



COVID-19: Fortnightly Family Support Hubs Newsletter

This edition includes:

- YOUTH SUPPORT including:
- Drug & Alcohol Intervention Service for Young People / Cannabis & Coronavirus / Nitrous Oxide Warning / Contact Numbers for Support Services for Young People
- Princes Trust – June Courses
- Domestic Violence Support
- Mindset Programme
- Mae Murray Virtual Sessions
- The Hideout – Domestic Abuse Resource
- CYPSP – Resource Pack
- AfC– Floating Support Service, Omagh & Fermanagh
- MACS NI – Floating Support
- Young Finance Centre
- Youth Engagement Service
- Cedar Foundation Youth Matters
- Autonomie
- Cara-Friend's Staying Connected Project
- Rainbow Project - Gender Identity Course
- AfC– Young Adults Carers
- VOYPIC – Advocacy Service
- Start 360 – SOE Newsletter
- Springvale Employment & Learning / Get Set - Youth Action NI / Springboard – JobWorks+ / Support into Education, Training & Employment
- Start 360 Youth Engagement Service
- Tips on How Students Can Support Each Other's Mental Health During Lockdown / A-Z of Being Kind to Yourself
- PHA – Child Safety Week
- AfC– Dealing with Guilt as a Parent

- NSPCC – Safeguarding Risk, Zoom
- CYPSP Daily Updates
- Barnardo's – Online Safety Tips
- Family Support NI
- EA – School Transport Helpdesk /Post Primary School Admissions /Educational Resources
- ParentLine NI
- One-on-One Parenting
- Family Mediation NI
- Family Rights Group
- PHA – Healthy Recipes
- Think Equal – Rainbow in Windows
- Signs of Type 1 Diabetes - Children
- PHA – Dangers on Mixing Drugs
- WHSCT – Psychological Support
- NHSCT Recovery College
- WHSCT Innovation Recovery
- SHSCT Bereavement Helpline
- La Dolce Vita Project
- SE Domestic & Sexual Violence
- Causeway Rural & Urban Network
- Digital Assist Text Help
- S.A.F.E Shankill / S.A.F.E Bangor
- PHA – COVID-19 Testing
- Community Family Support Programme – East Belfast
- Coronavirus Community Helpline
- Support for BME in South Belfast
- Northern Area Community Network
- Supporting Communities – Funding Bulletin
- EXTERN – Naloxone Training
- Atlas Centre & Creche
- Housing Executive Financial Advice & Support for Tenants
- Help Getting Food During COVID-19
- Outer South & East Belfast FSH
- Household Rate Relief Information
- MAN– Benefit & Welfare Advice
- Free Online Stress Control Classes
- Good News Stories – Dry Arch
- Children's Centres / East Belfast
- Alternative & Inner East Belfast FSH

This edition of the newsletter provides advice, resources and project updates as of 3rd June 2020.

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

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

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

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





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

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

0800 2545 123 daisy@ascert.biz



Cannabis and Coronavirus (COVID-19)

It's an extra risky time to use any drug, it's safer not to use

- **Travel restrictions and drug market changes** could impact on the content or price of drugs
- **Avoid running up debts.** This could lead to intimidation or violence for you and your family
- **Think of hand hygiene** if handling drugs
- **Don't share joints or paraphernalia**, this could spread COVID-19
- **Avoid using to cope during the outbreak.** This could lead to long-term problems
- **Think of your mental health.** You could react differently during times of crisis
- **Smoking affects the immune system in the airways, lung tissue and throughout the body.** This reduces your natural protection against infections, like COVID-19
- **Cannabis can cause significant mental health problems for some people.** Each person will react differently
- **Don't be afraid to get help** if you become unwell or feel suicidal after using cannabis

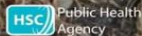


Nitrous Oxide (laughing gas) CAN KILL YOU

It can make you fall unconscious and suffocate through lack of oxygen

Mixing it with alcohol and other drugs is extremely dangerous

If you are using it - STOP immediately



START360

Putting YOU at the centre

Support services for young people....



Support around mental health exams, money, relationships,
Tel: 02890328474



A range of support services around Drugs/alcohol, Employability, Crisis mentoring
Tel: 07923129559



Support for mental health and depression
Tel: 08451202961



support & guidance on Home & Family, Bullying, School
www.chidline.org
1-1 counsellor chat



Crisis response line for people in distress or despair:
Tel: 0808 808 8000



Free, confidential sexual health advice for under 25's.
Belfast: 028 9032 8866
Coleraine: 028 7034 2178
hello@commonyouth.com



Confidential advice on drugs & alcohol
Tel: 03001236600
www.talktofrank.com



Advice for anyone affected by domestic or sexual violence



Support for those at risk of homelessness
Tel: 08001712222



June 2020

Free online courses for 16-30 year olds



START SOMETHING

Mon 1st

11am & 2pm Essential Skills
Numeracy

Tues 2nd

11am & 2pm Essential Skills
Literacy
2pm Employability Skills
2pm Money Management
2.30pm Wellbeing

Wed 3rd

11am & 2pm Essential Skills
ICT
1pm Guitar Tutorial
2pm Interview Skills Part 1

Thu 4th

11.30am & 1.30pm
Participating in Exercise
2pm Interview Skills Part 2

Fri 5th

1pm Enterprise Info Session
1pm Acting Info Session

Mon 8th

11am & 2pm Essential Skills
Numeracy
2pm Acting

Tues 9th

11am & 2pm Essential Skills
Literacy
1pm Enterprise
1.30pm CV Workshop
2pm Acting
2.30pm Wellbeing

Wed 10th

11am & 2pm Essential Skills ICT
1pm Enterprise
2pm Job Application Session
2pm Acting

Thu 11th

1pm Enterprise
2pm Mock Interview Session
2pm Acting

Fri 12th

1pm Enterprise
2pm Acting

Mon 15th

11am & 2pm Essential Skills
Numeracy

Tues 16th

11am & 2pm Essential Skills
Literacy
2pm Employability Skills
2.30pm Wellbeing

Wed 17th

11am & 2pm Essential Skills ICT
2pm Interview Skills Part 1

Thu 18th

2pm Interview Skills Part 2

Fri 19th

1pm Podcasting Info Session

Mon 22nd

11am & 2pm Essential Skills
Numeracy
1pm Podcasting

Tues 23rd

11am & 2pm Essential Skills
Literacy
1pm Podcasting
2pm CV Workshop
2.30pm Wellbeing

Wed 24th

11am & 2pm Essential Skills
ICT
1pm Podcasting
1pm Enterprise Info Session
2pm Job Application Session

Thu 25th

1.30pm Mock Interview Session

Fri 26th

1pm Make Up Info Session

Mon 29th

11am & 2pm Essential Skills
Numeracy
1pm Enterprise
1pm Make Up

Tues 30th

11am & 2pm Essential Skills
Literacy
1pm Enterprise
1pm Make Up
2pm Employability Skills
2.30pm Wellbeing



www.princes-trust.org.uk



Youth Online

Domestic Violence Awareness Week

Support Organisations

Common Youth
www.brook.org.uk

Men's Advisory Project
www.mapni.co.uk

Care Friend LGBTQ+ youth
<https://carefriend.org.uk/>

Nexus NI
<https://nexusni.org/>

PSNI
www.peni.police.uk/crime/domestic-abuse/

NSPCC
www.nspcc.org.uk

Women's Aid
www.womensaid.org.uk

Young Minds
www.youngminds.org.uk

Domestic Violence Help Line
www.nationaldahelpline.org.uk

Childline
www.childline.org.uk

Victim Support NI
www.victimsupportni.com/

The Domestic and Sexual Abuse Helpline
<https://dseahelpline.org/>
0800 800 1414

 youthonline.org.uk






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

For Adults and Young People aged 14-17yrs

Online Programme

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

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

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

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

Aims

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

For more information or to register your interest contact:
nimenssana@amh.org.uk
or tel: 07740403724




www.amh.org.uk
@amhNI

Project supported by the PHA



VIRTUAL SESSIONS

Mon 1 June	2pm	Bee Mee Kidz
	3pm	Teenage Chatty Sessions (R)*
	4.15pm	The Overs Chatty Sessions (R)*
Tues 2 June	11.30am	Movers and Motivators - live
	2pm	Drama & Dance Workshop -live with Yasmin from The Music Yard
	8pm	Mindfulness - live
Wed 3 June	2pm	Fun with Drums - live
	3pm	Teenage Chatty Sessions (R)*
	8pm	The Overs Chatty Sessions (R)*
Thurs 4 June	11.30am	All-ability Aerobics - live
	2pm	The Music Yard - live
	4pm	Benny and Bambi the miniature horses
Fri 5 June	2.30pm	The Gathering Drum - live
	3pm	Teenage Chatty Sessions (R)*
	4.15pm	The Overs Chatty Sessions (R)*
Sat 6 June	11.30am	Get Active Games - live
Sun 7 June	9pm	Music Night - live with Catherine Hamilton

