



COVID-19: Weekly Family Support Hubs Newsletter

This edition includes:

- CAUSE
- Addiction NI
- Action Mental Health – Top Tips for Social Distancing
- AWARE – How to De-Stress at Home
- Education Authority – Look After Yourself
- Action Mental Health – 5 Ways to Wellbeing During Social Distancing; Covid-19 Anxiety Acceptance; Covid-19 Anxiety Permission
- How to Nurture a Child's Mental Health
- Mindwise – Improving Emotional and Mental Wellbeing
- Adoption UK
- Family Links
- Special Needs Advice Centre (Senac)
- Family Fund – BBC Radio 4 Appeal
- Action for Children – Floating Support Service
- AWARE
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- QUB Student Wellbeing Service

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- STARC – The Coronavirus Psychological Wellbeing Study
- Community Crisis Intervention Service
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- Inspire Wellbeing
- Stress Control – Online Stress Control Sessions
- Mental Health Reminder
- YMCA Carrickfergus
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- Women's Aid ArmaghDown
- Rathcoole Area – Community Notice
- Live Here Love Here – Small Grants Scheme
- Winston's Wish – Guidance on How Schools Can Support Children and Young People During COVID-19
- Law Centre NI
- Women's Centre Derry – Personal Success and Wellbeing
- Victim Information Unit
- Family Support NI
- The Rainbow Project

This edition of the newsletter provides advice , resources and project updates as of 15th April 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 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

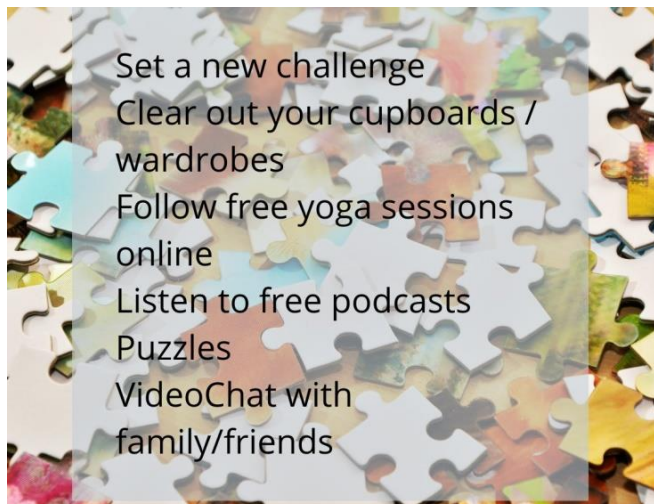
If you would like a service to be included in the next edition of the newsletter please send details to: cypsp@hscni.net



www.addictionni.com or
call 028 9066 4434

[f](https://www.facebook.com/addictionni) [t](https://twitter.com/addictionni) /addictionni





Set a new challenge
Clear out your cupboards / wardrobes
Follow free yoga sessions online
Listen to free podcasts
Puzzles
VideoChat with family/friends



Top tips for social distancing

How to de-stress at home



Have a bath to relax



Video call your family and friends



Play with your pet



Do a home - workout



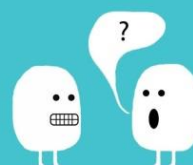
Clean and Organise



Journal your thoughts

AWARE
OVERCOMING DEPRESSION. CHANGING LIVES.

Look after yourself



Connect with others...

if you can use technology to stay in touch, use video chat, normal chat or message your friends...if you can. Check up on family and friends to see if they are OK. Use the time to improve your existing relationships.

Exercise...

Limit your time outside and keep your distance from other people; but still get fresh air in your garden, or go for a short walk, run or cycle. Also take care of your mind by meditating, or take time to work through any worries and connect with others for support. and keep to a daily routine if you can



Manage your mind.

While connecting with others or exercise can help, you can also learn a new skill or spend time on a hobby. There are a wealth of free tutorials online you can follow.

