



For Your Information

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October 2024 : Issue 11

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Welcome!

Your FYI is a monthly round up of all things family support and early intervention / prevention across the Western trust and beyond.

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

Dr Priscilla Magee – Mobile 07880723076
priscilla.magee@westerntrust.hscni.net

Paul Sweeney – Mobile 07387259117
paul.sweeney@westerntrust.hscni.net

Quote of the Month

**WHEN SOMEONE MAKES YOU FEEL SAFE.
SAFE TO EXPRESS. SAFE TO FEEL. SAFE TO SPEAK.
SAFE TO THINK. JUST SAFE. I LOVE THAT.
I LOVE AN EMOTIONALLY VALIDATING HUMAN.
I LOVE AN ACTIVE LISTENER. I LOVE RECIPROCITY.**

GAIALECT

What is Locality Planning?

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

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

Dr Priscilla Magee
Southern Sector
(Fermanagh and Omagh)

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



Southern Sector LPG Meeting Schedule

Fermanagh LPG – 11.00 am -1,00 pm - 15th October 2024 – Online.

Omagh LPG – 11.00am – 1,00pm - 17th October 2024 – Online.

Northern Sector LPG Meeting Schedule

Waterside LPG – 10th October 2024 - 10-11.30am - Hillcrest Trust, An Chroí Community Hub, 10 Trench Rd, Derry, BT47 3UB.

Derry LPG – 25th October 2024 - 11:00am -12:30pm - CEDAR Offices, Unit 3, Ballinska Business Park, Springtown Drive, Derry BT 48 ONA.

Comment From an FYI Reader

“Many thanks for latest edition of the FYI newsletter which is very useful. I have shared with staff who have found the update on training and information on local services really beneficial for their own development and for signposting. Local women using our services will find this very helpful – we have printed copies in all our programmes also.”

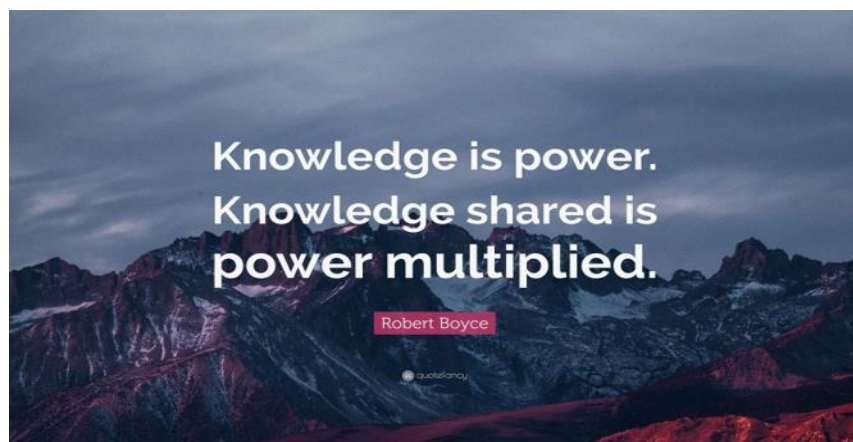
Great job
Many thanks
Rhonda

Rhonda Murphy
General Manager
Derry Well Women

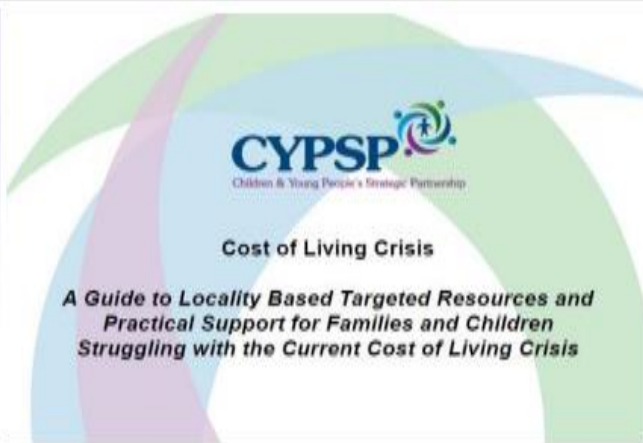
If you wish to share your thoughts about FYI or have any suggestions to improve it, or items / issues that you think should be included in additional sections, please contact:

Priscilla (priscilla.magee@westerntrust.hscni.net)

Paul (paul.sweeney@westerntrust.hscni.net)



Section 1: Family Support



Our Cost of Living Crisis resource provides details of targeted resources & support for families & children struggling with the current cost of living crisis. Please let us know of any initiatives that you have running/planned or you are aware of, which are aimed at helping support families and children struggling with the current cost of living crisis so that we can promote in our Cost of Living Resource.

[Download Cost of Living Resource](#)

If you would like to include info on your service, please email cypsp@hscni.net



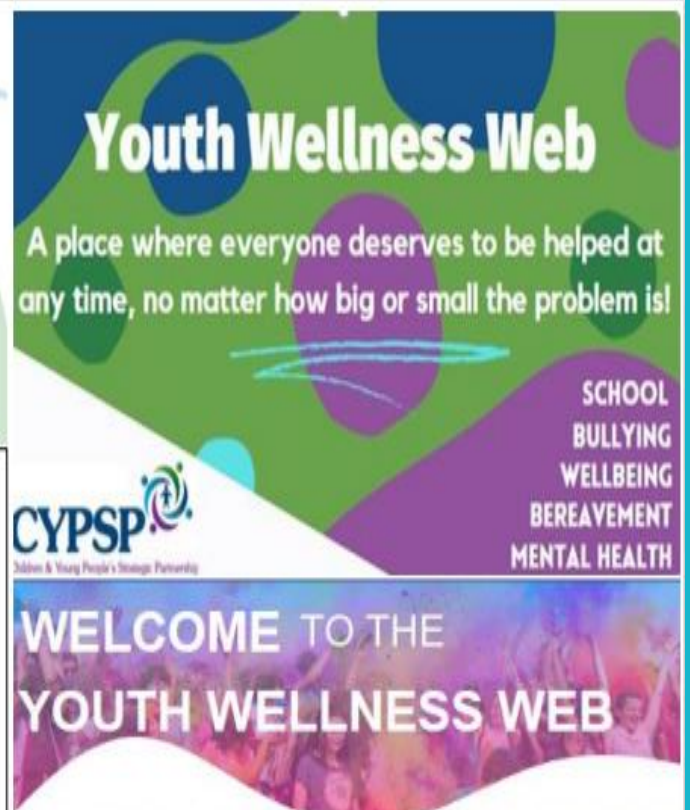
**CYPSP Support
and Resources Hub**

The CYPSP Support & Resource Webpage is a central repository for information and guidance from our partners, that is updated regularly

To find information on:



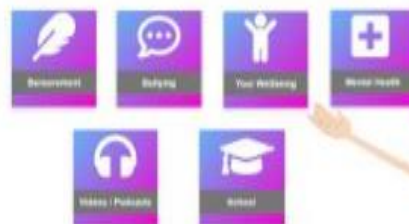
Visit CYPSP central Support and Resource Webpage at <https://tinyurl.com/4cev29vv> or scan the QR code for instant access and filter by theme



View Short Webinar at <https://youtu.be/fOXIZ-iEw4A>

The Youth Wellness Web has been co-designed by young people for young people with easy access to different resources and services that can really help you.

If you are looking information and help with:



Visit the Youth Wellness Web at the link below or scan the QR code for instant access.



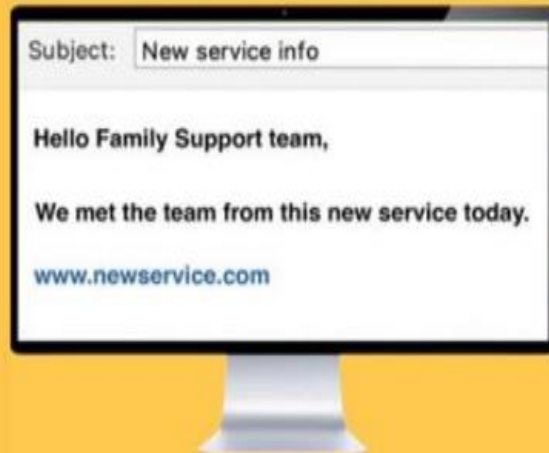
www.cypsp.hscni.net/youth-wellness-web



Section 1: Family Support

FamilySupportNI - Family support and childcare services
across Northern Ireland

Help Us Keep Information Up-to-Date and Useful !



familysupportNI.gov.uk
Helping You Find the Services You Need



Contact :

info@familysupportni.gov.uk

#SharingIsCaring

Please check details of your service / organisation are included and up-to date on Family Support NI

FamilySupportNI.gov.uk provides free, comprehensive and up-to-date information and advice about family support services for children, young people and their families in Northern Ireland. This Online Directory of Services provides useful information to parents, carers, young people and professionals. We hold information on a wide range of services including Statutory, Community and Voluntary Organisations. Please see our short video: [About Family Support NI](#)

It is important that information on the website remains up-to-date and useful. If you provide a Family Support Service in Northern Ireland and your details are not included or need updated please contact info@familysupportni.gov.uk and we will arrange to have your details included or amended. If you work with Families/Young People and engage with a Family Support service that is not already included on FamilySupportNI.gov.uk, let us know (info@familysupportni.gov.uk) and we will contact them to get included.

