



# COVID-19: Weekly Family Support Hubs Newsletter

**This edition includes:**

- Parenting NI Helpline
- Priority Online Supermarket Delivery Slot Information
- Disability Action Transport Scheme
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- Community Support Craigavon
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- Armagh Rural Transport
- NI Direct - Rural Community Transport Partnership Offices Contact Details
- Lagan Valley Rural Transport
- Fermanagh Community Transport
- CDM Community Transport
- Ashes To Gold – OASIS
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- PHA – Resources for Council & Community Responses to Covid-19
- CWSAN & COSTA Rural Support Network – Small Grants Fun
- MEAAP
- Inter Ethnic Forum
- Urban Villages Projects
- Connect Fermanagh
- NI Direct – Support with Funeral Expenses
- Home Start North Down
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- Family Support NI
- CYPSP – Daily Updates
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- Stress Control Classes
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- NHSCT – Dementia Support
- Stroke Network NI – Support Helpline
- Eating Disorder Association NI – May 2020 Support Services
- Addiction NI
- Men's Shed Befriending Service
- PBNI – Support for Substance Misuse
- Women's Aid Belfast & Lisburn
- Health & Wellbeing Apps
- Extern- Minority Communities & Drug and Support Services
- End Youth Homelessness & MACS – Housing Fund/Bursary Fund
- Support with Finding a Job – Extern
- NIACRO – Working Well
- Good News Story – SEHSCT Family Support Hubs

This edition of the newsletter provides advice, resources and project updates as of 13<sup>th</sup> May 2020.

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

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

There are 29 family support hubs across Northern Ireland supporting families. [www.cypsp.hscni.net/family-support-hubs/#ffs-tabbed-23](http://www.cypsp.hscni.net/family-support-hubs/#ffs-tabbed-23)

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



**Parent  
LineNI**



**FREE LOCAL HELPLINE  
0808 8020 400**

**Open 6 days a week**  
**Monday-Thursday 9am -9pm**  
**Friday 9am -5pm**  
**Saturday 9am - 1pm**



Register with [nidirect.gov.uk](http://nidirect.gov.uk) for a priority online supermarket delivery slot in Northern Ireland with Asda, Iceland, Sainsbury's or Tesco.

You can register if you: **nidirect**  
government services

- Live in Northern Ireland,
- You or someone you provide care for have been advised by your/their Doctor (GP) to avoid all face to face contact for 12 weeks; and,
- Do not have access to alternative help and support for shopping from family or friends, or other local networks.

These stores will make every effort to offer you an online delivery slot, but it is dependent on demand and cannot be guaranteed.



Click the link in the post to register.

[REGISTER HERE](#)

DISABILITY ACTION TRANSPORT SCHEME

**FREE COLLECTION & DELIVERY SERVICE**

Call 028 9029 7870 to book.  
Service available between 8am - 4pm  
Monday to Friday

Disability Action Transport Scheme (DATS) are offering a FREE collection and delivery service to both members and non-members during this very difficult COVID-19 period.

[www.disabilityaction.org/transport](http://www.disabilityaction.org/transport)

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

**Food Banks in the District**

**Enniskillen Foodbank**  
John: 075 1254 8849  
[info@enniskillen.foodbank.org.uk](mailto:info@enniskillen.foodbank.org.uk)  
( Enniskillen, Dromore, Irvinestown & Ballinamallard)

**Enniskillen Elim Storehouse Foodbank**  
Ann: 078 3549 7593  
Pastor Nigel: 075 9565 4414

**Omagh Community Church Foodbank**  
Pastor Tim: 0797136 2974

**Reach Foodbag Service, Omagh**  
Pastor Graham: 0771891 5435  
Open Mon - Fri, 12 noon - 2 pm



# COVID-19 COMMUNITY SUPPORT CRAIGAVON

<b>DART-TRANSPORT</b> <i>Prescription collections &amp; deliveries.</i> 028 3831 7810	<b>CRAIGAVON AREA FOODBANK</b> <i>Emergency food bank.</i> 033 3050 7702	<b>ST. VINCENT de PAUL</b> <i>Emergency support to those most in need.</i> 07919496053	<b>SALVATION ARMY</b> <i>Emergency support to those most in need.</i> 028 3832 3222
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**Local Support Services in Brownlow / Central Craigavon**

During this COVID-19 pandemic a number of organisations and community groups are working hard to assist those in need.

