

The Irish proverb goes: "It is in the shadow of others that the people live." We need and rely on each other to flourish. This remains especially true during these difficult days and we hope that this now-weekly bulletin can help people feel a little more connected, informed and reassured that they are not alone wherever they may be.

In today's newsletter are links to the most up-to-date public health guidance (This is always subject to change at any time), updates on the status of key local services & organisations, and a large section at the back with a plethora of resources to help enjoy time with our families. We are also promoting the need for us to keep our minds healthy & well.

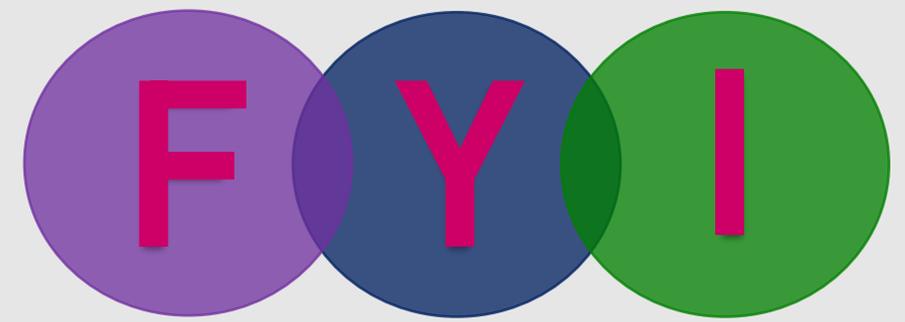
On page 2 you will see a call for services and organisations to complete a very short scoping survey to tell us what you can offer at the minute. Can we please ask that you complete this and we will aim to share this information in next week's FYI.

Lastly, don't forget to keep listening to the music and stay connected! ([🔊 HERE](#))

Darren Curtis and Joanne Patterson  
Locality Development Team, Southern Trust Area

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**For Your Information**



**Keeping connected...**

**Staying informed...**

**Sharing support...**

Please see attached template for **updated information** from our **community and voluntary partners** regarding **service delivery for children and families during the Covid19 pandemic**.

Please note that, since this is a fluid and ever-changing landscape, this is a live document which will be updated on a daily basis by the CYPSP team and available on the CYPSP website [HERE](#).

The CYPSP website will also house a **Daily Updates** section on its main homepage [HERE](#).

Please send any relevant information / resources to [Valerie.maxwell@hscni.net](mailto:Valerie.maxwell@hscni.net).

<b>Organisation (&amp; Logo)</b>	
<b>Service available</b>	
<b>How to access</b>	
<b>Any further information (including links to online resources)</b>	
<b>Area Covered</b>	
<b>Do you consent for this information to be shared across our LPG network, the website and social media</b>	<b>Yes/No</b>

Local councils are monitoring the evolving situation with COVID-19 and are offering ongoing updates & advice via their corresponding webpages, as follows:



Armagh City  
Banbridge  
& Craigavon  
Borough Council

[HERE](#)



Comhairle Ceantair  
an Iúir, Mhúrn  
agus an Dúin  
Newry, Mourne  
and Down  
District Council

[HERE](#)



Comhairle Ceantair  
Lár Uladh  
Mid Ulster  
District Council

[HERE](#)



Click [HERE](#)  
for the most recent PHA advice and guidance on  
Covid-19



Click [HERE](#)  
for information and guidance provided by NICVA  
for the community and voluntary sectors  
relating to Covid-19



## Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

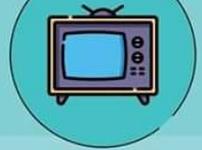
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



## Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention. Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

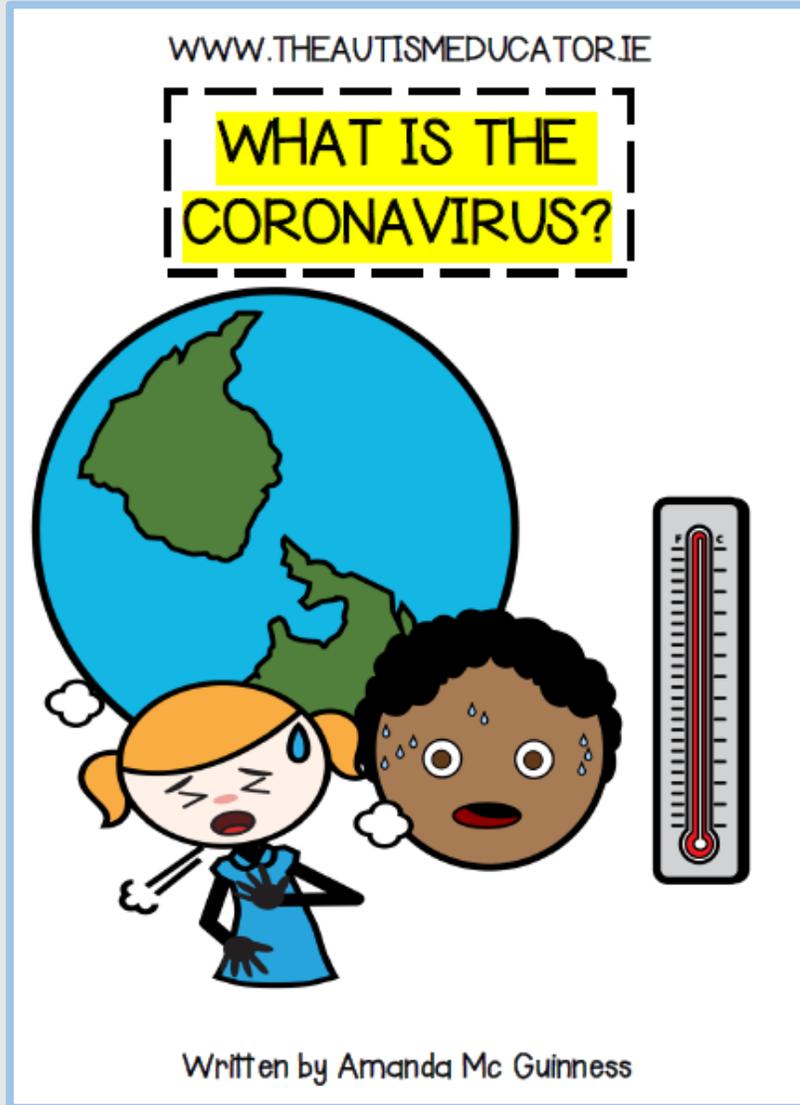
Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website [HERE](#)



Read the Coronavirus Social Narrative [HERE](#)



Click [HERE](#) to access an animated video, storybook and handout to help parents, carers and safeguarding professionals explain coronavirus to children

## Managing your Mental Health during the COVID-19 pandemic

### ROUTINE

Your normal routine might be disrupted and that can be stressful. Take some time to write down how you want to spend your day. Creating and sticking to a new routine will give you a sense of order and normality. Decide on your new routine and make sure you put in time to do things you enjoy. Make sure you get changed in the morning even what you've slept in, try to stick to a similar routine you would have if you were going to school.

### BE PRODUCTIVE

Make a list of the things you have been wanting to do but never get round to. It could be sorting out your wardrobe, doing some gardening, rearranging your bedroom. These tasks can make you feel productive and give you a sense of accomplishment. It can also make you feel calmer and more positive.

### EXERCISE

Go for a walk (while keeping your distance), try yoga or do a workout - exercise is one of the best things for your mental health, and your immune system. You can find lots of free workouts online that you can do at home. The Body Coach App Website will be doing daily online workouts at <https://www.thebodycoach.com>

### STAYING CALM

**Mindfulness**  
There are many great free apps you can use to guide you through breathing techniques and meditation that can help ease your anxiety and clear your mind of anxious thoughts. Try [www.headspace.com](http://www.headspace.com)

### TAKE A BREAK FROM THE NEWS

It can be tempting to constantly check the news at the minute, but if this is having a negative impact on your mental health try limiting how often you check the news. Perhaps, allow a set time each day to do this. For example, watch the 6pm news each day for half an hour.

### STAYING CONNECTED

Phone calls are a great way to stay connected. But using someone's face can make a huge difference. It can lift your mood and make you feel less lonely. There are lots of free video calling services you can use, and if you can connect to wifi it's will help. If you're worried about your data running off your loved ones will really appreciate asking you, you could really brighten someone's day. And try not to talk about coronavirus, see this chat to take your mind off things!

### REACH OUT

You may be feeling worried, bored or frustrated but you are not alone. This is a good time for a catch up, so reach out to someone you haven't heard from in a while. They will probably be very grateful to hear from you. Send them a message and let them know you care.

### CLEAN UP YOUR SOCIAL MEDIA

You might be spending more time than usual scrolling on social media. But what you read may negatively impact your mental health. Try unfollowing accounts that make you feel anxious, upset or angry. Find positive accounts that boost your mood and share your interests.

### LEARN A NEW SKILL

With all that free time, why not try learning a new skill? There may be something you've always wanted to learn, but never had the time. Drawing, playing the guitar, baking are just a few examples of things you could try during this time.



[www.macsn.org](http://www.macsn.org)

## Dealing with stressful situations at home during COVID-19

### Walk away from tense situations if you can

Being cooped up with other people will naturally be frustrating and might create tension between you and those you live with. You can defuse difficult situations by walking away from arguments until everyone starts to feel calmer. If you and those you live with do not have any coronavirus symptoms, you could go outside for a walk.



### Create a rota

If you're in a situation where lots of people are fighting over who gets to decide what you watch on TV, who cooks and cleans, or anything else, you might find it helpful to create a rota. This can help you agree a fair system and help avoid arguments.



### Reach out for help

If your living situation is difficult, please don't struggle in silence. Call a trusted friend or a helpline.

If you're worried about being overheard, you could try texting or emailing instead. Many helplines also offer text and online messenger support. Please find some examples below.



Childline	24/7 helpline: 0800 1111
Samaritans	(UK and ROI): 116 123 (24 hours) or email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
Women's Aid	<a href="http://www.womensaidni.org">www.womensaidni.org</a> or their 24/7 helpline 0808 802 1414
The Mix	0808 808 4994 (1pm - 11pm daily)



[www.macsn.org](http://www.macsn.org)

## Supporting your child through COVID-19

It's understandable for children and adults to feel concerned or anxious about this virus and it is natural for parents to want to support and protect their children. You might do this in many different ways - giving them a hug, playing a game or having a chat. The most important thing is for your child to know that you are there for them, ready to help them if things get hard.