FamilySupportNI.gov.uk is a free platform to share details of useful support service to Front Line Staff, Families and Young People. We need your help and local knowledge to keep our information up-to-date and useful! #SharingIsCaring

Section 1: Family Support



Is your organisation up to date on the range of services Angel Eyes NI provides? Do you know how to refer families to our service?

We deliver online or face-to-face service presentations for organisations to support collaborative working and holistic support for families.

Recent feedback from a face-to-face service presentation delivered to Western Trust Orthoptic team in Omagh recorded increased knowledge of Angel Eyes NI services, 100% found the presentation relevant to their role and 100% recommended that other professionals participate in our service presentation.

To enquire or express an interest in arranging a service presentation please contact – Kerrie.cartmill@angeleyesni.org

Section 1: Family Support

[Strategic Framework to End Violence Against Women and Girls launched | The Executive Office \(executiveoffice-ni.gov.uk\)](#)

Ending Violence Against Women and Girls

Ending all forms of violence, abuse, and harm against women and girls is one of the most pressing challenges facing our society today.

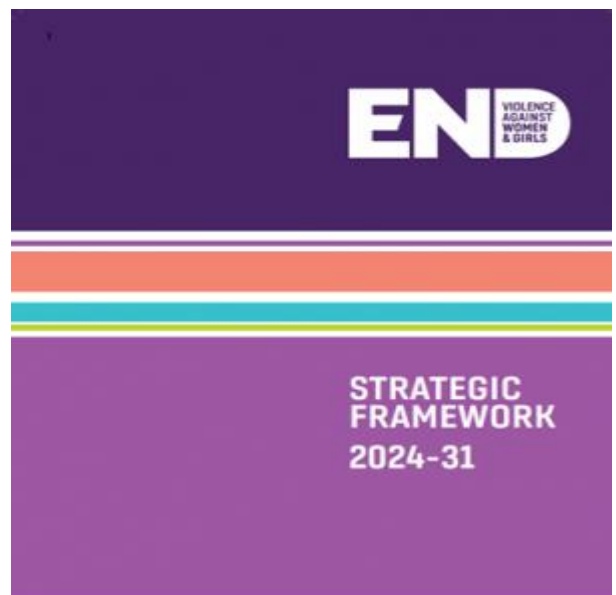
This Strategic Framework to End Violence Against Women and Girls (EVAWG) will address the whole range of gender-based violence, abuse and harm which is disproportionately experienced by women and girls, and which is rooted in gender inequality.

Violence against women and girls is a very serious challenge in our society. It is a problem that is hidden in plain sight and every day we see how it is affecting the lives of women and girls, wherever they learn, live, and work.

Our Vision

A CHANGED SOCIETY
WHERE WOMEN AND
GIRLS ARE FREE FROM
ALL FORMS OF GENDER-
BASED VIOLENCE, ABUSE
AND HARM

INCLUDING THE
ATTITUDES, SYSTEMS
AND STRUCTURAL
INEQUALITIES THAT
CAUSE THEM



Section 1: Family Support

Child and Young Person Bereavement Support - Foyle Hospice, Northern Ireland - palliative care services and support

What Happens?

Once assessment has been carried out, we will be able to plan the appropriate service to suit the individual needs of the child/young person who has been referred. This may include:

- One to One Support.
- Group Support.
- Family support - whilst the main aim of the service is to provide pre and post bereavement support to children and young persons, the service also provides support to the adult members of the family who may need help in dealing with their children.

Cost of Care

There is no charge for this Service to you, your family or your referral source. It is available to everyone on the basis of need.

Whilst 'Healing Hearts' work in collaboration with other services, e.g Youthlife ,Cruse, Action for Children etc, Foyle Hospice is an Independent Registered Charity depending on the ongoing support of the community in the north-west.

Further information is available from the Children's and Young Persons' Facilitator, Michelle Kosky at 028 71 351010 or via email michellekosky@foylehospice.com



Mission Statement

To provide compassionate palliative care to individuals with a life-limiting illness, their families and carers through high quality, specialist, holistic support.

Vision Statement

Working in collaboration with our supportive community, we will strive for excellence and seek innovation in providing specialist, multi professional, palliative care to patients, their families and carers in the hospice and in their own homes.

Find out more

You can find out more about Foyle Hospice on our website

www.foylehospice.com
E: care@foylehospice.com

Foyle Hospice,
61 Culmore Road,
DERRY/LONDONDERRY
BT48 8JE

Tel No: (028) 71 351010
Registered Charity XN76407
NI Charity Commission No. NIC100871
Company No NI 188869



Healing Hearts

Children's & Young Persons' Bereavement Service



For the Community, by the Community

Print: 02871267509/02871279439

Section 1: Family Support

Child and Young Person Bereavement Support - Foyle Hospice, Northern Ireland - palliative care services and support

Healing Hearts Children's & Young Persons' Bereavement Service

Healing Hearts provides specialist bereavement support for any child or young person, aged 4-16 years, who have experienced the death of someone close to them regardless of the cause. We also provide support for young people when a significant adult in their lives is dying i.e. pre-bereavement support.

Aims of the Service

- To offer a freely available, open door service to bereaved children/young persons and their families.
- Support bereaved children and young persons in managing the impact of their grief and loss.
- Help bereaved children and young persons discover a positive way through their grief and loss.
- Assist bereaved children and young persons in such a way that they are able to move forward to a future without their loved one.
- Offer pre bereavement support for patients and their families.

How to access the Service

Referrals can be made in several ways:

- General Practitioner (GP)
- District Nurse
- Foyle Hospice Community Specialist Nursing Team
- School
- Palliative Care Team
- Self- Referral

Referral forms can be downloaded from the Foyle Hospice website at the following link: www.foylehospice.com/services/childrencyoung_persons_support_service

Once your referral has been received we will be in contact to make an appointment to carry out an assessment in the home. If you prefer an appointment can be made for you to attend the Hospice for the first assessment meeting.

Following this appointment future visits with the child/young person can be at home, in school (with the permission of the school) or within the Hospice.

The Role of the Children and Young Person Facilitator

- To provide appropriate support, information and education to help children/young persons and families understand death and what it means to them. This might include signposting or referring to other agencies, e.g. Youthlife or Action for Children.
- To provide opportunities to understand thoughts and fears and to express grief in a range of ways within a safe and confidential environment.
- To help children and families find ways to remember the person who has died and to incorporate those memories into future lives.
- To help families to communicate with and encourage each other as they deal with the impact of death.
- To provide opportunities for children and families to meet other people with similar experiences.
- To maintain an open door policy which allows children and families to access the service more than once at any time when needs arise.



Section Two : Youth Support

Are you 16-24?

Not in work or education?



Funded by
UK Government

Build Confidence & Develop Your Career Path with Dedicated 1:1 Support

REAP runs a range of courses aimed at helping anyone aged 16-24 gain employment or access education and training.

A range of courses is available including:

- Employability Skills
- Catering
- Welding
- Car Driving Theory
- Music
- Photography
- ESOL



For more info contact:

Omagh

katie.garvey@swc.ac.uk | 074 3653 3472

Section Two : Youth Support

info@cashforkids.fm



Cash for Kids Northern Ireland is a grant-giving charity helping the children that need it most.

Our grant rounds support children from birth up to and including 18 years of age who are vulnerable, come from disadvantaged backgrounds or are living with an illness or disability. We also provide a lifeline to many other charities, organisations and community groups, funding much-needed services and life-changing equipment.

The value of a grant is typically from £1,000 to £3,000 but we will happily consider applications for larger amounts.

Grant meetings are dependent on the donations we receive, and as such the dates may change. Additional funding rounds may also be made available for specific campaigns - these will be detailed on our website. All decisions made by the board are final, and all applications will receive a response once a decision has been made at the meeting.

General Eligibility Criteria

Consideration for grants will only be given to projects aiming to help children and young people up to and including the age of 18 years old who are unwell, disabled or disadvantaged

If you have any questions or need help with your application please contact the charity team on 028 9181 5555 or email info@cashforkids.fm.

Section 3: Cost of Living

www.buttleuk.org/apply-for-a-grant/chances-for-children-grants/

Who are Buttle UK unable to help?