If you know anyone who may require help or support during this time please feel free to use these contacts.

**Councillor Thomas Larkham-07510063671**

<b>CRAIGAVON VOLUNTEER BUREAU</b> <i>Delivery of food, gas &amp; electric top ups, daily good morning call.</i> 028 3834 2741	<b>CHRYSALIS WOMEN'S CENTRE</b> <i>Emergency support to families most in need.</i> 028 3834 1846	<b>EIRE OG GAC</b> <i>Emergency support to those most in need.</i> 07802698103	<b>COMMUNITY ADVICE CRAIGAVON</b> <i>Free independent, confidential advice.</i> 028 3836 1181
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**nidirect** | **tédireach**  
government services | seirbhísi rialtais

Contact addresses and details for the Rural Community Transport Partnership offices.

[VIEW HERE](#)



**South Antrim Community Transport**

South Antrim Community Transport on behalf of Disability Action Transport Scheme (DATS), are offering a FREE collection and delivery service to both members and non-members during this very difficult COVID-19 period, who live in Antrim.

Collection and delivery of pre-paid shopping from any of the shops in Antrim town.

Collection and delivery of prescriptions (arrangements to be made by Client/Doctor/Pharmacist prior to collection).

To book please contact our office on **07519323304** between 9.30am and 1.30pm Monday to Friday.



Within Armagh Rural Transport we believe as a community it's important that we look out for one another, especially those who are vulnerable.

If you are over 70 or High Risk (or know someone who is) and having difficulty getting grocery supplies or medication or have a medical appointment, we will do our best to offer support to you.

Ring the ART office for further information on **028 37 518151**



Lagan Valley Rural Transport are pleased to be able to continue to offer the services below to everyone as part of our Covid 19 response.

ALL SERVICES ARE FREE OF CHARGE TO INDIVIDUALS

Using our ACCESS NI checked drivers we can:

- Collect and deliver pre paid shopping from any of the shops included in Lisburn & Castlereagh Council Areas
- Collect and deliver prescriptions
- We can also provide transport for hospital and health appointments
- We can also provide assistance to local food banks in the area, our vehicles are accessible and therefore are tailor made for bulk delivery of boxes.

TO AVAIL OF OUR SERVICES PLEASE CONTACT OUR OFFICES ON 028 92 622030 MONDAY TO FRIDAY

We are proud to provide these services to the local community



COVID-19 Coronavirus  
Member/ Passenger Notice—30th March 2020

www.fermanaghcommunitytransport.com

## FREE Pick-Up and Delivery Service for Members & Non-Members

Fermanagh Community Transport is offering the following FREE services to both members and non-members in order to support those in 'Shielding' and 'Home Isolation' and to assist with wider social distancing measures and efforts:

- ⇒ **Collection and delivery of pre-paid shopping**
- ⇒ **Collection and delivery of pre-arranged prescriptions**
- ⇒ **Essential Rural Transport only**

Please call on **028 66 324260** or Email [info@fermanaghcommunitytransport.com](mailto:info@fermanaghcommunitytransport.com) between 9am and 5pm Monday to Friday.



CDM Community Transport are offering the following FREE services to both members and non-members in the entire Cookstown and Dungannon areas:

- Collection and delivery of pre-paid shopping from their local shops
- Prescriptions (arrangements to be made by client / doctor / pharmacist prior to collection)

To make a booking, contact the office on either – **028 867 67766 or 028 877 29714**



WE'RE HERE FOR YOU



Our text message service...  
07860 021 262



Our telephone service...  
028 703 43245



Get in touch to join our WhatsApp group...



If you are in the 'at risk of infection' category and can't get to the supermarket, we have a small stock of non perishable food. Call 028 703 43245 for details...

Ashes to Gold OASIS—35 Abbey Street, Coleraine  
Tel: 028 703 43245

"Working to Restore a Life's Purpose"



Resources for Council and Community Responses to COVID-19

Items may be useful for Council teams and community groups responding to COVID-19. Some may be helpful for staff and volunteers for their own wellbeing, and others may be helpful for them in carrying out their role during COVID-19.