During live sessions, join www.facebook.com/maemurrayfoundation to say hello! All other sessions are pre-recorded and will not have live interaction from facilitator.

* These sessions are private and pre-registration paperwork is essential. Subject to space, email info@maemurrayfoundation.org to find out more.

Most sessions can be re-watched on our Facebook page or our YouTube channel <https://www.youtube.com/channel/UCtdG7cy8GIE1xZeJlDKKp7A>

Registered charity No: NIC100842

Women's Aid have created 'The Hideout' space to help young people understand domestic abuse, and how to take positive action if it is happening to you.

<https://thehideout.org.uk/young-people/home/>



yo Youth Online

Women's Aid

Is this domestic abuse?

A space to help young people understand domestic abuse, and how to take positive action if it's happening to you.

youthonline.org.uk





RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE



Updated 29 May 2020

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



Floating Support
Service



Safe as houses



Supporting young people living in Omagh and Fermanagh aged 16 – 25 that are homeless, at risk of homelessness or leaving care.

We listen to you
Meet when and where it suits you
Make Plans with you
Work with people that are important to you

Floating Support Service
2A Holmview Terrace
Omagh
County Tyrone
BT79 0AH

Telephone: 028 8225 9495
Instagram: sperrinandlakelandfss
Twitter: @actnforchildren

Charity nos. 1007940/5C038092 Company nos. 4764232. © Action for Children 2020.



ARE YOU AT RISK OF BECOMING HOMELESS? FINDING IT HARD TO MANAGE YOUR TENANCY?

IF YOU ARE AGED 18-25 MACS FLOATING SUPPORT CAN HELP YOU WITH:

- FINDING ACCOMMODATION
- SETTING UP & MAINTAINING YOUR HOME
- BEING A GOOD NEIGHBOUR
- MANAGING YOUR MONEY (BENEFITS & WELFARE REFORM)
- TRAINING, EDUCATION & JOB SEEKING
- STAYING SAFE
- YOUR EMOTIONAL WELLBEING & PHYSICAL HEALTH

NEWRY FLOATING SUPPORT COVERS BANBRIDGE, KILKEEL, NEWRY, WARRENPOINT & SURROUNDING AREAS.

IF YOU WANT MORE INFORMATION
CALL NEWRY FLOATING SUPPORT
ON 028 30 828 312



MACS
SUPPORTING CHILDREN & YOUNG PEOPLE
www.macsni.org
facebook.com/macsni twitter.com/macsni

Are you aged 16-24 and need money advice?

**Young
Finance
Centre**

Young Finance Centre are a support service exclusively for young people in Northern Ireland, providing advice and information for getting your finances in order.

WebChat service is available weekdays 9am-4pm.

Find out more at: www.youngfinancecentre.co.uk



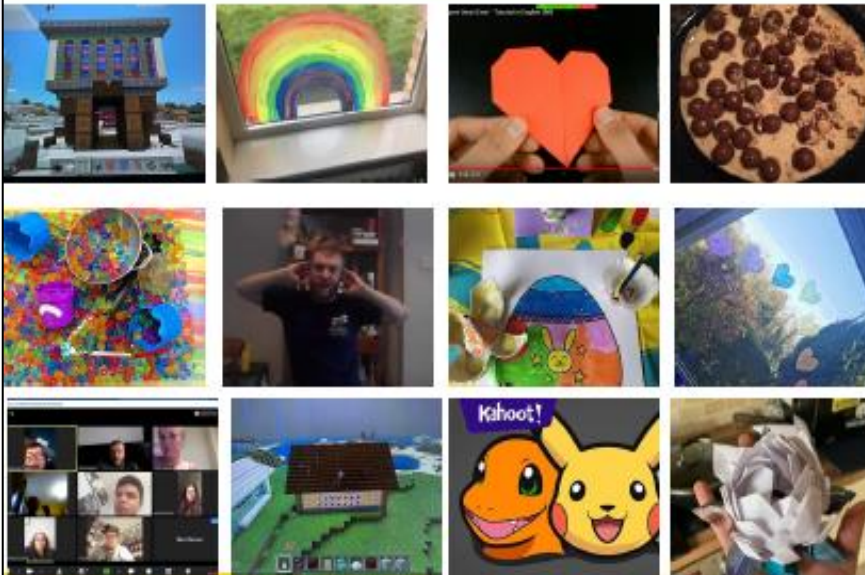
Public Health
Agency

NI Youth Engagement Service

Youth Engagement Service provides a youth friendly, holistic health and well-being service for children and young people aged 11-25 years . Further information on the service is available to [read here](#).



YOUTH MATTERS



Supporting young people aged under 18 years with:
Physical disability
Acquired Brain Injury
Autism

We offer a wide range of fun activities for children and young people

- Online Youth Clubs
- ACT-UP PDP (Belfast Only)
- Weekly Minecraft club
- Movies
- Zoom 1:1 support
- Arts & crafts, Stories, Quizzes
- Well-being activities

WWW.CEDAR-FOUNDATION.ORG • YOUTHMATTERS@CEDAR-FOUNDATION.ORG



Autonomie

Self-confidence, life-skills and social activities for young people aged 16-25 years in Belfast and surrounding areas with a physical disability



Free online activities we offer young people and their families

- Weekly independent task challenge and prize
- Makaton & BSL signs of the week
- Check-in-and-catch-up video call support
- Convenient cookery video demos
- Arts & crafts and singalongs
- Virtual exercise classes and quizzes
- Telephone counselling & helpline
- Well-being resources

Online sessions now & moving to face-to-face in September 2020

Contact: autonomieorg@gmail.com or telephone 028 9591 8051

Registered Charity Number 100421 www.autonomie.org.uk





NORTHERN IRELAND
LGBTQ+
Staying Connected Project!
 CALLING ALL 12 - 25 YEAR OLDS

If you are an LGBTQ+ young person aged between 12 - 25, Cara-Friend's Staying Connected project is for you! We offer;

- Weekly online youth workshops via Zoom on Thursdays at 3pm
- Weekly online gaming voice chats via Discord on Fridays at 4pm
- Weekly online wellbeing check-ins via Zoom on Mondays at 3pm
- One-to-one online support sessions on request
- Moderated Discord chatrooms for LGBTQ+ young people
- Daily or weekly telephone support calls for young people engaged with the project

Contact us on youthsupport@cara-friend.org.uk to get involved!



GENDER IDENTITY ONLINE COURSE

Are you 16-24 and interested in gender identity and LGBTQ issues?

Why not enhance your CV with this unique, FREE, online training course facilitated by NI's largest LGB&T Organisation.