1. Talk to your child about what is going on. You could start by asking them what they have heard about coronavirus.
2. Try to answer their questions and reassure them in an age appropriate manner. You do not need to know all the answers, but talking can help them feel calm.
3. Explain to your child that it is natural to worry sometimes and everyone does it. This feeling, like all feelings, will come and go.
4. Don't try to shield your child from the news, as it's likely they will find out somehow from being online or from friends.
5. Be aware that your child will often copy your behaviour, so if you are feeling anxious or overwhelmed, you may need to limit how much you express this in front of them.
6. Reassure your child that it is unlikely they will get seriously ill, and if they do feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.
7. Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
8. Keep as many regular routines as possible, so that your child feels safe and that things are stable.
9. Spend time doing a fun activity with your child (e.g. reading, playing, painting, cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'.
10. Encourage your child to think about the things they can do to make themselves feel safer and less worried. Help them find things that distract or relax them.
11. Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.
12. Remember to look after yourself too. If you are feeling worried, or anxious about coronavirus, talk to someone you trust.



[www.macsn.org](http://www.macsn.org)

Download [HERE](#)

## Telephone and web Support for Children

**TURN2US**

Home Your Situation Get Support Support Us Working With Us About Us My Turn2us

**CORONAVIRUS INFORMATION - GET UP-TO-DATE INFORMATION AND SUPPORT NOW**

**CORONAVIRUS INFORMATION & SUPPORT**

WHAT TO DO IF YOU NEED HELP

Turn2us is a national charity helping people when times get tough. We provide financial support to help people get back on track.

- Check benefit entitlement
- Search for a grant
- Benefits and Coronavirus

W: [www.turn2us.org.uk](http://www.turn2us.org.uk)

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
<b>Anna Freud</b>	Supporting children's mental health during periods of disruption	Anxiety Mental Health	<a href="http://www.annafreud.org">www.annafreud.org</a>
<b>Lifeline</b>	Crisis response line for people in distress	Depression Mental health Textphone users (for deaf and hard of hearing):	0808 800 8000 18001 0808 808 8000
<b>Childline</b>	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships School	0800 1111 <a href="http://www.childline.org.uk">www.childline.org.uk</a> 1-2-1 counsellor chat
<b>NSPCC</b>	Advice on safeguarding and child protection issues and somewhere to report concerns Web support	Safeguarding Child abuse Child protection	0808 800 5000 <a href="http://www.there4me.com">www.there4me.com</a>
<b>The HideOut</b>	Web space to help children and young people understand domestic abuse and how to take positive action of it's happening to you	Domestic Violence	<a href="http://www.thehideout.org.uk">www.thehideout.org.uk</a>
<b>Family Support NI</b>	Website to access support in your area – for a wide range of issues – giving local contact details		<a href="http://www.familysupportni.gov.uk">www.familysupportni.gov.uk</a>

See Education Authority COVID-19 updates [HERE](#)

## Community Support

for Community Pharmacy COVID-19



CDHN

CDHN is committed to supporting local communities to provide assistance to their local community pharmacy in this time of crisis.

Community pharmacies require:

- Volunteer Drivers to deliver medication
- Volunteer support to limit and control access to community pharmacy

IF YOU ARE A COMMUNITY PHARMACY AND REQUIRE SUPPORT, PLEASE EMAIL [KATHYMARTIN@CDHN.ORG](mailto:kathymartin@cdhn.org) OR CALL.

IF YOU ARE A COMMUNITY OR VOLUNTARY ORGANISATION AND CAN PROVIDE SUPPORT OR ARE AN INDIVIDUAL WILLING TO VOLUNTEER, PLEASE EMAIL [MARYOHAGAN@CDHN.ORG](mailto:maryohagan@cdhn.org) OR CALL.

WE WOULD APPRECIATE IT IF YOU COULD CIRCULATE THIS OPPORTUNITY TO ANY OF YOUR CONTACTS WHO MAY BE INTERESTED.

Tel 028 3026 4606



Community  
Development  
& Health Network

T. 028 3026 4606  
E. [info@cdhn.org](mailto:info@cdhn.org)  
[www.cdhn.org](http://www.cdhn.org)

t: 028 3026 4606 / w: [www.cdhn.org](http://www.cdhn.org)



# Take5

steps to wellbeing

Looking after your  
mental health while you  
stay at home

To support the fight against Covid-19, we have been advised to  
**stay at home.**

With our usual social activities on hold for the moment, it's very important that we look after our mental and emotional wellbeing.

As we begin this journey together we ask you to listen to the public health guidance and stay safe, look out for each other and look after your mental health.

This is temporary and there are brighter days ahead!

Further information is available on:

<http://pha.site/WHO>

If you are in distress or despair, you can call Lifeline on 0808 808 8000 where you can speak to a trained counsellor. This service is available 24/7 and is free from all NI landlines and mobiles.



Public Health Agency  
12-22 Linenhall Street, Belfast BT2 8BS.  
Tel: 0300 555 0114 (local rate).  
[www.publichealthhscni.net](http://www.publichealthhscni.net)

Find us on:



02/20

Further info. [HERE](#)

Here are some tips to help you look after your mental health during this current situation.

#### Connect



#### Connect

Connect with the people around you. We are all in this together. Keep in touch with family, friends, colleagues or neighbours through calls, text or video links like FaceTime, WhatsApp, Messenger or Skype. Arrange a daily telephone call, especially with those who may be at home alone.

#### Be active



#### Be active

Exercising makes us feel good mentally and physically. We have to be a little creative in our new situation. Gardening or housework count as physical activity. Maybe try an online exercise video. The NHS website

<http://pha.site/workout> has a range of options, or there are a number of fun videos available free on YouTube for all ages and different levels of ability.

#### Take notice



#### Take notice

Stop, pause and take a moment to be still and look around you. Reduce your time watching the news and browsing social media. Let go of what none of us can control right now and focus on what you can control. Acknowledge your thoughts and feelings and be kind to yourself.

It is normal not to feel 'normal' during this time. Listen to gentle music or try relaxation apps and videos. Know that this is temporary and things will get better. Take notice of your habits. Avoid smoking or drugs, and try not to drink too much alcohol. It can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.

#### Keep learning



#### Keep learning

We are all learning how to do things differently for now; learning new ways of doing things and how to enjoy ourselves. Use this time for some discovery. Learning new things gives us a sense of achievement, increased confidence and enjoyment. Use this as an opportunity to teach your children new skills or maybe sign up to an online course.

#### Give



#### Give

We are all helping our community and our health service by staying at home. This is the greatest gift you can give right now.

Further info. [HERE](#)

# SAFETY PLANNING

WHEN SELF ISOLATING  
If you are in danger dial 999



Covid-19 or the Coronavirus is creating a lot of fear and uncertainty across the world. Being stuck in the house with your abuser whilst having to isolate due to the virus is creating a potentially dangerous situation. A safety plan can lower your risk of harm and abuse – you can't control your partner but you can take action that reduce risk or avoid situations.

**Women's Aid Armaghdown**  
Newry, Mourne and Down on:  
**028 30258704**  
Armagh, Banbridge and  
Craigavon on: **028 38397974**  
**24 Hour Domestic and Sexual Violence  
Helpline**  
**0808 802 1414**  
(managed by Nexus)

Always keep your mobile phone **charged** and **with you**.

If it is a pay as you go phone, make sure you always have **enough credit** to call for help if you need it. Even without credit you can still call 999.

Have a **CODE word** with your family and/or friends – talk about what to do if you use it. Do they come and get you? Do they call the police?

Have a **CODE word** with your children – tell them where to go if you use it, run to a specific neighbour, go to the end of the street, etc.

**Women's Aid can provide support over the phone, Skype and Facetime**

**You Have the RIGHT to be SAFE**

**Have an escape plan.** Think about where you might go in an emergency. Are there neighbours you could trust? Keep your car keys and bank card in a place that you can grab them easily. Think about the **safest routes in and out of your house**.

Keep with you any important and **emergency telephone numbers**. Try to keep a small amount of **money on you** at all times. Enough change for a taxi or bus fare.

If you suspect that your partner is about to attack you, try to go to a **lower risk area of the house**.

An area where there is a way out and access to a phone.

Avoid the kitchen or garage where there are likely to be knives or weapons.

If you have to lock yourself in a room try to push a wedge under the door.

**Be prepared** to leave the house in an emergency.

Know where your car keys are, if you can bring your passport or other important documents with you when you leave. Bring your children with you.

## Women's Aid Armaghdown Support Services

We continue to provide crucial support services to women affected by domestic violence.



Our staff continue to provide essential services to women and children living in refuge. Measures have been implemented to safeguard them along with our staff.



Telephone support can be accessed by calling:  
Our services in Newry, Mourne and Down on: 028 30258704  
Our services in Armagh, Banbridge and Craigavon on: 028 38397974  
You can also access support by contacting your support worker directly.



Our Support Workers can support women using Skype and Facetime.



PSNI non emergency number - 101  
In an emergency always call - 999

Helpline



The Domestic & Sexual Abuse Helpline, managed by Nexus, can be accessed any time of day or night by calling 0808 802 1414

We have developed a safety plan for women and their children who are self-isolating and may be at risk. This can be found on our Facebook and Twitter pages.

Stay safe everyone and know that you are not alone.



t: 028 30258704 (Newry, Mourne & Down) / 028 38397974 (Armagh, Banbridge & Craigavon) / 0808 802 1414 (24 Hour Helpline)

**Women's Aid Statement: 20<sup>th</sup> March 2020****The impact of COVID-19 on women, children and young people experiencing domestic violence and abuse, and the life-saving services that support them**

We know that the government's advice on self or household-isolation will have a direct impact on women, children and young people experiencing domestic violence and abuse in Northern Ireland. Home is often not a safe place for survivors of domestic violence and abuse. We are concerned that social distancing and self-isolation will be used as a tool of coercive and controlling behaviour by perpetrators and will shut down routes to safety and support.

Safety advice and planning for those experiencing domestic abuse should be included in the national government advice on COVID 19.

The impact of self-isolation will also have a direct impact on specialist services, who are already operating in an extremely challenging funding climate and will be rightly concerned about how to continue delivering life-saving support during the pandemic. They could see challenges in funding, staff shortages and further demand for their help. We welcome today an announcement from the Department of Communities who fund our refuges and outreach services that there would be no impact to the voluntary and community sector.

