

Welcome to the fourth weekly edition of 'FYI' - Issue 32.

You will find a wide array of information in this e-bulletin and we strive to include as much new material in every issue. Please submit any information you feel would be appropriate relating to children, young people and families in the Southern Area.

We are particularly keen to hear from the members of our 6 Locality Planning Groups, to get an idea of what is happening in the local areas: this is of vital importance to keep communities aware of what is happening during the lockdown period.

Submit your information, updates and/or resources to localityplanning@ci-ni.org.uk.

You can also access recent 'FYI' weekly newsletters on the last slide of this e-bulletin.

Stay safe and stay connected!

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

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- Pages 30 to 32 - [ABC Council Area \(incl. Armagh LPG Area\)](#)
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- Page 37 - [Mid Ulster District Council Area](#)
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For Your Information



Keeping connected...

Staying informed...

Sharing support...

www.cypsp.hscni.net

LIVE ONLINE RESOURCES & INFORMATION

Filter by:

All
 Autism
 Bereavement
 Child Protection
 Disability
 Domestic Violence
 Drug/Alcohol
 Early Years
 Education
 Food
 Helplines
 Homeless
 HSC
 In Care
 Kids
 Mental Health
 Newsletters
 Parenting
 Translations



Youth Drug and Alcohol Intervention Service
April 22, 2020

Drug and Alcohol Intervention Service for Youth is still here to help during coronavirus.

[Read More](#)



Lifeline 24/7 Helpline
April 22, 2020

Lifeline, Northern Ireland's freephone counselling helpline continues to be available 24/7 to take your call. If you or someone you...

[Read More](#)



Befriending Services Kilcooley and Rathgill
April 22, 2020

Starting from 27th April, uHub have a telephone-based befriending service for people in Kilcooley, Rathgill and surrounding areas. This...

Keep up-to-date with all the latest **advice, fun activities, and services** currently available [HERE](#)

If you would like to have advice or a service included, please email details to valerie.maxwell@hscni.net



Details of Amendments to Locality Planning Groups Members Service Delivery During COVID-19
Updated 22 April 2020 (Version 18)

In response to current developments due to COVID-19 our Locality Planning Group Members have provided CYPSP with updates to their family support provision and how to access these

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

If you would like to include information about your service please email: una.casey@hscni.net

Download the **CYPSP Locality Planning Members Service Delivery Guide** (updated daily) [HERE](#)

To provide any local information for inclusion, complete [THIS FORM](#) and return to una.casey@hscni.net

**RESOURCE PACK
FOR CHILDREN & YOUNG
PEOPLE**

APRIL 2020

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A range of resources from Autism NI to help autistic individuals, professionals, parents/carers and family members.

[View here](#)

We build better family lives together

Fun things to try with disabled children

[View here](#)

20 Fun Activities for Kids with Disabilities

10 Sensory Activities for Children with Autism

Outdoor Activities for children with Special Needs

Activities for people with disabilities

Advice on sensory play for children with special needs

THE ANTI-BOREDOME PROJECT

1. 9:00AM - 10:00AM: WASH-HANDS, ACTIVE LEARNING

2. 10:00AM - 11:00AM: WASH-HANDS, ACTIVE LEARNING

3. 11:00AM - 12:00PM: WASH-HANDS, ACTIVE LEARNING

4. 12:00PM - 1:00PM: WASH-HANDS, ACTIVE LEARNING

5. 1:00PM - 2:00PM: WASH-HANDS, ACTIVE LEARNING

6. 2:00PM - 3:00PM: WASH-HANDS, ACTIVE LEARNING

7. 3:00PM - 4:00PM: WASH-HANDS, ACTIVE LEARNING

8. 4:00PM - 5:00PM: WASH-HANDS, ACTIVE LEARNING

9. 5:00PM - 6:00PM: WASH-HANDS, ACTIVE LEARNING

10. 6:00PM - 7:00PM: WASH-HANDS, ACTIVE LEARNING

11. 7:00PM - 8:00PM: WASH-HANDS, ACTIVE LEARNING

12. 8:00PM - 9:00PM: WASH-HANDS, ACTIVE LEARNING

13. 9:00PM - 10:00PM: WASH-HANDS, ACTIVE LEARNING

14. 10:00PM - 11:00PM: WASH-HANDS, ACTIVE LEARNING

15. 11:00PM - 12:00AM: WASH-HANDS, ACTIVE LEARNING

Resources to support children and adults around anxiety, worry, stress and fears, including specific covid resources

Trauma | ACES | Resilience – Resources

Resource to help raise awareness of existing information, research, multi-media information and links to work carried out with regards to Adverse Childhood Experiences, Resilience and Trauma Informed Practice.

[Download Here](#)

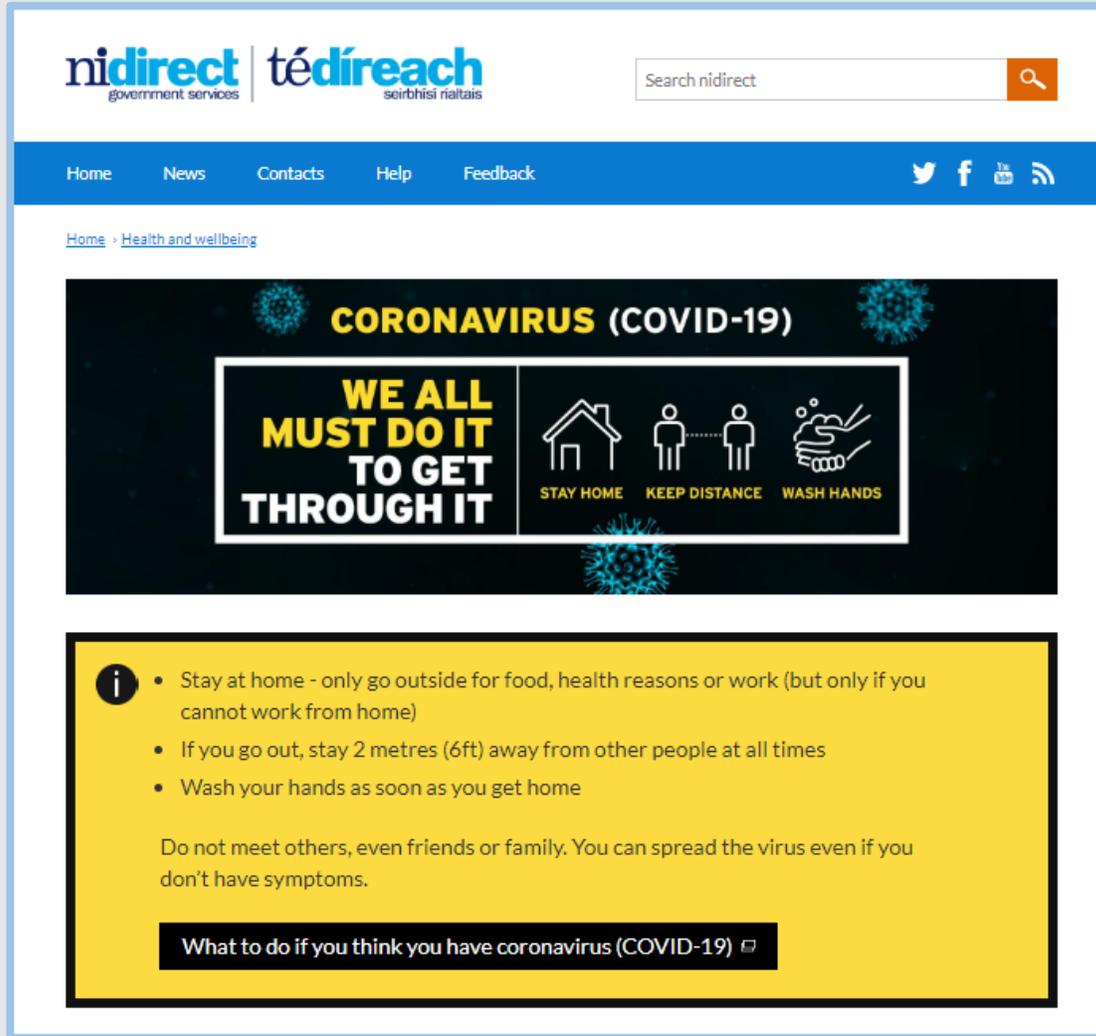
Guidance on how schools can support children and young people during COVID-19

Online resources, tools and advice to support families to make the best use of tech

Wide Open School is a free collection of the best online learning experiences for kids curated by the editors at Common Sense. It is organized so teachers and families can easily find it and plan each day.

