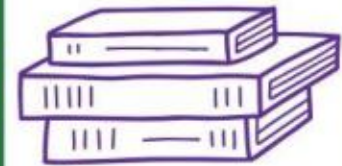


SOUTHERN AREA LOCALITY PLANNING GROUPS



ISSUE 154

4th September 2025



WELCOME

Welcome to Issue 154 of our fortnightly newsletter, 'FYI' (For Your Information).

3rd September saw the Baton of Hope event held across Newry, Mourne and Down and Armagh City, Banbridge and Craigavon Council areas. We were fortunate to meet and chat with a lot of people and welcome them to this their first taste of 'FYI'!

Another bumper edition with amazing opportunities, resources and events, most for free too!

Please feel free to share this with anyone you work with and keep your flyers coming for the next edition!!

Locality Development Team, Southern Area

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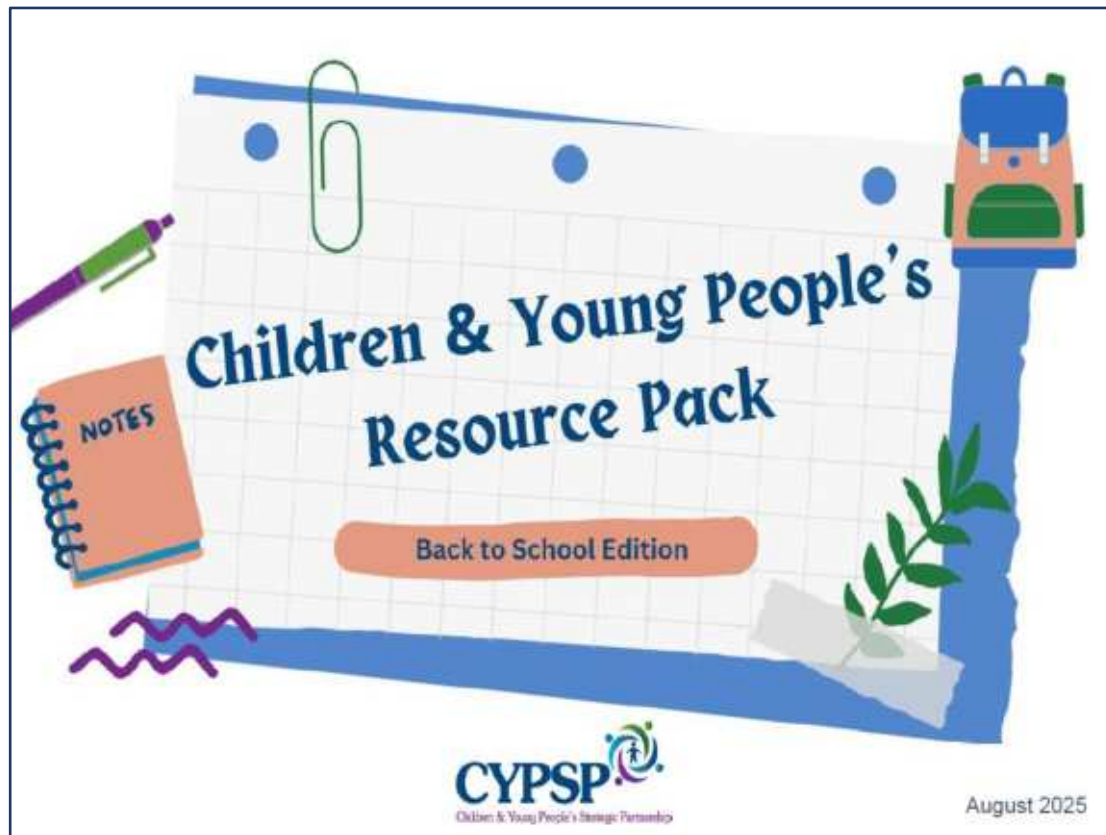
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The **Children and Young People's Resource Pack - Back to School Edition** is packed with fun, helpful, and supportive ideas to help you feel ready and confident for the new school year!

In this edition you will find:

Activities, Starting School, Back to School, Transitions,
Lunchbox & Snack Ideas, Results Day, Wellbeing

Download [HERE!](#)

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

Resources and activities are free and in the public domain

Please share with contacts who you think would find it useful



The Southern Area Locality Planning Team hosted a **Self-Care Programme** for the members of our 6 Locality Planning Groups funded by the PHA through their CLEAR Project

This programme took place from November 2024 to February 2025 and included 4 facilitated sessions by Inspire Wellbeing and 12 short self-care sessions at all Locality Planning Group Meetings

Download the Scorecard Report [HERE](#) to find out more about the impact of the programme on its participants



On Saturday 7th June 2025, the **Feel Good Armagh Community Networking Event** was held on The Mall in Armagh. This free event was organised to help all ages of the communities in Armagh to find out what support and opportunities were available on their doorstep.

43 services and organisations held information stands to inform the public (and each other) of what they provide, and activities were held for children.

Download the Feel Good Armagh Community Networking Event Scorecard [HERE](#) to find out more about what we did, how well we did it and what changed as a result.



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

Upcoming Training Courses

Children in Northern Ireland

Open to those in Community/Voluntary Sector:

Designated Officer (Half day, online) September - 3 rd , 9 th & 23 rd October - 15 th & 28 th	Child Protection (Half day, online) September - 2 nd & 24 th October - 7 th & 21 st
Safe Sleep (Half day, online) September - 16 th	Trauma Informed Relationships in Practice (Full day, in person) September - 16 th
Gambling & Gaming (Half day, online) September - 25 th	Life Story (Full day, in person) September - 30 th
Child Sexual Exploitation (Half day, online) October - 9 th	Mental Health Awareness (Half day, online) October - 9 th
Benefits of Outdoors for Children (Full day, in person) October - 14 th	Supervision for Supervisors (Two full days, in person) October - 21 st & 22 nd

Book: ci-ni.org.uk/training



www.ci-ni.org.uk/training

Upcoming Training Courses

Children in Northern Ireland


Paid Courses:


Trauma & the Helping Professional (Full day, in person) September - 3 rd October - 24 th	Supporting School Based Anxiety (Half day, online) September - 9 th
Counselling Skills (Half day, online) September - 12 th October - 10 th	Communicating Effectively with Children and Young People (Half day, online) September - 18 th
Understanding ADHD (Half day, online) September - 24 th	Autistic Women & Girls (Full day, in person) September - 25 th
Understanding Autism (Half day, in person) October - 23 rd	Baby Massage Instructor (Two days, in person) October 17 th & 20 th
Baby Yoga Instructor (Two days, in person) November 28 th & December 1 st	

Book: ci-ni.org.uk/training




www.ci-ni.org.uk/training





Co-funded by the
European Union
UK Government




OUR GENERATION LEARNING LAB

14/08 10AM-1PM	Substance Misuse and Gambling Training - Online
27/08 9.30-4PM <small>ONLINE SESSION</small>	Dr Karen Treisman - Trauma-informed care for young refugees and asylum seekers
08/09 9.30-12.30PM	Dr Karen Treisman - Emotional Regulation Ideas and Tools (follow-up to 27 th August)
16/09 6-8PM	Supporting Young People through Back-To-School Anxiety & School Avoidance - Online
02/09 09/09 23/09 01/10	4-week online course 6.30-8.30pm. Key themes: managing anxiety, neurodiversity, building empathy and intergenerational trauma.



Co-funded by the
European Union
UK Government



OUR GENERATION LEARNING LAB

16/09 11AM-3PM	Supporting LGBTQIA+ Youth Training by Belong To & Here NI CAVAN JOHNSTON LIBRARY
22/09 11AM-3PM	Supporting LGBTQIA+ Youth Training by Belong To & Here NI ARMAGH BUSINESS CENTRE



<https://www.eventbrite.com/cc/our-generation-3777653>



Are you working within your local community?
Why not attend a **Take 5 Ambassador Briefing Session**
to enable you to promote positive wellbeing?



Take 5 is a set of simple steps to help maintain and improve wellbeing

This briefing will equip you to deliver a short Take 5 session for your local groups.

Aims of Take 5 Ambassador Briefing Session

- To raise awareness and understanding of the Take 5 message
- To provide the resources necessary to promote the Take 5 message in your local community
- To create a network of Take 5 Ambassadors working to promote positive wellbeing.

Briefing Session will take Place in

The Studio

Banbridge Leisure Centre

15 Downshire Place

Banbridge

BT32 3JY

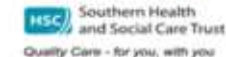
On the following date:

Date: Wednesday 10th September 2025

Time: 10.30am – 12pm

Light Refreshments Provided

To book a place on the above session please complete and return the attached booking form to: Take.5@southerntrust.hscni.net



Take.5@southerntrust.hscni.net





SUPPORTING LGBTQI+ YOUNG PEOPLE

FREE TRAINING FOR YOUTH-FACING STAFF & VOLUNTEERS





LEARNING OUTCOMES

1. Best practice for supporting LGBTQI+ young people and their mental health.
2. Information on sexual orientation and gender identity.
3. Practical tips for creating a safe space for LGBTQI+ youth (at youth club / in school)
4. Learn how to respond if a young person comes out to you.
5. Signposting on support organisations and what Belong To and Here NI can provide.

16TH SEPTEMBER
@ JOHNSTON LIBRARY,
CAVAN
10.30AM TEA/COFFEE
11AM-3PM TRAINING,
LUNCH + Q&A SESSION





SUPPORTING YOUNG PEOPLE THROUGH ANXIETY & SCHOOL AVOIDANCE

Who should attend?
 Professionals and volunteers across Northern Ireland and the six border counties of Ireland working directly with young people.

What we'll cover:

- ✓ Understanding anxiety in young people
- ✓ Back-to-school anxiety
- ✓ School avoidance
- ✓ Practical emotional regulation strategies
- ✓ Real-life tools and examples you can use immediately in your own setting

WHERE: ONLINE
DATE: 16/09/2025
TIME: 6-8PM

Scan here to sign up!



<https://www.eventbrite.co.uk/e/1399341140019?aff=oddttdcreator>



www.eventbrite.co.uk/supporting-LGBTQI+



www.eventbrite.co.uk/e/anxiety-school-avoidance



The poster features logos for 'OUR generation', 'PEACEPLUS Northern Ireland - Ireland' (co-funded by the European Union and UK Government), and 'co-operationireland'. The title 'SUPPORTING LGBTQIA+ YOUNG PEOPLE' is in large purple letters, followed by 'FREE TRAINING FOR YOUTH-FACING STAFF & VOLUNTEERS'. Logos for 'here' and 'Belong To LGBTQ+ Youth Ireland' are shown next to a QR code. The 'LEARNING OUTCOMES' list includes best practice, sexual orientation information, safe space tips, response training, and signposting. The date '22ND SEPTEMBER, ONLINE' and time '2-4.30PM ON ZOOM' are listed. A rainbow wave graphic is at the bottom.

