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
Mental wellbeing audio guides

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

[Read More]

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

[Visit site]
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/

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
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

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
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 toclare@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
Magilligan or Magilligan or Hydebank Wood: Judith: 0776350036
Charmaine: 07594512284

Coronavirus
What is it? How to stay safe?
Easy Read

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

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.

Download Here

Download Here

Read more

Read More
For further information on Family Support Hubs in your area?

**Contact:** Helen Dunn, Regional Coordinator of Family Support Hubs

**Email:** Helen.dunn@hscni.net