[View Resources](#)

**African Women Organisation NI**

**COVID-19**

**FAMILY FOOD OUTREACH**



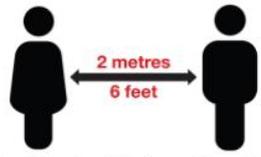
African Women Organization NI with support of The Community Foundation is providing food support to African families that are unable to access food as a result of the COVID-19 pandemic. Please contact African Women Organization NI for more details.  
07365667789  
africanwomenni@gmail.com

**AWONI** African Women Organisation NI      **WWW.AWONI.ORG.UK**      The Community Foundation

**HSC Public Health Agency**

**COVID-19 (coronavirus)**

Everyone in Northern Ireland should now be using social distancing



Stay at least 2 metres (6 feet) away from other people

The latest information and advice on coronavirus is available at [www.pha.site/coronavirus](http://www.pha.site/coronavirus)



CWSAN and COSTA Rural Support Networks are offering a small grant of up to £150 towards fuel and or PPE if you are a small group supporting isolated individuals in either small rural areas or Villages within Mid Ulster District.

[Further Info](#)

COVID19 Advice:  
Need someone to talk to?

MEAAP are working in partnership with the Good Morning teams across Ballymena, Larne & Carrickfergus to offer telephone befriending services to those who are feeling alone and anxious, with no family or friends contacting them on a daily basis.

Contact MEAAP on 028 2565 8604 for further information.



#COVID19  
#AgeingWell



We, at the Inter Ethnic Forum, are here to help you at this difficult time

For help/advice contact our advisers as below:

За помощ или съвет моля обадете се на телефон 028 2564 8822 (Boryana)



Pentru ajutor sau informatii va rugam sa sunati la 07544 489 310 (Anca)

Pre pomoc a poradenstvo prosim volajte 028 2564 3605 (Anna)



Jeśli potrzebujesz skontaktować się z pracownikiem 1+1 Mental Health proszę dzwonić pod numer 075 444 892 18 w poniedziałek, środa, czwartek (Michalina)

For any other assistance contact  
Ivy Goddard on 07525 142205  
or Natasha Taylor 07776 844876



# URBAN VILLAGES PROJECTS

## A DIFFERENT APPROACH

### Adapting to people's needs during COVID-19

Groups and organisations in Urban Village areas have mobilised and adapted with energy and speed to reach out to help and protect the most vulnerable in communities during the COVID-19 crisis, providing a crucial lifeline, while continuing to fulfil on project aims.

**Belfast South Community Resources** now have a database of over 65s locally so that they can deliver food parcels to vulnerable people.



**Feilé Derry - The Streets Alive team** have been keeping people entertained online through a variety of live performances and creative lessons.



**Ballymac Friendship Centre** preparing meals for vulnerable people living in the EastSide Urban Village area.



**Footprints Women's Centre** have extended the social supermarket's opening hours and distribute free food parcels to those most in need.

**North Belfast** - a large number of Urban Villages supported groups formed the **Crisis Intervention Team** initiative delivering food parcels, meals, and prescriptions to the isolated, sick and vulnerable.



**New Gate Arts** provide online bagpipe and highland dance lessons and delivering food supplies to people feeling isolated.



A team from **Colin Neighbourhood Partnership** and **Sally Gardens** have been working together to prepare food parcels for those in need in the Colin Community during this time.



**£36k re-allocated** to ensure activities were adapted and continued during as the COVID 19 crisis hit.

**Stay Home, Save Lives**  
#BetterTogetherApart



**DONT FEEL ALONE, WE ARE HERE TO TALK!**



**028 66 320 230**

7 days a week 9:30am-2pm

Answer machines outside these times. Please leave your name and number.

**Are you over 18 and living in Fermanagh?**

**Are you feeling lonely or anxious?**

or

**Are you home alone with your children and missing an adult to chat to?**

or

**Are you worried about someone and think they could benefit from a weekly check-in to see if they are ok?**

**Phone Connect Fermanagh and we can provide:**

- A friendly chat
- Information and help to link you to the right support and services in your area

[www.connectfermanagh.org](http://www.connectfermanagh.org)  
E: [info@connectfermanagh.org](mailto:info@connectfermanagh.org)



### Support with Funeral Expenses

If you're on a low income you may be able to get help with funeral costs. Further information available at:

<https://www.nidirect.gov.uk/articles/funeral-expenses-payment>



Home Start  
North Down  
Supporting  
Families  
through Covid  
19



**Do you have young children at home? Would you be glad of some extra support or a listening ear during these difficult times?**

**One to One on-line Support for Parents - weekly one to one support to parents by phone, offering emotional and practical support.**