Eat well

With lots of free time it might be hard to keep the snacks to a minimum. Instead unleash your hidden Chef, follow video tutorials, make a pancake or 10, make a stew or treat your parents to something new. Try new foods, be healthy, try meat free Mondays or Fruit on Fridays!



#stayconnected

@eayouthservice
EA Youth Service



5 Ways to Well-being during social distancing

action
mental
health

Connect Connecting with friends and family may have to be via technology if you're in isolation, but looking after your social health can help boost your emotional well-being, we're all in this together



Be Active Even if you're stuck inside there are still things you can do to keep active. Create a list of tasks to do, follow online yoga or exercise classes. Doing these things will give you a sense of achievement

Take Notice Especially during difficult times it's important to check in with how we're feeling. Deep breathing helps our systems create happy hormones, endorphins, tricking our brains into making us feel a little more chilled



Learn it's a great opportunity to learn a new skill, instrument, language, history, games, adding new information / fun / skills to your life can not just give you a sense of achievement and self-worth, but can also help fight against boredom

Give Being kind during difficult times isn't always easy but it makes a huge difference! Do you have a neighbour who needs food delivered? Can you help out from a safe distance? It can be a small gesture that makes a big difference



© Action Mental Health 2020

Based on The Five Ways to Wellbeing which were developed by the New Economics Foundation

Covid-19 & Anxiety ACCEPTANCE

Many aspects of this situation are out of your control. You can't control whether others follow social distancing guidelines or the government's response.

Doing so will help free up headspace and allow you to focus on proactive strategies to help you adapt to this period.

While this is incredibly anxiety-provoking, it is something you need to acknowledge.



Covid-19 & Anxiety PERMISSION

You are allowed to feel sad, anxious, frustrated. Be gentle with yourself and show yourself the same compassion you would a loved one.

Your feelings will pass but only if you allow yourself to recognise them.

Give yourself some credit! You are doing the best you can under the circumstances.

Mindfulness can help, especially if you're feeling overwhelmed. Try the Apps Headspace or Breathe



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

Actively listen before offering your advice

Be patient

Share your feelings and validate theirs

Tell the truth

Model healthy behavior

Surround them with healthy adults

Be consistent and follow through with what you promise

Teach them how to be safe

Believe them and in them

Use open ended questions

Practice relaxation exercises together

Have scheduled family time

Limit electronic time for everyone

Reach out and hug them

Model forgiveness

Respond calmly when their emotions are elevated

View their behavior as a window to their needs and feelings

Make play and exercise a requirement

Recognize positive choices

Be present

Set and respect boundaries

Mental Fills



Mindwise work with new mums and children to empower whole families in improving their emotional and mental wellbeing.

Find Out More

adoptionuk
for every adoptive family

Adoption UK have collated resources for home schooling plus support with anxiety etc. which are available at

www.adoptionuk.org/pages/category/covid-19

There are additional national forums, group meetings and bespoke thematic webinars

For individual support to families, the local Helpline & Advocacy Support is still operating (**T: 9077 5211**), Peer Support Groups meeting virtually and the Advocacy & Support Officer is available to support those with specific challenges.



Keeping families connected at this time is vitally important. If you have a loved one in custody, Family Links is here to help. Through NIACRO it provides a range of advice & support.

Freephone 0800 169 2207 or
email admin@niacro.co.uk – you will be
contacted within 24 hrs.

<https://www.niacro.co.uk/family-links>



SENAC offer practical information and advice on getting the right help and support in school for children with learning difficulties and special educational needs.

**Parent Information Workshops
(Early Years)**

Mencap Children's Centre
5 School Road
Newtownbreda
Belfast
BT8 6BT
028 9069 1351

Monday 23rd April
9.30-10.30 am

Tuesday 24th April
9.30 -10.30 am and 6.30 -7.30 pm



On Sunday 19 April at 7.54am, TV and Radio broadcaster Jo Whiley presents the BBC Radio 4 Appeal for Family Fund to help disabled children live well through hardship.