OUR generation
Growing Up Better, Together

PEACEPLUS
Northern Ireland - Ireland
Co-funded by the
European Union | UK Government

co-operationireland
working for a future together

SUPPORTING LGBTQIA+ YOUNG PEOPLE

FREE TRAINING FOR YOUTH-FACING STAFF & VOLUNTEERS

here
Support for Young People & Families

BE LONG
Belong To LGBTQ+ Youth Ireland



LEARNING OUTCOMES

1. Best practice for supporting LGBTQI+ young people and their mental health.
2. Information on sexual orientation and gender identity.
3. Practical tips for creating a safe space for LGBTQI+ youth (at youth club / in school)
4. Learn how to respond if a young person comes out to you.
5. Signposting on support organisations and what Belong To and Here NI can provide.

**22ND SEPTEMBER,
ONLINE
2-4.30PM ON ZOOM**



www.eventbrite.co.uk/supporting-LGBTQI+






Southern Trust Recovery College
Wellbeing education for everyone

Upcoming Courses

Building a Healthy Self-Esteem This course will help you learn about self-esteem and the factors that impact on it. It will also empower you to harness the power of your thoughts and beliefs to change how you feel about yourself.	2 nd September	12 noon – 2.30 pm	MS Teams
Writing for Self-Expression This course helps people to express their thoughts and feelings in writing and enhances mental wellbeing and personal resilience. <i>*Please note attendance at all four sessions is required*</i>	3 rd , 10 th , 17 th , 24 th September	11.30 am – 1 pm	Boardroom, Tower Hill, Armagh
Mindfulness Regular mindfulness practice can reduce stress, improve focus, and promote emotional well-being.	4 th September	10-10.30 am	MS Teams
Tree of Life The 'Tree of Life' uses the metaphor of a tree to explore the strengths and resources we use throughout our life's journey. In this session you will use creativity to explore the elements of the Tree of Life, reflect on your own life story, and identify	11 th September	10 am – 1 pm	Nautilus Centre, Kilkeel

your strengths, values and skills to move forward in life. Understanding & Managing Anxiety This course aims to give you the knowledge required to understand the impact of and key issues surrounding anxiety and ways in which to manage it. <i>*Please note attendance at both sessions is required*</i>	16 th and 23 rd September	10 am – 1 pm	Conference Room, Portadown Health Centre
Nature Connections This course is an outdoor, guided practice, which engages all five senses – sight, sound, smell, touch and taste – to promote relaxation and overall wellbeing.	18 th September	10.30 am – 12.30 pm	Gosford Forest Park, Armagh
Understanding & Navigating Emotions The aim of this course is to increase awareness and understanding of emotions and feelings, what they are, and what they mean for us and others. <i>*Please note attendance at both sessions is required*</i>	25 th September and 2 nd October	10 am – 1 pm	European Room, Moylinn House, Craigavon
When Our Thoughts Get in Our Way Automatic Negative Thoughts (ANTs) can trigger unpleasant emotions that can impact on how we live our lives. Everyone experiences negative emotions, and we can't and shouldn't avoid them. It is however important to recognise our automatic negative thoughts to be aware of how they get in our way. This course will help you to explore strategies on how to identify, challenge and change our thoughts and promote wellbeing.	30 th September	10 am – 1 pm	Boardroom, Jethro Centre, Lurgan

To register your interest in any of the above courses please get in touch using the contact details below:

Tel: 02837561938
Email: Recovery.college@southerntrust.hsnri.net

Alternatively, you can use the below link to register your interest:
[Recovery College Register Form | Southern Health & Social Care Trust \(hsnri.net\)](#)



recovery.college@southerntrust.hsnri.net



Perinatal, child, adolescent and family work: a psychoanalytic observational approach (M7N)

Discover our flagship Master's degree in Belfast

Draw on over a century of expertise to enhance your professional practice

Suitable for professionals from various multidisciplinary backgrounds, this course offers theoretical and experiential training to professionals working with infants, children, adolescents and their families.

Under the guidance of our expert clinician-tutors, you will:

- Explore the earliest stages of life via an infant observation, honing your skills in the clinic where the method was first pioneered.
- Expand your knowledge base with the latest child development research and a range of key psychoanalytic concepts and texts.
- Critically examine the unconscious dynamics that can impact on your work through participating in regular group discussion.
- Gain a postgraduate certificate after one year of study, a postgraduate diploma after two years, or a Master's degree.

Flexibly delivered in a blended, part-time format, the course will inform your current practice, while also acting as a preparation for further, clinical training. There are a number of places funded by PHA at 75%. Please contact joint course lead Gertie Doonan to discuss the course and funding availability via email at gdoonan@tavi-port.nhs.uk.

“Closely observing infants with their carers is a unique learning experience and highly relevant in many work settings.”

Dr Deirdre Meehan
Course Lead



Learn more, join an open event and start your application ▶




 tavistockandportman.ac.uk
 020 8938 2213/2214

 training@tavi-port.ac.uk
 Tavistock Centre, 120 Belsize Lane, London NW3 5BA



shirley.mccaffrey@southerntrust.hscni.net



Understanding Self-Harm

Self-harm & suicidal behaviours are interconnected but distinguishing between the two can be challenging. It's crucial to recognize the significant differences in intention and the risks each one presents.

This FREE community workshop provides a safe and supportive environment to learn how to recognise the signs, respond with compassion, and connect individuals (if appropriate) to Inspire's SHIP (Self-harm Intervention Programme) or to other relevant support services.

This workshop addresses both self-harm & suicide. It is designed for staff, family members, caregivers, or anyone supporting young people or adults affected or at risk.

In this workshop we will:


- Define Self-Harm & explore the motivations behind it.
- Understand risk factors, myths & discuss self-harm & suicide safely
- Learn to recognise the signs of distress & how to offer support
- Equip ourselves with tools to assist someone in crisis
- Explore Harm Minimisation & Safety Plans
- Gain an understanding of the SHIP Service & referral pathways

No personal sharing is required; we will maintain a safe & supportive environment. PLEASE NOTE: This workshop may not be appropriate if you have recently been bereaved by suicide.

Eligibility & Booking Information:

- Free to community groups in the Southern Trust and South Eastern Trust Areas.
- Workshops must be 2 hours in length.
- Delivered daytime, in-person.
- Target group size - 12 (max of 20)

Jenny Groves, Training Co-ordinator
j.groves@inspirewellbeing.org
07834 181303




j.groves@inspirewellbeing.org



 <https://actiontrauma.com/neurodiversity-conference/>



 www.eventbrite.co.uk/journey-the-future



Save the date!

SCHOOL-AGE CHILDCARE: THE JOURNEY - THE FUTURE

26 September 2025
9:00am - 1:30pm

School-age childcare practitioners, managers,
and setting owners - join us for a special
morning of celebration and inspiration!

This free, fun-filled event will offer practical
ideas you can use in your setting, with great
opportunities to make new connections.

Register your interest:
katherine.lindsay@playboard.co.uk

 PLAYBOARD NORTHERN IRELAND
LEADING THE PLAY AGENCIES

 Childcare Partnerships



katherine.lindsay@playboard.co.uk



 OUR generation
Growing Up Better Together

PEACEPLUS
Northern Ireland - Ireland

Co-funded by the
European Union | UK Government

 co-operationireland
working for a future together

BETTER TOGETHER: SUPPORTING OUR GENERATION

A cross-border conference for youth-
facing professionals and volunteers.
Supporting teens, building strengths,
creating change.

**16TH OCTOBER
9.30AM-4.30PM
MONAGHAN PEACE
CAMPUS H18 RP20**

 SHANE MARTIN
Founder of Moodwatchers

 OWEN O'KANE
Bestselling author,
psychotherapist & former NHS
Clinical Lead

 RICHARD HOGAN
Psychotherapist and
Irish Examiner
Columnist



 Reserve your
space!
<https://www.eventbrite.co.uk/e/our-generation-shared-learning-event-tickets-1440539595709?aff=oddottireator>

Hear from our expert speakers on key issues
for young people today - resilience,
technology and anxiety.
Learn from interactive workshops on trauma-
informed practice, mental health & sport,
mindfulness and cultural awareness.



www.eventbrite.co.uk/our-generation

Cultural Competence: Stories that connect us and learning together from lived experience

Thursday, 23rd October 2025

9:30 AM – 3:00 PM

Armagh City Hotel

Join us for a day of learning, sharing, and connection as we work together to embed Cultural Competency and Strengthen Communities.

What to Expect:

- Cultural Competency Framework: Explore elements of e-learning resource, tools and strategies to strengthen inclusion and understanding in our communities.
- “You Do Not Know What You Have Not Lived” Hear the lived experiences of families and practitioners who have journeyed together in the STEPS Linking Families & Communities Project since 2016.
- Human Library: Meet “Human Books” and hear real-life stories of resilience, diversity, and cultural experiences.
- Networking & Collaboration: Connect with community members, organisations, and service providers.

Light refreshments and lunch provided.

Please register by 3rd October by emailing:
Agnieszka.Judkiewicz@southerntrust.hscni.net



Agnieszka.Judkiewicz@southerntrust.hscni.net



The SHSCT Mental Health Team are co-launching their annual, month long Health and Social Care mental health campaign in collaboration with Public Health Agency, Northern Ireland Ambulance Service and their Trust counterparts. The campaign will run from 10th September (World Suicide Prevention Day) until 10th October (World Mental Health Day) with the focus being “Looking after your mental health” which will support mental health promotion, early intervention and prevention through the implementation of Take 5 steps to wellbeing and signposting people to information and support.

The campaign is not focusing on mental ill health or mental illness.

Digital assets are available [HERE](#) and colleagues and community partners are being encouraged to help promote the campaign across their networks, newsletters, social media, etc.

PHA will also be sharing key messages and links to resources via social media and again partners are being encouraged to reshare across their own platforms.

(The social media calendar is available on the campaign webpage linked above and contains details of the PHA channels)

Please support this campaign in helping to share the messages far and wide!



Looking after your mental health is important

Scan the QR code for a leaflet of top tips to improve your mental health and wellbeing.