COURSE FEATURES:

- Training on gender, trans awareness, LGBT issues, personal identity, gender in media.
- Interactive sessions hosted on Zoom.
- Creative tasks to complete in own time
- Virtual film nights and discussion.
- A chance to meet new friends and make new contacts.

To learn more visit: rainbow-project.org/lets-talk-gi-16-24 or email ren@rainbow-project.org

Lets Talk Gender Identity is a project supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB). Award: £47,000. For more information, please go to www.seupb.eu.






Young Adult Carers Service



IT MAY NOT BE BUSINESS AS USUAL, BUT WE ARE BUSY AS USUAL.

We've had to make a few changes to the service, but we are continuing to accept and process referrals. Our aim is to offer a service responsive to the environment we currently find ourselves in.

WHAT'S NEW?

- * Weekly one to ones via telephone
- * Fortnightly virtual drop in
- * Fortnightly online activity group
- * Young Adult Carer newsletter
- * Access to emergency funding

WHAT HAVE WE BEEN ABLE TO MAINTAIN?

- * Our rapid response to referrals
- * Carers gauge carried out via telephone
- * Service offers
- * Young Adult Carers are being consulted throughout
- * Signposting our carers where relevant
- * Our focus on the needs of the young adult carer

REFERRAL CRITERIA:

- * Aged 18-25
- * In an active caring role
- * Have consented to the referral
- * Resident in NI

If you know of someone who may benefit from our service, to make a referral, or would just like more information, please get in touch!

Action For Children
Young Adult Carers Service
 10 Heron Road
 Belfast BT3 9LE
 T. 02890460500 (ask to speak to a member of the Young Adult Carers team)
 E. youngadultcarers@actionforchildren.org.uk





Need some help?

Our **ADVOCACY** service is here for **YOU!**

An advocate can support you as you make choices at various stages in your life, and they will defend your rights in care. Your advocate will help you access information and services, and keep you involved in important decisions about your life – for example family contact, your care plan, financial and personal support.

Email us - info@voypic.org
or call 028 9024 4888



The one with another lockdown newsletter

So, here we are, another lockdown newsletter which gives SOE another chance to show what we and our young people have been up to since our new normal began a little over 9 weeks ago.

The challenge group is still going strong. This month we have become superhero's, created cars from household goods, got inspired from music and much, much more!! As a team we are constantly looking to see how we can engage the young people in our project both in and out of their classroom, lockdown has certainly helped us to be a lot more creative. We hope you enjoy this issue and if you do give any of our challenges a go please let us see what you get up to, we would love to see!!

Congratulations Corner

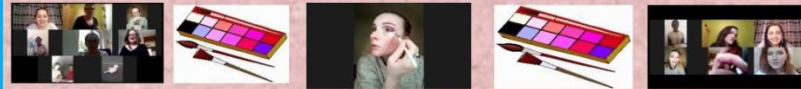
Firstly, we want to say a big congratulations to our young people for continuing to work in these difficult times, secondly, we want to say a big congratulations to Lorcan for completing his employability. Well done everyone!!



European Union
European Social Fund
Northern Ireland



WAKE UP AND MAKE UP



On Thursday 14th we had one of our young people, Zara, demonstrate her skills to 8 eager participants. Zara was responsible for planning the event as part of her teamwork unit of Community Independence. Working alongside Ciara they were able to promote the event and put together an "ingredients" list to help us make the most of our already beautiful features. On the night we learned techniques on how to crease cut, shape our brows and what products were best to give us a fresh look. It was a great night with lots of giggles and poses. Zara succeeded in achieving her teamwork unit and even showed us what a great facilitator she is!

Speaking to Zara she said, "I had really good fun doing the makeup demo, it helped me see what things I would need to consider if I decide to go into makeup artistry such as face shape and skin tone. I felt that everyone did a really good job, which me feel proud of my teaching and make up skills. Beforehand, I was really nervous and thought I couldn't do it because everyone would be staring at me, but it went really well and I proved to myself that I could teach and support others which boosted my confidence."

Well done Zara!!

SO, SO PROUD

We are very proud after one of our young people, Raluca, was nominated for an OCNNI Learning Endeavour Award for The Third Sector Learner of The Year 2020. Raluca went through to the last 5 nominees, and on Tuesday 19th May the winners were announced. Although Raluca do not win the OCNNI award this year she is a winner to us at SOE a well done and congratulations to Raluca for getting so far.

Raluca was entered for her commitment to her studies against all the odds, including financial, educational, language barrier and childcare issues. She always has a smile for everyone and is a pleasure to work with.

Well done Raluca!!

Written by Carmel, Essential skills
Communication tutor and keyworker.



SWEAT, SMILE & REPEAT

Being in lockdown can be tough, being isolated from friends and family members and not having the means to do things the way we would have before. Our routines have changed, our weekends and evenings may look a lot different. For me, being resilient throughout this whole process is vital, while we will all have good and bad days, the most important thing is how we react and respond to the bad days. My self-care tip is to be active and try something new. Every day I have made sure I have some sort of physical activity built into my daily routine, whether that is to go for a walk, cycle, or a run. I have never felt better and healthier than I do now. I have also found that this time has given me an opportunity to try new things that I may not have done before or kept putting on hold. Every morning I start my day with some Yoga or Tai-Chi. I have tried High Intensity Interval Training workouts, Bollywood dancing, Salsa/Latin dancing, and lots of different genres of dance all in the comfort in my own living room. This month I challenge you to be active, try something new with it, and be creative with how you exercise. I promise you will thank yourself for doing it later.

Written by Natasha, Employability tutor & Keyworker



springvale

employment & learning solutions

ARE YOU AGED 16-17?

LEARN!

EARN WHILE YOU LEARN

GET PAID TO GET QUALIFIED
£40-£52 per week (Travel costs included)

ENROL NOW

REFER A FRIEND AND GET £25*

£40 a week
(doesn't affect family benefits)

Travel allowance paid

Text us for more info

07852985165

£360-£520 attendance bonuses and 37 paid holidays a year

Housing and childcare allowance could apply to you

200 Springfield Rd
Belfast
BT12 7DR

www.springvalelearning.com



www.springvalelearning.com

ENROL NOW!

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



TEXT: 07852 985 165

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

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



YOUTH ENGAGEMENT SERVICE

AREN'T GOING ANYWHERE!

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

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

07923129559 or info@start360.org



JobWorks+

- 1:1 Mentoring
- Job searching Support
- Create or Update your CV
- Support with Job Applications
- Online Interview Preparation
- OCN Level 1 Qualifications

If you are 16-24, not in employment, education or training and you would like to sign up with Jobworks+. Send Jenny Spring a PM on Facebook or email lauragilligan@springboard-ops.org

ONLINE JOB CLUB WITH...

Get Set
YOUTH ACTION
NORTHERN IRELAND

Some of the opportunities available at the moment:

Team Members
Homebase (Newtownabbey & Boucher Road)

Customer Service Assistant
B & M (Westwood Shopping Centre)

Store Supervisor
Poundland (Cityside) and many more...

Every Wednesday 2-4 pm

Contact
sean@youthaction.org or
olivia@youthaction.org

YouthAction
NORTHERN IRELAND

plus help with CV's, interview skills & guidance with Universal Credit & Covid-19 related Government schemes. we'd love to hear from you!

Logos for Department for the Economy, European Union, and various local authorities.

Start
Get going in the right direction

include YOUTH Alternatives
YOUTH - INDEPENDENCE - COMMUNITY

HAS GONE ONLINE!!

Logos for Instagram, Zoom, WhatsApp, Facebook, and Messenger.

ARE YOU 16 - 24 & LOOKING SUPPORT INTO EDUCATION, TRAINING OR EMPLOYMENT?

Start can help you get going in the right direction with:

- Online Mentoring & Support.
- OCN Courses.
- Vocational Training.
- Essential Skills Maths, English & ICT.
- Confidence Building & Personal Development.

Get in touch to register or find out more!