- Children and young people where poverty is the main issue
- Where family separation or ongoing contact arrangements are the main issue.
- Where poor housing or homelessness is the main issue
- Looked after children
- Children and young people who continue to be in crisis and at serious risk
- Children and young people living or normally residing outside of the UK
- Where the main reason is disability, ongoing serious illness or the additional needs of a child. Please see other funders such as [Family Fund Disability Grants](#)
- Where the parent or carer's long term health is or has been the main issue

We do not fund:

- Items or activities where there is a statutory responsibility to provide the support
- Single items, e.g. an application asking for only a cooker – please apply to [Family Fund Emergency Essentials](#)
- Applications requesting mainly household items
- Items for parents/carers
- Debt repayments
- Rent and rent arrears. You could approach [Vicar's Relief Fund](#)
- Legal costs
- Medical treatment
- Where it is only or predominantly therapy or counselling in an application. We have additional advice on limits for funding therapy and counselling [here](#)
- Vehicle insurance or maintenance
- Funding that would create an unsustainable situation for the family or young person (i.e. long-term counselling support, unaffordable activities or long-term childcare etc.)
- Organisations seeking funding for chargeable services they provide themselves

Applications must:

- Have consent from the parent/carer or young person
- Be completed with input from the parent/carer and children or young person
- Demonstrate a clear assessment of the emotional and learning needs of the children or young person
- Demonstrate how the items or activities applied for will address these needs
- Show how the grant fits with other support for the children or young person

Please note:

- All applications are reviewed on the information provided and it is important that applications demonstrate clearly the children and young people's situation in line with the criteria. Incomplete information will delay an assessment.
- Our support is complementary to statutory funding and not a substitute for it. We always expect that statutory funding has been exhausted first.
- We have a limited budget and will sometimes have to turn down grants that meet the criteria. There can be significant variation from year to year in terms of the funding available.

Section 3: Cost of Living

www.buttleuk.org/apply-for-a-grant/chances-for-children-grants/

What are Chances for Children grants?

Individually tailored grants of up to £2,400 for children and young people who have experienced a crisis that has recently had a significant and enduring impact on their wellbeing and educational engagement.

We fund items and activities to help improve children and young people's wellbeing and increase their capacity to engage in education and learning.

Download their quick guide [here](#).

Who can make an application to Buttle UK?

We only accept applications from frontline professionals working for a registered charity, housing association or public sector organisation who:

- are working directly with the children/young person
- have made a full assessment of the child's or young person's needs
- have carried out at least one home visit (optional for schools and colleges)

If successful, the professional will need to manage the funds, upload receipts within 8 weeks of receiving the grant, and complete an evaluation survey.

Download their model for a successful grant application [here](#).

Who does Buttle UK help?

Children and young people must meet the following criteria:

- **Aged from 2 to 18 (including 18 year olds)** if living with parent or carer **OR aged 20 and under** if living independently with little or no support from their family.
- Accessing early, primary, secondary or post 16 education/training for a minimum of 12 hours per week
- Living on a low income and experiencing financial hardship
- Have experienced a crisis that has recently had a significant and enduring impact on:
 - their wellbeing
 - their development and education
- The family or young person has recently taken action to improve their situation, are actively engaging with support and are moving on from the crisis.

Use their [short eligibility guide](#) to find out if you and the family you support are eligible for a Chances for Children grant.

What does Buttle UK fund?

They fund holistic packages of support for children and young people that can include, but are not limited to:

- Items and activities to support learning and development such as laptops, books, wi-fi, educational toys, tuition, etc.
- Clothing and school uniforms
- Social, sporting and leisure activities
- Family activities
- Items for children's or young people's bedrooms
- Household items that are not available from other sources and which directly address the children's needs

For children who are unable to stay in their family home, we also fund boarding school places. Please click here for more information on [Support For Boarding](#).

Section 3: Cost of Living

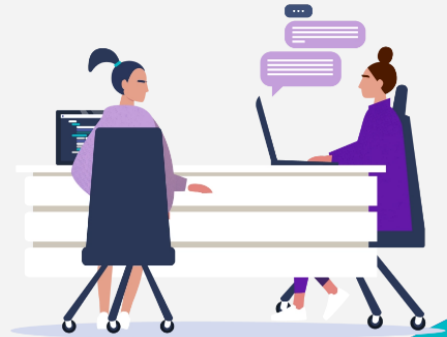
We're here for consumers in Northern Ireland | Consumer Council



Home / Consumers

We're here for consumers in Northern Ireland

The Consumer Council is the statutory consumer body for Northern Ireland. We represent consumers and handle complaints about energy, water, transport and post.



Save money with our interactive tools

Electricity price checker
Get the best deal



Gas Price Checker
Get the best deal



Petrol and Diesel
Check the prices in your area



Home Heating Oil
Check prices in your area



Help for consumers

Information on your consumer rights, how to save money, and make sure you are getting what you are entitled to.

How we can help with your complaint →

- > How we can help with your complaint
- > Submit a complaint
- > How we have helped
- > Standards of service

[Show 2 more ▾](#)

Electricity, oil and gas

- > Switching electricity or gas supplier
- > Complaints about electricity, oil and gas
- > Support with high energy costs
- > Energy efficiency

[Show 4 more ▾](#)

Travel and transport

- > Public transport
- > Air travel
- > Ferry travel
- > Electric vehicles

[Show 4 more ▾](#)

Financial Services

- > Worried about your finances?
- > Budgeting
- > Buy Now Pay Later
- > Safer ways to pay

[Show 4 more ▾](#)

EU Exit

- > EU Exit and mobile roaming
- > EU Exit and postal services
- > EU Exit and shopping
- > EU Exit and travel

Water

- > Ways to save water
- > Flooding
- > Customer Care Register

Postal services

- > Sending letters and parcels
- > Complaints about postal services
- > Online shopping and parcel delivery rights
- > Royal Mail stamp swap out scheme

[Show 4 more ▾](#)

Food

- > Support with food costs
- > Ways to save money on food
- > Save on energy costs in the kitchen
- > Food Poverty

Section 3: Cost of Living

The Housing Executive - Oil Savings Network (nihe.gov.uk)

 Search

Home > Housing Help > NI Energy Advice > Oil Savings Network

Oil Savings Network

In this section

- | | |
|--------------------------------|--|
| 1 Energy Efficiency Grants | 2 NI Energy Advice - GET IN TOUCH |
| 3 How to save energy and money | 4 Oil Savings Network |
| 5 Renewable Energy | 6 Time to switch your energy supplier? |
| 7 Insulation | 8 Home energy saving tool |

Home Heating Oil

Northern Ireland remains reliant on expensive home-heating. More than two-thirds (about 68%) of households are dependent on oil as their main heat source.

- You can get more information about the weekly average price of home heating oil from the:
 - [Consumer Council](#)

Many people find it difficult to budget for large one-off bulk deliveries. Larger orders are a higher one-off cost, but smaller orders cost more per litre.

Buyers often have no option but to place smaller, more expensive orders.

Joining the NI Oil Savings Network is one solution to this problem.

As a NI Oil Savings Network member, you can order your oil each week (or whenever you need a refill) at a negotiated discount.

Average savings are currently £10 - £30 on 200 litres of oil for OBN members.

More about Oil Savings Network

Who can join?	+
Why not join our Oil Savings Network	+
How it works	+
Discounts are NOT guaranteed	+
Place your order	+
Receive your oil	+

Further advice

You can speak to NI Oil Savings Network:

- about your area
- to get advice on establishing discounts for your area

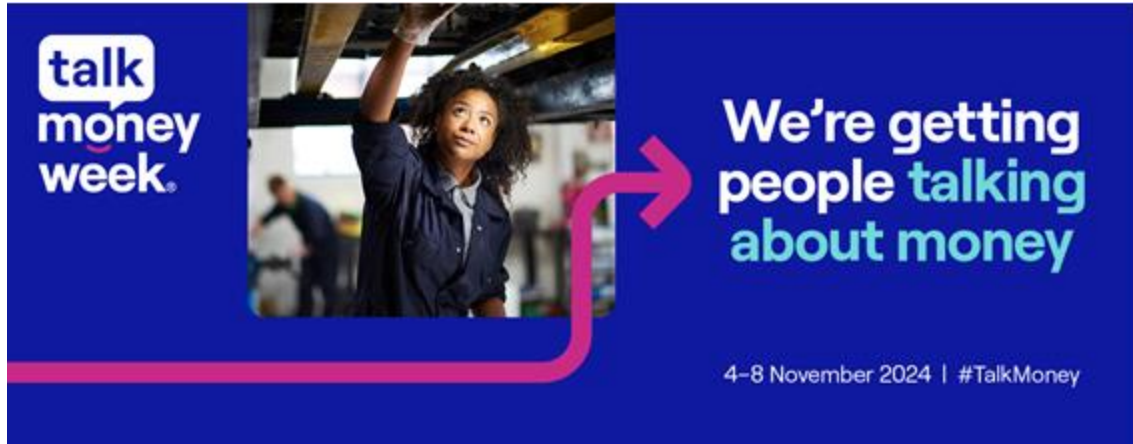
We will take care of all correspondence and dealing with suppliers to get the best price.

You can contact our advisers by:

- Email: NIenergyadvice@nihe.gov.uk

Section 3: Cost of Living

communications@maps.org.uk



Save the date: Talk Money Week is almost here!

Join us 4-8 November for #TalkMoney Week, where we will be encouraging people, organisations and partners across the UK to #DoOneThing to improve financial wellbeing.

A true highlight of the Money and Pensions Service's year, Talk Money Week helps people to open up about their finances – from pocket money to pensions – and continue these conversations all year-round.