For more information and to find mental health services near you, visit www.mindingyourhead.info

HSC Public Health Agency

Public Health Agency Tel: 0300 555 0114 Social media: www.publichealth.hscni.net



www.mindingyourhead.info



Apps can help with your mental health



The Health and Social Care apps library has information about mental health and wellbeing apps for adults.

- ✓ Free to access
- ✓ Helps you self-manage your mental health and wellbeing
- ✓ Independently reviewed and scored
- ✓ Information kept up to date
- ✓ Safe to use (data security and privacy assured)
- ✓ Developed with clinical input and advice

You can find apps to help with general wellbeing, sleep, anxiety, stress and more at <https://apps4healthcareni.hscni.net>



HSC Health and Social Care

Produced by the Public Health Agency Tel: 0300 555 0114 Social media: www.publichealth.hscni.net



<https://apps4healthcareni.hscni.net>

Organ Donation Week: 22-28 September 2025

Please join us to support **Organ Donation Week**: a celebration of organ and tissue donation and transplantation which saves and transforms hundreds of lives each year

This Organ Donation Week, we are asking those who haven't yet done so, to help save lives by confirming their decision on the NHS Organ Donor

Support Organ Donation Week by confirming your decision on the NHS Organ Donor Register [HERE](https://organdonationni.info)
or call **0300 123 23 23**

Follow our channels at [@OrganDonationNI](https://twitter.com/OrganDonationNI) for inspirational stories and to get involved in Organ Donation Week initiatives



SOUTHERN TRUST AREA

PARENTING PROGRAMMES

INCREDIBLE YEARS



Autism and Language Delay Programme

This programme is aimed at parents/carers of children aged 2-6 with a confirmed Autism diagnosis who live in the Southern Trust area.

Parents/carers will be supported to:

- Promote their child's development in communication, language, play and social skills
- Help their child learn self-regulation skills
- Reduce stress and challenging behaviour



In the parenting groups trained Incredible Years facilitators use video clips of real-life situations to support training and stimulate parenting group discussion.



When: Starting on Tuesday 9th September 2025

Time: 10.00am – 12.30pm

Duration: 14 weeks

Location: Autism Services The Oaks, Old Longstone Hospital Site, St Lukes, Armagh, BT61 7PR

For further information/to make a referral please contact Maria:
Email: parenting.partnership@southerntrust.hscni.net
Mob: 07880 474747



parenting.partnership@southerntrust.hscni.net

Tiny Steps

19 week parent infant (0-4 months) programme facilitated by Home-Start

HOME START

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

Key programme criteria

- For parents/carers and infants 0-4 months resident outside Sure Start areas in the Southern Trust
- Primarily, but not exclusively first-time parents/carers
- Plus one or more of the following:-
- Parent experiencing isolation/loneliness
- Parent reporting anxiety/low mood
- Family needing additional support as identified by Health Visitors or other family support services.



What's included? (19 weeks)

- Incredible Babies (A & D, Banbridge & Newry) or Mellow Parenting Programme (Craigavon) x 8 weeks
- Infant Massage x 5 weeks
- Additional 6 sessions to include e.g. sleep support, weaning, sensory play/physical activity sessions

Programme details/Next steps?

Expressions of interest will be taken from parents, carers and supporting organisations by contacting the relevant Home-Start in your Locality.



Newry & Mourne: based in Killeel
Start date: **Mon 22nd Sept '25, 1-3pm**
Tel: Home-Start on 028 3026 6139
Email: info@homestartnewry.com

Full

Armagh & Dungannon: based in Moy
Start Date: **Tues 16th Sept '25, 10-12**
Tel: Home-Start on 028 8778 9489
Email: homestartad@btconnect.com

Full

Banbridge: based in Banbridge
Start date: **Mon 8th Sept '25, 10-12**
Tel: Home-Start on 028 4062 6234
Email: homestartbanbridge1@btconnect.com

AVAILABILITY

Craigavon, Lurgan & Portadown: based in Lurgan
Start date: **Wed 22nd Oct '25 10-12**
Tel: Home-Start on 028 3834 5357
Email: homestart.craigavon@openworld.com

AVAILABILITY



info@homestartnewry.com



homestartad@btconnect.com



homestartbanbridge1@btconnect.com



homestart.craigavon@openworld.com



Parents & Carers

Are you parenting an adolescent in the Southern Trust with a confirmed Autism diagnosis?

Join our **Parents Plus 'Special Needs Programme'** and meet other parents in a supportive group to help your adolescents reach their full potential.

Support your child to:

- Learn social skills and build friendships
- Deal with puberty and sexuality
- Gain confidence and self-esteem
- Be more independent

As a parent, learn how to:

- Personally cope and manage stress
- Deal with the challenges of adolescence
- Support the needs of your other children
- Manage challenging behaviour

Dates: Wednesday 10th September 2025 - Wednesday 22nd October 2025 (7 weeks)
Time: 10am-12.30pm
Location: Clanrye Group, Unit 34, Armagh Business Centre, 2 Loughgall Rd, Armagh BT61 7NH

For more information please contact:

Claire Convery, Clanrye Group

Phone: 074813059876

Email: claire.convery@clanryegroup.com

Link to referral form: <https://forms.office.com/va5Mell5Nnsa>



PARENTS PLUS Children's Programme

An evidence-based parenting course on promoting confidence, learning and positive behaviour in children aged 6 to 11 years.

9 week programmes for parents/carers living in the Southern Trust area starting:

Thursday 11th September 2025 from 10am-12 noon (online)

OR

Wednesday 17th September 2025 from 10am-12 noon (online)

For further information, please contact Maria:

Email: parenting.partnership@southerntrust.hscni.net

Mob: 07880 474747

Visit: [Children and Young People's Strategic Partnership \(CYPSP\)](#)



Click or scan here for the Referral Form



claire.convery@clanryegroup.com



parenting.partnership@southerntrust.hscni.net



For Dads to be
A 6-week online program to support you get ready for the birth of your baby
Starting Tuesday 16th September 2025

7pm - 8.30pm

For further information please contact:

Jacqueline Masterson, Promoting Wellbeing Team,

[Southern Health & Social Care Trust](mailto:mellow.parenting@southerntrust.hscni.net)

02837564489 / 07867208352

mellow.parenting@southerntrust.hscni.net



mellow.parenting@southerntrust.hscni.net



FAMILY

8 WEEK COURSE



PARENTS PLUS ADHD Programme - Limited places available

Parenting a child with ADHD can bring special challenges but with the right support parents can learn to overcome these challenges and help their children reach their full potential.

This 8 week evidence-based parenting programme addresses the needs of parents raising a child with an ADHD diagnosis, helping them manage behaviour and emotional problems.

Location: Ballybot House, 28 Corn Market, Newry BT35 8GB.

Start Date: Thurs 2nd Oct to Thurs 27th Nov 2025 (with break Oct 30th for mid-term).

Time: 10:00am-12:00pm.

Criteria: For parents with a child diagnosed with ADHD/awaiting an assessment, aged 6-11 years and who are resident in the Southern Trust area.

Call Gemma at Bolster Community to register on 028 3083 5764 or email gemma@bolstercommunity.org

Delivered by: **BOLSTER COMMUNITY**

Funded by: **HSC** Southern Health and Social Care Trust



gemma@bolstercommunity.org



SOUTHERN TRUST AREA

PARENTING PROGRAMMES



For Mums to be

**A 6-week online program to support you
get ready for the birth of your baby**

Starting Wednesday 12th November 2025

6.30pm - 8.30pm

For further information please contact:

**Jacqueline Masterson, Promoting Wellbeing Team,
[Southern Health & Social Care Trust](#)**

02837564489 / 07867208352

mellow.parenting@southerntrust.hscni.net



mellow.parenting@southerntrust.hscni.net

Teen programmes

Programme: Parents Plus Special Needs Programme
Start date: Wed 10th Sept-22nd of Oct 2025
Duration: 7 weeks (10am-12.30pm)
Location: Clannye, 34 Amagh Business Centre, Loughgall Road, Amagh
Attendees: Parents/carers of young people 11-16 years in the Southern Trust with a confirmed Autism diagnosis.
Facilitators: Clannye & Parenting Partnership
Enquires/Referrals: e Claire.convery@clannycgroup.com
 t: 07483 059876

Programme: Parents Plus Special Needs Programme
Start date: Tues 13th Jan-Tues 3rd of March 2026
Duration: 7 weeks (10am-12.30pm)
Location: St Pauls High School Bessbrook
Attendees: All parents/carers of young people 11-16 years with special needs within Newry & Mourne area
Facilitators: Parenting Partnership & Newry MDT Team
Enquires/Referrals: Parenting Partnership-07880474747
 e parenting.partnership@southerntrust.hscni.net
 t: Or Newry GP MDT Team-07425630856
 e Veronica.kern@southerntrust.hscni.net

Programme: Parents Plus Special Needs Programme
Start date: Thurs 19th Feb-Thurs 2nd April
Duration: 7 weeks (6pm-8.30pm)
Location: Online
Attendees: Parents/carers of young people 11-16 years in the Southern Trust with a confirmed Autism diagnosis.
Facilitators: Clannye
Enquires/Referrals: e Claire.convery@clannycgroup.com
 t: 07483 059876

General Enquiries

Maria Killen
 Parenting Partnership Manager
 ☎ 07880 474747
 ✉ parenting.partnership@southerntrust.hscni.net
 Or
Martina McCooey
 Child Development Interventions Co-ordinator
 ☎ 028 3756 4462 / 07795 450278
 ✉ martina.mccooey@southerntrust.hscni.net

For further information on these and other programmes please visit our webpage below. Additional programme information will be added throughout the year

[Parent Support – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](https://www.southerntrust.hscni.net/parent-support-children-and-young-peoples-strategic-partnership-cypsp/)



Evidence Based

SUPPORT PROGRAMMES FOR PARENTS & CARERS

Giving every child the best start/opportunity in life



2025/ 2026
Southern Trust

Please visit our CYPSP webpage to access the range of **evidence-based parenting programmes** available to families resident in the Southern Trust Area over the coming year, September 2025 to June 2026

The programmes span the age range pre-birth to teens and are available for the families of typically developing/children and young people with special needs

Further information available [HERE](#)



PEACE of Mind
empowering young minds,
building resilience



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the
 European Union |
  UK Government
 





PEACE of Mind

The PEACE of Mind is a regional personal development programme delivered across a six-week period and is designed to enhance the emotional resilience and wellbeing of young people aged 9-25.

"The PEACE of Mind is supported by the PEACEPLUS Programme, managed by the Special EU Programmes Body (SEUPB)."



