

NACN'S BULLETIN BOARD

North Antrim Community Network
Old School, Mill Street, Cushendall

8th January 2013
Tel: 028 2177 2100

This bulletin contains information on:

- FARM FAMILY HEALTH CHECK PROGRAMME ROADSHOW
- HOPE CENTRE IN-SYNC PROGRAMME 2013
- YOUTH SERVICE BALLYMENA AND MOYLE AREA ACTION PLAN CONSULTATION
- EVERYDAY CHALLENGES FACING EVERYDAY PEOPLE TALK
- SUICIDETALK & SAFETALK WORKSHOP
- NORTHERN AREA FREE TRAINING WITH NICMA
- CARRICKFERGUS YOUTH FAIR
- SEXUAL HEALTH UPDATE TRAINING
- THE INTOXICATED CLIENT KEEPING THEM SAFE WORKSHOP

[FARM FAMILY HEALTH CHECK PROGRAMME ROADSHOW](#)

We are currently working with the Northern Trust, Public Health Agency and DARD on the Farm Family Health Check Programme which promotes a healthy lifestyle. The Roadshow is an opportunity to have a Health MOT with access to health screening services, providing health related advice and information and signposting to existing services for further advice and support. We would appreciate if you could make us aware of any well established community events, which have a set date; that the programme could link into, during the year, commencing January 2013.

We are looking for rural gatherings, village fun days and fairs etc, not car boot sales.

You are best placed to know what is happening in the Larne, Ballymena, Ballymoney, Coleraine and Moyle Council areas.

We would appreciate any information about your community events and we can follow up with the possibility of the Health Roadshow attending.

For further information please contact Sandy Wilson at North Antrim Community Network email sandy@nacn.org or phone 028 2177 2100.

[HOPE CENTRE IN-SYNC PROGRAMME 2013](#)

Two Programmes as follows:

Starting Saturday 12th January 2013 - Finishing Saturday 16th March 2013

For 11-17year olds - Open to males and females

Start time 10am @ Hope Centre

Finish time back @ Hope Centre 2pm

This programme will run for 10 Saturdays in a row. The first half of each day will be workshops covering: health check, drug & alcohol awareness, self harm/suicide awareness, life choices, looking after your mental health, confidence building, diet & nutrition, personal development. These will then follow with an outing to Red Dragon Gym in Antrim to take part in the safe learning of kickboxing and have the chance to be graded to the first belt of kickboxing (Red Belt). Only 14 places

10 week programme

Starting Saturday 12th January 2013 - Finishing Saturday 16th March

For 11-17year olds - Open to males and females

Start time 2.30pm @ Hope Centre

Finish time back @ Hope Centre 6.30pm

This programme will run for 10 Saturdays in a row. The first half of each day will be workshops covering: health check, drug & alcohol awareness, self harm/suicide awareness, life choices, looking after your mental health, confidence building, diet & nutrition, personal development and a lot more. These will then follow with an outing to Spartan Boxing Club in Ballyclare to take part in the safe learning of boxing. Only 14 places

Contact Leigh at the Hope Centre A.S.A.P to book a place or to enquire for more information 02825632726 - leigh@hopeballymena.com

YOUTH SERVICE BALLYMENA AND MOYLE AREA ACTION PLAN CONSULTATION

ESA and Area Action Plans

As you may already be aware as the five NI Education and Library Boards move toward one Education Skills Authority (ESA) in 2013 there may be many changes in service delivery, funding and procedures. One of the changes that we have been tasked with undertaking within the Youth Service is to complete a formal Needs Assessment of each Council area and submit a subsequent Youth Service "Area Action Plan".

Adult Consultation Events

During the latter part of 2012 the Area Youth Office Team (using a variety of statistics and consultations) has completed an Area Needs Assessment in relation to young people within the Local Government District Council Area which your organisation currently operates. During November and December we drafted an Area Action Plan which will be used to target the delivery of youth provision in Ballymena and Moyle over the next 3 years to March 2015. As part of this process we now intend to consult other youth organisations, providers and stakeholders on the content of that Area Action Plan and would like to invite you or a representative from your organisation to attend a local consultation event.

Young People's Consultation Event

We also intend to host a young peoples' consultation evening on 16th January and would appreciate it if you could encourage some young people that you engage with to attend a separate youth consultation event aimed at 14 years of age +. It would be appreciated if your group could support and encourage 2 or 3 young people to attend (an adult should accompany the young people if under 18 yoa). Each event will start at 7.00pm finishing about 9.30pm and will involve a mix of Discussion, PowerPoint presentation and Quizdom (Who wants to be a millionaire technology).

To help with planning please email me at Tommy.Dallas@neelb.org.uk by 10th January 2013. Given the importance of these events it would be particularly helpful to have representatives from Church Groups, Uniformed Groups and Voluntary Sector groups at each event.