[Talk Money Week \(English\)](#)

communications@maps.org.uk

Section 3: Cost of Living

[BBC Children in Need Pudsey Next Steps opens September 2024](#)

The Pudsey Next Steps funding programme will help achieve greater equity, diversity, and inclusion in their grant-making. The first round opens 16 September 2024 and focuses on new applicants working in under-served geographic areas across the UK. Organisations can apply for grants for up to three years for between £1,000 and £15,000 per year. Funding will be distributed across the UK based on local priorities. ***In Northern Ireland, the Pudsey Next Steps programme welcomes applications from organisations which are either: Situated in Strabane and Rural County Fermanagh that target marginalised children and young people impacted by poverty Or Reaching racially minoritised children and young people impacted by poverty, outside of the Belfast area.*** The deadline for Expressions of Interest for the first round of Pudsey Next Steps funding is 11:59am on Wednesday 16th October 2024. You'll be able to apply from their [webpage](#), which contains further details, from 16th September 2024.

[Sported: Cash4Clubs](#)

Sported is delighted to team up with Cash4Clubs to deliver another round of funding in 2024. Grants of £2000 (€2000 in Ireland) are available for community organisations working with adults from under-represented communities, delivering sport or physical activity for social purpose. The 2024 programme is exclusively focused on supporting adult clubs. They want to offer funding to groups that deliver activities to over 18s only, with an emphasis on 18–25 year olds. The funding will be unrestricted but with an outcome of increasing participation, meaning clubs are able to decide how best to use the grant to engage more adults from their local communities. The fund is currently open from Thursday 12 September until Tuesday 12 November 2024. Please be aware that the programme may close early if they receive a large volume of applications.

Section 4: Neurodiversity

Autism Support Cafés

Health Improvement, Equality & Involvement

- Guidance
- Support
- Help

We are inviting adults, parents and carers of children of all ages, who: have an autism diagnosis; are awaiting an assessment and are displaying early indicators (suggesting their child may be neurodiverse) to attend our next Support Café.

Autism Support Cafés

Dates

<p>Omagh Thursday 19th Sept 2024 4pm- 6pm Omagh Leisure Centre</p>	<p>Strabane Thursday 20th Feb 2025 11am- 1pm Melvin Sports Complex</p>
<p>Limavady Friday 25th Oct 2024 11am- 1pm Roe Valley Leisure Centre</p>	<p>Fermanagh Thursday 27th March 2025 11am-1pm Castlepark Leisure Centre, Lisnaskea</p>

Information stalls and optional workshops on the day.

Our aim is to bring together adults, parents, carers and organisations, to provide support and information on local support services available. Workshops available on the day.

Autism Support Cafés

We are inviting adults, parents and carers of children and young people, who have:

- an Autism diagnosis
- are awaiting an assessment
- are displaying early indicators (suggesting their child may be Neurodiverse),

to attend our Autism Support Cafés with local support groups, information stalls and short workshops.

These events are in partnership with statutory services and community and voluntary organisations who can support families on their autism journey.

Our aim is to bring together adults, parents, carers and organisations, to provide support and information on services available. We are hoping that those who attend will help us shape our plans for future events across the WHSCT, provide feedback, ideas and suggestions. This input will be extremely valuable in the co-design of our future Café's.

Tea & Coffee provided

Section 4: Neurodiversity

[Children and Young People's Autism Service | Western Health & Social Care Trust \(hscni.net\)](https://www.hscni.net)

Children and Young People's Autism Service

Service User Feedback

[Click Here](#)

Also in this Section

- Contact Us
- Our Services +
- Service User Feedback
- Support for Carers
- Early Intervention Service +
- Assessment +
- What's On
- Post Diagnostic +
- Useful Links
- Further Resources

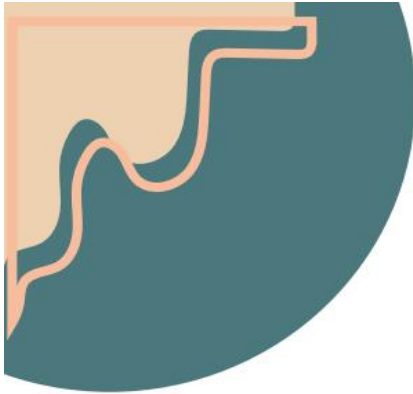
<p>Our Services</p>	<p>Early Intervention Service (Pre Assessment)</p>	<p>Assessment</p>
<p>Our Services</p>	<p>Early Intervention Service (Pre Assessment)</p>	<p>Assessment</p>
<p>Post Diagnostic (Confirmed Diagnosis of Autism)</p>	<p>Useful Links</p>	<p>Further Resources</p>
<p>Post Diagnostic (Confirmed Diagnosis of Autism)</p>	<p>Useful Links</p>	<p>Further Resources</p>
<p>Service User Feedback</p>	<p>Contact Us</p>	<p>What's On</p>
<p>Service User Feedback</p>	<p>Contact Us</p>	<p>What's On</p>

Western Health and Social Care Trust
MDEC Building, Altnagelvin Area Hospital, Glenshane Road, Londonderry, BT47 6SB

Altnagelvin Hospital	South West Acute Hospital	Omagh Hospital and Primary Care Complex	Grangewood	Waterside Hospital
028 7134 5171	028 6638 2000	028 8283 3100	028 7186 0261	028 7186 0007

Section 4: Neurodiversity

[PD Support Sessions Brochure \(n-i.nhs.uk\)](http://n-i.nhs.uk)

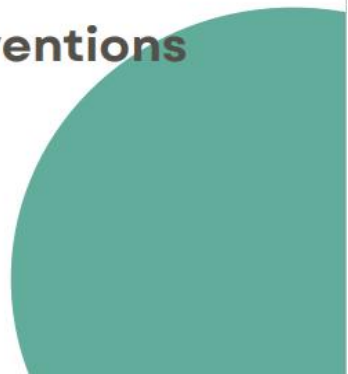
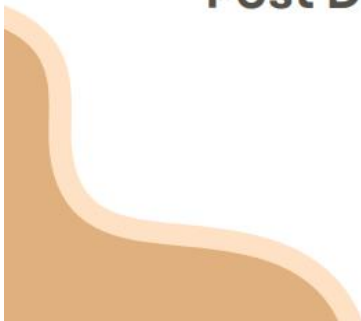


HSC Western Health
and Social Care Trust

WHSCCT
**Children and Young
People's
Autism Service**



Post Diagnostic Interventions



Section 4: Neurodiversity

[PD Support Sessions Brochure \(n-i.nhs.uk\)](https://n-i.nhs.uk)

There are also Autism Intervention sessions for children and adolescents with a diagnosis who would like to increase their awareness of the condition.

Dates are available in the brochure - - **[HERE](#)**

The sessions focus on a number of areas including;

- Talking to my child/young person about Autism
- Building Autism Awareness for Child/Young Person
- Let's Talk about Behaviour
- Anxiety and Autism
- The Teenage Years
- Can't Sleep Won't Sleep
- Supporting Sensory Differences
- Using Visuals to Create Supportive Environments

Booking

Booking is essential and can be accessed through contacting the CYP's Autism Service on the following:

Enniskillen | 02866382103 Omagh | 02882835983

Derry/Londonderry | 02871308313

Sessions are delivered both face to face and virtual across the Trust areas, facilitated by Autism Clinicians. Please leave your name, contact number, email address, child's name and date of birth and which session you would like to attend as detailed in the brochure – **[HERE](#)**

Section 4: Neurodiversity

Outcome

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

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

Follow up supports may include:

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



We all think differently

Contacts Details:

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



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



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



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

HSC Western Health
and Social Care Trust

Welcome to the
Children & Young People's
Autism Service



Your Journey Starts here ...

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

Who We Are

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

Who you might meet in the service:

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

Support networks you can access now:

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

See enclosed directory for additional support

Early Intervention

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

What Now

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

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

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

What we can offer:

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

Assessment

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

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

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



We all think differently

Section 4: Neurodiversity



Free parent/carer support courses available

Autism NI have released new parent/carer support courses, with topics including understanding autism, PDA, sleep, school related anxiety and social stories.

Courses are all delivered online via Zoom in the evenings. Sessions include the ability to interact and ask questions, so you can get the support that you need.

You can find out more about the sessions and dates available, and book your place [here](#).

Book your place

Parent/Carer Support Courses

School-related anxiety

Sleep

Understanding autism

Social stories and comic strips

Understanding PDA



Evening sessions delivered on Zoom

Book Online
www.autismni.org

Autism NI
Northern Ireland's Autism Charity

Parents and Carers Support Courses

Home > Training and Courses > Parents and Carers Support Courses

We offer a range of online and in person support courses for parents and carers pre and post diagnosis.

Our free, interactive courses will enable families to increase knowledge and understanding and learn practical skills to support our autistic community to reach their full potential.

Our support courses are co-created with the autistic community and delivered by our Training and Development team who have years of experience in delivering courses on autism. We cover important topics such as exploring the fundamentals of autism, sleep, anxiety, sensory, behaviours, growing up, and supporting your teen.



The course was very helpful and informative. It has lots of ideas on how to help my child, including using visual aids.



Parent

Upcoming Courses

5 results

Search courses



13 August 2024 Parents & Carers

Supporting your autistic child with school-related anxiety

This course will explore the key characteristics of autism that may impact on a person's anxiety and stress levels related to school.

Book course

10 September 2024 Parents & Carers

Supporting your autistic child to sleep

This course will explore what differences or challenges can be experienced by autistic children regarding sleep.