**Email support programme focussing on your emotional and mental wellbeing with virtual group support.**

**Join a Family Whats App Group - emotional support, play ideas, signposting and a chance to check in with other parents with at least 1 child under 5.**

**Specialist Virtual Support Groups-Using zoom, we are developing virtual groups where parents can participate in workshops focusing on issues such as mindfulness, managing children's behaviours and coping skills.**

**Family resource packs issued by post every fortnight—provides ideas to do at home and the resources required.**

**For more information: contact: [alison@homestartnorthdown.org.uk](mailto:alison@homestartnorthdown.org.uk), call 07710466379/07308026576 or visit our Facebook page**

**COVID-19: ADVICE & SUPPORT**



**RISE NI**  
Regional Integrated  
Support for Education

Range of on online information, including advice and resources to help parents, carers and children during Covid19.

[Visit Website](#)

**Child  
Bereavement  
Service**

**Believe in  
children**  
 **Barnardo's**  
Northern Ireland

**Advice Line for any adult (parent, carer, professional etc) concerned about a child or young person bereaved  
Tel. 07867372711**

Barnardo's Child Bereavement Service have produced a useful document for dealing with bereavement  
<http://www.cypsp.hscni.net/wp-content/uploads/2020/04/child-bereavement-service-grieving-during-covid-19.pdf>

**NSPCC**

**Free Safeguarding Awareness Training  
for Workers who Enter People's Homes**

Children and young people are normally seen by lots of different adults every day, like neighbours, grandparents and teachers. Due to Coronavirus (COVID-19), if a child is experiencing abuse, there aren't as many opportunities for adults to spot the signs and help. You might have that rare opportunity to visit families' homes. You might be able to help if you see something wrong.

It's your call is an online learning course, created to help workers who visit homes, to understand more about possible signs of child abuse. NSPCC have temporarily made it available for free for you to access, so you can help keep children safe during lockdown and whilst social distancing is in place  
<https://learning.nspcc.org.uk/training/safeguarding-awareness-course>



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



Free online activities we offer young people and their families

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

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

Contact: [autonomieorg@gmail.com](mailto:autonomieorg@gmail.com) or telephone 028 9591 8051

Registered Charity Number 100421 [www.autonomie.org.uk](http://www.autonomie.org.uk)



## Help us to learn more about friendships for young people with a learning disability or who are autistic

### Who can help?



- Young people with a learning disability or who are autistic and aged 14-25
- Parents of young people with a learning disability or who are autistic and aged 14-25
- Teachers of young people with a learning disability or who are autistic and aged 14-25
- Youth workers of young people with a learning disability or who are autistic and aged 14-25

### Purpose of the Research



We are a group of peer researchers (seven young people from Mencap, two youth workers from Mencap and one PhD researcher).

We want to learn more about what friendship means for young people with a learning disability or autism, how having a learning disability or being autistic impacts friendships, the training or teaching on friendships that is offered and the support young people need for friendships.

This research is being completed to allow Christine to complete her PhD thesis and to allow the peer researchers to think of ways to better support young people with their friendships.

### How to take part

There are two ways to take part, you can choose to do an online interview (video call or skype) or an online survey.



Contact Christine (PhD Researcher) for an interview or more information about the research:

Email: [cbower01@qub.ac.uk](mailto:cbower01@qub.ac.uk)

Tel: 0759 5051775



QUEEN'S UNIVERSITY BELFAST



The voice of learning disability



Young people's survey can be found here:

<https://survey.sogosurvey.com/r/JNfuLz>



Parent's survey can be found here:

<https://survey.sogosurvey.com/r/JNfuLz>



Youth workers survey can be found here:

<https://survey.sogosurvey.com/r/YefTNB>



Teachers survey can be found here:

<https://survey.sogosurvey.com/r/KzGrz4>



Thank you!



FUNDED BY COMMUNITY FOUNDATION NI



ORGANISED BY



Multi-Ethnic Sports and Cultures NI

Multi-Ethnic sports and cultures NI in partnership with Community Foundation NI

PRESENTS

### STAY ACTIVE STAY CREATIVE In tackling COVID-19 Isolation 2020

This project is initiated to support BME communities :

- Isolated people of all ages to use and access technology to keep them connected to the world.
- Youth development webinar training , cookery , art and crafts activities at home.
- Keeping all youth members of BME groups involved in programs motivated and active ensuring they are still benefiting from our programs aims along with promoting a healthy lifestyle and wellbeing.