As an organisation, we have made provisions in order to continue our key frontline work. Women's Aid have major contingency plans which have been put in place by all our local groups in a bid to continue to support women, children and young people using multi communication formats, where face to face contact may be a current health and safety risk. Please contact your closest local Women's Aid groups to get more info on these diversified services. Women's Aid across Northern Ireland is made up of nine local groups and Women's Aid Federation NI. We are continually working together to understand the impact COVID 19 is having on women, children and young people experiencing domestic violence and abuse and their service provision.

We are calling on our local Assembly to consider the safety and specific needs of survivors of domestic violence and abuse in Northern Ireland and services as a fundamental priority within their advice, guidance and contingency planning for COVID 19. We also call on Government to recognise our workers within frontline services as 'key workers'. Our work is critical to the Covid-19 response regarding prioritisation for education provision.

If you or someone you know is experiencing abuse, please visit our information and support page, where you can access support from national online and telephone services or connect with a local service [www.womensaidni.org](http://www.womensaidni.org)

In an emergency, call 999.

Our services are detailed here: [www.womensaidni.org/get-help/local-groups](http://www.womensaidni.org/get-help/local-groups)

e: [sonya.mcmullan@womensaidni.org](mailto:sonya.mcmullan@womensaidni.org)



**EU Settlement Scheme Advice**

**Freephone 0800 138 6545**

Text EUSS to 6664 or email [euss@adviceni.net](mailto:euss@adviceni.net)

Monday to Friday 10am-4pm

**Debt Advice Service**

**Freephone 0800 028 1881**

Monday to Friday 8am-6pm

Text ACTION to 81025 or email: [debt@adviceni.net](mailto:debt@adviceni.net)

**Independent Welfare Changes Helpline**

**Freephone 0808 802 0020**

Monday to Friday 9am-5pm or email:

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

**Tax and Benefits Advice**

**Freephone 0800 988 2377**

Monday to Friday 9am-5pm or email: [tax@adviceni.net](mailto:tax@adviceni.net)

**Business Debt Service**

**Freephone 0800 083 8018**

Monday to Friday 9am-5pm or email: [bds@adviceni.net](mailto:bds@adviceni.net)

**Historical Institutional Abuse advice and support**

Call **028 9064 5919** and ask for a HIA advisor

Monday to Friday 9am-5pm or email: [hia@adviceni.net](mailto:hia@adviceni.net)

**Advice NI Training**

Advice NI is the leading provider of nationally accredited Advice and Guidance, Legal Advice and Independent Advocacy Qualifications in Northern Ireland. For a list of courses, please visit our website.

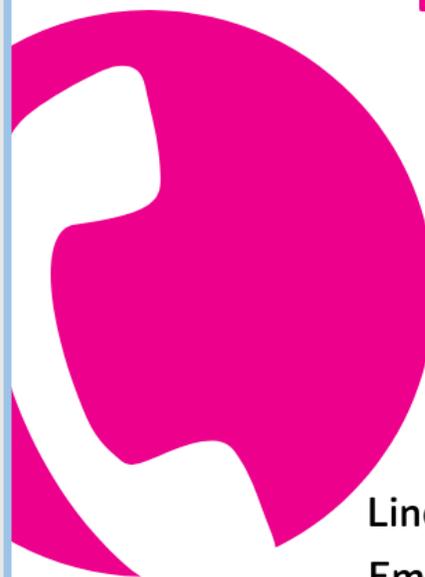
**Contact Us**

Tel: 028 9064 5919 [www.adviceni.net](http://www.adviceni.net), [info@adviceni.net](mailto:info@adviceni.net)   @AdviceNI

NI Charity No. NIC100008

e: [info@adviceni.net](mailto:info@adviceni.net)

**Employers  
For Childcare**



**Family Benefits  
Advice Service**

**Freephone helpline:  
0800 028 3008**

Lines open Monday-Friday 10am-4pm

Email [hello@employersforchildcare.org](mailto:hello@employersforchildcare.org)

[www.employersforchildcare.org](http://www.employersforchildcare.org)

Providing free, impartial and confidential advice to parents, employers and childcare providers on a wide range of childcare and work-related issues.

e: [hello@employersforchildcare.org](mailto:hello@employersforchildcare.org)

**START360**  
Putting YOU at the centre

**AREN'T GOING ANYWHERE!**

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

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

**07923129559 or [info@start360.org](mailto:info@start360.org)**

e: [info@start360.org](mailto:info@start360.org)



TADA Rural Support Network will be closed until 31<sup>st</sup> March 2020 due to the on-going crisis of Covid-19. Staff will be working from home and can be contacted by email [info@tadarsn.com](mailto:info@tadarsn.com) and we will get back to you as quick as possible.

Keep safe and look after yourselves from all the staff and directors at TADA Rural Support Network.

Terri Carvill  
Information & Communication Officer  
TADA Rural Support Network  
Unit 10a, 19 Carn Business Park  
Portadown  
Co. Armagh  
BT63 5WG  
T: 02838 398888

e: [info@tadarsn.com](mailto:info@tadarsn.com)



In the present COVID 19 situation all of our Volunteers have been stood down in their role of appropriate and effective CPR, defibrillation and first aid to casualties suffering immediate life-threatening conditions while waiting for emergency services to arrive. The organisation volunteers would like to offer their support to any Community or Health initiative.

Specific Skills they have are:

AccessNI Enhanced checked

First Aid and CPR trained

(Please note that our volunteers would need to be indemnified to carry out any treatment)

Equipped with BP, oximeter, thermometer and defib

Have a car

If your organisation needs volunteers to support a community response to the COVID 19 please contact:

Ellen Corcoran-Walsh

Senior Office Manager

Phone: 028 8751 0022

Mobile: 074 8331 6140

Email: [ellen@cfrat.org.uk](mailto:ellen@cfrat.org.uk)

e: [ellen@cfrat.org.uk](mailto:ellen@cfrat.org.uk)



### Challenging Times #HelpEachOther

In such uncertain and changing times, Volunteer Now is mindful of the amazing support volunteers are bringing to those 'most at risk' in our communities and more and more people are stepping up in terms of getting involved and offering help. They have launched a new campaign 'HelpEachOther' to encourage organisations to register their specific virus related, safe opportunities which will then be promoted to individuals who would like to help.

Denise Hayward, CEO, Volunteer Now explains:

"With thousands of people self isolating and distancing themselves, they are likely to be worried, afraid and to feel lonely. It has never been more important that these people know there are connections which can be made. We are getting more and more calls from the public with offers of help and we feel that it is important that we channel these offers whether one-off or on-going to those most in need. We know that community spirit is alive and well and this campaign will harness our desire to do good and to make sure people don't feel that they are on their own"

If you are a volunteer involving organisation who would like to involve more volunteers as a result of Covid-19 please contact us or if you would like to volunteer please register your interest via our website. Good practice information is also there to keep everyone safe. Volunteer Now will update their website and social media accounts regularly on how people can #HelpEachOther

For more information go to [www.volunteernow.co.uk](http://www.volunteernow.co.uk) and click on #HelpEachOther or email [clara.o'callaghan@volunteernow.co.uk](mailto:clara.o'callaghan@volunteernow.co.uk) and lets Help Each Other!

## Thinkuknow: keeping your child safe online while they are off school

**Thinkuknow** is the national online safety education programme from CEOP, the online child protection command of the National Crime Agency.

**Thinkuknow** helps parents, carers, teachers and others keep children safe from sexual abuse, offering learning activities, advice and support for children and young people aged 4-18 and their families.

While school is closed, here's what you can do to keep your child stay safe while they are learning and having fun online.

### 8 steps to keep your child safe online this month

- 1. Explore together:** Ask your child to show you their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site or app.
- 2. Chat little and often about online safety:** If you're introducing them to new learning websites and apps while school is closed, take the opportunity to talk to them about how to stay safe on these services and in general. Ask if anything ever worries them while they're online. Make sure they know that if they ever feel worried, they can get help by talking to you or another adult they trust.
- 3. Help your child identify trusted adults who can help them if they are worried:** This includes you and other adults at home, as well as adults from wider family, school or other support services who they are able to contact at this time. Encourage them to draw a picture or write a list of their trusted adults.
- 4. Be non-judgemental:** Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.
- 5. Supervise their online activity:** Keep the devices your child uses in communal areas of the house such as in the living room or kitchen where an adult is able to supervise. Children of this age should not access the internet unsupervised in private spaces, such as alone in a bedroom or bathroom.
- 6. Talk about how their online actions affect others:** If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.
- 7. Use 'SafeSearch':** Most web search engines will have a 'SafeSearch' function, which will allow you to limit the content your child can access whilst online. Look out for the 'Settings' button on your web browser homepage, which is often shaped like a small cog.
- 8. Parental controls:** Use the parental controls available on your home broadband and all internet enabled devices in your home. You can find out more about how to use parental controls by visiting your broadband provider's website.

## Support your child with films and activities from Thinkuknow

Thinkuknow films and games are a great way to start and continue chats about online safety.

### 4-7s *Jessie & Friends* cartoons – <https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/>

A three-episode animated series which helps keep 4-7s safe online. It explores three popular online activities: watching videos, sharing pictures, and online gaming.

### 8 – 11s *Play Like Share* cartoons – <https://www.thinkuknow.co.uk/parents/playlikeshare/>

A three-episode animated series that helps keep 8-11 year olds safe from risks they might encounter online.

### *Band Runner* game and advice website – [https://www.thinkuknow.co.uk/8\\_10/](https://www.thinkuknow.co.uk/8_10/)

A fun interactive game that helps reinforce key messages about online safety.

You'll find lots more advice on keeping your child safe online at [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents).

If you're worried that a child is at risk of harm online, you should call the police. Children can make a report to CEOP at <https://www.ceop.police.uk/safety-centre/>.

## Other recommended resources

**Parent Info** – Expert information for parents about digital family life [www.parentinfo.org](http://www.parentinfo.org).