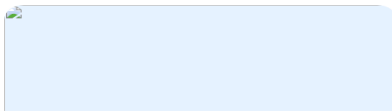
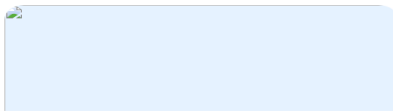
Book course

20 September 2024 Parents & Carers

Understanding Autism (for parents/carers in Down: SE Trust area and North Down and Ards Locality)

Understand the main features associated with autism and explore various strategies to support individuals.

Book course



Basket 0

My account

Helpline: 028 9040 1729

DONATE



What is Autism? ▾

Help & Support ▾

Training & Courses ▾

Get Involved ▾

About Us ▾

Shop

Contact Us

comic strip conversations to support autistic people

Understand the purpose of social stories and comic strips, and how to create these for an autistic individual.

Book course

Pathological Demand Avoidance

Understand what is meant by the 'PDA Profile' with autism, and how this may present. Explore a range of key strategies to support an individual within the PDA profile of autism.

Book course

Section 4: Neurodiversity

info@circleofsupport.org.uk



Circle of Support for Autism Families Welcome to our October Newsletter!

We hope all our COS kids are settled back into their school routines and are ready to enjoy some new COS programmes as their extra-curricular activities 😊

HIGHLIGHTS FROM SEPTEMBER

Our COS babies and toddlers enjoyed a fun and interactive four-week Coochie coo programme, our COS kids/young people availed of a range of activities such as sensory play, cupcake decorating, bowls and a make-up class. A number of our kids also began a 14-week good relations arts programme with Studio 2 and will enjoy a range of classes such as dance, drama and arts & crafts. Our parent/ carers also enjoyed a range of activities including yoga, craft making, afternoon tea and a breakfast support group.

We also made an exciting announcement! That we received a grant through the Access Foundation to deliver Canine Therapy for the very first time in COS.

WHAT'S ON THIS MONTH?

Please see our full October timetable attached.

Section 6: Digital Safeguarding

[Training Brochure Sept 24 - Mar 25 - 2425 \(pagetiger.com\)](http://pagetiger.com)



Training Brochure • September 24/March 25

Digital Safeguarding Core Awareness

This course will focus on the benefits and harms facing children and young people in the online world and will provide resources to support practitioners in their safeguarding work with children.

The contents will focus on more than just 'e-safety' and will discuss digital safeguarding elements of; promotion of digital literacy, critical thinking skills and resilience, prevention of harm, and protection strategies when harm has occurred.

Facilitator: The Western Digital Safeguarding Steering Group Trainers (WHST) and Fermanagh & Omagh Policing and Community Safety Partnership (PCSP)

Target Audience: Practitioners who work with children, young people and vulnerable adults.

Date and Location:

Fermanagh House
Tuesday 22nd October 2024
9:30am-4pm



Section 6: Digital Safeguarding

FREE online specialist gaming and gambling harm prevention workshops in Northern Ireland

Learn about the blurred lines between gaming and gambling harms and how you can help safeguard the young people you work with.

Click a date to book your **FREE** place or email us at training@ygam.org

Teachers **Thursday 27th June**
3.30pm - 6pm

Youth workers **Tuesday 20th August**
10am - 12.30pm

Sports clubs **Wednesday 18th September**
5.30pm - 8pm



DID YOU KNOW?

87%
of 8-25 year olds play online games at least 3 times a week.

*Source: Nominet 2023

26%
of 11-17 year olds have spent their own money on gambling in the last 12 months.

*Source: Gambling Commission 2023

Following your session you will receive:

- A **City & Guilds** certificate and digital credential
- Access to **resources** to use in your practice

For more info about us and our training please visit www.ygam.org



Section 6: Digital Safeguarding

Neurodivergent young people and gaming | Internet Matters

Neurodivergent Young People and Online Games Report

Key Findings From Report

- 9 in 10 neurodivergent young people play video games offline or online.
- 58% say that gaming makes them happy.
- 4 in 5 make their own content online.
- 93% of neurodivergent young people play Roblox.

Online Gaming & Neurodivergence

Understanding the experiences, behaviours and attitudes of neurodivergent young people and their parents



Neurodivergent young people spend a lot of time playing online games

93% play Roblox

Over 9 in 10 are playing video games with other people online.

Over 9 in 10 are playing video games by themselves offline.

More than 4 in 5 are making their own content online, eg. livestreaming themselves as they game.



Our survey found online gaming offers many benefits

- ✓ makes them happy
- ✓ helps to make friends online
- ✓ improves communication

63% of parents said that online gaming has supported their child to learn other skills they could use in everyday life including **confidence** and **problem solving**.

"I feel accepted. I feel very comfortable talking to people online. I can be myself and there's no one who could really tell you what to do".
- US Young person, aged 15-17

Most young people and their parents feel confident about online safety

63% of young people feel totally or very confident in keeping themselves safe online.

60% of parents feel confident that their child knows how to stay safe when gaming online.

64% of parents talk to their child regularly about being safe when gaming online.



Young people seek help from parents, platforms, and peers

Where are the best sources of help?

67% mentioned parents.

47% mentioned gaming platforms.

41% mentioned other young people like them.

Young people would like help with:

48% knowing how to talk to their parents/careers about issues that happen.

44% learning how to interact with others online.



Section 6: Digital Safeguarding



Welcome to the SBNI Online Safety Hub Highlights

The Online Safety Hub brings together advice and resources from a range of partner organisations so that young people, carers and professionals can easily access advice and resources all in one central place. The [Young Person's Hub](#) has supportive and non-judgemental advice for [under 13s](#) and [13s and older](#) to help them to manage their online lives safely.

[Promote the hub](#)[Watch the promo video](#)[Visit the young person's hub](#)[Submit content](#)[Contact the hub](#)[About the hub](#)

Concerned about a child or young person?

- [Learn about reporting pathways for adults.](#)
- [Learn about reporting pathways for young people.](#)

Tell us what you think:

- [Complete the survey for young people.](#)
- [Complete the survey for adults.](#)

The ReachDeck Toolbar

The ReachDeck toolbar makes the hub content more available to everyone. The **speak** button shown below is located on every page and it can help with speech, reading and translation support.

Section 6: Digital Safeguarding

[Guidance for Schools on Pupils' Personal Use of Mobile Phones and other Similar Devices During the School Day - Safeguarding Board for Northern Ireland \(safeguardingni.org\)](#)



Worried about a child or young person

Access the latest procedures online

[About Us](#) > [ACEs & Trauma Informed Practice](#) > [Events & Training](#) [Procedure Manual](#) [Resources](#) [Online Safety Hub](#)

Online Safety Hub > Resource Library

Guidance for Schools on Pupils' Personal Use of Mobile Phones and other Similar Devices During the School Day

Department of Education (DE)

Type of Resource	Guidance
Publication Date	September 5, 2024
Topic/s	Screen Time

[Visit Website](#)

©CrownCopyright

The Department of Education has issued new guidance to support school leaders in restricting the personal use of mobile phones throughout the school day, including at break and lunch times.

The Guidance recommends that pupils do not use their mobile phones during the school day and that phones should not in normal circumstances be brought into primary schools. It sets out a range of potential approaches to restricting the use of mobile phones in schools and key practical issues that should be considered and are likely to form part of a school's policy approach on mobile phone use.

Many schools in Northern Ireland already have mobile phone policies in place that restrict their use during the school day. This guidance will ensure there is a more consistent approach across all schools. Schools have been asked to review their policies on mobile phone use in light of the new guidance during the autumn term.

Section 6: Digital Safeguarding

What To Do When The News Is Overwhelming - Safeguarding Board for Northern Ireland (safeguardingni.org)



Worried about a child or young person

Access the latest procedures online

[About Us](#) > [ACEs & Trauma Informed Practice](#) > [Events & Training](#) [Procedure Manual](#) [Resources](#) [Online Safety Hub](#)

Type of Resource	Guidance
Publication Date	August 21, 2024
Topic/s	Harmful or inappropriate content

Check out this learning resource from Safer Schools NI, designed as a guide for children and young people to reach for when the news is overwhelming. This one-page handout offers practical advice for managing emotions, verifying sources, and staying safe online.

[Download PDF](#)



©Ineqe Group LTD

Find this resource and more on the Safer Schools NI App for free, thanks to their partnership with the Department of Education! Don't miss out on this invaluable opportunity to ensure a safer online world for the child or young person in your care.

Section 6: Digital Safeguarding

Online Safety Hub - Safeguarding Board for Northern

Welcome to the Online Safety Hub

*Education and support to
keep children safe online*



Scan this
code to visit
the site!



The Hub features online safety advice, resources and support from a range of organisations so that young people, families and professionals can easily access information all in one central place. From screen time, social media or knowing where to turn when something doesn't feel right, the Hub provides practical tips and tools to improve child safety online.