Big thank you to community foundation NI for their support and funding enabling us to give back and support our community during this present pandemic.

Get in touch if you or anyone you know will benefit from our project.

#Stayathome #protectthenhs #savelives

CONTACT: info@mscni.org / 07788319051

www.mscni.org

Facebook page: MSCNI

Instagram MSCNI\_official1

Twitter MSCNI16



### Family Sign Language Course

NDCS tutors have filmed themselves in lockdown so families can still learn British Sign Language (BSL) to use at home. Watch new lessons every Friday.

<https://youtu.be/-L7-P7dpmdM>



With many children spending more time online at the moment, safeguarding is a rising concern among parents. Anti-Bullying Alliance has a wealth of information on how to keep your child safe online, including advice on dealing with cyber-bullying.

[VIEW HERE](#)



# Northern Ireland's leading parenting support charity

Parenting NI continue to provide a range of supports to families online and over the phone during the pandemic

Contact us for free  
Support Line: 0808 8010 722  
[parentingni.org](http://parentingni.org)



[www.parentingni.org/resources](http://www.parentingni.org/resources)



## Grandparents role during COVID-19 pandemic

Studies show that when grandparents are actively involved in their grandchildren's lives, children have fewer emotional and behavioural problems and so it is important that this involvement continues during these challenging times. Here are some suggestions to help you stay connected:

### Write letters

This is an exciting way to send news on what you are both doing, express emotions and make plans for fun activities after the pandemic. Children can send drawings and cards and grandparents can use their creative talents to make letters colourful and interesting. Letters can be kept and re-read to remind us of the connection and love you share.

### Social media

If you use social media this is a good way to keep in touch and see what your family are up to. You can also share messages, photos and videos for your family to see what you are up to and how you are keeping.

### Family dinners

In many families meal times provide an opportunity for everyone to talk about their day and share family news. Set up family dinners via Skype or another video calling platform. Arrange a time for everyone to sit down for dinner in their respective homes and share virtual family time.

### Phone calls

Phone calls can alleviate feelings of isolation and anxiety about family members health and well-being so use these if technology is not possible.

### Bedtime stories

Record yourself reading a short bedtime story for younger grandchildren and send it to be played at bedtime. This will create a bedtime routine and help your grandchild know that you are thinking of them.

### Family trees

It can be challenging to find an activity that interests teenagers. This is a perfect opportunity to ask for their help to capture family history and stories and will provide ample opportunities for communication and connection and instill a sense of belonging in them.

### Technology

While some grandparents may struggle to understand and use technology, for children and young people technology is their natural communication tool. Ask them to give you guidance on how to download apps and use social media. This is a perfect opportunity to bond and also to build their self esteem.

Engaging through video calling platforms allows grandparents and the child to see each other and know they everyone is safe and well. Family scavenger hunts or a quiz allows the whole family to take part. Choose a time that suits everyone as this will provide routine to the child's day.



[parentingni.org](http://parentingni.org)  
Support Line: 0808 8010 722



# WE'RE OPEN!

Family Mediation NI continues to offer mediation sessions via online platforms



to those separated parents who wish to engage in child focussed mediation



FMNI now provides online mediation\*  
Call us to avail of HSCB funded service for separated parents

Sessions offered to parents wishing to avail of mediation during COVID-19 and beyond\*

\*subject to suitability

For more information, please contact **02890 24326**  
or [enquiry@familymediationni.org.uk](mailto:enquiry@familymediationni.org.uk)  
or [administration@familymediationni.org.uk](mailto:administration@familymediationni.org.uk)  
visit [www.familymediationni.org.uk](http://www.familymediationni.org.uk)

COVID-19: ADVICE & SUPPORT



## Co-Parenting During the Lockdown

For families where parents are separated, many arrangements can carry on as normal during lockdown.

We have information on:

- Access arrangements
- Maintenance and money
- Childcare

[Further Information](#)



If you would like to find out more about family support services in your area please see the Family Support NI website at: [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk)



**Daily Updates**

[Click here to stay informed](#)



Northern Ireland  
**Adoption &  
Foster Care**

**We're still here  
changing lives**

Call us today to have a  
friendly chat about fostering  
**0800 0720 137**  
adoptionandfostercare.hscni.net



**COVID-19: ADVICE & SUPPORT**



**FOSTER CARE  
FORTNIGHT 2020**

**#ThisIsFostering**

**Monday 11-24th May 2020**

Head over to HSC Northern  
Ireland Adoption and Foster Care  
Facebook and Twitter to keep up  
to date with Foster Care  
Fortnight.