**NSPCC Net Aware** – Provides reviews and guidance on the most popular social networks, apps and games that children use. <https://www.net-aware.org.uk/>

**NSPCC PANTS** (The underwear rule) – A simple way to keep children safe from abuse, by teaching them to remember the 5 rules that spell 'PANTS'. <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

**Internet Matters** – A useful tool showing how to set parental controls across a range of devices and websites. <http://www.internetmatters.org/parental-controls/interactive-guide/>

### CEOP social media:

For up to date information and advice:

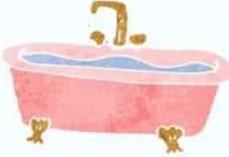
- @CEOPUK on Twitter
- ClickCEOP on Facebook



w: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) / Download new COVID-19 support home activity packs [HERE](#)

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

Looking after your mental health during the coming days and weeks

Try to relax - take a break from reading about what's going on and do something fun or relaxing 

 Unplug - turn off the news for a while. Netflix binge, watch a film or read a book instead

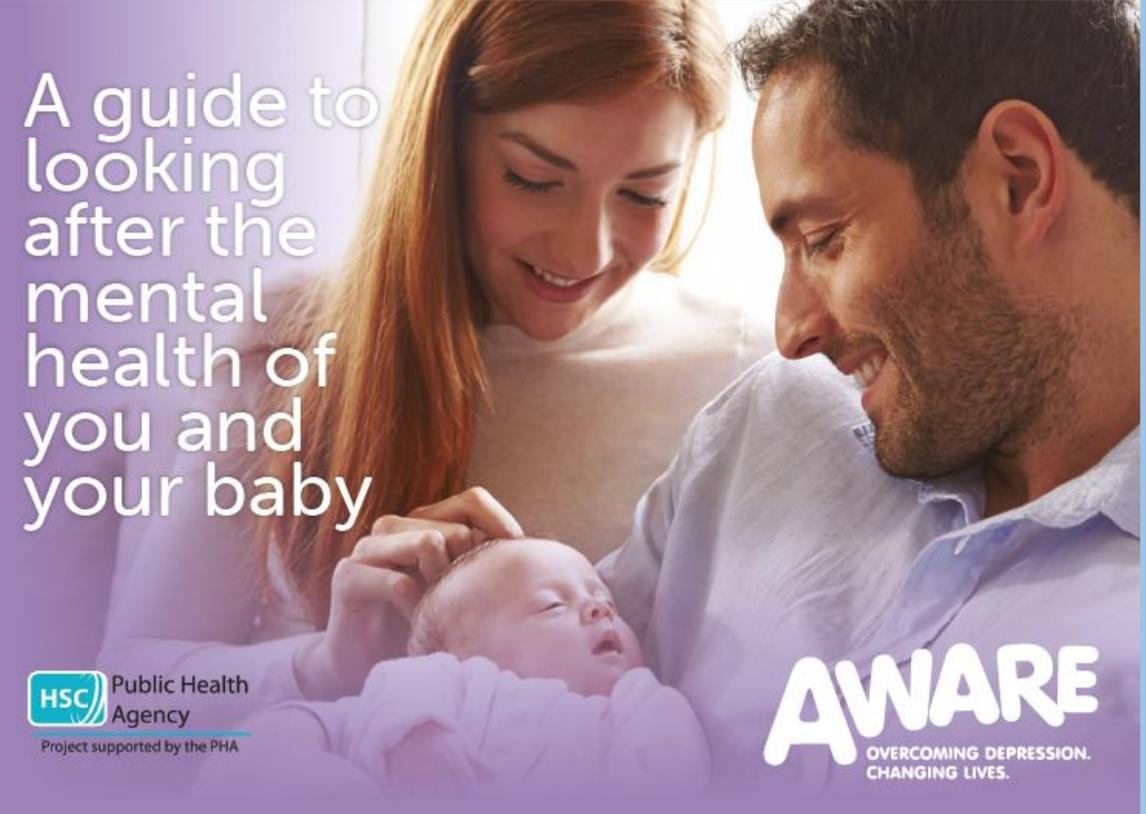
If you're feeling overwhelmed or your thoughts are racing, take deep breaths - in for 7 seconds, out for 11 

 Go for a walk or do a workout - exercise is one of the best things for your mental health, and your immune system.

Connect with others - especially if you are housebound. Make use of phone calls and FaceTime. 

w: [www.aware-ni.org](http://www.aware-ni.org)

A guide to looking after the mental health of you and your baby



**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

HSC Public Health Agency  
Project supported by the PHA

Download [HERE](#)



An Early Intervention Approach to ADHD - Free APP

- It provides **clear information** about **Attention Deficit Hyperactivity Disorder**
- It gives users **proven strategies** to try at home with their children
- These strategies are **based on over 30 years of research** and are effective in helping to manage inattentive, hyperactive and impulsive behaviours

*We will not contact you or share your information with anyone*

**DOWNLOAD  
THE APP  
AT...**

**changinglivesinitiative.com**

Download the App [HERE](#)



Parents, carers, family members...

**if you need us  
we're here.**



**FREE LOCAL HELPLINE  
0808 8020 400**

**Chat online:** [www.ci-ni.org.uk](http://www.ci-ni.org.uk)

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

**OPEN 6 DAYS A WEEK:**

Mon-Thurs 9am-9pm

Fri 9am-5pm

Sat 9am-1pm



During these difficult times, it is our most vulnerable families who will be hardest hit.

We are determined to maintain support to parents as much as we can.

For advice / support / guidance:

Call ParentLine FREE on 0808 8020 400

[Webchat](#)

[E-mail](#)

[Podcasts](#)

[YouTube](#)

Watch back our most recent online [#LetParentsTalk](#) panel discussing your parenting questions

[HERE](#)

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

- Practical Support
- Drug & Alcohol Support
- Emotional Health & Wellbeing
- Signposting to Other Supports
- Family Support
- Education Support
- Advice & Guidance
- 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**  
Pat McGeough  
Young People's Partnership Barnardos  
39A Abbey Street, Armagh  
BT61 7DY  
T: 028 37522380  
E: familysupporthub@barnardos.org.uk

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

**NEWRY & MOURNE HUB**  
Allison Slater  
SPACE  
24 Monaghan Street, Newry  
BT36 6AA  
T: 028 30836764  
E: familysupporthub@space-ni.com

Believe in children Barnardos | niacro | space

### Southern Area FAMILY SUPPORT HUB

Many families need a little extra help sometimes

Information for Families

Family Support | Southern Health and Social Care Trust | CYPSP

### 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/216493917>

### 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

- Children's wellbeing
- Managing behaviours
- Social isolation
- Family routines
- Domestic violence
- Change of family situation
- Support with young children
- Alcohol / drug misuse
- Establishing boundaries i.e tech
- Teen issues

### 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.

Our 3 **Family Support Hubs** in the Southern Area continue to operate and are open for referrals. Due to developments with Covid-19 there is a reduction in the level of support given, with support through telephone contact and signposting.

Please make any **referrals by e-mail** (E-mail addresses available [HERE](#)).

Family Support Hubs wish to highlight the importance of the [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk) website so families / professionals can access support directly.

# Parent Support

*"Behind every child who believes in themselves is a parent who believed in them first" Matthew Jacobson*

Your influence as a parent is one of the most significant factors in your child's life chances. We want to support and work with you as the primary care giver and educator for your children to ensure what we offer is meaningful, consistent and available at the point of need.



This webpage is designed for Parents and Organisations working to support families using group work approaches:

On this page you will find:

-   
 Information / Leaflets
-   
 Evidence Based Parenting Support
-   
 Development Opportunities for Practitioners
-   
 Contacts

Please click on the appropriate tabs below.

- Parent Programmes & Training
- Reports, Publications & Leaflets
- Local Contacts

## Evidence Based Parenting Programmes

To find a parenting programme in your area click on the colour coded tab for your Health and Social Care Trust. To search by month click dropdown under "Events In" or scroll across using the months navigator on calendar. Once you see a programme you are interested in click on it for more details.

Note: All training courses for professionals are colour coded bright green.

Children and Young People's Strategic Pa... Customize 7 0 + New WP-Filebase Pro Smart Slider Events Howdy, Valerie