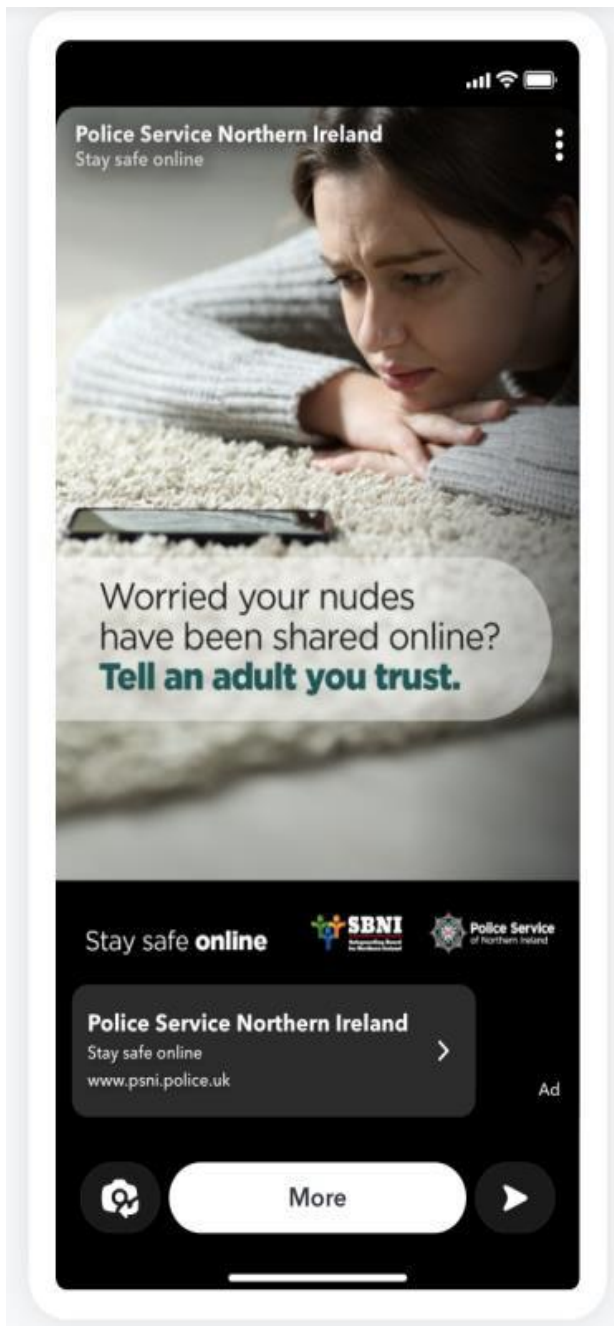


OnlineSafetyHub.SafeguardingNI.org

Section 6: Digital Safeguarding

[Online Safety Hub - Safeguarding Board for Northern Ireland \(safeguardingni.org\)](#)

[How to block inappropriate content on your child's smartphone | PSNI](#)



Section 7: Addiction



KETAMINE: CULTURE, USE & TRENDS

With:

Adam Waugh
The Loop

Learning Outcomes:

- The history of ketamine, both in the UK and overseas, including its origins as a general anaesthetic.
- Know the current drug market data for ketamine in the UK.
- Learn about the cultures associated with ketamine use.
- Be able to identify the effects and risks associated with its use.
- Learn how to adopt a harm reduction approach to the drug.

 10am- 12pm

 Tues 29th
October 2024

 Teams

Section 8: Emotional Wellbeing and Mental Health Support



Health Development
Department



Getting support at an early stage Online work you can do at your own pace

Do you tend to over think things and see the bad before the good?

As a parent, do meltdowns from your children exhaust you?

Do you over criticize yourself with mistakes and put yourself down?

ASCERT and the South Eastern Health & Social Care Trust have created 3 on-line self-help resources with workbooks that can be downloaded and visual clips that guides the viewer through the workbooks at their own pace. They are all free.

Building our Children's Developing Brain for parents to help build their children's emotional regulation.

<https://view.pagetiger.com/selfcareforfamilies>



Self Compassion to Improve Wellbeing and Support Growth.

<https://www.ascert.biz/self-compassion>



Bend Don't Break: Low intensity CBT based self-help to support resilience.

<https://www.ascert.biz/bend-dont-break/>



Section 8: Emotional Wellbeing and Mental Health Support (Available Northern and Southern Sectors of Western Trust)

Catherine@aware-ni.org



Aware NI are offering community and voluntary services within the Western or Northern Trust areas FREE Mood Matters Mental Health Workshops. These workshops are designed to promote wellbeing within your organisation by:

- Increasing awareness and understanding of mental health.
- Provide practical tools and strategies for managing stress and improving wellbeing.

- Create a supportive environment for open discussions.

Catherine@aware-ni.org

Section 8: Emotional Wellbeing and Mental Health Support (Available Northern and Southern Sectors of Western Trust)

sheena@aware-ni.org

Sheena Morrison – AWARE

1. **Support Groups**

AWARE peer-led online groups are for anyone over 18 with experience of depression, anxiety or bipolar disorder. The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

Face to face options

Limavady - Hosted every 2 weeks <https://aware-ni.org/co-derry/limavady>

Coleraine - Hosted every 2 weeks <https://aware-ni.org/co-derry/coleraine>

Magherafelt - Hosted every 2 weeks <https://aware-ni.org/co-derry/magherafelt>

To register to attend any of the above please email info@aware-ni.org

Online

Hosted weekly Tuesday 2.30pm-3.30pm

Hosted weekly Wednesday 11 am-12pm

To find out more visit <https://aware-ni.org/onlinegroups>

To register to attend please email info@aware-ni.org

2. **Education and Training Programmes**

Mood Matters Young People and Adult Sessions

AWARE have funding to continue to provide free mental health awareness sessions in post primary school / youth and adult community settings.

Mood Matters Young People – to learn more visit

<https://aware-ni.org/MMYP> and to watch a promotional video

visit <https://www.youtube.com/watch?v=k3lUMp-T48>

Mood Matters Adult – to learn more visit <https://aware-ni.org/mood-matters-for-adults>

To arrange workshops contact Catherine McColgan E: catherine@aware-ni.org

i. **Mental Health First Aid Course**

26 and 27 September in the Seamus Heaney Homeplace in Bellaghy.

To register for a place, visit the AWARE website <https://aware-ni.org/mhfa-booking/>

Section 8: Emotional Wellbeing and Mental Health Support



Mental Health First Aid (MHFA) Facilitated by Aware

People generally don't know how to recognise mental health problems or know what help is available. This programme will provide you with the skills to provide **initial** support for someone with a mental health problem.

MHFA teaches participants;

- how to recognise the symptoms of mental health problems
- how to provide initial help
- how to guide a person towards appropriate professional help

Benefits of the course

- Clear and accurate information about mental illness
- Improved skills in recognising mental health problems
- Confidence in your ability to provide initial information & support.

To someone with a mental illness

- Increased understanding of your own mental health
- Promote mental health literacy

Topics covered include:

- What is meant by mental health / mental ill health?
- Dealing with crisis situations such as suicidal behaviour, self-harm, panic attacks and acute psychotic behaviour
- Recognising the signs and symptoms of common mental health problems including depression, anxiety disorders, psychosis, and substance use disorders
- Where and how to get help
- Self-help strategies

For further information on training please contact:

Email: clear@dhcni.com

Web: www.dhcni.com

Address: Clear Project (Developing Healthy Communities)
Building 83
Ledwidge Avenue
Derry – Londonderry
BT47 6GZ

Tel: 02871383386

Places are limited to 2 per organisation for this training. Age restrictions apply. Full attendance is essential. These sessions are open to staff & volunteers of community & voluntary sector organisations operating within the Western Trust Area.

Section 8: Emotional Wellbeing and Mental Health Support

[Mental Health Strategy 2021-2031 | Department of Health \(health-ni.gov.uk\)](#)



To drive the strategic reform needed, the Strategy sets out 35 actions under three overarching themes.

The first – promoting mental wellbeing, resilience and good mental health across society – is key to ensure that we reduce the stigma around mental health, provide early intervention and prevention and provide support across the lifespan and to those caring for people with mental ill health.

The second – providing the right support at the right time – covers a range of service improvements, including improvements in child and adolescent mental health services, integration of old age psychiatry and psychology into mainstream mental health services, community mental health and in-patient services and specialist services. This theme outlines a number of service improvements that ensure better access to support when it is needed, putting the person's needs at the centre.

The third theme – new ways of working – sets out the changes that will support the improvements needed across the systems, including a single mental health service, data and outcomes, workforce planning and research.

Section 8: Emotional Wellbeing and Mental Health Support

Emotional Wellbeing Teams in Schools (EWTS) – Children and Young People’s Strategic Partnership (CYPSP) (hscni.net)

Emotional Wellbeing Teams in Schools (EWTS)

Whether you're a student, parent, or school staff member, you'll discover practical tools and activities designed to support emotional health and wellbeing. Come explore these valuable resources and learn how they can make a positive difference in your daily life. Let's work together to create a happier, healthier school community!