We will be sharing videos and  
photos from Foster Carers, staff  
and young people over the  
fortnight and we would love you  
to get involved!



Facebook: @HSCAdoptionandFosterCare  
Twitter: @HSCAdopt\_Foster

[adoptionandfostercare.hscni.net](http://adoptionandfostercare.hscni.net)

**#HSCFOSTERCARE**



**COVID-19 CONTACT  
NUMBERS FOR ALL  
HSC NORTHERN IRELAND  
ADOPTION & FOSTER  
CARE  
FOSTER CARERS**

[adoptionandfostercare.hscni.net](http://adoptionandfostercare.hscni.net)

[VIEW HERE](#)



### Struggling to support someone with a complex mental illness?



Email: [support@cause.org.uk](mailto:support@cause.org.uk)  
[www.cause.org.uk](http://www.cause.org.uk)



If so please get in touch!

### Dealing with worry in difficult times



### Help with worry in these challenging times

This booklet provides some ideas on how to look after your well being and provides links to other resources that you might helpful.

[Download Here](#)  
[Listen on YouTube Here](#)

A new course of FREE online



Stress Control Classes

start on Monday 11th May

For details and to register visit:

[WWW.STRESSCONTROL.ORG](http://WWW.STRESSCONTROL.ORG)



# Are you anxious today...?

AnxietyUK suggest the **APPLE** technique to deal with anxiety and worries...

- **Acknowledge:** Notice and acknowledge the uncertainty as it comes to mind.
- **Pause:** Don't react as you normally do. Don't react at all. Pause and breathe.
- **Pull back:** Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think. Thoughts are not statements or facts.
- **Let go:** Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.
- **Explore:** Explore the present moment, because right now, in this moment, all is well. Notice your breathing and the sensations of your breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Right now. Then shift your focus of attention to something else - on what you need to do, on what you were doing before you noticed the worry, or do something else - mindfully with your full attention.



*"Working to Restore a Life's Purpose"*



COVID-19: ADVICE & SUPPORT



action  
mental  
health



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

Mindset is funded by the Public Health Agency. In response to Government guidance the programme will not be available for face to face delivery but will be **delivered online** and is open to youth and community groups across the Northern, Southern, Belfast and South Eastern Trust areas for groups of 8 to 12 people.

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

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

#### Aims

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

For more information or to register your interest contact:

nimenssana@amh.org.uk  
or tel: 07740403724



HSC Public Health Agency  
Project supported by the PHA

www.amh.org.uk  
@amhNI

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T 028 9039 1630

<https://www.amh.org.uk/new-life-counselling/>



menssana

#### Belfast, South Eastern, Northern & Western Trust Areas

T 028 9032 9150

E [nimenssana@amh.org.uk](mailto:nimenssana@amh.org.uk)

<https://www.amh.org.uk/services/menssana/>

**Southern Trust Area** T 028 3839 2314

E [menssana@amh.org.uk](mailto:menssana@amh.org.uk)

<https://www.amh.org.uk/services/menssana/>



new horizons

**AMH New Horizons Antrim** T 028 9442 8081

<https://www.amh.org.uk/services/new-horizons/antrim/>

**AMH New Horizons Belfast** T 028 9027 8283

<https://www.amh.org.uk/services/new-horizons/belfast/>

**AMH New Horizons Craigavon & Banbridge** T 028 3834 2220

<https://www.amh.org.uk/services/new-horizons/craigavon-banbridge/>

**AMH New Horizons Derrriaghy** T 028 9062 9759

<https://www.amh.org.uk/services/new-horizons/derrriaghy/>

**AMH New Horizons Downpatrick** T 028 4461 3791

<https://www.amh.org.uk/services/new-horizons/downpatrick/>

**AMH New Horizons Fermanagh** T 028 6632 3630

<https://www.amh.org.uk/services/new-horizons/fermanagh/>

**AMH New Horizons Foyle** T 028 7137 3502

<https://www.amh.org.uk/services/new-horizons/foyle/>

**AMH New Horizons Newry & Mourne** T 028 3026 6117

<https://www.amh.org.uk/services/new-horizons/newry-mourne/>

**AMH New Horizons North Down & Ards** T 028 9182 2410

<https://www.amh.org.uk/services/new-horizons/north-down-ards/>



HSC Northern Health and Social Care Trust

COVID-19



# Caring for someone with dementia?

The COVID-19 pandemic presents new challenges for those with dementia.