Special EU Programmes Body
Comhlacht na gClár Speisialta AE
Special EU Skemes Boidie

Self-Esteem and Uniqueness:
Celebrating individual strengths and recognising what makes us unique

Understanding Emotions:
Exploring and recognising different emotions and how they affect us

Coping Skills:
Learning practical strategies to manage stress and feel more in control

Building Resilience:
Identifying ways to handle challenges and adapt to change

Support Networks:
Recognising who we can turn to for help and how to build meaningful connections

Looking Forward: Setting personal goals and strategies to maintain wellbeing beyond the programme

Contact Us:

✉ peaceofmind@cedar-foundation.org

☎ 07525898325



peaceofmind@cedar-foundation.org



PEACE of Mind

empowering young minds,
building resilience

The PEACE of Mind is a regional personal development programme delivered across a six-week period and is designed to enhance the emotional resilience and wellbeing of young people.

Inspire's delivery of the programme will be open to 14-25 year olds considered marginalised or at risk.

The programme is delivered over 6 sessions, each focusing on a key area of personal development:

- Getting to know you
- Building Relationships
- Coping Skills
- Social Media
- Building Resilience
- Moving Forward

For more information, please contact:
peaceofmind@inspirewellbeing.org




PEACE of Mind

empowering young minds,
building resilience

We are delivering our Peace of Mind project.

We would love for you to come along to find out more, meet our team, and ask questions.

THURSDAY 28TH AUGUST
10AM - 1PM
GIRDWOOD COMMUNITY HUB, BELFAST

WEDNESDAY 10TH SEPTEMBER
10AM - 1PM
COOKSTOWN LIBRARY

Please RSVP by 20th August to Emma at e.flowers@inspirewellbeing.org

Tea, coffee, and traybakes will be provided!
Please let us know if you have any dietary requirements when you RSVP.




e.flowers@inspirewellbeing.org

IGNITE COMMUNITY



Empowering Young Voices Through Creativity and the Arts



Delivered by Arts Care, Ignite Community is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

What is Ignite?

Ignite Community is an arts-based, fully funded 3-year programme designed for young people aged 9-25. Through creativity and self-expression, Ignite helps young people explore social issues that matter to them, build confidence, and create meaningful change in their communities.

Arts Care's Approach:

We believe in the transformative power of the arts to heal, connect, and inspire. Through co-production and co-design, our professional artists will guide young people on a creative journey where they can express their ideas, share their voices, and develop a vision for a better future.

How It Works:

- 8 Artist-Led Creative Sessions - Delivered by a professional Arts Care artist at your premises or regular meeting place, tailored to the group's needs and abilities.
- Explore & Create - Young people will explore a social issue they care about and express their ideas for change through visual and digital art, music, storytelling, or performance.
- Community Showcases - A celebration event where participants share their work and their aspirations with friends, family, and the wider community.
- Reflections Session - Looking back on their personal growth, achievements and the impact of their creative journey.

Ignite will allow Young People to:

- Build confidence and resilience through creativity.
- Learn to use art as a tool for self-expression and social change.
- Feel empowered by enhancing their collaboration, teamwork and communication skills.
- Experience the benefits of creative engagement - reduced stress, improved wellbeing, and stronger social connections.
- Take pride in owning and realising a youth-led project that makes a real world difference.

What does Ignite offer your Organisation:

- A fully funded Arts programme that can complement your organisations objectives for young people.
- Engagement for young people that is positive, empowering and inclusive.
- Promotion of wellbeing and community connection through the arts.

Get Involved

Join us in creating meaningful change through the power of the arts.

Contact Rebecca on ignite@artscare.co.uk to register your interest or find out more.

Together, we can inspire transformation, lift up young voices, and build stronger, healthier communities through art.



artscare.co.uk
028 9031 1122
ignite@artscare.co.uk



ignite@artscare.co.uk



Relate NI



END
VOLUNT
RELATION
& LOVE

What is Relate-Ed?

Relate-Ed is an age appropriate, inclusive and evidence based Relationships and Sexuality Education (RSE) for young people.

It aims to raise awareness of the root causes of violence against women and girls, what it is, where it comes from and how it manifests in relationships and society.

Relate-Ed challenges attitudes, behaviours and culture of distorted views of relationships, sexuality and power by providing young people with tools to sustain healthy relationships.



What topics can Relate-Ed include?

Relate-Ed workshops can include:

- Real Growth: Changes to body & mind in puberty.
- Relatable relationships: Building strong, respectful, and loving relationships.
- Real Talk: Making informed choices around healthy relationships and pornography (Aged 13+)
- Relatable choices: Sexual Health (Aged 13+)
- Real Respect: Mutual respect and consent in every interaction.
- Really creative: Positive relationships and boundaries through ART and Play.
- Real support: Teacher tools & support
- Really savvy: Staying safe online



Who can book a Relate-Ed workshop?

Relate-Ed workshops are the perfect addition to any school's RSE programme.

If you're a school principal, head of pastoral care or youth coordinator planning for the term ahead, now's the time to book your Relate-Ed session.

From understanding the changes that come with puberty to making safe choices online, our workshops bring creative, interactive content that connects with young people aged 13+.



Office@relateni.org



As part of the Public Consultation of the **Children and Young People's Emotional Health and Wellbeing (EHWB) Framework**, we are pleased to offer a series of in person and online seminars to provide further information which will take place as follows:

Online Seminars:

- Monday 8th September from 10am to 12pm
- Thursday 11th September from 2pm to 4pm
- Thursday 11th September from 6pm to 8pm
- Friday 12th September from 10am to 12pm
- Monday 15th September from 6pm to 8pm

The online seminars will take place on Microsoft Teams, please register your interest and a link will be shared

If you would like to attend any of these information seminars, please register your interest by emailing the Regional Emotional Health and Wellbeing (EHWB) Team at the following email address Regional.EHWB@hscni.net indicating which seminar you would like to attend

Consultation information is available [HERE](#)

You can respond to the consultation [HERE](#)

Care Opinion

Care Opinion is a place where you can share your experience of health or care services, and help make them better for everyone.

Care Opinion make it safe and simple to share your story online and see other people's stories too. You can see how stories are leading to change. If you wish to get in contact with us within Southern Health and Social Care Trust please email - care.opinion@southerntrust.hscni.net

Our children may wish to share their story - Tell your story with help from Bear



Bear needs your help!

Hi there, I'm the Care Opinion Bear with a heart as big as the mountains!

I love listening to stories, because it brings us closer together. I am here to listen to what you have to say and lend you a helping paw!

Select the link below to begin sharing your story on Care Opinion.

[Tell your story with help from Bear](#)

Or you can also [tell your story without Bear](#)

Visit the [Children and young people help page](#) for more information.



Southern Health and Social Care Trust



Values Your Opinion

Care Opinion is an independent service where you can safely share feedback anonymously about your experience of care from:-

Southern Health and Social Care Trust

We want to **learn**:-

- What was good?
- What could have been better?
- How did you feel?

Scan Here



Website
careopinion.org.uk



Freephone
0800 122 3135
Mon-Fri 9.30am-4pm

Your story will be published anonymously on careopinion.org.uk. A staff member will aim to respond in a timely manner to your story.

Together we learn from your feedback to improve Health and Social Care services for everyone.



www.careopinion.org.uk/tellyourstory



OUR Generation are delighted to share our
Scoping Reports for Northern Ireland & the Border Counties of Ireland
These reports shine a light on the mental health challenges facing children & young people aged 9-25, from rural isolation to stigma, and from cultural barriers to long waiting lists

They also share recommendations to build resilience, inclusion & hope

Download the full reports [HERE](#)



Emergency food parcel distribution in Northern Ireland

April 2024 - March 2025

25 May 2025



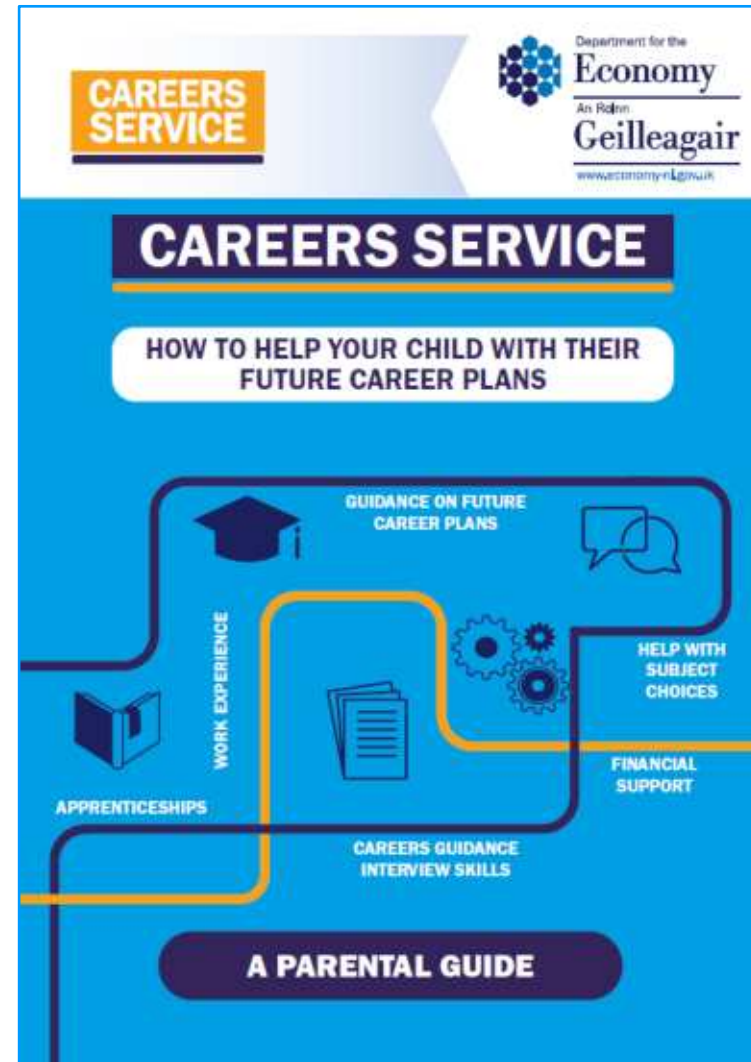
https://cms.trussell.org.uk/EYS_factsheet_NI_2025.pdf



www.nicma.org/_files



 www.nidirect.gov.uk/A-Young-Person-Guide



 www.nidirect.gov.uk/A-Parental-Guide



www.nidirect.gov.uk/An-Adult-Guide



Careers advisers are available to offer support whatever the circumstances, and at any stage in a person's career journey, even after they have left school:

Phone: 0300 200 7820

E-mail by completing the online form at [Ask Careers](#)

Go online and [chat with an adviser](#)

Careers advisers are available from 9.30am to 4.30pm, Monday to Friday (excluding public holidays)

Further useful information can be found, as follows:

[How the Careers Service can help you](#)

[Guides to help with career planning](#)

[Skills in demand](#)

[Getting ready for university or college](#)

[Financial Support at school and college](#)



SOUTHERN TRUST AREA

JOBS



WE ARE HIRING!