EWTS RESOURCES

- What is EWTS (Emotional Wellbeing Teams in Schools)**
EWTS is a programme of support for post primary schools. The main focus of the Framework is to provide overarching guidelines to support those working in educational settings to help them promote emotional wellbeing and strengthen self-esteem and resilience in children and young people.
- EWT A4 Poster for Schools**
Poster for Schools providing information about teams, getting involved and emotional wellbeing champions.
- EWTS Information Leaflet**
The Emotional Wellbeing Teams in Schools (EWTS) programme is part of the implementation of the Children and Young People's Emotional Health and Wellbeing in Education Framework.
- Understanding Anxious Feelings**
Leaflet available in a number of languages for Parents and Carers for understanding Anxious feelings, what happens to the body and what might help.
- Emotional Based School Non-attendance (EBSNA) and School Based Anxiety**
Parental Guidance and support on what is EBSNA, reasons for non-attendance, signs to look out for, caring and coping strategies and support. Rather than using terms like 'school refusal', or thinking of nonattendance as a deliberate act of defiance, the term EBSNA recognises that this avoidance is a complex issue inseparably linked with emotional, mental health and wellbeing issues.
- Building Healthy Relationships - Your Relationship with You**
Self-esteem is how we think, see and feel about ourselves. Good self-esteem means that we feel good about ourselves and confident in who we are and what we can do.
- Building Healthy Relationships - Friends**
The quantity of friends that you have is not as important as the quality of friendships that you have. The better the quality of friendship, the closer of friends you are likely to be...
- Building Healthy Relationships - Healthy Vs Unhealthy**
People with healthy, positive and supportive relationships are more likely to be happier and healthier. Creating and maintaining good connections with others can also help to combat loneliness and improve mental health issues, such as stress and anxiety.
- Building Healthy Relationships - Social Media (English)**
Poster provides information on the pros and cons of social media, questions to consider before posting and tips and advice about your emotional wellbeing.
- Building Healthy Relationships - Social Media (Translated)**
Poster provides information on the pros and cons of social media, questions to consider before posting and tips and advice about your emotional wellbeing.
- Calm Cards**
This resource has been designed for those who work with young people in post primary schools. The proposed use is to print this document double sided onto card, making wallet sized visual prompts re: wellbeing strategies for both staff and pupils.
- Exam Stress**
E-Posters for Students providing tips for exam prep and lots of tips for self care. Posters available in 9 languages.
- Dealing with Feelings - Staff Resource**
Education is a demanding profession that offers substantial rewards while simultaneously posing physical and emotional challenges. Staff are a school's most valuable asset and therefore it is imperative to provide robust support for their emotional and overall well-being. This resource pack is designed to assist school staff to support their own emotional wellbeing and that of their students.
- CAMHS Referral Process Poster**
The Emotional Wellbeing Teams in Schools (EWTS) is a Step 1 CAMHS service focused on health prevention & promotion. EWTS work in schools to help create a whole school approach for emotional health and wellbeing. This poster sets out the referral pathway for CAMHS.
- Discussing Self Harm**
A webinar for parents recorded by Emotional Wellbeing Teams in Schools to provide advice and support for parents whose children may be self harming.

Section 9: Training / Conferences

Better Sleep & You

Don't Waste Another **H**  **UR**
On Poor Sleep



Sleep Health Event
Thursday 10/10/24 at 13.30
Foyle Arena

How to Improve Your Sleep:

Insomnia

Chronic Conditions

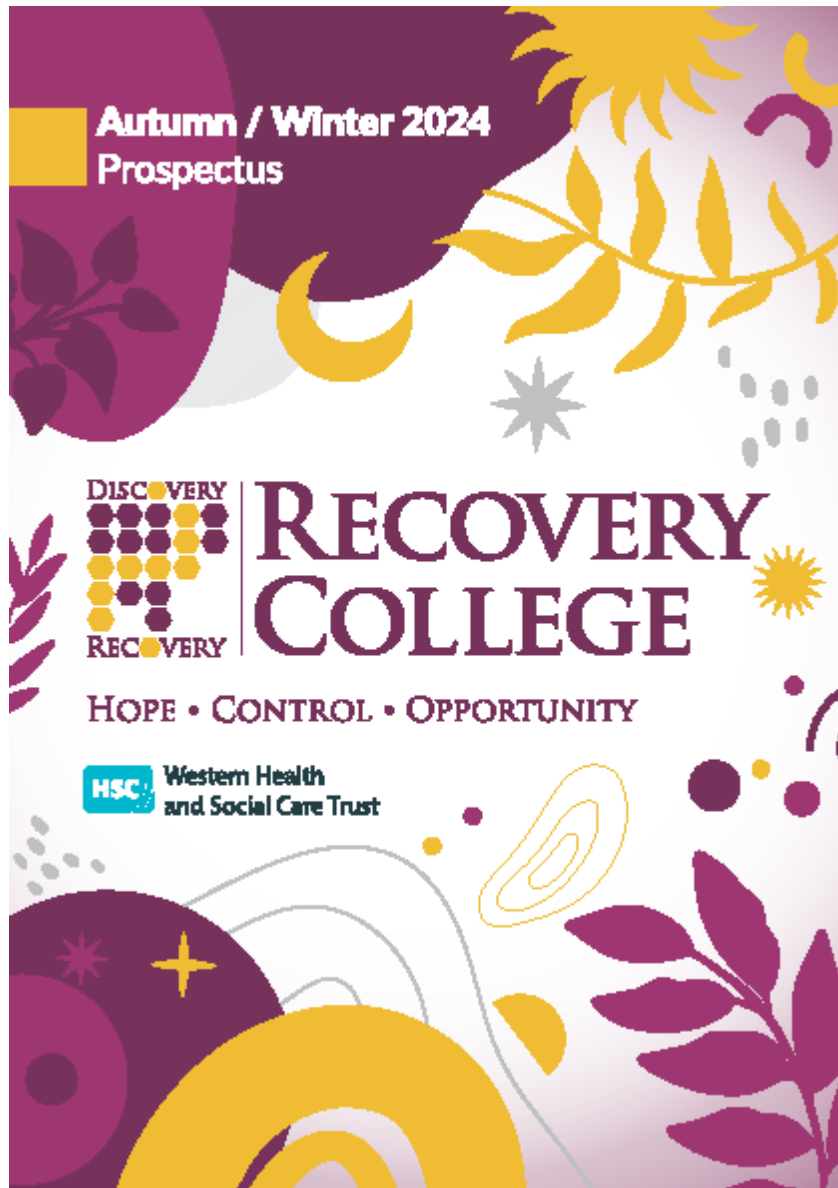
Shift Workers

Children's Sleep & more...

With Keynote Speaker Dr David Lee of
Sleep Unlimited

Section 9: Training / Conferences

<https://westerntrust.hscni.net/download/441/recovery-college/20095/rcprospectus2024-autumn-winter-05.pdf>



Section 9: Training / Conferences



Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents



Residents of NORTHERN IRELAND

In paid partnership with: HSC Public Health Agency

Use Access Code
NIFAMILIES

Section 9: Training / Conferences

Free Online Training (Solihull) – Children and Young People's Strategic Partnership (CYPSP) (hscni.net)



About Us | News & Events | Publications | Links | Contact

Search



CYPSP Outcome Based Planning Outcomes Groups Regional Sub-Groups Task & Finish Groups Locality Planning Groups Family Support Hubs
Parent Support EITP CYPSP Resources

Free Online Training (Solihull)

Parent/Carer Training

Scroll down for Professional Training

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

Course explainers facts and descriptions
Course descriptions and summary content explained for Parents/Carers

Supporting Emotional Health & Wellbeing from 0-19+
Free online courses for all parents, carers, grandparents and teens for residents of Northern Ireland.

Understanding pregnancy, labour, birth and your baby
This course explains how and why you are so important to this baby, whether you are the mother, father, partner, grandparent or birth partner. 9 Modules available 24/7 take course any time and place.

Understanding your preterm or sick baby
Online courses for parents and families of babies receiving neonatal care. Postnatal course uniquely tailored by clinical psychologists in partnership with health professionals and parents. To support you to develop your relationship with your baby.
Easy to follow modules, access online anytime, anywhere



A small number of the free training opportunities on the Solihull page on the CYPSP website available for parents/carers and a new section at the bottom of the page for free training for professionals.

Section 9: Training / Conferences

[Home - CiNI \(ci-ni.org.uk\)](http://ci-ni.org.uk)

SKILLS TRAINING

Workshops to upskill & develop your knowledge

04^{SEP} UNDERSTANDING EMOTIONS AND BEHAVIOURS:
EARLY YEARS (0-5 YEARS)

05^{SEP} CHILD PROTECTION PRACTICE

05^{SEP} PODCASTING ACCELERATOR

11^{SEP} UNDERSTANDING EMOTIONS AND BEHAVIOURS IN
MIDDLE CHILDHOOD (4 – 12 YEARS)

12^{SEP} SUPPORTING THOSE ON THE AUTISTIC SPECTRUM

04^{OCT}07 BABY MASSAGE INSTRUCTOR TRAINING (IN
PERSON)

15^{NOV}18 BABY YOGA INSTRUCTOR TRAINING (IN PERSON)

Section 9: Training / Conferences

Two more Intercultural and Traveller Cultural Awareness sessions will be taking place in October 16th and November 6th online delivered by Donegal Travellers Project.

See below links to register.