Visit [www.northerntrust.hscni.net/clear](http://www.northerntrust.hscni.net/clear) for ways you can help to support.

**DON'T DELAY**

**If you are unwell, use the HSC**

[www.hscboard.hscni.net/dont\\_delay\\_help/](http://www.hscboard.hscni.net/dont_delay_help/)



CORONAVIRUS (COVID-19)



COVID-19: ADVICE & SUPPORT



Stroke support helpline

# 028 9032 0184

Line opens Monday to Friday 9.00am - 5.00pm



# HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED



**OUR COMMUNICATION MIGHT BE DIFFERENT BUT WE ARE STILL HERE TO SUPPORT YOU**

YOU CAN CONTACT OUR TEAM VIA EMAIL OR PHONE TO REFER TO OUR SERVICES

[www.addictionni.com](http://www.addictionni.com) or call 028 9066 4434



## EDA's Upcoming Support Services May 2020

- 12/05/20 Anorexia, Bulimia, OSFED Online Support Group
- 19/05/20 Carers and Parents Online Support Group
- 26/05/20 Anorexia, Bulimia, OSFED Online Support Group
- 28/05/20 Binge Eating Disorder Online Support Group

*Phone and Email Support Services are operating as normal*

Phone: 028 90 235959  
Email: [info@eatingdisordersni.co.uk](mailto:info@eatingdisordersni.co.uk)

Please visit our website for more info : [www.eatingdisordersni.co.uk](http://www.eatingdisordersni.co.uk)





### Men's Shed Befriending Service

Every Wednesday from 10am - 1pm & 2pm - 4pm

Email [mensshed@groudworkni.co.uk](mailto:mensshed@groudworkni.co.uk) to schedule a time to chat



### PBNI CONTINUE TO WORK WITH PEOPLE WHO HAVE ADDICTIONS.

We work with partners to tackle substance misuse and provide support and interventions to those under probation supervision.



Women "stay" for many reasons

Women may fear **losing custody** of their children.

They fear **not being able to provide** for their children financially.

Other women fear the **upset** it will cause their children if they have to **leave their home** or school.

Many women fear that they, or their children, will be **killed or injured** if they try to leave.

**women's aid** If you are feeling trapped at home with a partner who is being abusive, please call **02890 666 049** for confidential support and advice.

*Belfast and Lisburn* Even during lockdown, you have options. #YouAreNotAlone

Find apps to support your health and wellbeing during COVID-19

Discover apps to help you at [apps4healthcareni.hscni.net](https://apps4healthcareni.hscni.net)

Service provided by ORCHA



[VIEW APP LIBRARY](#)



## Extern Drug & alcohol support services:

### Alcohol Housing Support

Based in Belfast, Extern's Alcohol Housing Support works with adults who are homeless or at risk of homelessness as a result of their chronic/severe alcohol use. [Further information](#)

### Drugs Accommodation Support Project (DASP)

Based in Belfast, Extern's Drugs Accommodation Support Project (DASP) supports IV drug users to stabilise their lives by accessing temporary supported accommodation. [Further information](#)

### Dual Diagnosis Street Team (DDST)

Extern's Belfast-based Dual Diagnosis Street Team supports individuals around drug, alcohol and mental health issues while working to secure accommodation. [Further information](#)

### Low Threshold Teams

The Low Threshold Team provides short or long term support for adults affected by alcohol or drugs misuse. [Further information](#)

### Ormeau Homeless Centre

Base in Belfast, Extern's Ormeau Centre provides temporary accommodation and support to men and women experiencing homelessness. [Further information](#)

### Step 2 Service

The Ballymena-based Step 2 service provides advice and support to anyone who has been impacted by alcohol or substance misuse. [Further information](#)

## Extern Minority communities support services:

### Homeless Traveller Project

Extern's Homeless Traveller Project provides intensive support around housing and homeless issues to members of the Travelling Community in the Greater Belfast Area.

[Further information](#)

### Refugee Floating Support Service

Extern's Refugee Floating Support Service officers support advice to individuals and families who have been granted refugee status. [Further information](#)

### Syrian Vulnerable Persons Resettlement Scheme

Extern's Refugee Support Service is a dedicated service for individuals and families forced to flee their homes and who have been granted refugee status.