[Find Out More](#)

**Floating Support
Service**



**Safe
as
houses**



Supporting young people living in Omagh and Fermanagh aged 16 – 25 that are homeless, at risk of homelessness or leaving care.

We listen to you
Meet when and where it suits you
Make Plans with you
Work with people that are important to you

Floating Support Service
2A Holmview Terrace
Omagh
County Tyrone
BT79 0AH

Telephone: 028 8225 9495
Instagram: sperrinandlakelandfss
Twitter: @actnforchildren

Charity nos. 1007940/SC038092 Company no. 4764232. © Action for Children 2020.



AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

**SUPPORT SERVICES
DURING COVID-19
OUTBREAK**

Weekly Online Support Groups
Meetings are held via Skype
Email info@aware-ni.org to
register your interest.



Support Email Service
info@aware-ni.org
Provides support and information.

Support Line
Monday - Friday 11am-3pm
Cherry - 07340488254
Caroline - 07548530931
Tom - 07759484268



Dedicated Coronavirus Webpage
aware-ni.org/covid-19-support
Useful information and resources.

www.aware-ni.org

**Clinical psychology
advice line**

For parents and carers during
the coronavirus outbreak

028 9615 1119
Mon-Fri: 9:30am to 4:30pm

HSC Belfast Health and
Social Care Trust
caring supporting improving together



Little tips for helping someone open up when something's up

When someone is carrying
around worries and difficult
feelings, it can feel very lonely

Having someone there to listen can help
them work through what's going on and
feel better able to cope.

You don't have to be an expert to help
someone open up when something's up.
The fact that you care is what matters.

Here are some tips to help you spot
when something might be up, open up
a conversation and be a good listener.

1 How to spot when something might be up

These are some of the signs that
someone may not be okay:

- Not wanting to do things they usually enjoy.
- Finding everyday things overwhelming.
- Not replying to messages, or being distant.
- Avoiding people or seeming quiet.
- Appearing restless or agitated.
- Easily tearful.
- Drinking or using drugs to cope with feelings.

2 How to open up a conversation

Don't be shy to ask how someone's feeling:

- Choose a good time, and somewhere without distractions.
- Use open questions that need more than a yes/no answer.
- 'How are things? I've noticed you don't seem quite yourself.'
- Listen well. 'How's that making you feel?'
- Avoid giving your view of what's wrong, or what they should do.

3 How to be a good listener

Showing you care builds trust
to open up:

- Make eye contact and put away your phone.
- Focus completely on the other person.
- Pauses are fine, try not to jump in to fill a silence.
- Say back what you think it is they are wanting you to hear.
- Resist putting your own interpretation on it.
- Don't give up. Sometimes it can take a few tries!

4 How to help someone get more help

If it feels like the person is really
struggling to cope:

- 'Would you like to get some help?'
- 'Have you tried your GP?'
- 'Would you like me to come with you?'
- 'Did you know you don't have to be feeling suicidal to call Samaritans?'
- 'Samaritans is free, 24 hours a day if you're feeling low or worried too.'
- 'If it helps, you can talk to me any time.'

Supporting someone in
distress can be distressing

Samaritans is here for anyone
who needs someone to listen.

Call free day or night on
116 123

Email
jo@samaritans.org

SAMARITANS

A registered charity



ARE YOU A QUB STUDENT IN NEED OF
EMOTIONAL OR PRACTICAL SUPPORT?