[Traveller Cultural Awareness Tickets, Wed, Oct 16, 2024 at 10:00 AM | Eventbrite – October Session](#)
[Traveller Cultural Awareness Tickets, Wed, Nov 6, 2024 at 10:00 AM | Eventbrite – November Session](#)

For More Information Please Contact:
Marie
Traveller Development Officer
Greater Shantallow Area Partnership
Northside Village Centre,
Derry
BT48 8NN
028 71358787
075 84207237

Section 9: Training / Conferences

Public Mental Health Learning - ECHO Northern Ireland

Public Mental Health Learning ECHO Knowledge Network 2024 ECHO Session Programme

Wednesday Afternoons 2.00pm to 3.30pm

ECHO Date	Curriculum/Education Topic
23 rd October 2024	Inequality and Mental Health: Interventions
27 th November 2024	Protective and Risk Factors for good mental health
18 th December 2024	Developing community-based interventions to support good mental health
22 nd January 2025	Developing public mental health interventions in schools
25 th February 2025	Measuring Impact and Outcomes of public mental health interventions
26 th March 2025	Building the case for investment in prevention

Section 9: Training / Conferences

Health Improvement Equality & Involvement Department

Training Brochure September 24 – March 25

The WHSCT Health Improvement Equality & Involvement (HIEI) Department has released their latest Training Brochure which is offering free training courses taking place across the Trust from 1st September 2024 to 31st March 2025.

This second edition of the HIEI Training Brochure has an exciting new themed layout. Our training courses are now found under the headings of Children & Families, Community Development, Emotional Health & Wellbeing, Nutrition, Physical Activity, Sexual Health and Smoking Cessation.

We are also delighted to introduce eight brand new courses and three courses that are returning to the brochure.

Our new courses are Odyssey Parenting your Teen Programme, What is Childline?, Health Literacy Awareness Session, Making our Nervous System Work for Us: Using the Polyvagal Theory, The Power of Humour: Mental Wellbeing's Secret Weapon, Understanding Bereavement with Suicide, Understanding Self Harm and Understanding Self Harm with Autism.

The courses coming back again are Introduction to Interculturalism and Traveller Cultural Awareness, Introduction to Positive Intelligence and I Can Cook it!

The courses will be delivered either via Zoom or face to face in a range of locations across the WHSCT.

To view the Training Brochure, click on this link [Training Brochure Sept 24 - Mar 25 - Tra \(pagetiger.com\)](#) or on the image below



Section 9: Training / Conferences



Wednesday, 27 November

♥ 1


IMH Lunchtime Learning November 2024

"How's it going Dad?" - Nurturing the development of early relationships between babies, children, and their dads
(Action for Children)


 By **IMH Lunchtime Learning** • 138 followers
 Follow

Lots of repeat customers

Date and time

 Wed, 27 Nov 2024 12:00 - 13:00 GMT


Location

 Online

About this event

 Event lasts 1 hour

IMH Lunchtime Learning 27th Nov 2024 - 1 +

Free 

Reserve a spot

At this session you will hear how Action for Children nurture the development of early relationships between babies, children and their fathers through the delivery of their Early Years Services.

You will learn about how the organisation is adopting a 'Think Mum and Dad' approach to improve the outcomes of young children. Furthermore, how this is helping to raise the profile of men in the early years sector.

Section 9: Training / Conferences

<https://www.nwrc.ac.uk/business/business-programmes/-skill-up>

North West Regional College are delighted to announce that following the success of the Skill Up programme, funding has been secured for another 3 years. The Skill Up programme will enable individuals (those in employment & those unemployed) to avail of FREE courses & accredited qualifications, which will improve their skills, benefitting their employment opportunities and enhancing NI's continuously growing & diversifying economy.

To apply you must be aged 18 and over and be eligible to work in Northern Ireland.

As you have previously completed a Skill Up course in the past, we thought this may be of interest to you.

To see our full list of courses available and to register your interest please visit: <https://www.nwrc.ac.uk/business/business-programmes/-skill-up>



The poster features logos for North West Regional College, the Department for the Economy, and the 'An Bliain Geilleagair Skill Up' initiative. It lists various funded course areas and includes a QR code for more information. A photograph of a young woman with glasses, resting her chin on her hand while looking at a laptop, is positioned on the right side of the poster.

north west regional college
Department for the Economy
An Bliain Geilleagair Skill Up

SKILL UP WITH NWRC

We are delivering **100% funded courses** in the following areas:

- Advanced Manufacturing
- Childcare
- Green Skills
- Health & Social Care
- Hospitality
- Software
- Transversal Skills

QR code: 

Section 9: Training / Conferences

[Training - Middletown Centre For Autism \(middletownautism.com\)](http://middletownautism.com)

MIDDLETOWN CENTRE FOR AUTISM

UPCOMING TRAININGS

Scan the QR Code to view all of MCA's upcoming trainings suitable for both parents and professionals!

LEARN MORE

☎ 0044 (0) 28 3751 5750

📍 35 Church Street, Middletown, BT60 4HZ

✉ admin@middletownautism.com



Section 10: Western Area Sure Start Projects and Childcare Partnerships



[SureStart Shantallow – Home](#)

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

[Waterside SureStart | Action For Children](#)

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

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

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

<https://www.facebook.com/profile.php?id=100064593163682> (Rainbow
Sure Start)

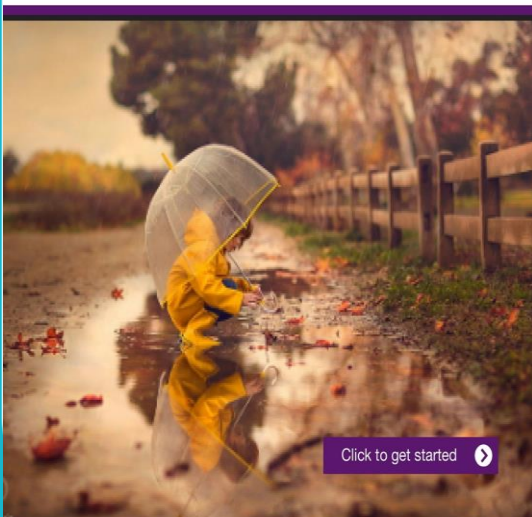
Childcare
Partnerships
E-Zine



[Childcare Partnership Training -
Autumn 2024 \(pagetiger.com\)](#)

See latest Ezines from Childcare Partnerships

The CCP E-Zine is issued quarterly and is aimed at early years practitioners and those working in the wider early years sector. The purpose of the CCP E-Zine is to keep people informed of new developments in the sector, feature new training opportunities, provide support and useful resources and highlight informative and relevant articles and reports.



Section 10: Western Area Family Support Hubs

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



Early Intervention and Family Support Hubs



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

Contact Information	Telephone	Email
Family First – Sharon Doherty Family Support Hub Coordinator	(028) 7137 3870	<u>Email here</u>
Dry Arch – Donna O’Kane Family Support Hub Coordinator	(028) 7774 2904	<u>Email here</u>
Fermanagh – Lisa McGarvey Family Support Hub Coordinator	(028) 6632 4181	<u>Email here</u>
Omagh – Lisa McGarvey Family Support Hub Coordinator	(028) 8225 9495	<u>Email here</u>
ETHOS – Marty Daly Family Support Hub Coordinator	(028) 7135 8787	<u>Email here</u>
Outer West – Family Support Hub Coordinator	(028) 7126 9833	<u>Email here</u>
Strabane – Shauna Devine Family Support Hub Coordinator	(028) 7138 2658	<u>Email here</u>
Waterside – Meghan Leonard Family Support Hub Coordinator	(028) 7132 9444	<u>Email here</u>

Section 11: Useful links and Informative Media Resources

Links

Cost of Living Resources Including Contact Details for Local Food Banks

Fermanagh and Omagh District Council

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

Strabane and Derry/ Londonderry District Council

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

Causeway Coast and Glens Council

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

Section 11: Informative Media Resources

Pauric and Niall host a live podcast in aid of the 'Movember' Campaign and Men's Mental Health Month.

Join them and their guests as they go big on men's health!



Are You Well? LIVE Podcast for Men's Mental Health Month!

Schedule

Fri Nov 01 2024 at 08:30 pm to 10:00 pm

UTC+01:00

Location

Natur & Co | Omagh, NI

Section 12: CRIS: Crisis Resources Information & Support



Western Health
and Social Care Trust



Crisis Resources Information and Support

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

999 or 112

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

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

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

Childline: 08001111 for young people under 19

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

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

These services can be contacted during the day Mon-Fri

VOYPIC

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

Aisling Centre

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

The Tara Centre

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

Aware NI

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

NEXUS NI

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

ASCERT

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

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



Western Health
and Social Care Trust



Crisis Resources Information and Support

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

999 or 112

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

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

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

028 7126 2300

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

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

Childline: 08001111 for young people under 19

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

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

These services can be contacted during the day Mon-Fri

VOYPIC

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

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

NEXUS NI

Support for people affected by sexual trauma
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Monday-Wednesday 9am-9pm, Thurs 9am-5pm, Fri 9am-4pm

ASCERT

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

MAN Men's Action Network

For Male Victims of Domestic, Sexual and Coercive Behaviour
028 7122 6530 • 028 7137 7777 • Mon-Thurs 9am-4pm & Fri 9am-1pm

Koram Centre

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

Derry Well Women

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

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