[Go to Website](#)

To help families bring some structure, learning and fun into their daily routine during this difficult time, **CYPSP** have created a **resource pack** which brings numerous resources and activities together in one place, [HERE](#)



For more information and advice, visit the dedicated NI Direct Coronavirus pages [HERE](#)



Download the Department of Health COVID-19 NI App
[Google Play](#)
[Apple App Store](#)



Coronavirus

Isolate your household

Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- ✔ Everyone in your house must stay at home*
- ✘ DO NOT go to your GP, hospital or pharmacy.
- ✔ You can ring NHS 111 for information or advice and they will help you decide if you need to contact your GP.
Calling your GP is only necessary if you have:
 - an existing health condition
 - problems with your immune system
 - very serious symptoms
- ✔ Protect older people and those with existing health conditions by avoiding contact.

*Find out how to isolate at home at www.pha.site/coronavirus

If it is a medical emergency and you need to call an ambulance, dial 999 and inform the operator of your symptoms.



010/01061

POSTER
AVAILABLE IN
SEVERAL OTHER
LANGUAGES
[HERE](#)

Find the most recent **PHA advice and guidance** on COVID-19 [HERE](#)



Department of
Health

An Roinn Sláinte
Mánnystrie O Poustie

The Department of Health are continuing to publish updated COVID-19 guidance for:

Foster care and supported lodgings

[HERE](#)

Residential childcare

[HERE](#)

Supported accommodation settings

[HERE](#)



Health and Social
Care Board



Department of
Health
www.health-ni.gov.uk

The HSC Board & Department of Health have produced new **Sign Language Videos** with important advice to keep you safe from coronavirus

Download **British Sign Language** ([HERE](#)) and **Irish Sign Language** ([HERE](#)) video versions



HM Government

NHS

Coronavirus

Guidance on supporting children and young people's mental health and wellbeing



Read updated NHS guidance for parents and carers

[HERE](#)



The Charity Commission for Northern Ireland

Log in or get a password to Online services

About us Manage your charity Start up a charity Concerns and decisions Charity essentials Charity search

In this section

- About us
- Manage your charity
- Start up a charity
- Concerns and decisions
- Charity essentials
- Charities and politics
- CCNI News
- Equality guidance for charities
- Fundraising
- Review of fundraising regulation
- Running your charity guidance

STANDARDS

Home / Charity essentials / COVID-19 guidance / COVID-19 guidance for everyone

COVID-19 guidance for everyone

The Coronavirus (COVID-19) pandemic is forcing many charities to change how they usually operate. The Charity Commission for Northern Ireland is working to share and provide guidance to assist charities where possible as they navigate their way through this unprecedented health emergency. Please click on the area you are interested in see the Commission's response.

Access **COVID-19** guidance for everyone from
The Charity Commission for Northern Ireland

[HERE](#)

Find out more about how **NICVA** are **supporting the voluntary and community sector** through the COVID-19 pandemic click [HERE](#)

See information on COVID-19 **impact on current funding, fundraising and new sources of financial help** for voluntary and community organisations [HERE](#)

Red

Emergency department

Go to the nearest emergency department or phone 999

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch.
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts grunting.
- Severe difficulty in breathing becoming agitated or unresponsive.
- Is going blue round the lips.
- Has a fit/seizure.
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive.
- Develops a rash that does not disappear with pressure (the 'Glass test').
- Has testicular pain, especially in teenage boys.

Amber

Phone GP surgery or Out of hours

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession) or head bobbing.
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual).
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down.
- Has extreme shivering or complains of muscle pain.
- Babies under 3 months of age with a temperature above 38°C.
- Infants 3-6 months of age with a temperature above 39°C.
- All infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried.
- Has persistent vomiting and/or persistent severe abdominal pain.
- Has blood in their poo or wee.
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness.

During the current coronavirus crisis access to services may be delayed, if after four hours you have not been able to speak to a GP then take your child to the nearest Emergency department.

Green

Self-care

If none of the features mentioned in amber or red are present:

- You can continue to provide your child's care at home. For more information see: www.nidirect.gov.uk/conditions/childhood-illnesses
- Additional advice is available to families for coping with crying of well babies at: www.iconcope.org
- Additional advice is available for children with complex health needs and disabilities at: www.wellchild.org.uk

If you are still concerned about your child, call your GP surgery

The PHA and HSCB are urging parents / carers to be vigilant of other childhood illnesses during the COVID-19 pandemic
Help and support is available for those who need medical attention!

Visit [HERE](#), for further info.

To find out more about the impact to health and social care services in Northern Ireland, as a result of the Coronavirus pandemic, visit [HERE](#)



Northern Ireland Maternity and Parenting
 COVID-19 advice for pregnant women and parents in Northern Ireland

Find **COVID-19** advice for pregnant women and parents in Northern Ireland [HERE](#)

Did you know we have a Health Visiting Infant Feeding Helpline?



07342065152

**Monday - Friday
 6pm - 9pm
 Excluding Bank Holidays
 Birth – 9 months**

- Breastfeeding
- Crying
- Colic
- Constipation
- Allergy
- Reflux
- Formula
- Mixed Feeding

"Baby had been crying for 2 hours solid...gave reassurance"

"I would have went to A&E last night if I hadn't been able to speak to someone on the helpline ... gave me reassurance ... left me content"

"Nice to know someone there when you need them"

"Glad to be able to contact someone in the evening time – rather than guessing"




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

Need a feeding question with your baby answered?
 Call the **SHSCT Health Visiting Infant Feeding Helpline**, if you need support, on 07342065152



make the call

0800 232 1271*

Quick Call, Lasting Difference.

Talk to us about accessing benefits, supports and services you may be entitled to.

Text: **ADVICE to 67300***
 Visit: nidirect.gov.uk/makethecall
 Email: makethecall@dfcni.gov.uk

Department for **Communities**
www.communities.gov.uk

*network charges may apply

Don't rule yourself out...

Even if you already claim benefits, own your own home, work, claim a pension, or have some savings, you could be entitled to additional support.

- Have you been diagnosed with an illness, condition or disability?
- Are you caring for someone?
- Have you reached retirement age?
- Are you unemployed or looking for work?
- Are you confused about benefits?

Whatever your situation Don't miss out... Find out!

Contact Make the Call for a **free and confidential** assessment. A friend or relative can make the call on your behalf (with your consent), providing they are with you when you call. We also offer an outreach service where we can visit you in your home to help you complete application forms.

“ I would never have been able to get the things me and my wife need without the Make the Call service. They are invaluable. Life would have been an awful lot harder and it would have taken a lot longer to get help. ”

CALLER

make the call

0800 232 1271*

Quick Call, Lasting Difference.