CHECK-IN WITH US

- Advice & Guidance
- Wellbeing Support
- Someone to Listen

- Practical Help
- Isolation Supplies
- Food Donations

Email us:
StudentWellbeing@qub.ac.uk

CALL US:
(Between 11:00am - 3:00pm)

07387 546 123



10 OPPORTUNITIES
DURING SOCIAL DISTANCING

@MOTHERCOULD

- | | |
|--|--|
| <p>1. Reconnect with your partner
Date nights at home</p> <p>2. Clean & organize closets
Prepare for donations</p> <p>3. Interview grandparents/elderly
Over the phone (please) & record it for generations to come</p> <p>4. Try new recipes
Perfect time for meal planning</p> <p>5. Start a toy rotation system
Store old toys & organize play space</p> | <p>6. Be a kid again
Be more present & fully engage in your child's play activities</p> <p>7. Family meal time
Disconnect to connect</p> <p>8. Call friends you haven't had time to
Just do it!</p> <p>9. Finish a home project
You know the one I'm talking about</p> <p>10. Make a life goals list
Prioritize & value what is important</p> |
|--|--|

The Coronavirus (COVID-19) Psychological Well-being Study



Are you **living in Northern Ireland or the Republic of Ireland** and **over 18**?

Are you aware of the ongoing situation as it relates to **COVID-19**?

Can you spare **20 minutes** to complete a **short survey** from your own computer or phone?

If you agree, we would also like to send you weekly reminders to complete additional **short surveys** that **take approx. 10 minutes**.

By joining our study, you will help us to understand the psychological well-being impacts of the coronavirus (COVID-19) situation on the people of **Northern Ireland and the Republic of Ireland**.

As a thank you for completing our surveys we will enter you into a prize draw for one of three **£150 Amazon vouchers**.



To find out more and complete the survey, visit:
https://qubpsych.eu.qualtrics.com/jfe/form/SV_1OpCloUPlbg8B0N





**if you need
someone to
listen.... we
have the
time.**

**CCIS
028 71 262 300**



Autism NI
Northern Ireland's Autism Charity

Contact Number:

02890401729 (Option 1)

Website:

www.autismni.org

Opening Times:

Monday - Friday 9am – 5pm

More Info:

Autism NI is Northern Ireland's Autism charity. A vital and much in demand service is our Autism NI Helpline, this is often the first point of contact pre and post diagnosis. The challenge for many is finding out what relevant services there are locally, what resources have been useful to others, who the local professionals are and what they do and how to access further information or services. Individuals, parents and professionals use the service to seek information on a wide range of issues related to Autism. Providing practical and emotional support, a listening ear, enhancing networks and coping mechanisms, the Autism NI Helpline bridges families to appropriate services in their area.

We're here to support your wellbeing

Access to 24hr Telephone Support

Telephone and Online Counselling

Instant access to online
Wellbeing Support Tools

Online Training Support
and Webinars



We are...#TeamInspire

<https://www.inspirewellbeing.org/>



CORONAVIRUS (COVID-19)



Your mental health is important

**FREE ON-LINE STRESS CONTROL
classes available from April 13th**

Visit www.stresscontrol.org for more details



[Further Information](#)



More Than Mental Health **Covid-19** *More Than Mums*
Mental Health Reminder

Get Dressed Even if it's just into comfort clothes, this will help you feel more productive and less in a rut.	Do Your Hair/Makeup Even if you're not going anywhere this can help make you feel "normal" in a very chaotic time. People also often feel relaxed when doing hair or makeup and you deserve that.
Eat New Healthy Recipes If you can, eat a variety of food and try different recipes. This will give your day variety and keep your body feeling healthy.	Get Some Fresh Air Fresh air will help you not feel so cooped up or "stuck" in your home. Getting outside would be best but even standing at a window will be beneficial.
Be Creative Try doing new activities or bring back old ones. Getting creative is a great way to keep your spirits up and your mind relaxed.	Unplug Everyone everywhere is talking about the virus. Turn off your devices and get some well deserved time away.
Stay Connected Even though we can't go visiting, make sure you stay connected. A good way is Video chatting or even just a phone call. This will help you and the people you are talking to feel less isolated.	Reach Out Mental health is always important but it is especially important during times like this. Reach out if you need to and remember to check in with your friends and family. We are all in this together!