[Further information](#)



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



# WHATS ON OFFER?

@ EYH & MACS

EYH are a charity that are working to end youth homelessness on a national scale to give vulnerable young people a future. MACS are a charity partner with EYH and in being so are able to give our young people amazing opportunities these include:

## HOUSING FUND

Young people can apply for financial support towards deposit up to £1500.

## BURSARY FUND

Young people can apply for bursaries of up to £500 to help toward training, education and employment.

EYH are constantly reviewing and adding programmes and funds to this - we will update when we receive more information.

See attached info sheet and application form for further information



For more information contact: 028 90 313163 or [info@macsni.org](mailto:info@macsni.org)



Looking for a job and need some extra support? Here's the place to start.



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

Do you live in the Belfast or Newtownabbey area and need help finding a job?  
Find a job that is right for you with our advice on where to search, CV's and much more.  
To find out more, contact our team on:  
**07484515353** or email [rodney.barbour@extern.org](mailto:rodney.barbour@extern.org)



## E-learning & One to One Support Available Now!



Do you have a conviction? Have you been furloughed? Would you like support with your education?

- Warehousing Safety
- Food Hygiene & Safety
- Starting a Business
- First Aid At Work
- COSHH
- Employability Support
- Disclosure Statements
- CV Writing
- Job Sourcing
- Interview Skills



#timeforchange

To register contact: 02890320157 or [workingwell@niacro.co.uk](mailto:workingwell@niacro.co.uk)

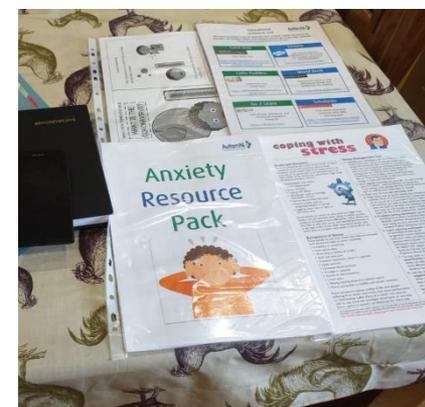




The South Eastern Trust Family Support Hubs are continuing to provide a bespoke support service to families during the COVID19 period.

1. Family Support is being provided by telephone/Zoom calls weekly for 4-12 weeks and covering:
  - Behaviour management advice and guidance including sleep disruption/boredom etc at this time
  - Household routines
  - Play skills
  - Practical support eg fruit and veg scheme, foodbanks, signposting to other service eg benefit entitlements
  - Visuals
  - Resource packs which include a social story about COVID19
  
2. Therapeutic Support is being provided by telephone/Zoom calls weekly for 4-12 weeks and covering:
  - Anxiety
  - Sleep advice and guidance
  - Routines, eating, exercise etc.
  - Confidence and self esteem
  - Anger
  - Containing and motivating parents so they become stronger and more able to cope with their child's behaviour

A range of therapeutic tools/strategies are used to help young children to explore feelings. Staff are innovative and creative in their approach to this ensuring that they tailor the work to the needs of each child. At this time evening calls are also taking place as the children are in bed or otherwise occupied to allow parents time to talk.



**Karen Otley**  
Family Support Co-ordinator (Trustwide)  
☎ Direct Dial: **02892501357/07525898223**  
✉ Email: [karen.otley@setrust.hscni.net](mailto:karen.otley@setrust.hscni.net)

**CASE EXAMPLE:**

Young boy, aged 5, was overwhelmed with school prior to COVID19 and even with visuals in place he was struggling to communicate his fears and anxieties. Parents reported a regression in behaviour and challenging routines since lockdown. Family Support Worker completed 4 sessions by telephone covering using the visuals more effectively, behaviour management and calm down techniques. She also suggested making up a sensory box and when and how to use that. A resource pack was sent out to the family which included a social story about COVID19, information on appropriate Apps and websites and tips for home schooling and being active. Outcome: Mum reported they still have good and bad days but things are much more settled, with a better routine in place. Mum found the resource pack very useful. Dad now more involved taking his son out for exercise.

**For further information on Family Support Hubs in your area?**

**Contact:** Helen Dunn, Regional Coordinator of Family Support Hubs Email: [Helen.dunn@hscni.net](mailto:Helen.dunn@hscni.net)