North / West Belfast: Stephanie@alternativesrj.co.uk 07725480808
East / South Belfast: Barry@alternativesrj.co.uk 07725480804
Bangor / North Down: Sarah.reynolds@alternativesrj.co.uk 07725480806

Logos for Department for the Economy, European Union, and Community Fund.



HOW STUDENTS CAN SUPPORT EACH OTHER'S MENTAL HEALTH DURING LOCKDOWN



Be there for each other. If a friend needs extra support try and support them to find it



Engage in a relaxation or meditation activity each day which you can all be part of online



If a friend is struggling demonstrate care and compassion



Identify things you have found helpful and share with each other



Schedule a time each week where you can all connect and catch up on what you have done



Identify some self care activities that you can all engage with



Make sure you check in with each other on a regular basis and see how everyone is doing



Work through homework tasks together online. A great way to maintain relationships and stay in contact



Engage in some group online exercise. This can help boost mood and reduce stress and anxiety



Encourage each other to stay connected and to engage in regular activities that provide a sense of pleasure and achievement. Schedule these activities into a weekly diary and share with each other



@BELIEVEPHQ

YOUTH ENGAGEMENT SERVICE

START 360

A to Z
of BEING KIND
TO YOURSELF

Anxiety - it's a normal reaction to a very abnormal situation

Be Active, take walks, dance, just move!

Connect with people in new ways, stay connected

Distract yourself, do something you enjoy to take your mind of things

Eat well, look after you, get the right nutrition and keep healthy

Family and Friends are there to help you

Give - share time with someone or donate if you can to a good cause

Happy, do something that makes you happy

Ignore the news if you need to

Just be, maybe we have been given a chance to just be us for a while.

Kee Learning, about yourself, about others, maybe it's a new skill you want to try but never had the time?

Love yourself, be kind to you

Meditate, there's lots online. Learn how to relax

Nature, listen to the sounds & enjoy

Own it - say how you feel. There is power in saying it.

Plan, make plans for when it's over, something to look forward to

Quiet - Find your quiet space

Relax, get a cuppa, book, chill!

Sleep, try to keep a pattern, sleep well

Take notice of how you are feeling and things around you

Unique, we are all different and cope in different ways. Try not to compare yourself to others

Victory - we will get through this

Water - Drink plenty of it each day

X - exhale! Breathe slowly and be aware of your breaths

You are amazing! Don't forget it!

Zero - don't let things reduce you to zero - you are a hero.

Change starts here Every Person Stronger



Try each one of the kids yoga poses below!

MOVEMENT MONTH AT ROE VALLEY ARTS



Stretch up high

Stretch to the left

Stretch to the right

Fold forward and walk you hands out and strech back into downward dog

Drop your hips down and stretch your arms and look up to the sky

Sit with your legs crossed, eyes closed and take 3 deep breaths

To finish lie down with legs out and hands by your side, close you eyes and take 5 deep breaths and relax all your whole body. Then open your eyes and slowly get up and have a great day!



Daily Updates

[Click here to stay informed](#)



Child Safety Week 1 - 7 June



It only takes seconds...



Help prevent accidents at home



Advice from Action for Children on how to deal with guilt as a parent during these times – [Read Here](#)

NSPCC

NSPCC warns serious safeguarding risk as a result of a growing tend in Zoom calls being 'boomed' with child sexual abuse images.

[Further information here](#)



If you are worried about your children's online safety, read Barnardo's blog for five helpful tips [here](#)



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

www.familysupportni.gov.uk



School Transport Online Applications Helpdesk

0300 200 7824

Monday - Friday
9am - 5pm



Post Primary School Admissions

Notification of Placement

Letters for receipt on Thursday 4 June 2020



For more information visit eani.org.uk/admissions



FREE LOCAL HELPLINE
0808 8020 400

Open 6 days a week

Monday-Thursday 9am -9pm

Friday 9am -5pm

Saturday 9am - 1pm

Giving your children positive affirmations about themselves can help contribute to their growth mindset and help them form who they believe they can be.

Words of affirmation for kids

**There is no one
in the world
that is just
like you.**



Educational Resources & Newsletters

Did you know the EA has a newsletter for Primary aged children and a list of resources for younger & older children too including translated materials?
Just follow the link and you will be directed to the 4 issues of 'High Five' (EA newsletter with ideas & activities for primary aged kids) and a list of online resources for all children (ages indicated). Not all of these may be accessible for your child but definitely worth a look!

<https://www.eani.org.uk/educational-resources-newsletters>

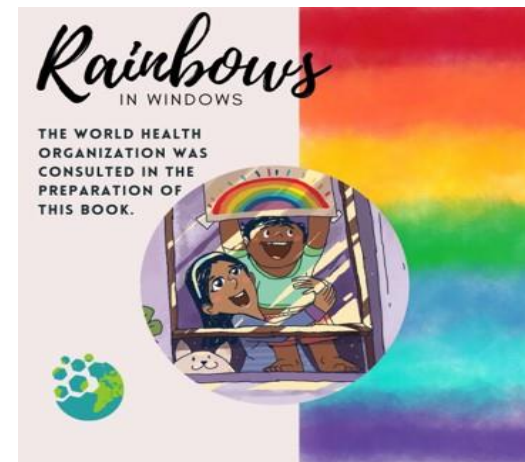


Some useful advice during the pandemic from Family Rights Group.



Further information and advice is available at www.frg.org.uk

Think Equal's new book 'Rainbows in Windows' is out now and available for FREE in English, Spanish, French and Italian. Click image below to sign up for your copy .



Parents don't ignore the signs of **type 1 diabetes** because of COVID-19

Undiagnosed type 1 diabetes can be fatal.

Toilet

Tired

Thirsty

Thinner

If parents are concerned about their child they should have their blood glucose (sugar) checked either in the GP surgery or local pharmacy.





Take care in the sun

STAY IN THE SHADE BETWEEN 11AM AND 3PM

COVER UP

WEAR SUNGLASSES WITH 100% UV PROTECTION

WEAR A BROAD-BRIM HAT

USE SUN PROTECTION WITH AT LEAST SPF 15 AND UVA 4 STARS

careinthesun.org

HSC Public Health Agency

Cancer Focus



Mixing any drugs including mixing drugs with alcohol can be deadly. Don't mix

HSC Public Health Agency

Read more on the dangers at www.pha.site/mixing

Psychological Support Helpline HSC Western Health and Social Care Trust

028 7161 1281 Choose Option 3

Open to all HSC staff including those within the Western Trust, local GP practices, Northern Ireland Ambulance Service and the Independent Sector.
Available Mon to Fri 9am to 9pm and Sat and Sun 2pm to 6pm.

COVIDPsychological.Support@westerntrust.hscni.net

Recovery College Online Workshop Timetable

May & June 2020

Workshops will be delivered via Zoom
Each session will last 40 minutes

Workshop	Sessions	Date	Time
Coffee & Connect	1	27 May 2020	11 am
Building Resilience during COVID-19	1	29 May 2020	11 am
Being Mindful Everyday	2	2 June 2020 9 June 2020	2 pm
5 Ways of Wellbeing during COVID-19	1	3 June 2020	11 am
Building Resilience during COVID-19	1	4 June 2020	2 pm
Improving sleep during COVID-19	1	10 June 2020	11 am
Anxiety during COVID-19	2	11 June 2020 18 June 2020	11 am
Being Mindful Everyday	2	16 June 2020 23 June 2020	2 pm
Coffee & Connect	1	17 June 2020	3 pm
Me & My Emotions during COVID-19	1	22 June 2020	11 am
Building Resilience during COVID-19	1	24 June 2020	11 am



For further information or to register please contact the Recovery College

028 9441 3449
recovery.college@northerntrust.hscni.net

HOPE
& OPPORTUNITY
PERSONAL
RESPONSIBILITY
& CONTROL
EDUCATION
& SUPPORT
DEPRESSION
ADVOCACY
RECOVERY &
SOCIAL INCLUSION
WRAP
HEALTHY BODY
HEALTHY MIND
PERSONAL WELLBEING
PLANNING
GOAL SETTING
YOUR STORY



Online Course Timetable

1ST JUNE - 12TH JUNE 2020

Courses Delivered Via **zoom**

Course	Date	Time
Hope and Optimism	1st June	2.30pm - 3.00pm
5 Ways to Wellbeing	2nd June	3.00pm - 3.30pm
Tips for Managing Anxiety	3rd June	11.00am - 11.30am
Learning to Like Yourself	4th June	3.00pm - 3.30pm
Practicing Self Compassion	5th June	10.30am - 11.00am
Living Beyond Depression	8th June	11.00am - 11.30am
Tips for Anxiety During Covid-19	9th June	2.30pm - 3.00pm
Coping with Change	10th June	12.30pm - 1.00pm
My Wellness Toolbox	11th June	11.00am - 11.30am
Navigating Mental Health Services	12th June	10.30am - 11.00am

Interested in a course?