*network charges may apply

w: www.nidirect.gov.uk/makethecall / e: makethecall@dfcni.gov.uk

The screenshot shows the nidirect website interface. At the top, there are logos for 'nidirect government services' and 'tédiréach seirbhísi rialtais'. A search bar is located to the right of the logos. Below the logos is a navigation menu with links for 'Home', 'News', 'Contacts', 'Help', and 'Feedback'. To the right of the menu are social media icons for Twitter, Facebook, YouTube, and RSS. A prominent orange banner with a warning icon contains the text 'Coronavirus (COVID-19) information and advice ... more'. Below this banner is a breadcrumb trail: 'Home > Benefits and money > Benefits and financial support > Guide to benefits > Welfare changes'. The main heading is 'Claim Discretionary Support'. The text below reads: 'To help support people who live in Northern Ireland during the COVID-19 pandemic the Department for Communities has put in place additional short term financial support for living expenses.' Underneath is the section 'Before you start' with the sub-heading 'You will need:' followed by a bulleted list: '• your National Insurance number' and '• details of money you receive'. A green button labeled 'Discretionary Support Form' with a right-pointing arrow is positioned below the list. To the right of the main content is a sidebar titled 'Welfare changes' containing a list of links: '- Appeal a benefits decision', '- Benefit debt deductions from your pay', '- Benefit sanctions', '- Changes to Employment and Support Allowance', '- Changes to Housing Benefit', '- Changes to the Social Fund', and '- Claim Discretionary Support'. At the bottom of the sidebar is a blue button labeled 'Show 5 more' with a downward-pointing arrow.

Discretionary Support payments are a means of **financial support to help in a crisis situation**
Support may be in the form of an **interest free loan** or **non-repayable grant**
Complete **Discretionary Support Form** [HERE](#)

 [Departments](#) [Worldwide](#) [How government works](#) [Get involved](#)
[Consultations](#) [Statistics](#) [News and communications](#)

Coronavirus (COVID-19): what you need to do

[Home](#) > [Welfare](#) > [Child Benefit](#)

Press release

Don't miss out, claim Child Benefit by phone or post, HMRC tells new parents

Parents of new-borns will still be able to claim Child Benefit despite the outbreak of coronavirus (COVID-19).

For further details, click [HERE](#)

Staying Connected Helpline

028 3756 7150

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

We are here to help
If you don't have a children services social worker this may be for you

Staying Connected is a helpline for **children, young people and families** in the Southern Health and Social Care Trust area who may need practical advice and who could be socially isolated due to the COVID-19 pandemic.

Staying Connected has been established to respond to the challenges associated with social isolation.

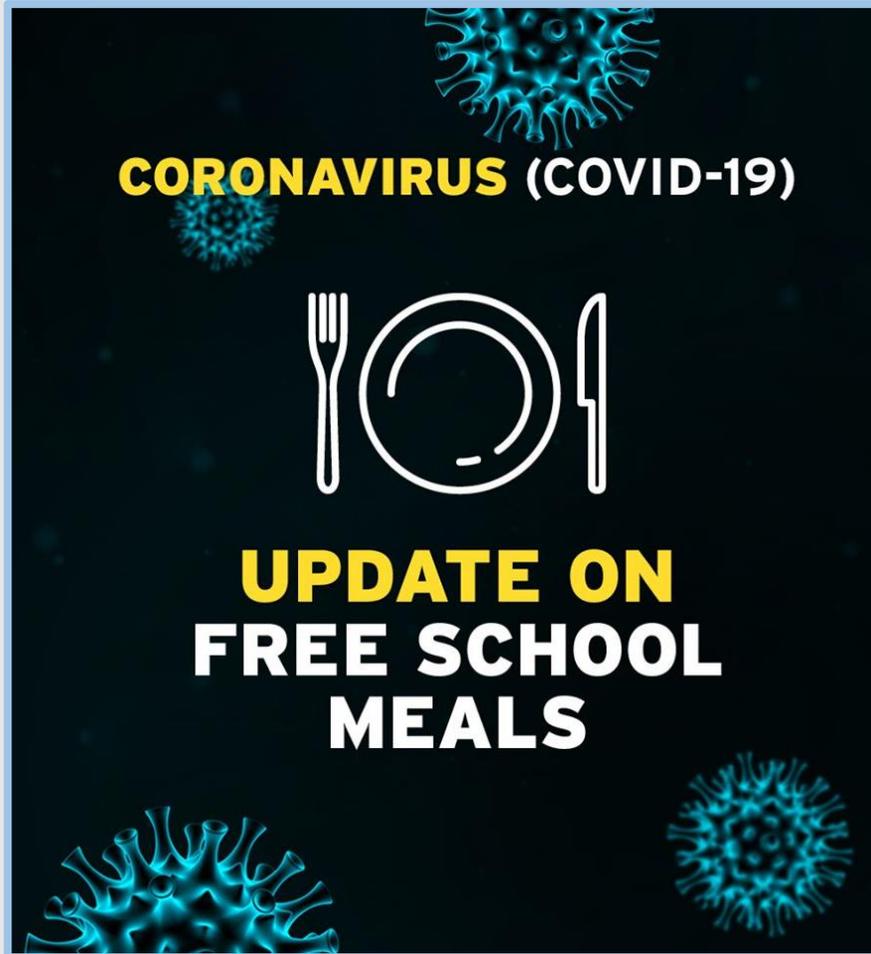
Trained social care staff will answer your call, offering you:

- A listening ear
- Support and guidance
- Links to practical support and follow up services

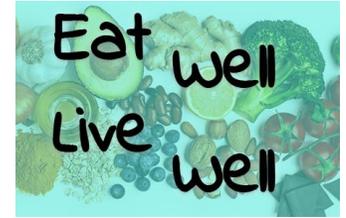


Call us on **028 3756 7150**
 During office hours: Monday to Friday, 9am – 5pm

Call the **new SHSCT helpline for children, young people and families**, to ensure we can stay connected during the Covid-19 lockdown on **028 3756 7150** (Watch **info. video** [HERE](#))



See a list of **FAQs**, on the **Education Authority** website, to assist parents / guardians who may have queries, [HERE](#)



EA Youth Service recently launched its Eat Well Live Well programme.

Targeted at young people aged 4-25 years registered with EA Youth Service who need access to a 5-day food box providing breakfast & lunch.

The programme will run Monday to Friday in line with the provision of free school meals during Covid-19.

Find a centre near you [HERE](#)

Get more information [HERE](#)

Register for support [HERE](#)

Watch video [HERE](#)



Access **education resources** for children of families who do not have English as their home language (Now **available in 11 different languages**) [HERE](#)



Download a **resource pack** for families in relation to **staying safe physically**, but also **emotionally** and **mentally**, at this time, using the Health and Social Care Take 5 framework [HERE](#)

Department of Education

Search this site...