 **Law Centre NI**

Legal advice lines are open as normal

Call: 028 9024 4401

Social Security / Employment / Health & Social Care / Immigration & Asylum

 **ymca carrickfergus**

Social Support Mentoring

CONNECT
 TALK & LISTEN, BE THERE, FEEL CONNECTED
TAKE NOTICE
 REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY
KEEP LEARNING
 EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF
GIVE
 YOUR TIME, YOUR WORDS, YOUR PRESENCE
BE ACTIVE
 DO WHAT YOU CAN, ENJOY WHAT YOU DO, HAVE YOUR FUN

 @carrickymca  ymca.outreach



 **ACCORD**
 ACCORD COUNSELING SERVICES LTD

COVID-19 COUPLES & RELATIONSHIPS SUPPORT LINE



IF YOU NEED TO SPEAK TO AN EXPERIENCED COUPLES & RELATIONSHIPS COUNSELLOR DURING THIS TIME OF UNPRECEDENTED STRESS AND PRESSURE ON FAMILY LIFE...

Contact:
028 9568 0151
 9.00 am - 8.00 pm, Monday to Friday
 All calls charged at local rate.

 **DHSSPS**
 Department of Health, Social Services and Public Safety

Accord NI Company No. NI627165 Charity No. NIC102330




SMALL GRANTS SCHEME

The Live Here Love Here Small Grants Scheme is an incredible opportunity for local communities to apply for a grant between £500 to £5000 to improve their environment and promote a cleaner, greener and safer place to live

To find out more and to complete the online application form go to
www.livehereLovehere.org/smallgrantsscheme

APPLICATION DEADLINE
18th May 2020

[Find Out More](#)

LIVE HERE LOVE HERE

PLEASE HELP

women's aid
armaghdown
the opportunity to make a difference

WE ARE RUNNING LOW ON FOOD

WE NEED THE FOLLOWING ITEMS...

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

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

HELLO! If you are self-isolating, we can help.

If you are self-isolating due to COVID-19, we can help you with (the elderly will be given priority)

- ☐ Picking up shopping
- ☐ Posting mail
- ☐ Urgent supplies
- ☐ Collecting prescriptions/medication
- ☐ A friendly phone call

Just call or text and we'll do our best to help you (for free!)

02896 208284 / 07484 312120
info@safespacetobeme.co.uk

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

Crumlin Community Hub



East Belfast Coronavirus Community Support



We are a group of ministers, politicians and community activists seeking to support local responses to the crisis and co-ordinate efforts to ensure all people can access help.

HELLO, EAST BELFAST

Should you require support with any aspect of daily life; are currently self isolating; a vulnerable person or just need to talk to someone for advice, please phone.

07783631110
 or
07783631114

There are many volunteers willing to help and support you, just give us a ring.

If you do not use a computer or have access to social media, please call and leave your phone number and we will make contact with you.

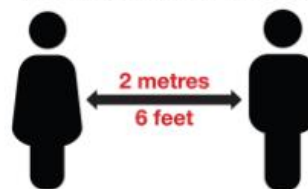
WE CANNOT PROVIDE MEDICAL HELP / ADVICE

We are here to Support you to
 Stay at home to Stay Safe

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

WINSTON'S WISH WW

Giving hope to grieving children

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

[View Here](#)



Women's Centre Derry

Personal Success and Wellbeing

TAKE CARE OF YOURSELF

Achieve Qualification Online

- Be Active
- Keep Learning
- Take Notice
- Connect
- Give

Email raynadowney@womenscentre.co.uk

European Union European Social Fund Northern Ireland

Department for the Economy www.economy-ni.gov.uk

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

www.thewomenscentre.co.uk

tel: 02871 267672

RATHCOOLE AREA Community Notice

Have you received a Shielding Letter from your GP?

The Department of Communities recently announced it would be providing weekly food parcels to the most vulnerable in our society. Antrim and Newtownabbey Borough Council will be receiving some of these packs and distributing them to each District Electoral Area.