Get in touch to register today -

NI (028) 7186 5149 or ROI (086) 606 9480

recoverycollegewest@westerntrust.hscni.net

@InnovationRecov



DON'T DELAY

If you are unwell, use the HSC

www.hscboard.hscni.net/dont_delay_help/



Health and
Social Care



Quality Care - for you, with you



We know that support, connection and comfort when someone is bereaved is really important. We also know that during this COVID-19 pandemic, the restrictions around our mourning and funeral rituals can add to our sense of loss and isolation. In response to this we are offering a dedicated telephone listening service.

"Bereavement Helpline"

**This service is available from Monday—Friday,
9am—5pm**

028 375 67990

Professionals with knowledge, experience and insight into grief and loss will answer or return your call and offer a compassionate, listening ear. There may also be information we can help with or direct you to.

If you live in the Southern Trust and have been bereaved you can get in touch.

LA DOLCE VITA PROJECT



La Dolce Vita Project is a therapeutic counselling, support charity supporting those impacted by domestic abuse, violence and sexual violence and parental alienation.

The Wee House, 13 Queen Street, Derry BT48 7EQ

Tel - 028 7137 7272

www.la-dolce-vita-project.com



Domestic Abuse: COVID-19/Coronavirus

The COVID-19 pandemic is a worrying time for everyone but it will have serious impacts on those affected by domestic abuse. The following information has been collated to help those who are experiencing domestic abuse or those concerned about someone during this challenging time.

In an emergency call 999

Silent Solutions

The Silent Solution system enables a 999 mobile caller who is too scared to make a noise, or speak, to press 55 when prompted to inform police they are in an emergency. For more information about the Silent Solution System and what happens when calling from a landline click on the following link <https://tinyurl.com/yyyo5pg9>

Domestic & Sexual Violence Helpline

The Helpline offers support, advice and referral for any victim of domestic and sexual abuse/violence in Northern Ireland. The Helpline will also offer support and advice to those concerned about victims, those with concerns as to whether abuse is occurring and to professionals.

Telephone: **0808 802 1414** – 24/7 Confidential & Free
Website: www.dsahelpline.org Twitter: [www.twitter.com/dsahelpline](https://twitter.com/dsahelpline) Facebook: www.facebook.com/dsahelpline

Women's Aid

Women's Aid is continuing to provide essential services to women and children living in refuge. Measures have been implemented in order to safeguard both residents and staff. Support Workers can continue to support Women via Skype and Facetime. Telephone support can be accessed 9am – 5pm by calling

Belfast & Lisburn Women's Aid: 028 90666049
North Down & Ards Women's Aid: 028 91273196
Armaghdown (Newry, Mourne & Down Area): 028 30258704

Safety Planning

Belfast & Lisburn Women's Aid have produced a Safety Plan for women who are self isolating during Covid 19. The guide can be accessed at <https://tinyurl.com/wo2tz7e>

Please Note that solicitors/courts are still operating if someone is seeking a protection order

Men's Advisory Project

Offering services of support, referral and confidential counselling to men who are suffering from the effects of domestic abuse.

028 90241929

Home Secure Schemes

Newry, Mourne & Down contact Pat Quinn on 02830261022 or email pquinn@ccgnewrycommunity.org
A Covid -19 Risk Assessment will be carried out on all referrals

Lisburn contact Angela McCann, Policing & Community Safety partnership email Angela.McCann@lisburncastlereagh.gov.uk
The 4 tiers of the scheme are currently operating

Ards and North Down contact Krystie Owen, Crime Prevention Officer email KRYSTIE.OWEN@psni.pnn.police.uk
Currently unable to attend homes for visits but have been giving advice over the phone. Tier 1 alarms can possibly be issued if required although social distancing rules still apply.

The NIHE Sanctuary Scheme is currently restricted due to Covid 19

Accommodation

The Northern Ireland Housing Executive is currently operating emergency contingency arrangements.

If you are homeless or worried about becoming homeless please ring the dedicated Homelessness line on **03448 920 908**.

During normal working hours you will be referred to a Housing Advisor. An emergency out-of-hours service is available after 5pm, at the weekend and on bank holidays.

The Rowan (Sexual Assault Referral Centre)

The Rowan offers a range of support and services 24 hours a day, 365 days a year to children, young people, women and men who have been sexually abused, assaulted or raped, whether this happened in the past or more recently. The Rowan can be accessed via

PSNI on **999** or **101**.

Or by self-referral on **0800 389 4424**.

Or by a third party such as a friend, family member or any professional or support worker



VIRTUAL DANCE & FITNESS CLASSES

Monday to Friday these physical fitness activities are designed to give everybody the opportunity to get exercising during lockdown. Using everyday household items these fun classes will keep us all on our toes and because they are family friendly everyone can join in! Find these videos on facebook 'Causeway Rural & Urban Network Dance and Fitness' group page.

FUNCTIONAL BREATHING SEMINARS

'Breathe & Be Free' gives you an understanding of how some simple adjustments to your breathing patterns can have a massive effect on your mental and emotional wellbeing and indeed your overall health. Hosted by David Toney, Breathing Coach, so far 35 individuals have participated in these classes which are designed to get you thinking about the power of your breath.

LIFE COACHING SEMINARS

Life Coach Claire Conner-Boyd's seminars are helping us explore the benefits of life coaching. Focusing on the reality of the 'here and now' and the opportunity we all have to slow down, reflect and take control. Practical tools will help us adjust to the new normal and offer us techniques on how not to dwell in the negative but to practice acceptance. Seminars are available on our facebook page every Saturday.

SUPPLY OF PPE

Our YEAR project are using 3D printers to provide face shields for frontline services. Supplied to the St. John's Ambulance, Causeway and Antrim Area hospitals as well as various care homes and local pharmacies. The project is delivered through our YEAR project in partnership with Flowerfields Art Centre, Portstewart.

WEEKLY 'CONNECT' CALLS

Through our Spring Social Prescribing Programme we are able to connect with our clients on a weekly basis offering time for support on a one-to-one basis. This contact is extremely important to make sure people are aware of and are able to connect with services and looking after their wellbeing.

TAILORED ACTIVITY PACKS

Activity packs ranging from crochet kits, fitness activities, crafting, painting, puzzling, colouring and cookery are being distributed. To date we have disseminated over 100 packs to our groups/nominated individuals, YEAR project participants and our Spring Social Prescribing clients.

BE MINDFUL!

CRUN will be working with The Sunshine Project to offer 4 mindfulness sessions during June. Each week Michelle will share a video and mindful exercise sheet on various aspects of mindfulness. Learn how to cultivate a daily practice of self-care, which will nourish your mind and body, leaving you feeling more calm and relaxed. These will be released via our facebook page.