Home Topics Publications Consultations Contact

Schools open for supervised learning of key workers' children and vulnerable children

Date published: 30 March 2020

Covid-19: Schools open on Monday, 30 March 2020

Documents

- Covid-19 - Schools open March 30.xlsx
Excel (22 KB)
- Covid-19: Schools open March 30.ods
OpenDocument Spreadsheet (11 KB)
- Covid-19 - Schools open March 30.pdf
PDF (116 KB)

View **list of schools** open for supervised learning of key workers' children and vulnerable children [HERE](#)

ea Education Authority

My Strengths Toolkit for Kids

BE ACTIVE

KEEP LEARNING

WAYS TO

GIVE

WELLBEING

TAKE NOTICE

CONNECT

NAME

START DATE

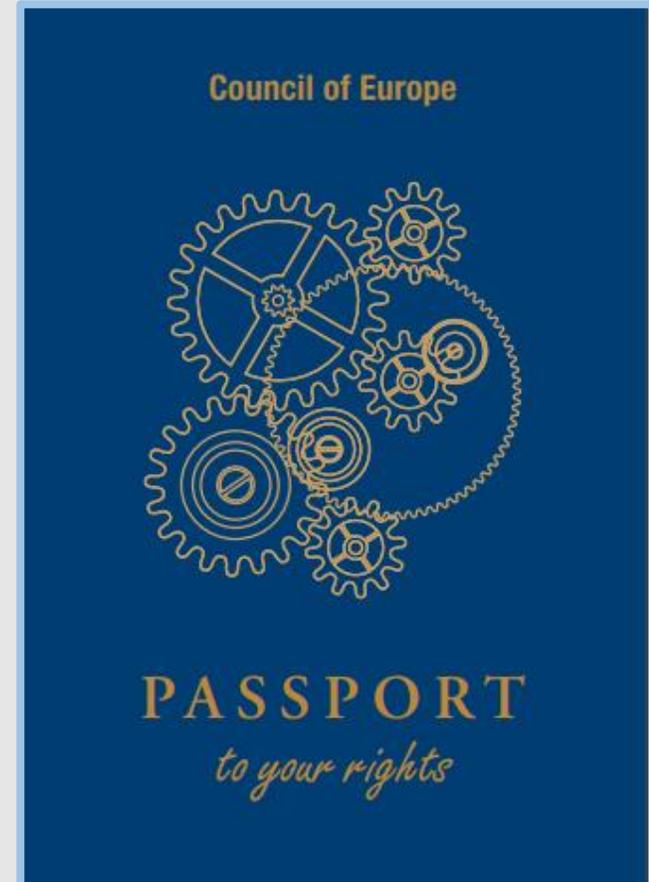
END DATE

Download the **My Strengths Toolkit For Kids** [HERE](#)



Download the recently launched **DENI Safer Schools App**
[Apple App Store](#) / [Google Play](#)

Log in using one of the **QR codes** found [HERE](#)



If you are a child affected by the COVID-19 pandemic,
you have rights

Download the **Council of Europe Passport
To Your Rights** [HERE](#)



THINK UP KNOW
CO.UK

#OnlineSafetyAtHome

SIMPLE 15 MINUTE ACTIVITIES TO DO WITH YOUR CHILD

DOWNLOAD THE PACKS FOR AGES:

4-5 5-7 8-10 11-13 14+

CEOP's third **#OnlineSafetyAtHome** activity packs are now ready for download [HERE](#)

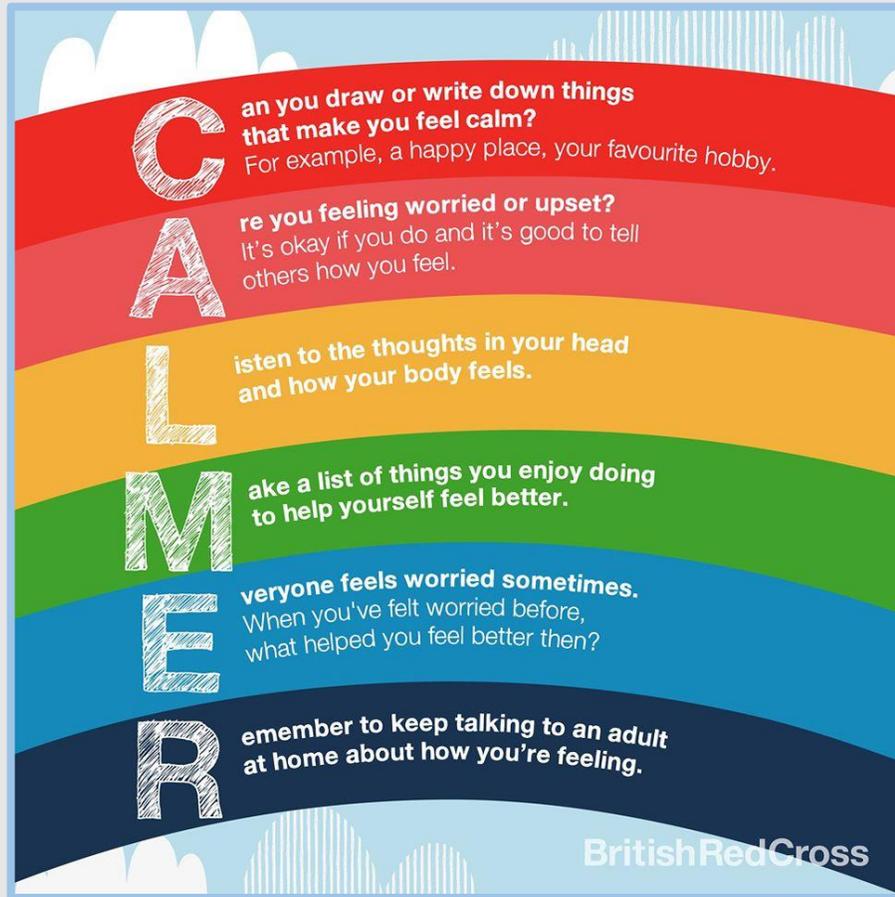


O₂ | NSPCC
Let's keep kids safe online

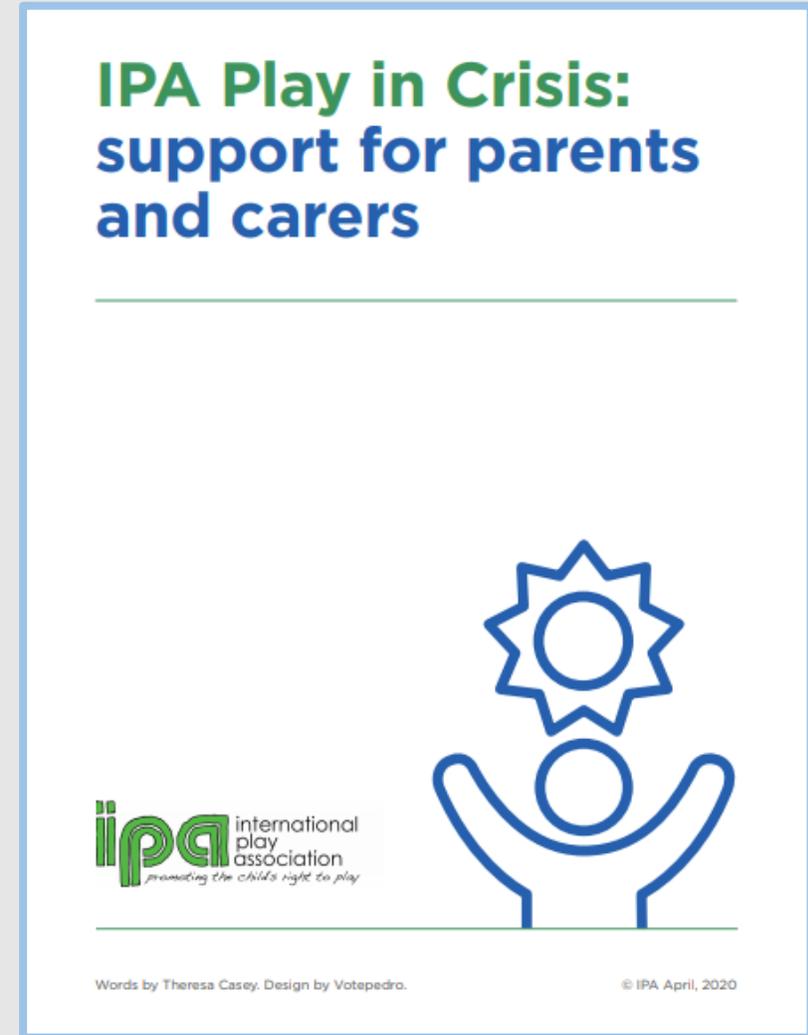
Keeping your kids safe online

A guide to helping your kids confidently explore the online world.