Anyone who has received a "Shielding Letter" from their GP in the Rathcoole Area should contact the following number tomorrow, Wednesday 8th April, to receive their food parcel.

02890 866 385 between 2.00 and 5.00pm

Stay at Home, Stay Safe. Wash your Hands.

[#Rathcooleinthistogether](#)



COVID-19 Belfast Community Helpline

Belfast City Council

We are working closely with a wide range of community, voluntary and statutory service providers across Belfast to make sure that our residents' needs can be supported during this time. If you are a Belfast City Council resident, please contact our helpline if you need help with:

- Food parcels**
- Advice**
- Prescription pick-ups**
- Emotional support**

Belfast Community Freephone Helpline **0800 587 4695**

Alternatively, email: Covid19@belfastcity.gov.uk
For advice or assistance on coronavirus, visit: www.pha.site/coronavirus or call 111.

EMERGENCY CONTACTS

If you require urgent help outside of office hours:

Women's Aid
028 9066 6049

Childline
0800 1111

Lifeline
0808 808 8000

NSPCC Helpline
0808 800 5000

Men's Advisory Project (MAP)
028 9024 1929

The Rowan Sexual Assault Referral Centre
0800 389 4424

Domestic & Sexual Violence Helpline
0808 802 1414



Falls Community Council
02890 202030
West Belfast Community Safety

Virtual Visiting is a great way to help us fight COVID-19



We have free WIFI across our sites so why not take advantage of this and visit your loved one virtually!

Our staff will assist patients to set this up on their devices if they can, but please remember to be patient as our staff must prioritise clinical work and patient care.



Are you concerned about the welfare of a child?

Please contact:

Belfast Children's Gateway Team:
028 9050 7000
(9am-5pm, Monday to Friday)

RESWS: 028 9504 9999
(5pm-9am, Monday to Friday;
24 hrs Saturday/Sunday/bank hols)



COVID-19 General Numbers

Pregnancy Helpline 028 9442 4859	Podiatry Helpline 07768 142189	Donations 028 9442 4673	Diabetes Helpline 028 9536 0600
Macmillan Information & Support Services 028 9442 4000 Ext 333 079 / 334 046	Paediatric Autism Helpline 028 2563 3777	Breastfeeding Helpline 028 9083 1408	

More info at <http://www.northerntrust.hscni.net>



SENSORY SERVICE

Regional service to support children and young people who are Hearing Impaired, Visually Impaired or Multi-Sensory Impaired. The team is made up of teachers with specialist qualifications working with children and young people with sensory impairment.

Further information about EA's sensory service and how they will be working in the coming weeks, during the period of school closure can be found at <https://www.eani.org.uk/services/pupil-support-services/sensory-service>.

SAFER SCHOOLS Department of Education Northern Ireland

The Department of Education Northern Ireland Safer Schools App Supporting parents and carers to keep the children in their care safer online.

Educate • Empower • Protect

Download the Safer Schools App for free today and log in using the QR code

Parents / Carers - Primary www.ineqe.com/safer-schools-ni

Parents / Carers - Secondary





victim information schemes

KEEPING VICTIMS INFORMED

Victim Information Unit

Telephone
03001233269

Email
victiminfo@probation-ni.gov.uk



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

For further information on Family Support Hubs in your area?
Contact: Helen Dunn, Regional Coordinator of Family Support Hubs
Email: Helen.dunn@hscni.net



WE'RE HERE TO SUPPORT YOU THROUGH THIS

OUR SEXUAL HEALTH SERVICES ARE STILL AVAILABLE



You can DM us on social media for confidential sexual health advice or email Leo@rainbow-project.org

You can request a safer sex pack online:

<https://www.rainbow-project.org/get-a-safer-sex-pack>

Or leave a message on 028 90 31 90 30 and we'll get back to you asap

Daily Updates

[Click here to stay informed](#)