ADVICE AND NEWSLETTERS

Regular newsletters keep everyone up to date with initiatives happening in the local area as well as regionally. Information ranges from lists of local shops able to deliver groceries, mental health support services, educational programmes. The CRUN facebook page is updated daily with vital signposting information.

BEFRIENDING

Intergenerational befriending letters are exchanging hands between the young people engaged in the BRAKE programme and some of our Spring clients.

ONE TO ONE SUPPORT FOR YOUNG PEOPLE

All young people currently receiving services from the YEAR and BRAKE projects are provided with weekly one-to-one support to help them manage the challenges of the lockdown. Many are now engaging in online training courses ranging from accredited to unaccredited courses and fun short courses. A directory is being compiled to list all training courses available to help young people learn new skills.

CRUN are still helping communities with all our regular services including Charities Commission support for our members. There are several funds open for groups to support their local communities and we are here to help if you need assistance to complete application forms or for more general fundraising advice. **You can contact us by telephone 07971444934 or by email at info@crun.org. www.crun.org**





Digital Assist Text Help

OUR DIGITAL VOLUNTEERS ARE HERE TO HELP

www.bitcni.org.uk



Do you need help with digital solutions?

Business in the Community, in partnership with Go ON NI and NI Direct, is offering free digital help for anyone who needs it.

If you have a tablet, laptop or phone and need help to address a specific problem, our digital volunteers can help. Simply text the word **DIGITALHELP** (one word) to **67300*** with a brief description of what you require help with and a volunteer will phone you within 48 hours with free, helpful advice on many topics such as:

- Email
- Attachments
- Skype/Facetime/Facebook
- Staying safe online
- Online payments
- Shopping online
- Saving and sharing photos
- Computer settings

*All text messages will be charged at your network operator's standard rate. Information is held securely and is non-identifiable and not shared with a 3rd party. Information will be used by Digital Partners for this service only. There is no charge for receiving texts from this service while in the UK.



The Responsible Business Network
Northern Ireland



Let's learn digital
www.nidirect.gov.uk/go-on-ni

nidirect
government services

For **FREE** digital help, text
DIGITALHELP (one word) TO **67300***

At a glance: Contacts

Organisation, service & details		Contact (Tel UK code 0044)
Prisoner Accounts		
Maghaberry Prison		028 9261 4026
Magilligan Prison		0300 200 7866
Hydebank Wood College		0300 200 7866
Visits Booking Office (central number)		0300 200 7866
Maghaberry Prison		028 9261 4029
Magilligan Prison		0300 200 7866
Hydebank Wood College		028 9049 4333
Family Support Officers		
Maghaberry Prison		028 9261 6067
Magilligan Prison		028 7776 3311
Hydebank Wood College		028 9049 4331
Probation Board for Northern Ireland		028 9052 2522
Partners		
Barnardo's	Maghaberry Prison	07740515042
	Magilligan Prison	07594512284
	Hydebank Wood College	07763580036
		07593501786
Housing Rights	Housing and Debt Helpline	028 9024 5640
NIACRO	Families Helpline	0800 169 2207
	(inc Family Links)	
	Individuals on release	028 9032 0157
Prison Fellowship	Family Workers	028 9024 3691





Every day volunteers use their time, skills, energy, wisdom, love, strength, kindness and a lot more to change the world.

That's why, this #VolunteersWeek, we're saying...

#ThankYouVolunteers

vols.ga | @VolunteersWeek



HSC Public Health Agency

CATCH IT.

BIN IT.

KILL IT.

**THINGS GET SOLVED
IF YOU GET INVOLVED**

S.A.F.E

Safer Areas For Everyone

SHANKILL

**HELP
CREATE
A
SAFE
SHANKILL**

S.A.F.E Shankill is funded by The Executive Office (TEO) under Communities In Transition. It is coordinated by Northern Ireland Alternatives in partnership with GSA, GSCC & LSCA.



To Get Involved
Contact 028 90311 420



Information and guidance on the gradual reopening of outdoor recreation sites – [read here](#)

Everyone with COVID-19 symptoms is now eligible for testing.

GET TESTED

HSC Public Health Agency

Further information on testing and how to book at www.pha.site/cvtesting



COMMUNITY FAMILY SUPPORT PROGRAMME

The Community Family Support Programme is a training and employability project, using a holistic family support model.



WE CAN HELP!

Given the difficult times we are in, there may be extra pressures for families. The Community Family Support Programme can support you in areas such as Stress Management/Reduction, Practical Support, Behaviour Management and Budgeting. We can also support you to access online training and other employability supports. To qualify you must live in East Belfast and not be in education, training or employment (or had your education postponed due to COVID 19).

If interested please contact:-
Lee-Ann 07516 919661 or
Lisa on 07516 919651



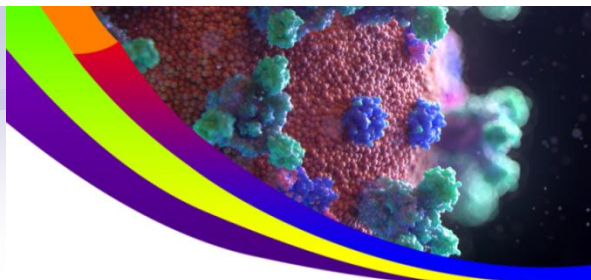
Department for the
Economy
www.economy-ni.gov.uk



CORONAVIRUS (COVID-19)

COMMUNITY HELPLINE
0808 802 0020

COVID19@ADVICENI.NET
TEXT ACTION TO 81025



Multi-Ethnic sports and cultures NI in partnership with Forward South Partnership and Belfast city council says:



YOU ARE NOT ALONE

in tackling COVID-19 Isolation. This a project to support BME members in South Belfast areas ONLY during this pandemic. (Dunmurry, Finagly, Lisburn Road, Malone Road, Botanic etc.)

Items to be delivered:

- ✓ Food parcels.
- ✓ Packs of nappies, feminine hygiene products, toiletries, cleaning products.
- ✓ Gas, Electricity, Mobile Top-up.
- ✓ Social prescribing packs to reduce isolation and improve wellbeing.

#StayAlert #ProtecttheNHS #SaveLives

Note: If you know of someone in your local area who has a need or is vulnerable, please ring Forward South Partnership helpline (07394 569155). They have an extensive list of services who can provide additional support to vulnerable people, asylum seekers and refugees.

07788319051



Belfast City Council
(FUNDER)

www.mscni.org

MSCNI

MSCNI16

MSCNI_official1



Funding Bulletin

New Edition Online Now!



supportingcommunities.org

Your local Community Networks are supporting community groups and volunteers in the emergency response to the COVID-19 crisis.

COVID-19
Coronavirus



Are we reaching everyone?

Is everyone receiving essential services? Are there areas and people not receiving grocery deliveries, where no prescriptions are delivered and there are no family, friends or neighbours to help?

Please contact us if there are people or areas where support is needed.



NORTHERN AREA
COMMUNITY NETWORK

Northern Area Community Network

T: 028 2177 2100 E: info@nacn.org



Building Communities Resource Centre
for the community in the community with the community

Building Communities Resource centre

T: 028 2766 5068

E: info@theresourcecentre.org



Causeway Rural & Urban Network

T: 07971444934 E: ann@crun.org



S.A.F.E Bangor is funded by The Executive Office (TEO) under Communities in Transition. It is coordinated by Northern Ireland Alternatives in partnership with Bangor Alternatives & Rathgill Community Association



To Get Involved
Contact 02891857812



Naloxone Training



Naloxone is an easy to administer medication which temporarily reverses an opioid overdose by blocking the opioid receptors in the brain. It is an emergency medication, in the same category as epinephrine (for anaphylaxis) and glycogen (for diabetic coma).

EXTERN are providing online training via webinar sessions at this time.

Visit <https://www.extern.org/naloxone-training> for further information and to book a place.