Download **O2 NSPCC Online Safety Booklet** (Available in 9 different languages) and other **online safety resources** [HERE](#)



Dr. Radha Modgil has teamed up with the **British Red Cross**, to share her **top three tips to help keep children mentally and emotionally well** now that schools are shut, [HERE](#)



Download the **International Play Association Play in Crisis booklet** for parents and carers [HERE](#)

**Employers
For Childcare**



Family Benefits Advice Service

Freephone helpline:
0800 028 3008

Lines open Monday-Friday 10am-4pm
Email hello@employersforchildcare.org
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

Children
in Northern
Ireland



Parents, we need your help!
Please take a few minutes to complete this **survey** on
your child's learning [HERE](#)

Cook it!
fun, fast food for less



Stay at home, protect the NHS, save lives.

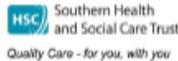
Store Cupboard Essentials

Relying on the contents of the kitchen cupboards more than ever? Mix and match dried foods, tins and packets to create a filling, tasty and nutritious dinner.

Healthy store cupboard foods are suggested below. Most are long lasting but check the contents of your cupboard regularly to ensure ingredients are used while at their best. Avoid waste, only buy foods you will use.

<p>DRINKS</p> <p>Make sure you get enough fluid through the day</p> <p>Tea, herbal teas, coffee</p> <p>Malted drinks, hot chocolate</p>	<p>FRUIT AND VEGETABLES</p> <p>Tinned fruit and vegetables can help you get your 5 A Day!</p> <p>Tinned vegetables in water such as tomatoes, peas, sweetcorn etc</p> <p>Tinned fruit in natural juice such as peaches, pears, pineapple etc</p> <p>Fruit juices from concentrate, store in fridge when open</p>	<p>MEAT, FISH, EGGS AND BEANS</p> <p>Providing protein and iron. Only fish as much as Omega 3 fatty acids.</p> <p>Tinned meat such as ham, sliced steak</p> <p>Tinned fish - salmon, tuna, mackerel, sardines and pilchard</p> <p>Tinned beans - baked beans, kidney and butter beans</p> <p>Dried lentils, split peas, nuts</p>	<p>MILK AND DAIRY FOODS</p> <p>Calcium rich foods for good bone health</p> <p>UHT milk, once opened treat as fresh milk</p> <p>Tins or pots of milky puddings such as rice, custard, custard etc</p> <p>Packets of cottage or blancmange</p>	<p>BREADS, RICE, CEREALS AND POTATOES</p> <p>Eat at every meal for energy, fibre, B vitamins and iron</p> <p>Porridge and plain breakfast cereals</p> <p>Crackers, oatcakes, rice cakes</p> <p>Pasta, rice, tinned or dried potatoes</p> <p>Part baked breads</p>
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Further suggestions to support older adults in the community can be found by clicking the following link:
<https://www.bda.uk.com/uploads/assets/275073a5-06cc-473f-b349ca768124e72f/200406-BDA-OPSG-Store-cupboard-File-v2-A4-version.pdf>




For more information on **healthy eating**, visit the **SHSCT Cook it!** website [HERE](#) or e-mail cookit@southerntrust.hscni.net

Find Us OnLine

Arts Care
info@artscare.co.uk
artscare.co.uk



Arts Care Announces the Launch of their new Arts, Health and Well-being Online Workshop YouTube Channel, 'Arts Care 4U,' Wed 1st April 2020.

The Arts Care 4U channel has been inspired by Service Users and Healthcare Staff across Northern Ireland in response to the impact of COVID-19 Virus.

Our Artists and Clowndoctors at this time are unable to carry out their weekly arts delivery on wards and healthcare facilities so we are providing a new online series of Arts Workshops and Clowndoctor Visits for everyone to access and participate in.

Connect with Arts Care from your home, ward or healthcare facility and join us in our free online series of Visual Art, Dance, Music, Storytelling, Creative Writing and Photography Workshops.

Things to Do:

- Participate in our arts workshops
- Learn new skills such as printing and felting with some of Ireland's leading artists
- Keep physically fit by participating in our 'dance for health' workshops
- Engage in music-making
- Listen to our storytellers
- Children enjoy meeting our clowndoctors
- Visit our online Art Gallery and look out for special guest appearances

Look forward to you joining us.

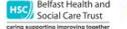
[f](#) @ArtsCareNI [t](#) @ArtsCareNI [i](#) @artscareni

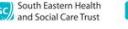
Stay Positive and Support your Mental Health & Well-being through the Arts













Visit the recently launched **Arts Care 4U** YouTube channel [HERE](#)

Covid-19: we can help

We understand that lots of people will be feeling concerned right now about Coronavirus. Those feelings are completely normal. We also want to reassure you that Action for Children is here to help.

[Find out more](#)

Visit the various **Action For Children COVID-19 parenting support** web sections [HERE](#)

Message for Carers

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

WE ALL MUST DO IT TO GET THROUGH IT

We understand that the COVID19 virus is causing concern to many informal family carers at this time.

If you have any concerns about your role as a Carer please contact the Carers Trust Support service at:

Armagh & Dungannon	Ruth Allen	T: 07702 819 112
Newry & Mourne	Lorraine Murphy	T: 07702 819 109
Craigavon & Banbridge	Michelle Moul	T: 07702 819 111

If you are concerned about the needs of the person you care for please contact

Their key worker

For all other queries contact

Carers Coordinators
Patricia McCrink or Clare Forsythe
T: 028 3756 6284
E: carers.coordinator@southerntrust.hscni.net

Working together | Excellence | Openness & Trust | Compassion | Personal and Public Involvement (PPI) | Involving you, improving care | Promoting Wellbeing DIVISION

e: carers.coordinators@southerntrust.hscni.net

We would like to invite you to create messages of hope, encouragement, gratitude & support for our service users, carers and staff

OUR COLLECTIVE AIM
Sharing learning from past or current experience of what has helped you in times of challenge and change:

- Write a short message
- Draw a picture, create a collage, do a painting
- Take a photograph

Please send to recovery.college@southerntrust.hscni.net.
 Full details of this project are available at the email above or on the Recovery and Wellness College Southern Area Facebook page.



e: recovery.college@southerntrust.hscni.net

Child Bereavement Service 

Grieving During COVID 19



Shocked Upset Tearful Distress Angry
 Sad Afraid Worried Confused Agitated

The Covid-19 pandemic has changed our traditional ways of marking our grief. Our rituals often provide comfort and can involve a wake, funeral, burial or cremation with a gathering or meal after the funeral and perhaps a month's mind following. Our normal opportunities to share stories and memories of our loved one where we can laugh, cry and remember may not be possible. We *can* support ourselves and our children in different ways.