QUALITY ASSURANCE COORDINATOR FOR TRAINING

THE CORE RESPONSIBILITY OF THE QUALITY ASSURANCE COORDINATOR FOR TRAINING IS TO IMPLEMENT QUALITY ASSURANCE SYSTEMS AND PROCESSES TO ENSURE THE HIGHEST STANDARDS OF TRAINING AND ASSESSMENT IN LINE WITH AWARDING BODY REQUIREMENTS.

 joanne@youthaction.org
or scan the QR code for more information



joanne@youthaction.org



Integrated Education.
Your say.
Their future.

Find out more at:
integratedmyschool.com

Visit the Integrate My School website
www.integratedmyschool.com
to find out how your school can become
integrated.

The Integrate My School website gives parents
the opportunity to register that they would like
their child's school to transform to integrated
status.

Once enough parents register that this is what
they want then their school will give all
parents the opportunity to vote - a school will
only become integrated if that is what the
majority of parents want.

More Information

If you have any queries or
would like to know more
then contact Jill Caskey
on 028 90694099 or
email Jill@ief.org.uk



ief
integrated
education fund

**integrate
my school
.com**

Integrate My School is an initiative of the Integrated
Education Fund



www.integratedmyschool.com



September is “Back to School” month.

Are you curious about your child’s school becoming Integrated in the future?

The Integrate My School website integratemy.school.com gives parents and guardians the opportunity to register that they would like their child’s school to transform to become an Integrated school

With enough parental support highlighting that this is what parents want then their school will give all parents the opportunity to vote - a school will only become integrated if that is what the majority of parents want

Ways to show your support:

- Register on integratemy.school.com
 - Sign up to our [Ezine](#)
 - Follow us on [Facebook](#)
- Invite us to talk to parents in your community groups or run activities at family fun days
- Let relevant school staff know we have Exploring Transformation Grants for nursery, primary and post primary schools

More Information

If you have any queries or would like to know more then contact Jen on [028 90694099](tel:02890694099) or email jen@ief.org.uk

NEED HELP?

Childline Deaf Zone

We can help.
You can contact Childline about anything that's worrying you.
We've got lots of advice available in English and British Sign Language (BSL).

WAYS TO CONTACT US

Download the **SignVideo** app
The app can connect you to our BSL video helpline.

Visit the **Deaf Zone**
Scan the QR code or visit our website to find out more.
childline.org.uk/deaf-zone

childline
ONLINE, ON THE PHONE, ANYTIME

Childline is a service provided by the NSPCC, a registered charity for the Protection of Children and Young People. Registered charity in England and Wales 218421. Scotland SC037717 and Jersey 384. Illustrations by Shutterstock. 2022/2023.



www.childline.org.uk/deaf-zone

NSPCC Helpline

Need help?

Search NSPCC Helpline

If you're worried about a child, contact us.

We've got lots of advice available in English and British Sign Language (BSL).

Ways to contact us

Download the **SignVideo** app
The app can connect you to our BSL video helpline.

Visit our **Helpline** page
Scan the QR code or visit our website to find out more.
nspcc.org.uk/helpline

Email help@nspcc.org.uk

NSPCC 2025. Registered charity England and Wales 116401, Scotland SC037717 and Jersey 384. Illustrations by Shutterstock. 2022/2023.



www.nspcc.org.uk/helpline

Talk to young people now about alcohol and drug risks, ahead of exam results

Monday, 11 August 2025 - [Health and Social Wellbeing Improvement](#)

With young people set to receive their exam results, the Public Health Agency (PHA) is encouraging parents and guardians to talk to them now about risks of drinking alcohol and taking drugs.

Thousands of teenagers will receive their A-level and GCSE results this week and next. Following these occasions, we can often see excessive drinking or drug taking, so it is important that everyone is aware of the risks, even those who have drunk alcohol or taken drugs previously.


Kevin Bailey, Joint Regional Lead for Substance Use at the PHA, said: "Parents and guardians can make the first move and talk openly and honestly about the dangers of binge drinking and encourage young people to have fun with friends without alcohol or drugs.


"If they are likely to be drinking, encourage them to take care if they choose to do so and warn them of the dangers of mixing alcohol and other drugs.

"In the short term, the undesirable effects of drinking too much can include symptoms such as vomiting and hangovers. However, more serious risks from drinking heavily can include damage to vital organs and falls or accidents that can result in injury.



www.publichealth.hscni.net/talk-young-people-now

**Police Service**
of Northern Ireland

**SBNI**
Safeguarding Board
for Northern Ireland

TRUST TRAP: YOU'RE NOT TO BLAME

CAMPAIGN TOOLKIT

8. CAMPAIGN WEBSITE

All campaign assets can be found [here](#).

For more information on the issues discussed throughout this campaign and the support that is available, visit the [Online Safety Hub](#).



9. CAMPAIGN CONTACT DETAILS

To discuss campaign communications, please contact

**Police Service**
of Northern Ireland

Natalie McNeil
Communications Manager
Police Service of Northern Ireland
natalie.mcneil@psni.police.uk

To discuss issues of Online Safety, please contact

**SBNI**
Safeguarding Board
for Northern Ireland

Orla O'Hagan
Online Safety Coordinator
Safeguarding Board for Northern Ireland
Orla.O'Hagan@sbni.net



www.psnipolice.uk/safety-and-support/online-safety/trust-trap



Deafblind UK, a leading sight and hearing loss charity, has joined forces with Libraries NI to ensure local residents have easier access to crucial support for sight and hearing loss.

Together, they are introducing dedicated information points in libraries across Belfast Council area linking people living with sensory loss to vital resources and guidance.

These information points will allow residents to collect information about Deafblind UK's local sight and hearing loss support services, including mental health assistance, social opportunities, and technology support. The local team will also be able to advise and connect residents directly to support and services from other regional/national providers and this can be done via phone, email, SMS and BSL relay.

To further enhance accessibility, Deafblind UK will train library staff in best practices for accessibility and advise libraries on creating inclusive and welcoming spaces.

This initiative will ultimately span every county in Northern Ireland. It aims to empower local residents by connecting them to opportunities that can significantly enrich their lives, promoting better physical and mental well-being.

"Can I get a phone?"

"My friend has a phone, please can I get one?"



Parent Line NI
0808 8020 400

Simple question, but what is your answer?

Are you debating this question?
Do you feel smartphones are to be avoided?
Has your child just got their first phone?
We understand your responsibilities & concerns.
Parentline has gathered information to help you to make this decision and help keep everyone informed, connected and safe.



Packed full of useful links, support & guidance. Helpful Q&A's to use with your child.

For your **FREE PACK**
Call us now **0808 8020 400**

 0808 8020 400

Go to Starting a new school

ParentLineNI
0800 8020 400

How do you feel about your child's move?
Try to take time to acknowledge your own feelings as you oversee practical preparations. This way, you will be supporting your child to do the same.

If this is a change from primary to secondary, embrace & encourage the increasing independence your child will need.

We all cope better with change if we feel well prepared and supported. It may be useful to consider together...

- What does your child already know?
- What will stay the same?
- What will change?
- Are there any worries?
- What could help?
- What would they like to know?
- Where would you find information?

Maybe include an older child to help with hints & tips from their own experience.

Find out how your child is really feeling about moving school.
Try not to assume that you know.

Create talking opportunities instead of obvious questioning. 'Walk'n'Talks' or 'Car Chats' can feel much easier & will be more constructive.

Practicalities
Getting the basics sorted in advance creates confidence and avoids last minute panics. e.g. practise the journey to school, plan arrangements for lunch, agree mobile rules.

As much as possible, aim to be 'alongside' and supportive, rather than directing and organising.

A little anxiety can be a good thing.
Some feelings of anxiety during new experiences can help us to cope. Our increased awareness means we are better prepared to notice differences and process changes. Some anxiety means our body is helping us to manage new environments more successfully.

If anxiety levels have become too high, help is available.
Go To for Emotionally Based School Avoidance

We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm, Friday 9am to 5pm and Saturday 9am to 1pm

Go to Starting a new school

ParentLineNI
0800 8020 400

Schools are usually very well prepared to support new pupils & parents with all the changes.

- Try to make a good connection with one key person e.g. Year Head.
- Try to attend any open days and getting-to-know-you sessions.
- Take virtual/real school tours.
- Try to connect with PTA groups.
- Encourage your child to join after school sports & hobbies to nurture new friendships.
- Stay involved with teachers/parents.

This is the time to start stepping back.
Create learning experiences to get young brains in gear for independence.

- Try 'what do you think?' instead of answering every question.
- Encourage problem solving instead of sorting an issue.
- Ask your child to plan routes, organise what is needed for outings.
- Encourage your child to generally anticipate, plan and prepare.
- Add duties and responsibilities to help your child feel 'I can do it'.
- Create opportunities to teach prioritising issues & managing timings.

Links to additional useful information:
Parentkind
CYPSP BACK TO SCHOOL

Create a home haven, provide the balance.
Ask open questions to keep communicating e.g. 'what? how?'

- Maintain predictable routines.
- Maintain fair parenting boundaries and expectations.
- Try to avoid any other changes or moves around this time.
- Actively create daily space for fun, downtime & being together.

Whose responsibility?
This is where you begin to find a new balance between supporting your child, and trusting them with important new self-reliance and their own responsibilities.

Natural consequences.
Allowing your child to experience the natural consequences of not doing something, is important learning.
A clear understanding of 'whose responsibility' can protect relationships.

We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm, Friday 9am to 5pm and Saturday 9am to 1pm





Bolster Community have lots on this coming Autumn

Visit their 'What's On' webpage [HERE](#)

If you would like to enquire about anything, please contact Bolster Community
on 028 3083 5764 or at info@bolstercommunity.org



Parent Well

A source of inspiration



Promoting Wellbeing Through PLAY



Improve relationships
Provide stress relief & emotional balance
Build resilience & social skills

Small group information session on Play and Parenting – Preschool & Primary.

Tuesday 9th September
10am–11.30am on Zoom



To book your place call 0808 8020 400

 0808 8020 400

PARENTLINE NI

A safe space for every parent,
every step of the way!