Venues and Dates

EVENT DATE /Time	VENUE/Location	Target Group
Monday 14 th January 7.00pm – 9.30pm	The new "Glens YC" Cushendall (Old St Aloysius School) Moyle	ADULTS
Wednesday 16 th January 7.00pm – 9.30pm	Ballykeel YC (Ballymena)	Young People aged 14+
Monday 21 st January 7.00pm – 9.30pm	Ballymena Youth Office (Ballymena)	Adults

For further information please email Tommy.Dallas@neelb.org.uk

EVERYDAY CHALLENGES FACING EVERYDAY PEOPLE TALK

Dunclug Partnership invites you to:

A Talk by Conor McCafferty (ZEST)

Date: Monday 28th January

Time: Doors 7:00pm Starts 7:30pm – 9:00pm

Venue: All Saints Parish Centre Cushendall Road Ballymena

Everyone Welcome

Refreshments will be provided

Sometimes we need advice and support to get us through more difficult times or to help gives us an insight in supporting our friends and family.

Dunclug Partnership are delighted to invite you to an enlightening talk delivered by Conor McCafferty, a renowned therapist, trainer and facilitator who will address issues that affect everyone in these modern times.

SUICIDETALK & SAFETALK WORKSHOP

Delivered by: Aine Wallace - Dare to Stretch

Date: Monday 30th January 2013

Time: 9:30am – 4:00pm

**Venue: All Saints Parish Centre, Cushendall Road, Ballymena
(Lunch will be provided)**

This **FREE** one day workshop will enable participants to gain certification in both SuicideTALK and SafeTALK:

The Workshop will help participants to:

- Dispel myths in relation to suicide prevention
- Increase participant's awareness of the key messages in relation to supporting someone at risk of suicide
- Encourage participants to begin to think about the things that they can do to prevent suicide within themselves, their team and their community.
- Know the signs and indicators of suicidal thoughts
- Cover the helping steps

T: Tell

A: Ask

L: Listen

K: Keepsafe

The one day workshop is ideal for many staff and volunteer teams who seek an introduction to the subject and a 4 step model to help identify persons at risk of suicide, to support them and to enable caregivers to link persons at risk of suicide into supports for suicide. **For more information on this workshop please contact:**

Colum Best, Dunclug Partnership on 028 2563 2189 or columbest@hotmail.co.uk

NORTHERN AREA FREE TRAINING WITH NICMA

Registered Childminding provides high quality childcare and learning within home-based settings for children aged 0 - 14 years. It is the most popular - and affordable - form of full-time childcare in Northern Ireland accounting for 61% of full-time daycare places and 39% of all childcare places. For further information on this training please contact **Clare McKay NICMA Childminding Development Officer on 077 39753188.**

CARRICKFERGUS YOUTH FAIR

Carrickfergus Children and Young Peoples Locality Group and Raising Attainment Group

are offering you the opportunity to take part in a Youth Fair focused on raising educational attainment and positive choices.

This event is a chance to showcase your service to all 15-16 year olds attending the 4 local post Primary Schools.

CARRICKFERGUS YOUTH FAIR

Oakfield Leisure Centre

Tuesday 12th February 2013

9.30 am - 4.30pm

If you would like additional information about this event please contact Mary-Frances Bell, CYPSP Programme Support Officer email maryfrances.bell@northerntrust.hscni.net or telephone 028 2563 6602.

SEXUAL HEALTH UPDATE TRAINING

Aim of the Session

To provide an update on issues around contraception, sexually transmitted infections (STIs) and working with young people.

Target Group

This session will target those whose work involves sexual health promotion.

The training session will be held on: **Wednesday 27th February 2013**

1.30pm - 4.30pm (Registration 1.15pm)

Tweed Room, Robinson Hospital, Ballymoney

For more information on this training please contact: Gemma Lutton, Programme Support Officer Northern Health & Social Care Trust, Health Improvement Service, The Naomi Centre, 2 Cullybackey Road, Ballymena, BT43 5DF Tel: **028 2563 6600** Email: gemma.lutton@northerntrust.hscni.net

THE INTOXICATED CLIENT KEEPING THEM SAFE WORKSHOP

Essential practitioner training for GPs and other professionals who are presented with at-risk and vulnerable clients and patients.

This free skills-based training has been funded by the Public Health Agency and is essential for practitioners coming into contact with at-risk individuals/patients/clients.

We are prioritising a high number of places for GPs and GP Practice Staff. The training will be an opportunity for Cross-Sector Practitioners to bring their skills and knowledge to the wider community and to network with other professionals dealing with intoxicated individuals at risk of self harm.

The training will be delivered by Conor McCafferty from Zest. Conor has completed a qualitative study on the effect of alcohol abuse on self-harm and suicidal behaviour as part of the MSc award in Counselling and Therapeutic Communication at University of Ulster which was published in 2010. Conor has over 10 years experience of delivering training workshops on the issue of self-harm and suicidal behaviour as well as speaking at numerous conferences throughout Northern Ireland and the Republic of Ireland.

Date of training

Thursday 7 March 2013, Dunanney Community Centre, Rathcoole, Newtownabbey

For further information and a registration form, please contact Geraldine Wills at Causeway Rural & Urban Network Tel: 028 7034 4934

Email: Geraldine@crun.org

PLEASE MAKE SURE TO PASS ON INFORMATION IN THIS BULLETIN BOARD TO OTHER RELEVANT GROUPS IN YOUR AREA