Contact us

Phone*email*WhatsApp*Facebook*text*messenger

02892 605806/07927 970847

Email: info@atlaswomenscentre.co.uk

Facebook: Atlas Centre Lisburn

Befriending Calls

Are you currently isolating at home? Would you benefit from a friendly chat or do you need advice/support during this time?

Mental Health Support Service

Are you or is anyone you know struggling with a mental health issue?
Weekly phone calls to talk, advise, support and listen.
Phone counselling service also available.

Practical Help

Do you need help with practical activities such as shopping or collecting prescriptions?
Collection and delivery service available now.

Resource Packs

Need something to help pass the time and help to keep busy with during isolation? Activity and resource pack deliveries – art & craft supplies for adults and children/books/toys/jigsaws etc.

Zoom Learning

History of World Religions Tuesday 2nd June 10.00 or 11.00 session
Each session lasts 40 minutes

Zoom Learning

This Is my Life Tuesday 2nd June 10.00 or 11.00 session
Each session lasts 40 minutes

Zoom Learning

Family Bonding Through Art Wednesday 3rd June 11.00 – 1.00

Scrubs, Face Masks & Ear Protectors available

For more information please call us

Zoom learning places are limited, please call the centre to book



Atlas Creche

Atlas Centre &
Atlas Creche
Supporting the
community through
Covid-19



Are you currently isolating at home? Would you benefit from a friendly chat or do you need advice/support during this time?

Parent Support

Are you a parent with children at home? Would you like advice from one of our experienced childcare staff about anything from teething to tantrums? Phone and online support services available now.

Mental Health Support Service

Are you or is anyone you know struggling with a mental health issue?
Weekly phone calls to talk, advise, support and listen. Phone counselling service also available.

Practical Help

Do you need help with practical activities such as shopping or collecting prescriptions? Collection and delivery service available now.

Resource Packs

Need something to help pass the time and help to keep busy with during isolation? Activity and resource pack deliveries – art & craft supplies for adults and children/books/toys/jigsaws etc.

Learning Support

Virtual and online learning support available. Educational resources available for email. Parenting courses and presentations for remote learning.

Contact us now

Phone*email*WhatsApp*Facebook*text*messenger

02892 605806/07927 970847

Email: info@atlaswomenscentre.co.uk/Facebook: Atlas Centre Lisburn

Housing
Executive

WHERE CAN I ACCESS FINANCIAL ADVICE AND SUPPORT?

The Housing Executive have put together guidance for tenants who have suffered a loss of income due to COVID-19. Their online FAQ's have information on accessing financial advice and support if you are worried about paying bills.

[Visit Website](#)

Where can people get help with food and shopping during COVID-19?

The Community Development & Health Network have teamed up with FactCheckNI to help explain what support is available. Read article at:

<https://www.cdhn.org/help-food-during-covid-19>

Fact Check!



Help getting food during COVID-19

Anyone in need can phone the COVID-19 freephone community helpline on **0808 802 0020**

If you have someone to help you with your shopping and you can afford food...

...continue to get help from them

If you don't have anyone to help you with your shopping and you can afford food...

...get your food delivered from local shops or supermarkets or ask local volunteers to pick up your shopping

If you can leave the house, but you can't afford food...

...help will be provided, e.g. a referral to a foodbank

If you are shielded or vulnerable, don't have help and can't afford food...

...you will be eligible to a food box through your local council coordination hub, local community group or Red Cross

Think. Check. Share.



Outer South & East Belfast Family Support Hub

We're still here to help

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

Family or Parenting

Emotional Health & Well being

Behaviour Support

Drugs & Alcohol

Youth Support

Debt / Benefit Advice

Education & Employability

Foodbank Support

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

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

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



Family Connections



What rate relief is available for household rate payers?



Household rate bills are being issued by Land & Property Services. A wide range of reliefs and entitlements are available for those eligible.

Domestic rate reliefs and entitlements are available, including Disabled Person's Allowance. Further information available at:

<https://www.nidirect.gov.uk/campaigns/a-guide-to-rates>

STEP
UP
Getting people back into training and education

STEP
UP
Getting people back into training and education



Has COVID-19 got you thinking about a new career? Have you found yourself out of work and needing employment?

Our Employability team are on hand to deliver 1-2-1 careers coaching, interview skills and CV building online!

For more information or to arrange an appointment call us now on 028 9147 8292 or email info@kilcooleywomenscentre.co.uk

For more information contact the Education Team:
T: 028 9147 8292 E: info@kilcooleywomenscentre.co.uk
www.kilcooleywomenscentre.co.uk



This project is part funded through the Northern Ireland European Social Fund Programme 2014-2020 and the Department for the Economy.



Men's Action Network

Supporting and Promoting Male Health and Wellbeing

BENEFIT AND WELFARE ADVICE



Contact us for an appointment:

02871 377777

f Man in Derry NI @man_in_derry

Appointments via Telephone or Online
Email: admin@man-ni.org





Helplines NI
listen. support. inform.

resources to bring together all helpline services across Northern Ireland. The Helpline Directory and website (www.helplinesni.com) provide a directory of the services across Northern Ireland. The Helpline Directory also includes contact details for the services, including the name and address of the service, the name of the person who provides the service, and the service's contact details.

What support do helplines provide?
The Helpline Directory provides a range of support services, including information, advice, counselling, and support. The Helpline Directory also includes contact details for the services, including the name and address of the service, the name of the person who provides the service, and the service's contact details.

if @helplinesni
www.helplinesni.com

Action on Elder Abuse  080 8808 8141 Monday to Friday 9am - 5pm www.elderabuse.org.uk/northern-ireland	Independent Advice Network  0300 303 0898 Monday to Friday 9am - 5pm advice@adviceni.net www.adviceni.net	Advice and Advocacy Service  0808 808 7575 8am - 7pm 7 days a week 365 days a year www.age.ni.org.uk/advice	Alzheimer's Society Support Line  0333 150 3456 Monday to Wednesday 9am - 6pm, Thursday & Friday 9am - 5pm, Saturday & Sunday 10am - 4pm www.alzheimers.org.uk	Autism NI  028 9040 1729 Monday to Friday 9am - 5pm www.autismni.org	Cancer Focus NI  0800 783 3339 Monday to Friday 9am - 1pm www.cancerfocusni.org
Child Bereavement Service Believe in children  028 9066 8333 Monday 9.30am - 12.10pm Tuesday 9.30am - 12.30pm Friday 10am - 12.30pm www.barnardos.org.uk	ChildLine  0800 1111 24/7 365 days a year Online 1-2-1 & Email Service Available at www.childline.org.uk	Christians Against Poverty Debt Help  0800 328 0006 Monday to Friday 9am - 5pm www.capuk.org	The Compassionate Friends  028 8778 8016 10am - 4pm & 7pm - 9.30pm 365 days per year www.tcf.org.uk	Domestic and Sexual Abuse Helpline  0808 802 1414 24/7 365 days a year Text 'Support' to 07797808639 help@dashhelpline.org Live online chat via website: www.dashhelpline.org	Eating Disorders Association NI  028 9023 5959 24/7 365 days a year www.eatingdisordersni.co.uk
Housing Rights  when everyone has a home 028 9024 5640 Monday to Friday 9.30am - 4.30pm www.housingadvice.ni.org	Informing Choices NI  028 9031 6100 Monday to Friday 9am - 5pm www.informingchoicesni.org	Kinship Care NI  0800 022 3129 Monday to Friday 9am - 5pm www.kinshipcareni.com	Law Centre NI  028 9024 4401 Monday to Friday 9am - 5pm www.lawcentreni.org	LGBT Switchboard Cara-Friend  0808 8000 390 Monday to Friday 1pm - 4pm Wednesday 6pm-9pm Live online chat via Website www.cara-friend.org.uk	Crisis Telephone & Counselling Service  0808 808 8000 24/7 365 days a year www.lifelinehelpline.info
Parentline NI CINI  0808 8020 400 Monday to Thursday 9am - 9pm Friday 9am - 5pm Saturday 9am - 1pm Live online chat via Website www.ci-ni.org.uk	Parent Support Line  0808 8010 722 Monday to Thursday 9.30am - 3.30pm Friday 9.30am - 12.30pm Live online chat via Website www.parentingni.org	Rural Support Helpline  0800 138 1678 Monday to Friday 9am - 5pm (voicemail and support options available at all other times) www.ruralsupportni.org.uk	Samaritans  116 123 24/7 365 days a year Join @samaritans.org www.samaritans.org	SandsNI Helpline  077 4099 3450 Monday to Friday 9am - 5pm www.sandsni.org	Simon Community  0800 171 2222 24/7 365 days a year www.simoncommunity.org



Feeling anxious?