Events for October 2019

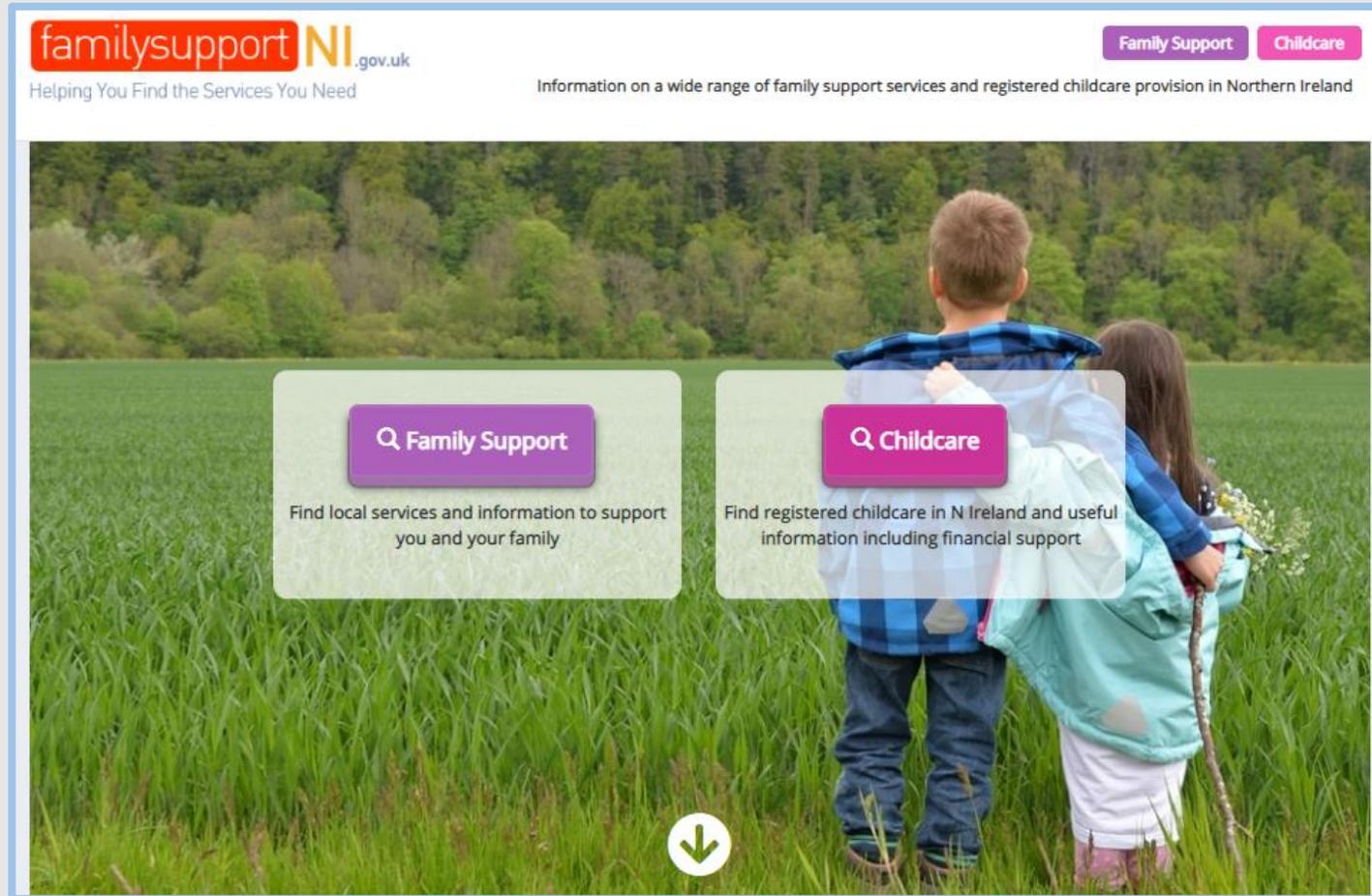
See Parenting Support Links Below

family support NI.gov.uk  
Helping You Find the Services You Need



Parent Line NI  
FREE LOCAL HELPLINE  
0808 8020 400

Check out CYPSP's Parent Support webpage, specifically designed for parents and organisations working to **support families** using group work approaches, [HERE](#).



Check out the [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk) website, making it easier for people in NI to find out about **family support services** and ALL REGISTERED **childcare providers** in NI.

If you require any more information about the website or would like some leaflets / posters, please contact [info@familysupportni.gov.uk](mailto:info@familysupportni.gov.uk) or tel. 0845 600 6483.



**STEP: Mid Ulster Advice Service**

STEP Advice and Support Services will remain open throughout this corona virus crisis offering face-to-face and telephone advice & support.

Our Dungannon, Magherafelt and Cookstown offices are open Monday – Friday as usual.

We will also be providing additional telephone advice services to minimise need for appointments. However, only clients with a confirmed appointment should attend any of our offices at present.

Anyone attending without an appointment will be asked to phone and make one before they can be seen. To book an appointment please call:

Dungannon - 02887750211  
Cookstown - 02886761875  
Magherafelt – 02879633079

To help us help everyone needing advice at this time of crisis:

- Please do not drop-in without an appointment
- Please attend no earlier than 5 minutes before your appointment
- If you need to cancel / rearrange appointment, please let us know, as others need that appointment slot.

Thank you for your co-operation. Stay safe & well.

t: 028 87750211



First Steps Women's Centre will be closed until Monday 6th April 2020 because of the COVID-19 virus. Staff will be working from home. If you wish to contact a member of staff please contact Michael McGoldrick on 07898888531 who will be able to direct your call.

First Steps Women's Centre  
21a William Street  
DUNGANNON  
Co. Tyrone  
BT70 1DX

Tel: (028) 87727648

[www.firststepswomenscentre.org](http://www.firststepswomenscentre.org)

~ Supporting women's professional and personal development through education and training ~

w: [www.firststepswomenscentre.org](http://www.firststepswomenscentre.org)

**Coronavirus**  
**How to prioritise your mental health**

PIPS Hope & Support continues to provide immediate therapy to anyone in our community who is experiencing Suicidal thoughts, high levels of anxiety, poor mental health or bereaved through suicide

The following forms of counselling are:  
 - Online Video Counselling ZOOM  
 - Telephone Counselling

We are also continuing to provide our youth and children's service via the online Video service ZOOM

This service is available to you without you having to leave your homes

Contact us today on:  
 T: 028 3026 6195 or E: [info@pipshopeandsupport.org](mailto:info@pipshopeandsupport.org)

**Press Release from PIPS Hope & Support**

In light of the recent COVID-19 developments (Coronavirus) PIPS Hope & Support are actively managing and putting the appropriate measures in place to ensure the continuity of our services and protect our clients. It is therefore most important now that we try to keep our crisis and suicide bereavement services open and available for all our clients and in addition provide support for anyone who may experience severe anxiety or major concerns around the Coronavirus pandemic over the coming weeks.

From Thursday 23<sup>rd</sup> March, until further notice, we have been implementing a phone-based crisis and suicide bereavement counselling support for all clients, any new emergency crisis requests that presents will be undertaken by the organisations Counselling coordinators, to avail of these services please telephone the PIPS Hope & Support main office on 028 3026 6195 and the call will be transferred to a member of staff or email [info@pipshopeandsupport.org](mailto:info@pipshopeandsupport.org).

I hope you all stay safe and well and were possible please stay indoors as much as possible.

e: [info@pipshopeandsupport.org](mailto:info@pipshopeandsupport.org)



## Here to Support Communities

Are you co-ordinating local responses in your community to support vulnerable people across the ABC Council area?  
DART can help your organisation and volunteers with transport across our operating area.

**Contact Down Armagh Rural Transport Partnership**

**TEL: 02838317810**

**EMAIL: [info@dartpartnership.co.uk](mailto:info@dartpartnership.co.uk)**

**[www.dartpartnership.co.uk](http://www.dartpartnership.co.uk)**

e: [info@dartpartnership.org.uk](mailto:info@dartpartnership.org.uk)

ARMAGH CITY VINEYARD

## FREE TAKE-AWAY COMMUNITY MEALS

We are responding to the unfolding needs in our community. With schools closing and many people no longer able to work we are seeing a need to provide lunches for individuals and families in the Armagh City Area.

THIS WILL BE AVAILABLE FROM ACV @  
NUMBER 40 SCOTCH STREET, ARMAGH

TUESDAY AND THURSDAY  
10AM - 12 NOON.

We aim to provide takeaway soup and sandwiches to those in need.



## WAYS TO HELP



### Pray

Pray for those who are sick  
Pray for healthcare workers  
Pray for those lonely & isolated  
Pray for those working on the vaccine  
Pray for Government leaders for wisdom as the lead us.

### Give

We have set up a giving page to help us provide meals  
<https://www.justgiving.com/crowdfunding/ArmaghCityVineyard>

### Donate

Pre-used plastic bag, disposable gloves, hair nets, hand sanitiser, disposable aprons can be dropped at the doors on Tuesday and Thursday.

### Volunteer

Contact: [Dean@armaghcityvineyard.co.uk](mailto:Dean@armaghcityvineyard.co.uk)



e: [lynne@armaghcityvineyard.co.uk](mailto:lynne@armaghcityvineyard.co.uk)

**Do you Need Help ?**

**- unable to leave your home (self isolated)?**



**In Cill Chluana**

**Help is at Hand** - a local Volunteer Group has been implemented to assist those who may need help as a result of the Coronavirus.

No barrier with regards to age, circumstances, location - Volunteers can assist with shopping, collecting medications/prescriptions, fuel etc

**If you - or someone you know, needs help -**

**Do not be afraid to ask - help is available**

**(As a community we are `looking out` for each other)**

**Please contact Parish Office - 028 37531641**

t: 028 37531641

vibe **CARE**

**Here to help...**

Are you or someone you know struggling with the affects of the Coronavirus outbreak?

We have a team of volunteers ready to help!

We are a local organisation and registered charity based in the centre of Armagh.

**How can we help?**

- A Friendly Phone Call
- Picking Up Groceries & Delivery
- Prescription Collection
- Family Support
- Emergency Food Supply
- Prayer

**CALL OR EMAIL US FOR HELP  
IAN 07515 571385 OR [HELP@VIBENI.COM](mailto:HELP@VIBENI.COM)**

If you would like to volunteer or donate food please get in touch, To give please visit [www.vibeni.com/giving/](http://www.vibeni.com/giving/) or Text 'VIBECARE' to 70085 to donate £5, This costs £5 plus a std rate message. You can opt to give any whole amount up to £20, Thanks!

Northern Ireland Charity number: NIC10002

e: [help@vibeni.com](mailto:help@vibeni.com)

# RESOURCES

In the section which follows, you will find a range of resources, which can be accessed online, providing ideas for activities and support for children and young people at home...



# RESOURCES



**P.E. WITH JOE**

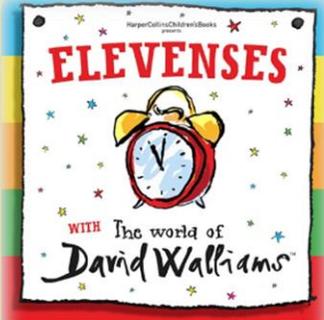
**Monday - Friday**

**9am Live on YouTube**

**The Body Coach TV**

**#PEwithJOE**

[HERE](#)



**ELEVENSES WITH THE WORLD OF DAVID WALLIAMS**

Every day at 11am, you can listen one of David Walliams' World's Worst Children stories, so sit down, take a break, and enjoy 20ish minutes of pure fun!