Parentline NI CHECKLIST

- ☒ FREE
- ☒ Instant connection
- ☒ No waiting list

Call us today on 0808 8020 400

 0808 8020 400

 parentline@ci-ni.org.uk

 www.ci-ni.org.uk/parentline

Services Available Through The Hub May Include...

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

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

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

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



There Are 3 Family Support Hubs In the Southern Trust Area

ARMAGH & DUNGANNON HUB
 Caroline Williamson
 PosAbility, Barnardos
 Grange Building Tower Hill
 Armagh
 BT61 9DR
 M: 07514 724926
 T: 028 3741 4541

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

NEWRY & MOURNE HUB
 Allison Slater
 Bolster Community
 Unit 1, Killeavy Road
 Newry
 BT35 6UA
 T: 028 3093 5764
 E: familysupporthub@bolstercommunity.org



On1 Design & Print 07856 512722

Southern Area FAMILY SUPPORT HUB

Many families need a little extra help sometimes



Information for Families



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

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

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

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



What is the Family Support Hub?

- The Family Support Hub is a meeting of representatives from community, voluntary and statutory organisations who deliver services for children and families in your area.
- Each Family Support Hub has a lead body who co-ordinates the meeting and receives the referrals.
- The members of the Family Support Hub are from a range of statutory and community/voluntary agencies who offer services in your area. These agencies include; Education Welfare, Health Visiting, Womens Aid, Homestart, Social Services Surestart and Child and Adolescent Mental Health Services.
- Referrals will not be accepted without your consent. If the young person you are seeking support for is over 16, they must also sign the referral form.
- For more information follow this link <https://vimeo.com/216483917>

Your Family Support Hub Will

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

How The Hub Works

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

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

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

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

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

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

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

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

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

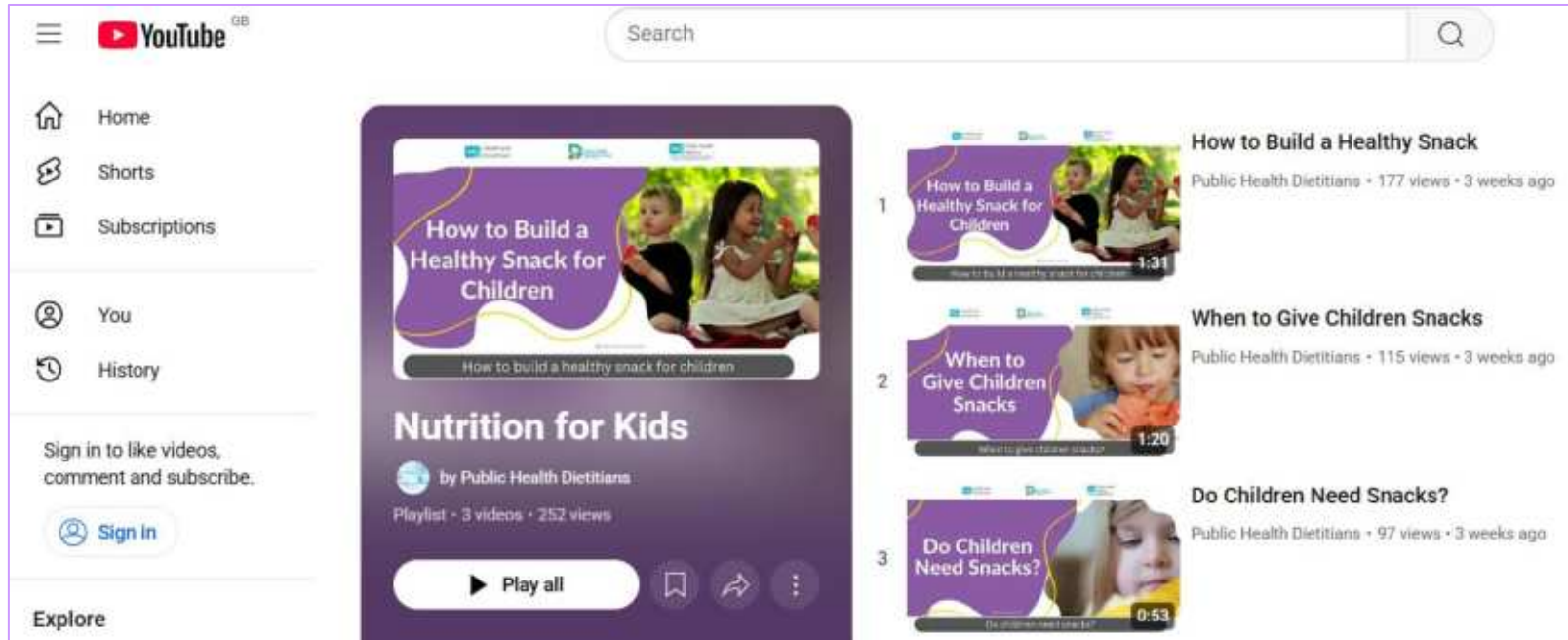
Some of the challenges the Hub can help with



Who Can Refer To The Hub?

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





Fuel the Fun with Smart Snacks - For parents and caregivers

The **Public Health Dietitians** new video series is packed with easy, practical tips you can use straight away - perfect for busy parents, carers, and anyone keeping hungry kids happy

From what to keep stocked in the fridge or cupboard, to quick, budget-friendly snack ideas that kids will actually enjoy, these videos have you covered. You'll also find handy advice on timing, portion sizes, and planning ahead - making it easier to keep little tummies full and fuelled with the nutrition they need

The first three videos are ready to watch now on the Public Health Dietitians YouTube channel [HERE](#)

For even more tips, check out the full article [HERE](#)

Advice and information for 16 - 25 year olds.

- Relationship Advice
- Sexual Health
- Contraception
- STI Testing
- Mental Health
- Smoking
- Drugs & Alcohol
- Physical Health & Wellbeing

Call or text:
07787 432 845

or email:
health.hub@
southerntrust.hscni.net

HEALTH HUB




Day	9.30 - 11.30am	12.30 - 3.00pm
Mon	Newry West SRC	Greenbank SRC
Tues	Dungannon SWC	Portadown SRC
Wed	Armagh SRC	Lurgan SRC
Thurs	Banbridge SRC	Model SRC

HSC Public Health Agency

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

SR Southern Regional College

SouthWest College



<https://southerntrust.hscni.net/the-health-clinic>



The **Daily Mile™** has many benefits for children and young people including:

- enhanced fitness levels
- increased self-esteem
- improved focus


Taking part is quick and easy, whilst also being a great way to have fun!

There are over 170 settings signed up to The Daily Mile™ in the Southern Trust, if you'd like to be part of the movement,

visit [Join The Movement | The Daily Mile UK](#)

To request Daily Mile resources email:
physical.activity@southerntrust.hscni.net

FREE 1-TO-1 SUPPORT PROVIDED BY VERVE HEALTH TRAINERS



**WANT TO CREATE YOUR OWN PERSONAL HEALTH PLAN?
WANT TO IMPROVE YOUR HEALTH THROUGH MOTIVATION AND SUPPORT?**

The Health Trainer Service is:

- Completely FREE!
- Available across the Southern Health and Social Care Trust.

The Health Trainer will:

- Help you develop your own personalised health plan
- Signpost and refer to activities, programmes and services
- Provide encouragement and motivation to help you achieve your personalised goals

The areas in which the Health Trainer can provide support are:

- Physical activity
- Alcohol awareness
- Eating a healthier diet
- Mental and emotional wellbeing

If you live in the SHSCT and would like to talk to a qualified Health Trainer contact:

Motivational support available by phone or face to face. Self-referrals welcome to this FREE service.

www.verve-network.co.uk

Contact the Community Health Trainer Service
T: 028 3756 3946 E: verve.network@southerntrust.hscni.net




SCAN ME

HEALTH TRAINER ONE TO ONE HEALTH AND WELLNESS COACHING

SUPPORTING YOU TO MAKE HEALTHIER CHOICES...



Supporting you to **become more active**



Supporting you to look after your **mental and emotional wellbeing**



Supporting you to assess **how much alcohol is too much**



Supporting you to **connect to services and activities**



Supporting you to **make healthier eating choices**

Motivational support available by phone or face to face. Self-referrals welcome to this FREE service.

www.verve-network.co.uk

Contact the Community Health Trainer Service
T: 028 3756 3946 E: verve.network@southerntrust.hscni.net




SCAN ME



verve.network@southerntrust.hscni.net



ABC COUNCIL AREA

LAYERED LIVES

WOMEN SUPPORTING WOMEN

Are you a neurodivergent woman aged 16–30?
Join us for 'Layered Lives' – a safe, empowering space to explore all things relationships and connect with peers.



Join us to explore what makes **healthy and unhealthy relationships**, learn how to recognise **red flags**, establish **boundaries** and maintain **personal safety** both on and off line.

We'll look at all kinds of relationships from friends & family to romantic relationships. Develop confidence, self-esteem and connect with peers, all in a safe environment.

WE'LL BE RUNNING LAYERED LIVES IN THE NEWRY & MOURNE AND ABC COUNCIL AREAS IN THE COMING MONTHS. YOU ARE WELCOME TO JOIN US AT ANY LOCATION, PLEASE REGISTER YOUR INTEREST TODAY. SEE CONTACT DETAILS ABOVE.

For details on locations & times, please contact Tracy on:

☎ 028 308 35754
Or email at:
✉ tracy@bolstercommunity.org

Delivered by



tracy@bolstercommunity.org

ABC Funding Opportunities

Armagh City, Banbridge & Craigavon Borough Council is offering financial assistance to eligible groups in the voluntary, community and social enterprise sector for the period 1 December 2025 - 31 March 2026 for:

Call 3 Revenue Grants 2025/26

- Running Costs (for eligible organisations)
- Programmes
- Events

(Excludes Christmas tree switch on events under 3a Community which can start delivery from 10 November 2025)

2nd Call of Small Capital Grants 2025/26

Council's 2nd call of Small Capital grants will also open on **9:00am Monday 18 August until 12noon on Friday 12 September 2025** for applications and the delivery period will be from the date of the letter of offer until 31 March 2026. This programme is being offered to fund:

- Small-scale capital works projects
- Equipment
- Technical assistance related to a Large capital works project up to and including design stage

All applications are open 9.00am, Monday 18 August 2025 - 12 noon, Friday 12 September 2025.

