports you can call on in the Omagh and Fermanagh areas. The numbers below are available 24 hrs per day (except GP Out of Hours and Papyrus). The numbers on the opposite side can be accessed during the day Mon-Fri.

**999 or 112**

**GP Out of Hours 028 7186 5195**  
Monday to Friday from 6pm / 24hrs during Saturday, Sunday and public holidays

**Lifeline 0808 808 8000** 24 hour support if you are in distress or despair.

**SAMARITANS 116 123**  
For a listening ear 365 days a year.

**Childline: 08001111** for young people under 19

**24hr Domestic and Sexual Abuse Helpline** for men and women: 08088021414 / email help@dsahelpline.org

**PAPYRUS:** Dedicated to preventing young suicide (under 35yo) 9am-midnight every day  
Call free: 08000684141 / Free text 07860039967  
email pat@papyrus-uk.org / chat: http://www.papyrus-uk.org

These services can be contacted during the day Mon-Fri

**VOYPIC**  
Voice of Young People in Care  
028 7137 8980 • info@voypic.org • www.voypic.org  
Mon-Fri 9.30am-5.30pm

**Aisling Centre**  
Enniskillen, Counselling, Psychotherapy and Wellbeing Service  
028 6632 5811 • www.theaislingcentre.com • Mon-Fri 9am-5pm

**The Tara Centre**  
Omagh, Counselling and Therapeutic Services  
028 8225 0024 • www.taraomagh.com • Mon-Fri 9am-5pm

**Aware NI**  
Support for people with depression, bipolar disorder, and anxiety  
028 9035 7820 • www.aware-ni.org  
Mon-Thurs 9am-5pm, Fri 9am-2pm

**NEXUS NI**  
Support for people affected by sexual trauma  
028 9032 6803 • www.nexusni.org  
Monday-Wednesday 9am-9pm, Thurs 9am-5pm, Fri 9am-4pm

**ASCERT**  
Addressing alcohol and drug-related issues  
0800 254 5123 • www.ascert.biz • Mon-Thurs 9am-5pm, Fri 9am-4pm

For further information on drug and alcohol support services in your area, please go to <https://drugsandalcoholni.info/self-help-resources/> or scan this QR code and click on Western Area.



**HSC** Western Health and Social Care Trust | **CRIS** Crisis Resources Information and Support

If you are worried about your mental health, this card provides details of supports you can access in the L'Derry, Strabane and Umevally areas. The numbers below are available 24hrs per day (except GP Out of Hours, Papyrus, and CCIS). The numbers on the opposite side can be accessed during the day Mon-Fri.

**999 or 112**

**GP Out of Hours 028 7186 5195**  
Monday to Friday from 6pm / 24hrs during Saturday, Sunday and public holidays

**Lifeline 0808 808 8000** 24 hour support if you are in distress or despair.

**Community Crisis Intervention Service (CCIS):** If you feel in crisis and need support or if you have observed someone who is in distress and this comes to significant harm through self-harm and suicidal behaviour please call:

**028 7126 2300**

Thurs 8pm-Midnight • Fri 6pm-3am • Sat 6pm-3am • Sun 4pm-10pm

**SAMARITANS 116 123**  
For a listening ear 365 days a year.

**Childline: 08001111** for young people under 19

**24hr Domestic and Sexual Abuse Helpline** for men and women: 08088021414 / email help@dsahelpline.org

**PAPYRUS:** Dedicated to preventing young suicide (under 35yo) 9am-midnight every day  
Call free: 08000684141 / Free text 07860039967  
email pat@papyrus-uk.org / chat: http://www.papyrus-uk.org

These services can be contacted during the day Mon-Fri

**VOYPIC**  
Voice of Young People in Care  
028 7137 8980 • info@voypic.org • www.voypic.org  
Mon-Fri 9.30am-5.30pm

**Aware NI**  
Support for people with depression, bipolar disorder, and anxiety  
028 9035 7820 • www.aware-ni.org  
Mon-Thurs 9am-5pm, Fri 9am-2pm

**NEXUS NI**  
Support for people affected by sexual trauma  
028 9032 6803 • www.nexusni.org  
Monday-Wednesday 9am-9pm, Thurs 9am-5pm, Fri 9am-4pm

**ASCERT**  
Addressing alcohol and drug-related issues  
0800 254 5123 • www.ascert.biz • Mon-Thurs 9am-5pm, Fri 9am-4pm

**MAN Men's Action Network**  
For Male Victims of Domestic, Sexual and Coercive Behaviour  
028 7122 6530 • 028 7137 7777 • Mon-Thurs 9am-4pm & Fri 9am-1pm

**Koram Centre**  
Strabane, Counselling and Psychosocial Support  
028 7188 6181 • Mon, Tues, Fri 9am-5pm, Wed & Thurs 9am-9pm  
Phone lines closed for lunch 1pm-2pm every day.

**Derry Well Women**  
Health and Social Care Services to Women of All Ages  
028 7134 0777 • www.derrywellwoman.org  
Mon-Thurs 9am-9pm, Fri 9am-4pm. Drop-in daytime only.

For further information on drug and alcohol support services in your area, please go to <https://drugsandalcoholni.info/self-help-resources/> or scan this QR code and click on Western Area.

