



Special COVID 19 Family Support Hubs Newsletter

This edition includes:

- NSPCC
- Volunteer Now
- EA Free School Meals
- NHS Mental Wellbeing audio guides
- Winston's Wish
- HSC Bereavement Network
- Childline
- Helplines NI
- Daisy
- Steps to Change
- Prison Services
- Downs Syndrome Association
- Autism NI – Why do I have to stay at home?
- Autism NI - Anxiety Resource Pack
- Marie Curie When someone dies
- Unofficial guide to Home education
- COVID-19 Community Helpline
- EISS support
- Spar/Eurospar Home Deliveries
- Causeway Foodbank
- Young Adult Carers
- Libraries NI

This edition of the newsletter provides advice , resources and project updates as of 30th March 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

Worried about a child?
Contact our helpline

0808 800 5000
help@nspcc.org.uk

COVID-19



Organisations in Northern Ireland...

Upload your Covid-19 related opportunities to
www.volunteernow.co.uk

More info at:
<http://bit.ly/2Uh0u72>

#HelpEachOther



Does your child receive **FREE SCHOOL MEALS?**

The Executive has agreed to the provision of payment (£2.70 per day) for each pupil/student who is entitled to Free School Meals.

EA is preparing to make **fortnightly payments** to entitled families direct to their bank account.



Mental wellbeing audio guides

The NHS has developed a series of mental wellbeing audio guides to help you boost your mood: -

[Read More](#)



Helplines NI
listen. support. inform

Links to all the Helplines across Northern Ireland, aiming to provide advice and support for families.

[Visit site](#)



WINSTON'S WISH

Giving hope to grieving children

WINSTON'S WISH CHILD BEREAVEMENT SERVICE

Winston's Wish supports bereaved children, young people, their families, and the professionals who support them.

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

<https://www.winstonswish.org/coronavirus-funerals-alternative-goodbyes/>

<https://www.winstonswish.org/coronavirus-supporting-bereaved-children-and-young-people/>

Freephone on line chat is available in Northern Ireland, as is our helpline which you can call Monday to Friday 9-5 on our Freephone number **08088 020 021**

Barnardos Child Bereavement Service

Supporting children and young people and their families/ carers who have been bereaved including those who have experienced traumatic and sudden death.

Tel: 02890668333

Address:

23 Windsor Avenue

BELFAST

BT9 6EE

Advice Line for children ,parents and carers

Monday /Tuesday and Friday

Tel. 07867372711



Welcome to the Bereavement Network

The HSC Bereavement Network website has been developed to provide information and guidance for those who care for and support dying people and their loved ones around the time of and after death. It is recognised that the quality of care and support received around the time of death and afterwards can impact on the grieving of bereaved people therefore it is hoped that the site will be useful to staff/volunteers in statutory, private and voluntary/community sectors working in this field as they seek to enhance their awareness, knowledge and practice.

[Read More](#)



The Childhood Bereavement Network supports professionals working with bereaved children and young people, with information updates, key resources and networking opportunities

[Read More](#)



When someone dies

[Download Here](#)

Practical and emotional help at a difficult time



The Irish Childhood Bereavement Network

The Irish Childhood Bereavement Network (ICBN) was founded in 2012 as a hub for those working with bereaved children and young people, and their families.

[Read More](#)



Looking after your mental health while you stay at home

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

To support the fight against Covid-19, we have been advised to stay at home. With our usual social activities on hold for the moment, it's very important that we look after our mental and emotional wellbeing.

As we begin this journey together we ask you to listen to the public health guidance and stay safe, look out for each other and look after your mental health. This is temporary and there are brighter days ahead! [Click here to download Take 5 Advice](#)



"Addressing drugs and alcohol together"



[Download Here](#)

Northern Ireland Drugs & Alcohol Services Directory





Drug and Alcohol Intervention Service for Young People (DAISY) is still providing services for young people and young adults to help reduce the harm caused by their substance use.

Services will now be provided through telephone and online interventions.

For any support, advice or to make a referral please contact **07923129559** or info@start360.org. Start360 take self-referrals, or referrals from friends, family members or professionals such as GPs or teachers.