Find out more about **Barnardo's Child Bereavement Service** [HERE](#)
Advice Line: 07867 372711 / [E-mail](#)

<p>START360™ Support services for young people.... Putting YOU at the centre</p>		
<p>inspire students wellbeing matters</p> <p>Support around mental health exams, money, relationships, Tel: 02890328474</p>	<p>START360 PROTECT LIFE DaSy</p> <p>A range of support services around Drugs/alcohol, Employability, Crisis mentoring Tel: 07923129559</p>	<p>AWARE OVERCOMING DEPRESSION. CHANGING LIVES.</p> <p>Support for mental health and depression Tel: 08451202961</p>
<p>ChildLine 0800 1111</p> <p>support & guidance on Home & Family, Bullying, School www.chidline.org 1-1 counsellor chat</p>	<p>Lifeline 0808 808 8000 <small>(Telephone: 1800) 0808 808 8000</small></p> <p>Crisis response line for people in distress or despair: Tel: 0808 808 8000</p>	<p>COMMON YOUTH.</p> <p>Free, confidential sexual health advice for under 25's. Belfast: 028 9032 8866 Coleraine: 028 7034 2178 hello@commonyouth.com</p>
<p>FRANK</p> <p>Confidential advice on drugs & alcohol Tel: 03001236600 www.talktofrank.com</p>	<p>domestic and sexual abuse helpline 0808 802 1414</p> <p>Advice for anyone affected by domestic or sexual violence</p>	<p>simon community Northern Ireland</p> <p>Support for those at risk of homelessness Tel: 08001712222</p>

e: info@start360.org



Join us Online

Mae Murray Foundation is offering online support, thanks to the generosity of volunteers. Activities for various ages and abilities. Members AND visitors are welcome to join in. Go to [Facebook.com/maemurrayfoundation](https://www.facebook.com/maemurrayfoundation)

E: info@maemurrayfoundation.org
T: 0300 600 1166




- Take part in music workshops
- Get silly with Laughter Yoga
- Relax with story-time
- Virtually visit our miniature horses
- Learn arts & craft
- Get Active
- Adults chill - Live music nights

- Chatty sessions – Teens & Overs (advanced registration required). Email for more information.
- Engage and share - Members Moments
- Practical support



Reg. Charity No: NIC100842

e: info@maemurrayfoundation.org

 **10 ways to safely entertain your kids at home**

5. Teach children to spot fake news

The internet is a great resource but can't be trusted for everything – support your children in filtering reliable and trustworthy information

A Million & Me  **parentzone**
The experts in digital family life

See **10 ways to safely entertain your children at home** [HERE](#)



**RAFT FUND
OPEN FOR
APPLICATIONS**

**THE
FORE**

Apply for **unrestricted grants of up to £5000** to help your small charity or social enterprise respond to the challenges of COVID-19 and build your resilience [HERE](#)




Welcome to RISE NI

**WE UNDERSTAND THAT THIS IS A CHALLENGING TIME FOR CHILDREN AND PARENTS/CARERS.
WE HOPE THAT THIS CONTENT WILL PROVIDE USEFUL INFORMATION TO SUPPORT YOU.
SIMPLY CLICK ON THE SECTIONS BELOW TO ACCESS THE RELEVANT ADVICE.**

RISE NI Information Leaflet	BHSCT Information Governance Leaflet	PARENTS/CARERS Advice and Resources to help you understand and cope with the Covid-19 outbreak	Useful contacts
RISE NI Leaflets • Occupational Therapy • Physiotherapy • Speech and Language Therapy • Social, Emotional, Behaviour	YOUR CHILD Advice and Resources to help your child understand and cope with the Covid-19 outbreak	Public Health Agency Leaflet A parents guide to Health and Social Care's role in the Statutory Assessment process	

Access **useful information** to support parents & carers from **RISE NI** [HERE](#)




YouthAction invite you an online launch of their new resource **P.A.L.S** ... a training resource to help young people support each other effectively. This forms part of our 30x30 initiative which invites 30 people to attend a 30 minute event.

We have a planned suite of new resources over the forthcoming months.

- **DATE: Thursday 30th April 2020**
- **PLACE: Zoom invite**
- **TIME: Midday**

Once you have confirmed with your email we will invite you to a group zoom call.

Please confirm attendance with donna@youthaction.org




e: donna@youthaction.org

ONLY FREE DURING APRIL

FREE during April 2020

Understanding our Senses



Gain a concrete understanding of our senses for a great baseline understanding of Sensory Processing Difficulties.

This course is designed to give you short and snappy information to deepen your knowledge and understanding of our senses.

This training is designed for professionals as well as parents who are short for time. You can watch all the videos in one go or you could watch them one at a time.

I will cover our 8 sensory systems which we are most commonly referring to when recognising Sensory Processing Difficulties.

[Enroll here](#)



Enrol on Sensory Spectacle 'Understanding our 8 senses' online training course [HERE](#)

TAKING PLACE FRIDAY 24TH APRIL



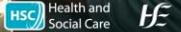
Introduction to Mindfulness & Relaxation

- Learn how to relieve stress & boost your mood
- Find new techniques to promote relaxation

11AM | FRIDAY 24TH APRIL

FREE ONLINE WORKSHOP

To register call:
NI: +44 (0) 77 6700 3866
ROI: 00353 (0) 8 6606 9480



t: 077 6700 3866

Parents, carers, family members...

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

Call Parentline NI today for advice, support or guidance.

FREEPHONE

0808 8020 400

Parentline NI is a service operated by Children in Northern Ireland & Relate NI. Funded by the Health and Social Care Board.




Freephone 0808 8020 400



0808 8020 400

www.ci-ni.org.uk




[Webchat](#) / [E-mail](#)



**LOCKDOWN
REFLECTIONS**

Watch our Parent Ambassador [@radioibe](#) sharing his lockdown reflections and urging parents to call ParentLine for free confidential support, guidance or advice during this period of lockdown [HERE](#)

ParentLine NI are now a point of contact for the bespoke **Approved Home Childcare Scheme** aimed at enabling key workers to have their childcare needs met.

ParentLine can provide information for parents and direct them quickly to sources of childcare support.

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 McGough
Young People's Partnership Barnardos
39A Abbey Street, Armagh
BT61 7DY
T: 028 37622380
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
BT35 6AA
T: 028 30835764
E: familysupporthub@space-ni.com

Southern Area FAMILY SUPPORT HUB

Many families need a little extra help sometimes

Information for Families

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>

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

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.

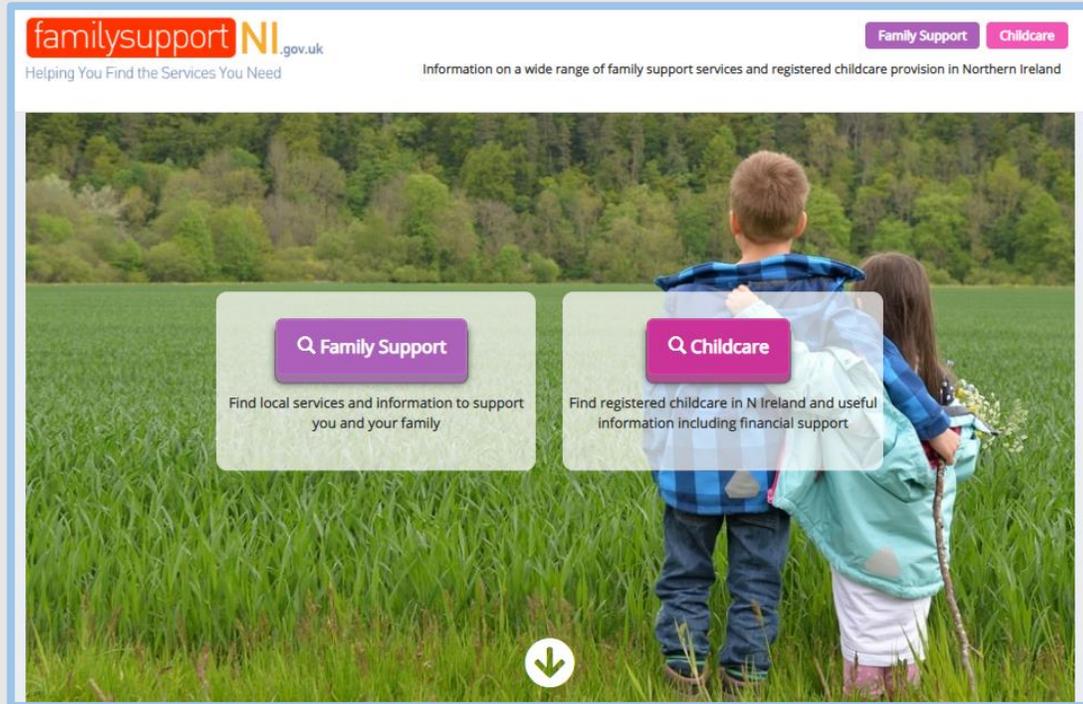
Who Can Refer To The Hub?