Trouble sleeping?

Feeling panicky?

Want to boost your wellbeing?

**FREE ONLINE
STRESS CONTROL
CLASSES**

START AGAIN
MONDAY 8TH JUNE

Visit ni.stresscontrol.org

✨ As we start to open up...
You do You, I'll do me. That's what we should be about. None of us have the same circumstances (medically high risk child/family member or a business about to go under, etc.). Let's all stay in our own lanes and keep the judgment down as we begin to reopen. No one should feel pressured either way.
Just a thought...As government are trying to figure out how to ease back into normal, please remember:

- 👤 Some people don't agree with opening...that's okay. Be Kind.
- 🏠 Some people are still planning to stay home...that's okay. Be Kind.
- 🦺 Some are still scared of getting the virus and a second wave happening...that's okay. Be Kind.
- 💰 Some are sighing with relief to go back to work knowing they may not lose their business or their homes...that's okay. Be Kind.
- 😞 Some people already lost their jobs and businesses. Be kind.
- 👨‍👩‍👧‍👦 Some are thankful they can finally have a surgery they have put off...that's okay. Be Kind.
- 📅 Some will be able to attend interviews after weeks without a job...that's okay. Be Kind.
- 😷 Some will wear masks for weeks...that's okay. Be Kind.
- 💇‍♀️ Some people will rush out to get their hair or nails done...that's okay. Be Kind.
- ❤️ The point is, everyone has different viewpoints/feelings and that's okay. Be Kind.
We each have a different story. If you need to stay home, stay home...But Be Kind.
If you need to go out, just respect others when in public and Be Kind!

Don't judge fellow humans because you're not in their story. We all are in different mental states than we were months ago. So remember, Be Kind.

Please share or copy and paste xx



01 REDUCES RISK OF HEART DISEASE	02 HELPS TO MAINTAIN WEIGHT	03 REDUCES YOUR STRESS LEVELS	04 INCREASES YOUR ENERGY LEVELS
05 HELPS TO BOOST YOUR MOOD	06 GETS THE BLOOD PUMPING	07 PREVENTS OBESITY	08 CAN HELP TO REDUCE ANXIETY
09 INCREASES FUNCTIONING OF THE LUNGS	10 INCREASES THE BODY'S ACCESS TO VITAMIN D	11 REDUCES THE RISK OF CANCER	12 CAN IMPROVE QUALITY OF SLEEP
13 GIVES YOU TIME TO PRACTICE SELF CARE	14 IMPROVES COORDINATION AND BALANCE	15 IMPROVES QUALITY OF LIFE	16 REDUCES CHANCE OF DIABETES
17 WALKING CAN SPARK CREATIVITY	18 STRENGTHENS BONES AND MUSCLES	19 CAN IMPROVE BLOOD PRESSURE	20 CAN HELP TO BOOST YOUR IMMUNE SYSTEM



JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



MONDAY

1 Decide to look for what's good, even on the difficult days

8 Write a letter to thank someone for what they did

15 Rediscover a fun childhood activity that you can enjoy today

22 Share a happy memory with someone who means a lot to you

29 Take time to do something that makes you happy today

TUESDAY

2 Re-frame a worry and try to find a positive way to respond

9 Find the joy in music today: sing, play, dance or listen

16 Ask a loved one what they feel grateful for at the moment

23 Look for something to be thankful for where you least expect it

30 Make a list of the joys in your life (and keep adding to them)

WEDNESDAY

3 Think of 3 things you're grateful for and write them down

10 Take a photo of something that brings you joy and share it

17 Be kind to you. Treat yourself the way you would treat a friend

24 Thank a friend for the joy they bring into your life

THURSDAY

4 Show your appreciation to those who are helping others

11 Say positive things in your conversations with others today

18 Send a positive note to a friend who needs encouragement

25 Eat food that makes you feel good and really savour it

FRIDAY

5 Smile and be friendly, even while you're social distancing

12 Make a plan with friends to do something fun together

19 Create a list of favourite memories you feel grateful for

26 See the upside in a difficult situation you learnt from

SATURDAY

6 Notice the upsides during the lockdown, however small

13 Appreciate the joy of nature and the beauty in the world around

20 Make time to do something playful today, just for the fun of it

27 Watch something funny and enjoy how it feels to laugh

SUNDAY

7 Find a joyful way of being physically active (indoors or out)

14 Do three things to bring joy to other people today

21 Enjoy trying a new recipe or cooking your favourite food

28 Create a playlist of your favourite songs and enjoy them



"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle

ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind



Testimonies to Simple Acts of Kindness



Parents vegetable patch...

"Mum suffers from depression and ill health. She doesn't go outside only when absolutely necessary finds it difficult to communicate and hard to trust people. Dry Arch provided her with some veg. seeds. We showed her how to weed her garden. That evening she sent photos of the work she had done. It was amazing what a few seeds had achieved."



Football skills

"Thanks so much for coming to play football with ***** he was really struggling this last few days and this has really lifted his spirits." (Mum of teen boy)



"The zoom quizzes are the highlight of my week, its so good to see the faces of all our groups, really helps me feel connected." (Teen)



"Thanks so much for the ASD pack, the weans loved them. So good to have appropriate activities to keep them busy." (Mum of child with ASD)



"It takes a whole village to raise a child"

"Mum has Stated to me that if it wasn't for Dry Arch she would be dead now."

Dry Arch have given her so much Support are always there for her through good times and bad." (Mum)

"Simple Acts of Kindness will see us through"



Testimonies to Simple Acts of Kindness



"Mum who has come through a lot in this past year. Mum suffers from depression she also has diabetes which she is finding very difficult to get under control. We have encouraged Mum to taken up knitting again and she has just completed her first NHS HERO Teddy."

We also got her out in the garden planting flowers. She has told me that its early days but she is starting to cope better and sleep and finds that she is able to talk more. All of the above is helping her mental health as well getting lots of

Vitamin D from sun.

Dry Arch have provided her with hot meals which means she doesn't have to cook. She said this has helped with her eating as she has not been able to cook or eat due to feeling so unwell. Having hot meals provided is helping her control her diabetes." Mum



I have to commend everyone at the Dry Arch on the brilliant community based work you are still managing to facilitate at the minute. The well-being packs are so essential to our local people, especially now." (Local School)



East Belfast Alternatives & Inner East Belfast Family Support Hub

East Belfast Alternatives and the Inner East Belfast Family Support Hub have been involved with the East Belfast Coronavirus Community Response line since the start of lockdown. We have been answering phone calls from people living in East Belfast who need support at this time-there have been over 1000 calls to date.

We have worked with a wide number of organisations in East Belfast and a team of volunteers to help collect prescriptions, buy groceries, deliver food parcels and provide gas and electricity top ups. We've even moved furniture!

We have been able to signpost individuals and families to other support such as telephone befriending, counselling and family support.

It has been great to be a part of this work going on in East Belfast and seeing organisations, volunteers and neighbours pulling together to help their communities at this difficult time.



For further information on Family Support Hubs in your area?

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