You can find further updates on www.start360.org or Facebook @Start360org or @NIDACTS



Services will be delivered through telephone/skype to provide continuity for the Steps to Change (Adult Services) and Daisy Services (Youth Treatment) across the Western Trust area.

ASCERT are asking that where possible, referrals be made by email to clare@ascert.biz or, as a last resort, by telephone **0800 2545 123**.

You can also contact me at Western Connections (connections@wdact.info) for further information on accessing different services.

We will continue to keep you up to date on developments, alternatively you can access information through www.ascert.biz or on Facebook & Twitter: @ascertni or @NIDACTS.

Please note that these services also accept self-referrals.





THE MOST IMPORTANT THING YOU CAN DO IS REASSURE CHILDREN THAT MUM OR DAD IS SAFE AND WELL.



Children may be anxious about mum or dad getting the virus. Let them know that people in prison will also be seen by doctors and nurses if they get sick, just like at home.

Children may worry mum or dad aren't getting enough food to eat (especially if they are watching scenes of panic buying in the shops). Let them know this isn't the case and reassure them there is enough food for everyone.

Children may worry mum or dad are lonely because they can't visit them. Let them know that mum or dad is missing them, but they also understand visits are cancelled to keep everyone safe and they are OK with this.

Children take their lead from the adults around them. If you can remain calm and stay positive that helps them feel safe and secure too.

Doing all of this on your own especially when you may have less contact with family and friends can be difficult.

- Our staff are experienced at working within the prison system and are available to:
- Listen
 - Provide you with information
 - Make suggestions on managing situations
 - Offer emotional support

PLEASE GET IN TOUCH BY PHONE OR TEXT AND WE WILL CALL YOU BACK

Maghaberry:
Michele:
 07740515042
Charmaine:
 07594512284

Magilligan or Hydebank Wood:
Judith:
 0776350036



**S
T
A
Y

S
A
F
E**



Coronavirus

[Read More](#)

What is it? How to stay safe?

Easy Read

CORONAVIRUS (COVID-19)

WE ALL MUST DO IT TO GET THROUGH IT

STAY HOME KEEP DISTANCE WASH HANDS

Join the Covid-19 Community Support Helpline delivered by Advice NI and supported by the Voluntary & Community organisations across Northern Ireland. [Read More](#)



Why do I have to stay at home?



Easy to read advice about why you should stay at home.

[Download Here](#)



Staff are still carrying out 121's, assessments and reviews by Skype, Microsoft teams and What's app which has been well received by the young people and their families

[Read more](#)



Anxiety Resource Pack



Autism NI have created an 'Anxiety Resource Pack' which includes the Body Outline chart, the 5Point Scale, the Sticky Slimy Thoughts chart and a list of coping tools that individuals can choose from.

[Download Here](#)

THE UNOFFICIAL GUIDE TO LOCKDOWN #1 HOME EDUCATION

Sally Donovan, author of No Matter What and The Unofficial Guide to Therapeutic Parenting

If home education threatens to de-stabilise and rupture the relationship with your child, don't do it. Focus on low pressure, low demand, fun activities. If that's too much, rely on screen time and biscuits, whatever it takes to reduce anxiety and confrontation. Forget what everyone else is doing and sharing - the amazing science experiments, the piles of completed worksheets - this is a time of crisis. If in doubt, put relationships and safety first and the learning will come.



www.flaticon.com

Guidance
Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak

This advice is to help adults with caring responsibilities look after the mental health and wellbeing of children or young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) outbreak.

[Read More](#)

Free access to children's eBooks

Available to download to your tablet or mobile device in minutes



[Read More](#)



Daily Updates

[Click here to stay informed](#)



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

SPAR / EUROSPAR Home Deliveries



We're there for you, just down the road when you need us.

If you're in a vulnerable group and can't get to store for your essentials, please let us lend a hand.

Many stores are now offering a home delivery service to help shield you from the virus.

To see if your local store offers this service please click on the link <https://www.spar-ni.co.uk/home-delivery>

For further information on Family Support Hubs in your area?

Contact: Helen Dunn, Regional Coordinator of Family Support Hubs

Email: Helen.dunn@hscni.net