- 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 website, so families / professionals can access support directly (See next slide)



Check out the 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



Find the **latest COVID-19 Childcare Options and Associated Guidance** [HERE](#)

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



Click [HERE](#) for **section homepage**

COVID19: Community Engagement



Click [HERE](#) for a local support directory: local services and what they can currently provide



Click [HERE](#) for information on local shopping delivery and collection services



Click [HERE](#) for information on local Food Banks (and advice services)

COVID19: Health & Wellbeing



Click [HERE](#) for links to the Health and Wellbeing page, which includes a directory of key support services, healthy lifestyle messages and advice on healthy eating at home, exercise, relaxation and playtime



WE CARE ABOUT CARERS

WE'RE FIGHTING COVID-19

We CARE - free delivery support for Care Home Staff, Residents & Families. Our Access NI checked drivers will collect & deliver your supplies, food, prescriptions, PPE and sundries.

As part of our COVID-19 response DART is now supporting the Care Home sector, including care homes, residents and families of residents with **FREE** daily collection and delivery across the ABC Council area.

Contact Down Armagh Rural Transport Partnership
TEL: 02838317810 EMAIL: info@dartpartnership.co.uk
www.dartpartnership.co.uk

e: info@dartpartnership.co.uk



PIPS
upper bann
Coronavirus
How to prioritise your mental health

PIPS Upper Bann continues to provide immediate therapy to anyone in our community who is experiencing Suicidal thoughts, high levels of anxiety, poor mental health or bereaved over suicide

The following forms of counselling are:

- Online video counselling ZOOM
- Telephone counselling

CONTACT US TODAY ON
07342332481

t: 07342332481

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



e: lynne@armaghcityvineyard.co.uk

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



Click [HERE](#) for section homepage

Includes information and advice on matters related to Covid-19 in the Newry, Mourne & Down District



**The Larder
Newry**

FOOD BANK

CURRENTLY IN DESPERATE NEED OF FOOD SUPPLIES

**DROP OFF: TUES | WED | THURS 11-3
MARY STREET
OR FOOD BOX AT MULKERN'S
EUROSPAR**

WE'RE LOOKING FOR DRY FOOD, TIN FOOD, JARS OF SAUCE, CLEANING PRODUCTS, SHAMPOO, CONDITIONERS, WASHING LIQUID- FOOD CAN BE PURCHASED IN MULKERN'S



t: 07477660575

(The Larder is situated on St. Mary Street, Newry)



PCSP Policing & Community Safety Partnership
making Newry, Mourne & Down safer

**COVID-19
TIME CAPSULE
COMPETITION**

How are you and your family keeping safe during the Covid-19 lockdown?

Newry, Mourne & Down PCSP are creating a time capsule about this unique time in our lives – and we need your help!

2 X GRAND PRIZE
£300 Voucher for Smyths Toys

2 X RUNNER-UP PRIZE
£200 Voucher for Smyths Toys

2020

Do any of these, send to us and be part of history (and maybe win a great prize as well!)?

- 1 Write a letter to yourself** – include your age, favourite TV shows, songs and books. Tell us about what is happening – how you and your family & friends are keeping safe but keeping in touch with each other.
- 2 Write a newspaper article** – imagine you are a reporter and tell us about what is happening in your local community. What has changed in your world? Who is helping to keep you safe? What looks different?
- 3 Do a drawing** – draw a picture of how you are keeping safe and well. Maybe you've built a den in your backyard, a treehouse or maybe you're just watching movies from your sofa! Be as creative as you like!

Your entry should be no more than one A4 page – this should be scanned or photographed and e-mailed to pcsp@nmandd.org by 29 May 2020.
For more details please see our Facebook page @[newrymourneanddownpcsp](https://www.facebook.com/newrymourneanddownpcsp)

This is your chance to be part of our – and your – history!

Visit **Newry, Mourne & Down PCSP** Facebook page, [HERE](#), for more details



Click [HERE](#)



Click [HERE](#)

PLEASE HELP



WE ARE RUNNING LOW ON FOOD

WE NEED THE FOLLOWING ITEMS...

TEA	FRYING OIL
COFFEE	BEANS
CEREALS	SPAGHETTI
CHILDREN'S	TINNED VEGETABLES
CEREALS	TINNED SOUPS
PASTA	TINNED
PASTA SAUCES	FRUIT
RICE	CUSTARD
TINNED FISH	RICE PUDDING
TINNED MEATS	BISCUITS
JAM	SNACKS
DILUTING JUICE	

Please donate!
Thurs 12pm -2pm at our centres in
Newry: 7 Downshire Place
Portadown: 53 William Street
Or call 07436533111 to speak to us about alternatives

t: 07436533111

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



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

Click [HERE](#) for **section homepage**



03000 132 132

Home Your Council Resident Business Visitor Leisure Jobs Contact Us

How can we help?

Search Mid Ulster District Council

You are here: Home / Resident / Health & Wellbeing / COVID-19 Advice And Information / Local Community Support

COVID - 19 Local Community Support

Click [HERE](#) for a local support directory: local services and what they can currently provide

How can we help?

Search Mid Ulster District Council

You are here: Home / Resident / Health & Wellbeing / COVID-19 Advice And Information / Counselling and Advice Services

COVID-19 Counselling and Advice Services

Click [HERE](#) for counselling and advice services, both locally and across Northern Ireland



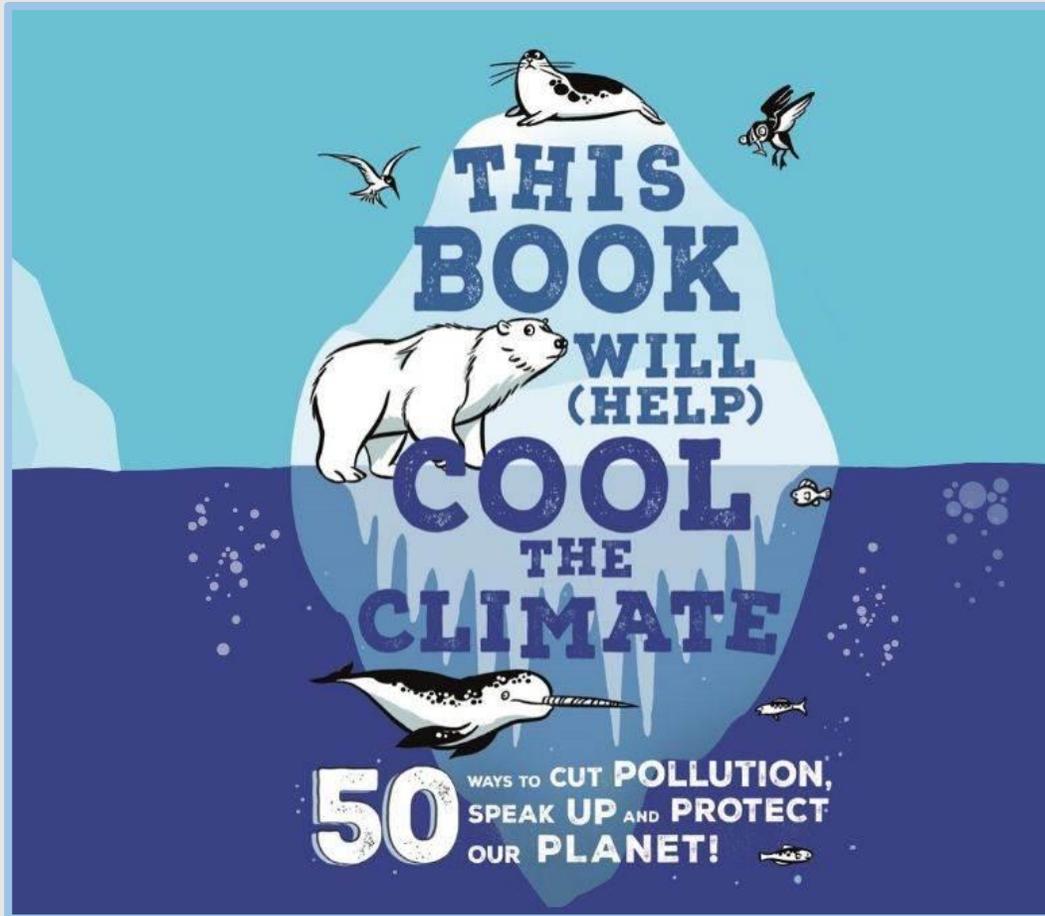
Click [HERE](#) for information on local Food Banks and Food Box Scheme