[HERE](#)



**Science with Maddie Moate  
(11am Daily)**

[HERE](#)



**Music with Mylene Klass**

[HERE](#)



**Wildlife Q&A with Steve Backsall**

[HERE](#)

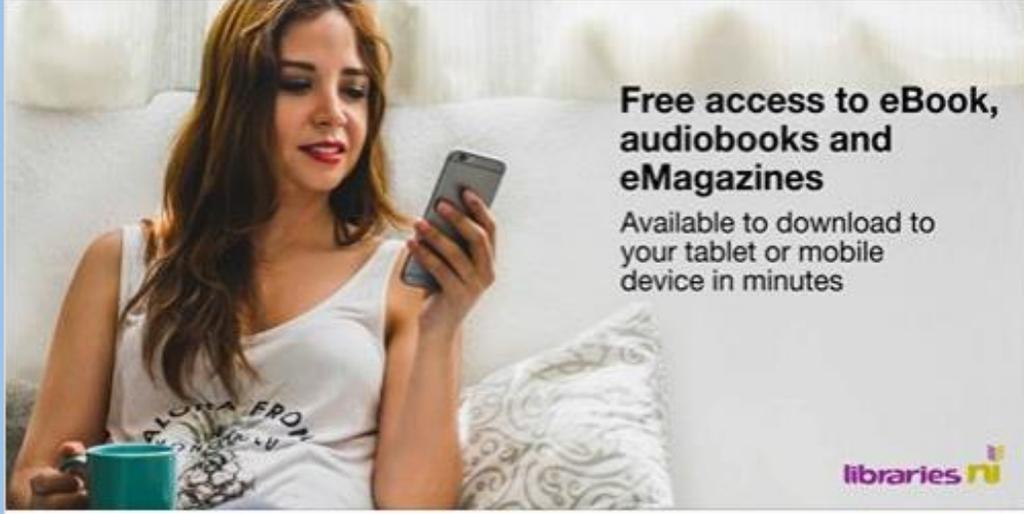


**Oti Mabuse Kids Dance Classes  
(11.30 Daily)**

[HERE](#)

 **Libraries NI**  
1 hr · 🌐

Anyone who lives, works or studies in Northern Ireland can sign up to our FREE eBook, audiobook and eMagazine service. Join online now:  
<https://bit.ly/LNIebooks-emags>



**Free access to eBook, audiobooks and eMagazines**  
Available to download to your tablet or mobile device in minutes

**libraries ni**

Visit [HERE](https://bit.ly/LNIebooks-emags)

# ONLINE STORYTIME

Every Saturday  
at 11.30am

Here on our page!



**MAR 28** Free Online Storytime  
Public · Hosted by Wee Bookworms

★ Interested    ✓ Going    ➔ Share    ⋮

🕒 Saturday at 11:30 AM – 12 PM  
2 days from now · 1–10°C Partly Cloudy

📍 Wee Bookworms  
Unit 1A St Davids, 58 Church Street, BT34 3HN Newry [Show Map](#)

Free Online Storytime [HERE](#)

 **Armagh Observatory and Planetarium** 56 mins · 🌐

👤🌍👤 AOP kick off Science at Home!  
Read all about our plans!  
Highlights:  
10am everyday is Kids time with experiments, fun facts and quizzes  
2pm Wed: Astronomy Q&A and Get to know our team  
2pm Fri: New blog post  
7pm Fri 27th March - Online Startracker  
7pm Sun: Story time



ARMAGHPLANET.COM

**Armagh Observatory and Planetarium kicks off Science at Home series – Astronotes**

Find out more [HERE](#)

 **Edinburgh Zoo** 16 mins · 🌐

👤👤 Learning at home? We're bringing the zoo to you! 🐾

Our wonderful Discovery and Learning team have created some great FREE resources for you to use at home. Take a look and find out more at [bit.ly/ZooToYouActivities](https://bit.ly/ZooToYouActivities).



Free resources [HERE](#) / Live Webcams [HERE](#)



We know there are a lot of youngsters not at school at the moment, so why not tell them about this competition?

100% free to enter, we are asking for children 0-16 to come up with a design we will make into an actual medal! The overall winner will receive their medal and have the very special task to choose the charity their medal will be associated with, with prizes for all the runners-ups too! We welcome any theme, any subject, they can be based around a particular distance or challenge, or have nothing at all to do with running, let your imagination run away with you!

Our favourite 5 being put to a facebook vote for the good people to choose the overall winner!

Age categories: 0-11 years and 12-16 years

Closing date 11th April

Enter [HERE](#)

**Scouts** BETA | Join Scouts | Information for parents | Information for volunteers | About us | Shop | Sign in

Home > The Great Indoors

## The Great Indoors

We know the coming days and weeks are going to be difficult for families across the UK, as the spread of Covid-19 causes schools to close. As the experts in developing skills and bringing adventure to young people, we want to do what we can to help.

While we normally love the great outdoors, we've pulled together some inspired indoor activity ideas (if we do say so ourselves). Keep your kids learning new skills and having fun (and avoid hearing 'I'm bored' every 30 seconds) all in #TheGreatIndoors.

**Snap happy**  
Learn how to use a camera, and share your skills with others.  
Suitable for: 8-10s | Takes: 30 mins  
[Snap happy >](#)

**Storm in a teacup**  
Understand energy by creating your own tornado.  
Suitable for: 8-10s | Takes: 20 mins  
[Storm in a teacup >](#)

**Teeny tiny twig rafts**  
THIS ACTIVITY IS ALL ABOUT VALUING THE OUTDOORS AND PROBLEM SOLVING  
Build a miniature raft with twigs and leaves, then set sail. Will yours float successfully away?  
Suitable for: 8-10s | Takes: 30 mins  
[Teeny tiny twig rafts >](#)

W: [www.scouts.org.uk/the-great-indoors](http://www.scouts.org.uk/the-great-indoors)



## Play Matters

### Playing with stuff around the home



Have you ever watched a child receive a beautiful shop bought toy which they eagerly open, look at and explore and then proceed to play with the cardboard box or wrapping that it came in? That cardboard box can become anything, a den for a dinosaur, a garage for cars, something to put things in and out off or a hat or helmet!

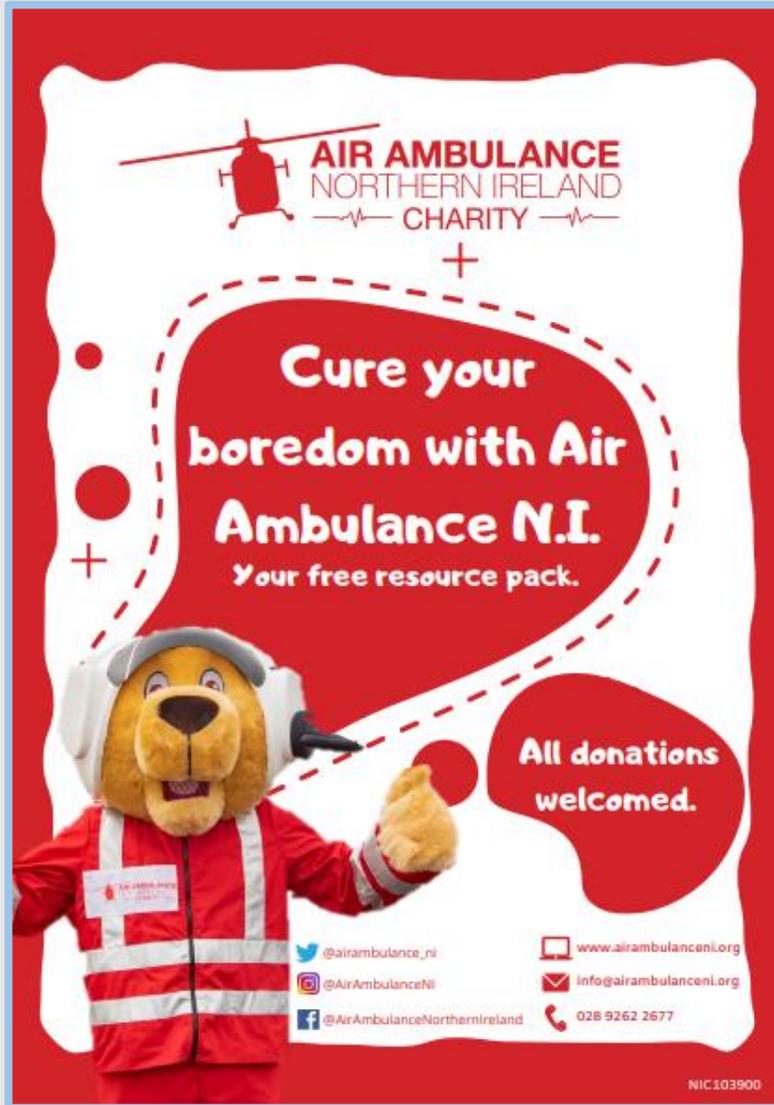
With a little imagination cardboard boxes (both big and small) will transport a child into a world of fun...

Good quality play need not cost anything except time.

Your home, your garden, the outdoor environment are all full of 'stuff' that can be used for play. Often babies and children will play with whatever is available to them. An old handbag, Mum or Dads shoes, a bunch of keys, old fabric to make a den, pots and pans, a bucket,... the list is endless! It is not always necessary to purchase shop bought toys – often homemade/found resources will hold endless fascination and fun.

See the Play Matters **Playing with stuff around the home** briefing sheet which you can circulate amongst parents, contacts and social media.

To download the *Playing with stuff around the home* briefing sheet, click [HERE](#)



Download [HERE](#)

## Indoor Activity Checklist

Fun ideas to try at home - tick them off as you give them a go!

<input type="checkbox"/> Build a den or fort	<input type="checkbox"/> Dress up
<input type="checkbox"/> Make perfume	<input type="checkbox"/> Put on a fashion show
<input type="checkbox"/> Sing and dance	<input type="checkbox"/> Put on a magic show
<input type="checkbox"/> Learn a new dance routine	<input type="checkbox"/> Hunt out old board games
<input type="checkbox"/> Make a huge painting	<input type="checkbox"/> Go on an indoor treasure hunt
<input type="checkbox"/> Try arts and crafts	<input type="checkbox"/> Make sock puppets
<input type="checkbox"/> Plant seeds	<input type="checkbox"/> Make paper aeroplanes
<input type="checkbox"/> Entertain with a play/show	<input type="checkbox"/> Make a magic potion
<input type="checkbox"/> Make playdough	<input type="checkbox"/> Make shell jewellery
<input type="checkbox"/> Write a letter to your friend	<input type="checkbox"/> Make your own indoor bowling set
<input type="checkbox"/> Finish a jigsaw	<input type="checkbox"/> Make music in your own band
<input type="checkbox"/> Have a disco dance party	<input type="checkbox"/> Bake and enjoy some treats
<input type="checkbox"/> Try leaf printing	<input type="checkbox"/> Paint pebbles with messages
<input type="checkbox"/> Make your own doll house	<input type="checkbox"/> Make an obstacle course
<input type="checkbox"/> Blow bubbles	<input type="checkbox"/> Have a pamper or movie night
<input type="checkbox"/> Make shadow shapes	<input type="checkbox"/> Have an indoor picnic
<input type="checkbox"/> Make slime	<input type="checkbox"/> Play balloon volleyball
<input type="checkbox"/> Try yoga for kids	<input type="checkbox"/> Read and share stories
<input type="checkbox"/> Play with household junk and use your imagination!	<input type="checkbox"/> Hold your own indoor sports day with egg 'n' spoon and sack races