To further assist groups, a number of **Online Virtual Information Sessions** have been arranged for **Tuesday 19 August at 7.00pm and Wednesday 20 August at 3.00pm.**

To register for these sessions please email: ✉ fap@armaghbanbridgecraigavon.gov.uk
Initial Contact: **Valerie Armstrong**
☎ **07515 607 480**

   armaghbanbridgecraigavon.gov.uk

 **Armagh City Banbridge & Craigavon Borough Council**



fap@armaghbanbridgecraigavon.gov.uk

GET MOVING ABC

Get Moving ABC is a Borough wide targeted initiative, with a collective effort by a range of local organisations and groups to motivate and support as many people as possible to work towards and achieve the recommended physical activity levels.



The Get Moving ABC Partnership's target is to get more of our population moving and become the most physically active Borough in Northern Ireland. The focus will be on increasing sport and physical activity within homes, communities, workplaces and schools, with a view to motivating and encouraging as many people as possible to meet and exceed the recommended levels of physical activity in line with government guidance as well as develop more positive attitudes towards being active.



<https://getactiveabc.com/get-moving/>



ABC COUNCIL AREA

Community Training

COURSES INCLUDE

Safeguarding | First aid

Mental Health First Aid | Food Hygiene

Manual Handling

This initiative is supported through The Executive Office District Council Good Relations Programme



Our borough has a rich community life with dedicated organisations who work hard to deliver for individuals on a daily basis - and we are delighted to introduce a calendar of training to help encourage, protect and enhance these groups!

Courses include Safeguarding for Children and Adults, Accredited Emergency First Aid Training, Mental Health First Aid, Food Hygiene, Manual Handling and Mental Health First Aid

Courses will be held at various venues throughout the borough, as well as on online

Please note, places are limited and will be allocated on a first come, first serve basis

To find out more and to register for a course, visit [HERE](#)

ARMAGH LPG AREA



Armagh, Banbridge and Craigavon Policing and Community Safety Partnership (PCSP) are holding a series of Community Engagement Meetings across the district to give local people the opportunity to engage with the PCSP and PSNI.

Local police will be in attendance at each meeting to give an update on policing in each of the District Electoral areas (DEAs) and to answer any questions.

Armagh & Cusher Thurs 18th Sept Armagh Palace 7:30pm

Please confirm your attendance with
pscp@armaghibanbridgecraigavon.gov.uk or text 07826 854728



pscp@armaghibanbridgecraigavon.gov.uk

Change the way you think about emotions. Learn the Ollie Model. **OLLIE AND HIS SUPER POWERS**

17 18 September | 7-9pm

Southern Regional College, Armagh

Introduction to the Ollie Model
Helping children (and adults) understand & manage emotions

Alison Knowles Nuala Judge

Join Us and Change the Way You See Emotions
www.ollieandhissuperpowers.com



www.eventbrite.co.uk/the-ollie-model



PARENTS PLUS

Early Years Programme

A practical and positive parenting course promoting confidence, learning and good behaviour in young children aged 1 to 9 who have additional support needs.

The program will take place every **Tuesday morning** from **10am - 12 noon** in Barnardos, Grange Building, Towerhill, ARMAGH, BT61 9DR. Door is open from 9.30am!

It will run for **6 weeks**, from 23rd September to 4th November (Break over Halloween)

To sign up, or for more information, call Caroline on 07561024675 or email caroline.williamson@barnardos.org.uk

Armagh and Dungannon Area


ParentsPlus
Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in community and clinical settings. Our programmes support families to communicate effectively, build lasting relationships and overcome emotional and behavioural problems.
www.ParentsPlus.ie



caroline.williamson@barnardos.org.uk



ARMAGH LPG AREA

A woman with short blonde hair, wearing glasses and a pink sweater, is smiling and looking towards the camera. She is standing in front of a blurred background that appears to be an indoor setting.

DeafblindUK

Support for sight and hearing loss event

If you or someone you know is affected by combined sight and hearing loss, then come along to our event to find out more. No need to book, just turn up and say hello!

Wednesday 29th October Armagh Library
10am to 3pm at 2 Market Street Armagh
Armagh BT61 7BU

Please join us! We look forward to meeting you. Contact us for more information:

deafblind.org.uk
Helpline: 0800 132 320

Deafblind UK. Company Registration Number 2428281,
Registered Charity Number 802976.

libraries   **COMMUNITY FUND**

Click [HERE](#) to find out more!



REACT Youth Survey



Welcome to REACT's survey - We want to hear your voice

We know that growing up isn't always easy.

This survey is a way for you to tell us what life is really like for you. We want to listen to your voice so we can understand the things that make life harder and what could help make life better.

You do not give your name, and no one will know which answers are yours. This means you can be honest and say how you really feel. You can also skip any questions you don't want to answer. You can ask someone you trust to help you fill it in, like a teacher, parent, or youth worker.



www.surveymonkey.com/r/REACTyouthsurvey2025

REACT Stakeholders Independent Survey

Welcome to REACT'S survey



Thank you for taking part in this important survey. We are reaching out to staff, volunteers, and trustees who work directly or indirectly with people living in poverty across County Armagh. Your insights are crucial to helping us understand the needs, challenges, and lived experiences of vulnerable individuals and families in the area and how REACT's services can improve to better support them.

The survey is confidential, and anonymous and should take approximately 3-5 minutes.



www.surveymonkey.com/REACTstakeholders2025

React: Independent Adult Survey

Welcome to the Adult Wellbeing Survey



Thank you for taking the time to complete this survey. Your responses will help us understand your experiences, needs, and priorities as an adult in our community. The survey covers areas such as wellbeing, access to services, safety, and social connections. Your responses are confidential.



www.surveymonkey.com/REACTadultsurvey2025



ARMAGH LPG AREA

 **Armagh Rural Transport**

NEED HELP GETTING AROUND?

We are delighted to have received additional funding to provide more trips for our community!

Our service can support you with:

-  GP, Dental & Health Appointments
-  Post Office & Banking
-  Local Fitness & Leisure Classes
-  Days Out & Visiting Family or Friends
-  Shopping & Socialising

Contact Us
028 3751 8151



028 3751 8151

VOLUNTEER NOW
Education. Change. Now.

LINK, LUNCH & LEARN

You're invited to our
POSITIVE AGEING MONTH
VOLT Session



Meet, network, and enjoy a FREE LUNCH with other volunteer organisations in the DUNGANNON / ARMAGH area.

It's a chance to share research, advice and information for attracting new older volunteers during October and beyond, while also celebrating the contributions of those we already work with.

DATE: Thursday 25th September 2025
TIME: 12:00 - 2:00pm
VENUE: Dungannon Library
RSVP: Jamie: jamie.greer@volunteernow.co.uk

Join Us!
Please let us know of any dietary and/or access needs



jamie.greer@volunteernow.co.uk



BANBRIDGE LPG AREA

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

 **Newry & District**

Are you 14-17?

Are you Neurodiverse?

You're invited

Have your voice heard for what you want and need from YOUR peer led group

Join us
Tuesday 26th
August
For 8 weeks
4.00 – 5.30



Futureproof
15a
Commerical
Road
Banbridge
BT32 3ES

Activities include.....

Crafts Bead Work Oragami Mini Canvas Painting
Bottle cap badges Nerf wars Board Games Card Games
Movies Table games Pictionary Charades

And many more

To register please contact
Lucinda 07793822389 or Veronica 07425330856





07793822389 / 07425330856

CRAIGAVON LPG AREA

The poster features a woman with short blonde hair and glasses, wearing a pink sweater, looking over her shoulder. The text is overlaid on the left side of the image.

DeafblindUK

Support for sight and hearing loss event

If you or someone you know is affected by combined sight and hearing loss, then come along to our event to find out more. No need to book, just turn up and say hello!

Tuesday 28th October Lurgan Library from 10am to 3pm at 1 Carnegie St, Lurgan, Craigavon BT66 6AS

Please join us! We look forward to meeting you. Contact us for more information:

deafblind.org.uk
Helpline: 0800 132 320

Deafblind UK. Company Registration Number 2428281, Registered Charity Number 802976.

libraries  

Click [HERE](#) to find out more!

LAYERED LIVES WOMEN SUPPORTING WOMEN

Are you a neurodivergent woman aged 16–30?
Join us for 'Layered Lives' – a safe, empowering space to
explore all things relationships and connect with peers.



Join us to explore what makes **healthy and unhealthy relationships**, learn how to recognise **red flags**, establish **boundaries** and maintain **personal safety** both on and off line.

We'll look at all kinds of relationships from friends & family to romantic relationships. Develop confidence, self-esteem and connect with peers, all in a safe environment.

For details on locations & times, please contact Tracy on:
☎ 028 308 35764
Or email at:
✉ tracy@bolstercommunity.org

WE'LL BE RUNNING LAYERED LIVES IN THE NEWRY & MOURNE AND ABC COUNCIL AREAS IN THE COMING MONTHS. YOU ARE WELCOME TO JOIN US AT ANY LOCATION, PLEASE REGISTER YOUR INTEREST TODAY. SEE CONTACT DETAILS ABOVE.




tracy@bolstercommunity.org

VOLUNTEERS NEEDED

Are you a mum, dad, grandparent or carer?
We need people with your experience to volunteer
at your local Home-Start.

- Make a difference to the lives of parents and children
- Enhance your well-being
- Access free, high quality training

Find out more:
www.home-start.org.uk/volunteertoday




www.home-start.org.uk/volunteertoday



NEWRY & MOURNE LPG AREA

*Grief can be
overwhelming*

YOU'RE NOT ALONE.

Cruse
Bereavement
Support

If you are struggling following
a bereavement, we can help
you. We are holding an

Understanding Your
Bereavement session on

Monday, 8 September
6.30—8 pm at

Tesco Extra, 24 Downshire
Road, Newry, BT34 1EE



Register for this free event here -
<https://buytickets.at/cruseuyb/1807023>

You're not alone.

Registered Charity No. 208078 | A Company Limited by Guarantee No. 638709 (London) Unit 03,
One Victoria Villas, Richmond, TW9 2GW

NEWRY INDIAN ARTS CLUB
NIAC

FREE EVENT

NEWRY Mela 2025
Exploring and Celebrating Cultural Diversity

1:00 PM UNTIL 8:00 PM | **SATURDAY 20TH SEPTEMBER** | **NEWRY LEISURE CENTRE**

CULTURAL PERFORMANCES | LIVE BANDS
MAGIC SHOWS | WORLD FOOD CORNER
FUN RIDES | EXHIBITION CENTRE

COME ALONG, CELEBRATE DIVERSITY
AND JOIN IN ON THE FUN

SCAN TO GET YOUR FREE TICKETS

Supported by: Northern Ireland Executive, T:bus, Housing for all, Housing Executive, RADIUS, COMMUNITY FUND



www.tickettailor.com/events/cruseuyb



www.ticketsource.co.uk/newry-mela-2025



NEWRY & MOURNE LPG AREA



An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by
UK Government

NEWRY AREA

ICDL ICT LEVEL 1&2

Are your ICT skills stopping you from getting a job?