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



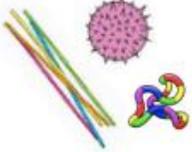
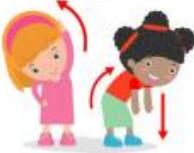
Reckon you're a climate-change expert?
Try the **BookTrust** quiz [HERE](#) and find out!



Access a range of **ideas and activities** to help parents keep their children **playing** and, vitally, **learning**, courtesy of **Stranmillis University College**, [HERE](#)

AutismNI

Calm Down Box ideas

Sensory Bottle	Colouring in	Fidgets
		
Feelings Chart	Breathing/calm Ideas	Sensory Input ideas
		
Music/Meditation	Bubbles	Paper to tear
		

AutismNI

Sensory Bottle Ideas



Download the following **Autism NI** resources:

[Calm Down Box Ideas](#)

[Sensory Bottle Ideas](#)

AUTISM little LEARNERS

Resources and ideas for families *and* educators



BLOG

Schools Staying Closed Story for Children

Hello! I wanted to share a story for children regarding schools being closed for the rest of the school year. I wrote this story assuming...

[READ MORE >](#)


Tara is a speech/language pathologist who has specialized in autism for the past 20 years. She started her career at the elementary level and is now enjoying the early childhood level in Minnesota. Tara has a published children's book about autism titled "My Best Friend Will" and is an adjunct faculty member for the ASD licensure program at Hamline University. In 2015 and 2016 Tara traveled to Dmitrov, Russia to work side by side with educators and parents to teach them how to work with children with autism.



BLOG

Seeing People Wearing Masks Story

Happy Monday! I had a couple of requests for a story about seeing other people wear masks out in public. I had been thinking about writin...

[READ MORE >](#)

Access free resources and ideas for families and educators, from **Autism Little Learners**, [HERE](#)



Forest School Families – Lets get outside Take the Garden Challenge

It is more important than ever to spend time with your family outside but following the Government's official guidelines.

The Northern Ireland Forest School Association (NIFSA) is posting simple fun activities you can do with your family out in the garden.

Please visit Forest School Family Page and click on "Nature is Good for You Activity Page".

You do not need any experience or specialist equipment, just the willingness to give it a go and have fun.

Why not take up the Garden Challenge. Register to become a Forest School Family. Record 6 activities with your family and you will receive a personalised Forest School Family Certificate.

Click on the **NIFSA Family Zone** [HERE](#)



Click [HERE](#) for full craft tutorials

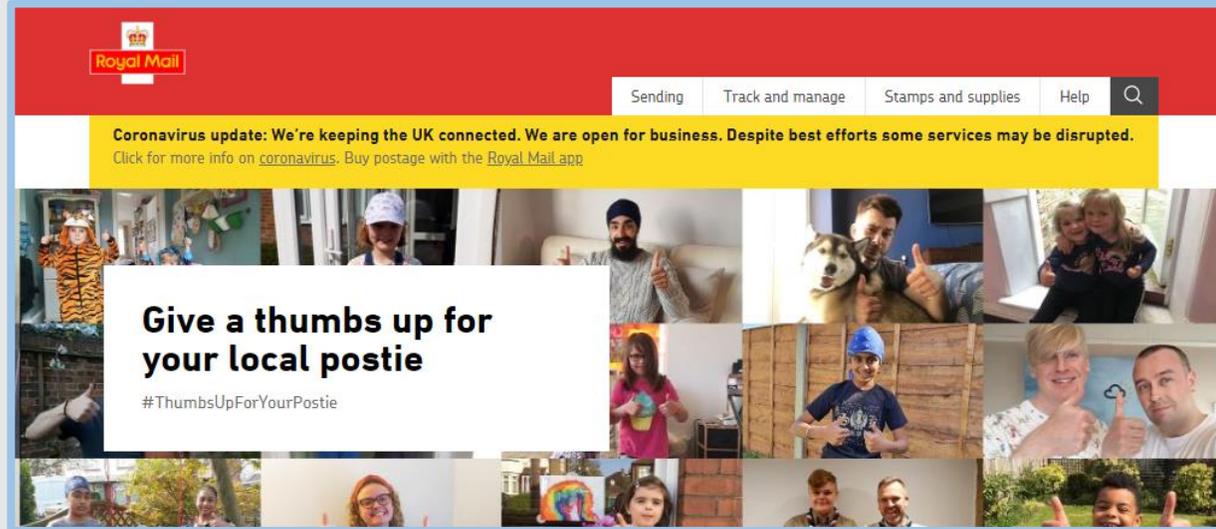
BACKYARD SCAVENGER HUNT

primary playground

- ☁ Find 3 kinds of leaves.
- ☁ Find something yellow.
- ☁ Name a bug that is red.
- ☁ Find 2 sticks.
- ☁ Find something that smells good.
- ☁ Name something you see in the sky.
- ☁ Find something that is round.
- ☁ Find something that grows that is green.
- ☁ Find a bird.
- ☁ Find 3 different colored rocks.
- ☁ Find something purple.
- ☁ Find a bug.



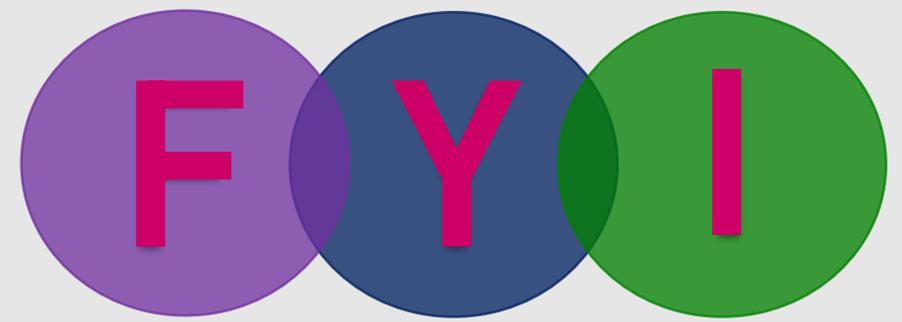
Find a range of other scavenger hunts for kids [HERE](#)



Give a thumbs up for your local postie
Download a range of **Royal Mail colouring sheets** [HERE](#)



Download your **Outdoor Explorer Kit**,
from **Integrate My School**, [HERE](#)



For Your Information



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

All LPG meetings have been **postponed** 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.

Most of the information included in this issue of 'FYI' hasn't featured in previous editions.

To view our recent 'FYI' weekly newsletters, please click on the following links:

[Issue 31 - 9th April 2020](#)

[Issue 30 - 2nd April 2020](#)

[Issue 29 - 26th March 2020](#)

For general newsletter information, contact:

Darren Curtis (07725232566) or Joanne Patterson @ localityplanning@ci-ni.org.uk

CYPSP, 2nd Floor, Health & Social Care Board, Tower Hill, Armagh. BT61 9DR