**PLAYBOARD NI**  
 LEADING THE PLAY AGENDA

[www.playboard.org](http://www.playboard.org)

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# 100+ INDOOR ACTIVITIES

## CRAFTS

MAKE PAPER AIRPLANES  
SALT PAINTING  
MAKE SUNCATCHERS  
MAKE SALT DOUGH  
MAKE SPONGE STAMPS  
MAKE A CEREAL BOX AQUARIUM  
MAKE SCRATCH ART  
MAKE YOUR OWN BOOKMARKS  
PAINT PET ROCKS  
MAKE RECYCLED CRAYONS  
MAKE PAPER BOATS  
FINGER PAINT  
MAKE FRIENDSHIP BRACELETS  
MAKE A BIRD FEEDER  
MAKE PAPER BAG PUPPETS  
MAKE HANDPRINT ART  
MAKE A SCRAPBOOK  
DECORATE T-SHIRTS  
MAKE A THANKFUL JAR  
PAINT LEAVES  
MAKE A TIME CAPSULE  
MAKE BUTTON ART  
PAINT WITH WATERCOLORS  
COLOR IN A COLORING BOOK  
MAKE PAPER CRAFTS  
BUILD A CARDBOARD CASTLE  
MAKE TISSUE BOX MONSTERS  
MAKE A TOILET PAPER ROLL  
BUTTERFLY  
STAMP WITH CELERY  
MAKE CHALK ICE  
MAKE PUFFY SIDEWALK PAINT  
DRAW A SELF PORTRAIT  
USE RUBBER STAMPS  
DO SCRAPE PAINTING  
PAINT A RECYCLED JAR  
MAKE SUPERHERO COSTUMES

## ACTIVITIES

MAKE PLAYDOUGH  
MAKE SLIME  
MAKE PLAY MUD  
MAKE RAINBOW RICE  
MAKE FAKE SNOW  
MAKE A SENSORY BIN  
MAKE A SENSORY BAG  
BUILD A FORT  
HAVE A PILLOW FIGHT  
WRITE A STORY  
MAKE ICE CREAM IN A BAG  
MAKE GUMMY BEARS  
MAKE FRUIT ROLL-UPS  
HAVE A MOVIE DAY  
PUT ON A FASHION SHOW  
BAKE CUPCAKES OR MUFFINS  
DO YOGA  
BUILD AN OBSTACLE COURSE  
MAKE DINNER TOGETHER  
PLAY WITH MAGNETIC TILES  
BUILD SOMETHING WITH LEGO  
USE DOT MARKERS  
BUILD A STACK OF CARDS  
PUT ON A PUPPET SHOW  
MAKE A TREASURE HUNT  
INDOOR BOWLING  
LEARN TO DRAW  
PUT ON A PLAY  
MAKE INDOOR HOPSCOTCH  
DO A FAMILY CHORE TOGETHER  
HAVE A DANCE PARTY  
HAVE A TEA PARTY  
PLAY WITH WATER IN A BIN  
SET UP A PLAY STORE  
MAKE A SOCK TOSS GAME  
MAKE PERLER BEAD ART  
WRITE IN A JOURNAL

## GAMES

PLAY WOULD YOU RATHER  
PLAY I SPY  
PLAY SIMON SAYS  
PLAY BOARD GAMES  
PLAY HIDE AND SEEK  
INDOOR SCAVENGER HUNT  
PLAY BINGO  
PLAY CARD GAMES  
DO A PUZZLE  
PLAY CHARADES  
BUILD YOUR OWN GAME  
PLAY FREEZE DANCE  
PLAY HOT POTATO  
PLAY MARBLES  
KEEP THE BALLOON UP  
PLAY DOMINOES  
PLAY HANGMAN  
PLAY TIC-TAC-TOE

## EDUCATIONAL

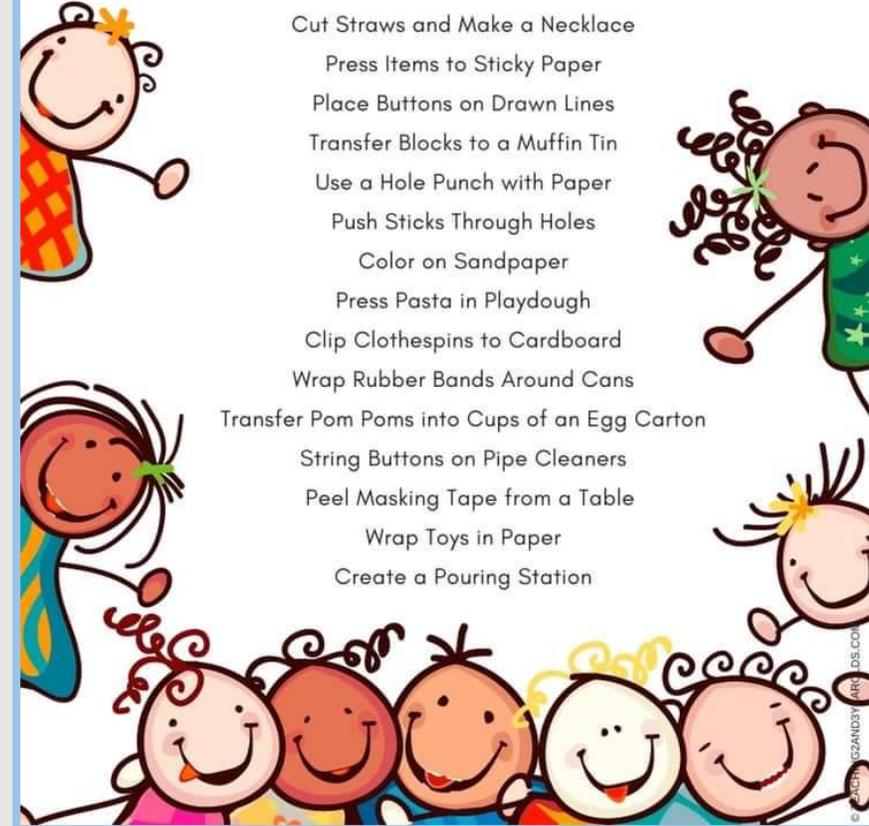
READ BOOKS  
DO A SCIENCE PROJECT  
LEARN ORIGAMI  
LEARN ABOUT A NEW ANIMAL  
LEARN A NEW CARD GAME  
LEARN TO SEW  
LEARN TO KNIT  
DO BRAIN TEASERS  
LEARN A NEW LANGUAGE  
LEARN ABOUT A COUNTRY

THEBESTIDEASFORKIDS.COM

w: [www.thebestideasforkids.com](http://www.thebestideasforkids.com)

# FINE MOTOR ACTIVITIES FOR HOME

Transfer Water to Ice Cube Trays  
Insert Pipe Cleaners into Holes of a Box  
Use Dot Markers on a White Board  
Cut Straws and Make a Necklace  
Press Items to Sticky Paper  
Place Buttons on Drawn Lines  
Transfer Blocks to a Muffin Tin  
Use a Hole Punch with Paper  
Push Sticks Through Holes  
Color on Sandpaper  
Press Pasta in Playdough  
Clip Clothespins to Cardboard  
Wrap Rubber Bands Around Cans  
Transfer Pom Poms into Cups of an Egg Carton  
String Buttons on Pipe Cleaners  
Peel Masking Tape from a Table  
Wrap Toys in Paper  
Create a Pouring Station



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# Non-screen activities you can do at home

Pobble

25 ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

<p><b>1</b> How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!</p> <p><i>'Learning from home is fun'</i></p>	<p><b>2</b> Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.</p> <p><i>Thanks!</i></p>	<p><b>3</b> Get building! You could build a Lego model, a tower of playing cards or something else!</p>	<p><b>4</b> Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?</p>	<p><b>5</b> Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?</p>
<p><b>6</b> Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?</p>	<p><b>7</b> Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!</p>	<p><b>8</b> Use an old sock to create a puppet. Can you put on a puppet show for someone?</p>	<p><b>9</b> Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?</p>	<p><b>10</b> Design and make a homemade board game and play it with your family.</p>
<p><b>11</b> Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?</p>	<p><b>12</b> Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.</p>	<p><b>13</b> List making! Write a list of things that make you happy, things you're grateful for or things you are good at.</p>	<p><b>14</b> Design and make an obstacle course at home or in the garden. How fast can you complete it?</p>	<p><b>15</b> Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.</p>
<p><b>16</b> Keep moving! Make up a dance routine to your favourite song.</p>	<p><b>17</b> Write a play script. Can you act it out to other people?</p>	<p><b>18</b> Read out loud to someone. Remember to read with expression.</p>	<p><b>19</b> Write a song or rap about your favourite subject.</p>	<p><b>20</b> Get sketching! Find a photograph or picture of a person, place or object and sketch it.</p>
<p><b>21</b> Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.</p>	<p><b>22</b> Draw a map of your local area and highlight interesting landmarks.</p>	<p><b>23</b> Write a postcard to your teacher. Can you tell them what you like most about their class?</p>	<p><b>24</b> Draw a view. Look out of your window and draw what you see.</p>	<p><b>25</b> Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?</p>

Pobble.com – More writing. More progress.

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# Seize the Opportunity of Home Quarantine

Instead of lamenting the hardship and boredom of this weird time in history, assume it is a blessing in disguise. Use it to rejuvenate, discover new passions and do those things you never have time for. Tick the ideas you're willing to try and share this list.