Join our FREE ICT qualification to increase your confidence using computers and improve your ICT skills. This qualification will help you towards employment or further education.

Flexible choice of units, including:

- IT Fundamentals & IT Security
- Email & Online Essentials
- Microsoft Word, Excel & Presentation

Free Qualification | Flexible Start Dates | Employer Recognised

 **Mondays**

 **Morning & Afternoon Sessions Available**

 **Clanrye Group, Drumalane Mill, The Quays, Newry**


FOR MORE INFORMATION, CONTACT US ON:

 info@clanryegroup.com  **(028) 3089 8119**






info@clanryegroup.com



An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.




Funded by
UK Government



ESSENTIAL SKILLS MATHS





Gain your Maths GCSE equivalent with our Essential Skills short course in conjunction with SRC.

**Each Thursday for 16 weeks
Beginning Thursday 18th September
10am - 1pm**

 **Clanrye Group, Drumalane Mill, The Quays, Newry**

For more information or to sign up, contact us on:

 info@clanryegroup.com  **(028) 3089 8119**





info@clanryegroup.com



NEWRY & MOURNE LPG AREA

An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.

**Funded by
UK Government**



LEVEL 1 BUSINESS ADMINISTRATION COURSE

Join our **FREE** eight week course (4 hours per week) which will cover the key topics to prepare you to work in an office environment.

You will learn about:

- Skills for Working in Business and Administration
- Using Effective Communication Skills in the Workplace

Starting Wednesday 24th September
Each Wednesday for 8 weeks from 10am - 2pm
Clanrye Group, Drumalane Mill, The Quays, Newry

For more information or to join, contact us on:
✉ info@clanryegroup.com ☎ (028) 3089 8119





info@clanryegroup.com

An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.

**Funded by
UK Government**



HEALTH & SOCIAL CARE LEVEL 1 VOCATIONAL COURSE

Interested in working in Health & Social Care?

We are offering a Level 1 Vocational Award in Health & Social Care providing you with the knowledge and skills to work in a range of environments supporting both adults and children. This course could provide a pathway into employment, in roles such as healthcare assistant, care assistant and early years support worker.

You will learn about:

- Roles and responsibilities of working in the Health & Social Care industry
- Safeguarding of adults and children in Health, Social Care & Early Years settings
- Understanding what is involved with person-centred support

Starting Wednesday 24th September for 12 weeks
Each Wednesday, 10am - 2pm
Clanrye Group, Drumalane Mill, The Quays, Newry

For more information or to sign up, contact us on:
✉ info@clanryegroup.com ☎ (028) 3089 8119






info@clanryegroup.com

VOLUNTEER NOW
Volunteers change lives

LINK, LUNCH & LEARN

You're invited to our
POSITIVE AGEING MONTH
VOLT Session



Meet, network, and enjoy a **FREE LUNCH** with other volunteer organisations in the **NEWRY, MOURNE & DOWN** area.

It's a chance to share research, advice and information for attracting new older volunteers during October and beyond, while also celebrating the contributions of those we already work with.

DATE: Tuesday 23rd September 2025
TIME: 12:00 - 2:00pm
VENUE: Clannye Group, 2-4 St Patrick's Drive, Downpatrick, BT30 6NE
RSVP: Bronagh: bronagh.demelliers@volunteernow.co.uk

Join Us!

Please let us know of any dietary and/or access needs



Streamvale
Open Farm

FAMILY
DISABILITY
FAMILY
DAY TRIP

DETAILS:

- Coach Pick Up & Drop Off: Newry Leisure Centre
- Time: 9:30am - 2:00pm
- Date: Sat 27th Sept 2025
- Cost: £15 per family
- Bring your own pack lunch.

To register your interest, please contact Bolster Community on 0282038 5764

BOLSTER COMMUNITY **HSC** Southern Health and Social Care Trust



0282038 5764



bronagh.demelliers@volunteernow.co.uk

NEWRY & MOURNE LPG AREA

A woman with short blonde hair, wearing glasses and a pink sweater, is smiling and looking towards the camera. She is standing in front of a white wall with a door handle visible in the background.

DeafblindUK

Support for sight and hearing loss event

If you or someone you know is affected by combined sight and hearing loss, then come along to our event to find out more. No need to book, just turn up and say hello!

Tuesday 23rd September Newry Library from 10am to 3pm at 79 Hill St, Newry BT34 1DG

Please join us! We look forward to meeting you. Contact us for more information:

deafblind.org.uk
Helpline: 0800 132 320

Deafblind UK. Company Registration Number 2426281, Registered Charity Number 802976.

libraries  

Click [HERE](#) to find out more!



PARENTS PLUS Early Years Programme

A practical and positive parenting course promoting confidence, learning and good behaviour in young children aged 1 to 9 who have additional support needs.

The program will take place every **Tuesday morning** from **10am – 12 noon** in Barnardos, Grange Building, Towerhill, ARMAGH, BT61 9DR. Door is open from 9.30am!

It will run for **6 weeks**, from 23rd September to 4th November (Break over Halloween)

To sign up, or for more information, call Caroline on 07561024675 or email caroline.williamson@barnardos.org.uk

Armagh and Dungannon Area

ParentsPlus
Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programme in community and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.
www.ParentsPlus.ie



caroline.williamson@barnardos.org.uk

VOLUNTEER NOW
Education changes lives

LINK, LUNCH & LEARN

You're invited to our
POSITIVE AGEING MONTH
VOLT Session



Meet, network, and enjoy a FREE LUNCH with other volunteer organisations in the DUNGANNON / ARMAGH area.

It's a chance to share research, advice and information for attracting new older volunteers during October and beyond, while also celebrating the contributions of those we already work with.

DATE: Thursday 25th September 2025

TIME: 12:00 – 2:00pm

VENUE: Dungannon Library

RSVP: jamie.greer@volunteernow.co.uk

Join Us!

Please let us know of any dietary and/or access needs



jamie.greer@volunteernow.co.uk



DUNGANNON LPG AREA

**first
steps**
Women's Centre
Support. Educate. Empower.



The Executive Office

Free Education, Training & Wellbeing Services

Sept 2025 - June 2026

- English for Beginners
- Improve Your English
- ESOL (English for Speakers of Other Languages) - various levels
- First Aid (Standard, Mental Health, Paediatrics)
- Food Safety Level 2
- Employability Skills
- Digital Literacy/IT
- Leadership
- Business Admin
- Exploring Civic & Cultural Society
- Women, Barriers & Breakthroughs
- Mindfulness/Meditation
- Holistic Therapies
- Confidence/Assertiveness
- Creative Writing
- Stretch & Tone / Pilates
- Crafts
- Dancing
- Photography
- Canva
- Pictures of My World
- Cultural Awareness
- Counselling
- Working with Children
- Wellbeing in Nature
- Beginners Spanish
- Unlock Your DIY Potential
- ...and much much more

Free Childcare • Transport • Counselling • Hygiene Bank

"Supporting women's wellbeing, personal and professional development"



Please apply online at: www.firststepswomenscentre.org
Email: thewomenscentre@gmail.com Phone: 028 87727648



**first
steps**
Women's Centre
Support. Educate. Empower.



The Executive Office

ESOL

English for Speakers of Other Languages

Do you want to improve your English skills?

Você quer melhorar as suas capacidades em Inglês?

Ar noretume patobulinti savo angliu kalbos zinias?

Ita hakarak hadia ita nia abildade ilan English?

Szeretnéd az angol nyelvtudásodat fejleszteni?

„Czy chcesz polepszyć swój angielski?”

Chcete si zlepšit svoju angličtinu?

هل ترغب في تحسين مهاراتك في اللغة الإنجليزية؟

Искате ли да подобрите своя английски?

Чи хотіли б ви покращити свої знання англійської мови?

хотите ли вы улучшить свои знания английского языка?

Please apply online at: www.firststepswomenscentre.org
Email: thewomenscentre@gmail.com Phone: 028 87727648



www.firststepswomenscentre.org



DUNGANNON LPG AREA

Feel Good Dungannon Stall Holder Invitation

Saturday 27th September 2025 10am - 2pm

When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself.

1. Name of Organisation

Enter your answer

2. Brief description of your organisation

Enter your answer

3. How many people will be attending?

Enter your answer













4. Lead contact name

Enter your answer

Organisations are invited to set up an information stand at the forthcoming **Feel Good Dungannon Event** on Saturday 27th September 2025, 10am-2pm in Ranfurly House, Dungannon. The event will link local services with the community of all ages in the Dungannon area, aiming to promote health and wellbeing with information stands and activities too.

This will be a great chance to promote your service/organisation with both the local community and to network with other stall holders on the day.

Register [HERE](#)

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



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

[Issue 153](#)
14th August 2025

[Issue 152](#)
17th July 2025



UPCOMING 2024 LPG MEETINGS

Craigavon	Tues. 9 th Sep
South Armagh	Tues. 16 th Sep
Banbridge	Wed. 24 th Sep
Dungannon	Tues. 7 th Oct
Newry & Mourne	Wed. 15 th Oct
Armagh	Thurs. 6 th Nov

Meetings are usually scheduled to begin at 10am
Formats will alternate between face-to-face & Zoom
(Refer to the 2025 Meetings Calendar on our [Linktree](#))



SCAN QR CODE
FOR INSTANT
ACCESS TO OUR
INFO. HUB



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



**'FYI' NEWSLETTER CALENDAR
JUNE TO DECEMBER 2025**



JUN ISSUE 151 Publication: 26th | Deadline: 24th

JUL ISSUE 152 Publication: 17th | Deadline: 15th

AUG ISSUE 153 Publication: 14th | Deadline: 12th

SEP ISSUE 154 Publication: 4th | Deadline: 2nd

ISSUE 155 Publication: 25th | Deadline: 23rd

OCT ISSUE 156 Publication: 16th | Deadline: 14th

NOV ISSUE 157 Publication: 6th | Deadline: 4th

ISSUE 158 Publication: 27th | Deadline: 25th

DEC ISSUE 159 Publication: 18th | Deadline: 16th



Please submit your artwork in a
print-ready format (jpeg, png or pdf)
to localityplanning@ci-ni.org.uk



Advertise in our upcoming issue!

Circulation Date:
25th September 2025
Copy Deadline:
23rd September 2025



localityplanning@ci-ni.org.uk