- Sort and tag your [digital photos](#)
- Write a [poem or story](#)
- Join an [online community](#) of likeminded people
- Make into a [collage or poster](#)
- Start a [Journal](#) or [Blog](#)
- Reach out to someone who lives alone or is feeling anxious
- Research your [next holiday](#)
- Read [the books](#) you never have time for
- Host a Skype / Zoom [dinner party](#)
- Do a [photography project](#)
- [Yoga](#) or [exercise](#) class
- Or a [virtual support group](#)
- Attend a [Twitter Conference](#)
- [Spruce up your CV](#)
- Get [some positivity](#) into your social media feed
- Declutter. Baby steps.
- Start your [novel](#)
- Try [positive psychology](#) activities
- Research a [charity](#) to support
- Try an [art project](#)
- Prep and [freeze some meals](#) for when you're sick or back at work
- Binge on [iView](#)
- Cook an [amazing breakfast](#)
- Create a [digital](#) scrapbook
- Revamp your [garden](#)
- Create an amazing [treasure hunt](#) or clue-trail for a family member
- Start a [gratitude journal](#)
- Practice [mindfulness](#)
- Get familiar with [online grocery shopping](#): create favourites lists
- Write [letters of love or thanks](#) to your people. Post them.
- Try an [eLearning course](#)
- Make a [cook book](#)
- Or [virtual dance party](#): You dress up and groove to the same music
- Research [something](#) you have always wondered about
- Create [homemade gifts](#)
- Organise your [music playlist](#)
- Have a [scented bubble bath](#) with candles and music
- Phone [old friends](#)
- Reorganise your [wardrobe](#)
- Write an advice letter to the [teenager you were](#). Write another to [yourself in 20 years](#).
- Fix [broken stuff](#)
- Delete all the apps you don't use and [discover some new ones](#)
- Design a [dream home](#)
- Practice [forgiveness](#)
- Hold a family or street [singalong](#)
- Learn a [heritage skill](#) like: baking, woodwork, preserving, mosaic, ceramics, cheese making, fermenting, foraging, quilting, slow cooking, soap + candle making, crochet, permaculture, knots, fire building, home remedies.
- Plan your [next party](#)
- Try some [science experiments](#)
- Kick a [bad habit](#)
- Deliver supplies to [those in need](#)
- Try [adult colouring in](#)
- Rediscover a dusty appliance, instrument or boardgame
- Draw an apple using a different [style](#) each day, for a week.
- Join a [virtual bookclub](#)
- Research [training opportunities](#) for when the world reopens
- Find [great podcasts](#)
- Update your [goals](#)
- Build something amazing with [Lego](#) (You know you want to)
- Attend a [virtual symphony](#)
- Re-arrange [furniture](#)
- Brainstorm [marketing ideas](#) for your business, club or charity
- Catch up on [great movies](#)
- Build a [free website](#)
- Write [to your MP](#) about an issue
- Learn to say a favourite phrase or quote in [7 different languages](#)
- Start a [dream journal](#)
- Create a list of ["Things to be Happy About"](#): add to it each day
- Try [Creatively Visualising](#) goals
- Create a detailed spreadsheet of [how you would spend \\$10 million](#)
- Binge TED Talks

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# 30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1		Day 2		Day 3		Day 4	
You were hired by an amusement park to create a new roller coaster.		NASA needs you to build a new rocket.		Your parents want to build a new home and they want you to build it.		Hollywood hires you to build a movie set for a new Star Wars movie.	
Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Ford hires you to create the toughest pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.	Captain Hook needs a new pirate ship and wants you to build it.	You and your friends decide to build a tree house.	Prince Charming hires you to build a castle for him & Cinderella.	Dr. Who hires you to build a new TARDIS.
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.	Help your fellow pioneers build a wagon to make it across the country.	Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.	The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.
Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.	You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.	Design and build your dream bedroom.	You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.	The aliens have taken over. They are impressed by your robot. They want you build one for them.
Day 29	Day 30			What was your favorite day?			
You are hired to build a house entirely out of yellow Legos.	There is blizzard. You will need to build a snowmobile						

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# 10 Ways To Make Growth Mindset FUN for Children

Big Life Journal

- 1** **MAKE A MISTAKE MAKING JAR**  
Any time someone makes a mistake, drop a pom pom into the jar. Celebrate when the jar is full!



- 2** **USE FUN ANALOGIES**  
Our brains build a bridge when we learn something new. The more we do something, the stronger the bridge!



- 3** **TAKE A NEW CLASS AS A FAMILY**



- 4** **CREATE A FAMILY GROWTH MINDSET CHEER**  
"We can do hard things!" or  
"We do our best and have fun!"



- 5** **MAKE CONFIDENCE BANANAS**  
Write positive messages on bananas with a marker.



- 6** **RECORD A PEP TALK**  
Have your child record a pep talk and play it back to them when they feel discouraged!



- 7** **ASK YOUR CHILD TO TEACH YOU SOMETHING**



- 8** **CREATE A FAMILY MANIFESTO**  
Include things like being brave, making mistakes, valuing learning, and doing your best.



- 9** **PLAY "I SPY GROWTH MINDSET"**  
Have all family members call out growth mindset words and behavior.



- 10** **MAKE A "NOT YET" POSTER**  
Write or draw things each family member wants to learn or get better at.



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### Co-Regulation Techniques

TECHNIQUE	DESCRIPTION
 <p><b>Label Feelings</b></p>	<p>Help your child identify big feelings by labeling your child's feelings in a neutral tone of voice. For example, "It seems like that really frustrated you," or "I can see it made you sad when ..."</p>
 <p><b>Breathe Together</b></p>	<p>Calmly take deep breaths so your child can see you practicing self-calming. If it does not make your child more upset, sit next to or hold your child while you breathe deeply so your child can feel the rhythm of breathing.</p>
 <p><b>Body Calming</b></p>	<p>Slowly and rhythmically rub your child's back, feet, etc, when they are recovered. Connecting like this lets them know that you will be there when they are ready to talk.</p>
 <p><b>Back Stories</b></p>	<p>Tell your child a story while drawing on the top half of your child's back. For example, draw a circle with rays for the sun, draw triangles for mountains, tap your fingers to walk up the mountain, and brush your hand back forth to make wind. Then, switch places and let your child tell a story on your back.</p>
 <p><b>Music</b></p>	<p>Sing or play relaxing songs. Model how to sing/dance/play an instrument. Your child will learn to use music as an active calming tool.</p>
 <p><b>Sensory Activities</b></p>	<p>Creating a soothing environment can reduce distress. Try lowering lights and turning off noisy toys and devices. Weighted blankets or other objects that children can touch or feel can help them focus and calm down. A cold washcloth over the eyes can reduce visual stimulation and calm an overly stressed system.</p>

Timmer, S., Hawk, B., Lundquist, K., Forte, L., Aviv, R., Boys, D., & Urquiza, A. (2016) PC-CARE: Course of Treatment Manual. Unpublished Manuscript.

Download [HERE](#)

# I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

## I CAN CONTROL

(So, I will focus on these things.)

THE AMOUNT OF TOILET PAPER AT THE STORE

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

PREDICTING WHAT WILL HAPPEN

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

HOW OTHERS REACT

OTHER PEOPLE'S MOTIVES



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TheCounselingTeacher.com

Download free home learning pack [HERE](#)

**PIPS ANXIETY SUPPORT FOR KIDS**  
Hope and Support

**"It is very important to remember that children look to adults for guidance on how to react to stressful events. If parents seem overly worried, children's anxiety may rise."**

Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control can help reduce anxiety.

**Remain calm and Reassuring**  
Children will react to and follow your verbal and nonverbal reactions. What you say and do can either increase or decrease your children's anxiety. Remind them that you are there to keep them safe and healthy and allow them to talk about their feelings and help them express their concerns.

**Make yourself available**  
Children may need extra attention from you and may want to talk about their concerns, fears, and questions. It is important that they know they have someone who will listen to them and make as much time for them as needed.

**Maintain a normal routine, where possible**  
Keep to a regular schedule, as this can be reassuring and promotes physical and mental health. Encourage your children to keep up with their school work and out of school activities, but don't push them if they seem overwhelmed. Engage your child in games or other interesting age appropriate activities.

**Encourage and Guide**  
Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly, this will help them. Giving children guidance on what they can do, this gives them a greater sense of control and will help reduce their anxiety. If you need to, seek support from PIPS Hope and Support or your GP.

**Monitor Television & Social Media**  
Limit television viewing or access to information on the Internet and through social media. Try to avoid watching or listening to information that might be upsetting when your children are present. Talk to your child about factual information - this can help reduce anxiety. Be aware that developmentally inappropriate information can cause anxiety or confusion, particularly in young children.

w: [www.pipsnewryandmourne.org](http://www.pipsnewryandmourne.org)

## The Coping Toolbox

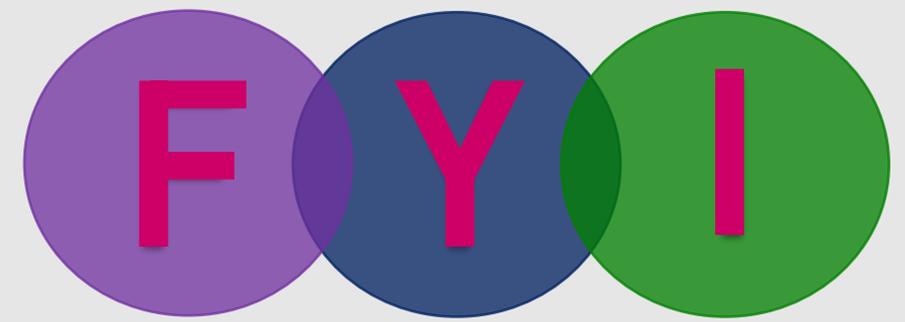
What exactly is a Coping Toolbox?  
It's a collection of your various favorite and healthy items that you can use when you are feeling anxious, panicky or distressed.

Many therapists recommend to their patients to create a coping toolbox for those times when they need something to help them get through an anxiety attack, panic attack or any kind of distressed situation.

The items below are recommended by the members of High AnXieties. Of course it's up to you what you add. Just keep in mind that you want things that will give you a positive distraction and that will help bring you through the difficult times.

- Dr. Bach's Rescue Remedies
- A Card from a supportive person
- Playing Cards
- A soft blanket
- Tea
- Scented Candles
- Anything that smells like lavender
- Bottle of bubbles
- Healing Stones and Crystals
- Notebook or Journal
- Protein Bar
- A beloved stuffed animal
- Gum
- Affirmations
- Pictures of loved ones
- Crafts/Beads
- Peppermint, lemon and lavender calming oils.
- MP3 player loaded with relaxing music
- Crossword Puzzles
- A rubber band to "snap yourself back" into the moment.
- Water
- Hard Candy
- Stress ball
- Meditation pillow or Yoga DVD

See similar resources [HERE](#)



**For Your Information**



**\*\*\* NOTICE FOR LPG MEMBERS \*\*\***

**All LPG meetings have been cancelled**  
until further notice.

We would like to take this opportunity to thank all of our members for their ongoing commitment to locality planning and we look forward to seeing you all when our related meetings and activities start up again.

For general newsletter information, contact:

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

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