



**Help for the
Months Ahead**

**YOU
GOT
THIS**

**Websites to keep your kids
busy, and local organisations
to support you!**

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

| Helping families

**Believe in
children**


 **Barnardo's**



Help and advice for children and families in difficult situations



For advice via web chat go to:
www.parentingni.org/parents/support-line/




Support Line

Listening to you and offering reassurance on freephone 0808 8010 722.




Programmes and workshops for parents

Including the Odyssey, Parenting Your Teen programme.



Family Support Services

Support for families including Big Lottery funded **Families Together** and **Dads Project**.




Parental Participation

Allowing parents to have their say on issues affecting them.



Employee Wellbeing

Giving organisations the tools to support their parent employees.



Training

Training for professionals working with parents and families.

Covid-19 has thrown our lives, communities and the UK into crisis. Before Coronavirus hit there were already more than four million children in the UK locked in poverty. Now there are vulnerable families in every local community who have reached breaking point. Many are unable to afford basic essentials such as food, nappies, cleaning products, gas or electricity.

At Action for Children, we're more determined than ever to support those who need it most. We're supporting families to cover the cost of the basics.



How to access this support

Phone: 02890 460 500 (open 9am to 5pm, Monday to Friday)

Email Address

ask.us@actionforchildren.org.uk

Telephone number

028 9046 0500



Type of support for people

Emotional or social support (e.g. befriending)

Food / grocery / prescription delivery

Information and advice

Providing emotional support to people affected by Covid-19

National Psychosocial Support Line Number

0808 196 3651 Open 7 days a week 10am – 6pm

trained volunteers can help people who are experiencing emotional distress.

Providing direct support to individuals & families

If you are an individual who needs help with food, welfare, emotional support you can contact us on by emailing

redcrossNlcovid19@redcross.org.uk or by calling 07710

732975. This email will be monitored 7 days a week between 8am – 6pm.



<https://www.camhs-resources.co.uk/>

This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being. I hope that you find it helpful.



Our website offers information and support on looking after your mental health during coronavirus - <http://www.mindwisenv.org/>

Our Mental Health and Money Advice services offers telephone advice on benefits, debt and money. Call us free phone 0808 801 0373

How to access this support

On our website - www.mindwisenv.org For money advice - 0808 801 0373

Email Address

communications@mindwisenv.org

Telephone number

[02890402323](tel:02890402323)

a place FOR ME to be ME

Access Childline's online services.

These include:

- 1-2-1 chat with a counsellor
 - 'Ask Sam' problem pages
- Private locker - a personal area to write down your thoughts.

**Download the
FOR ME
app for FREE!**





YoungMinds are leading the fight for a future where all young minds are supported and empowered, whatever the challenges.

Are you a young person in crisis?

Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis.

If you need urgent help text YM to 85258

All texts are answered by trained volunteers, with support from experienced clinical supervisors

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.



Need to talk?

Drop in service is available from
12:30-1:30pm Mon-Thurs

Call 028 38342825 to speak to a school counsellor

www.linkscounselling.com/schools-counselling
#noonejourneysalone



linkscounselling



linkscounsel



linkscounselling

Cruse is a national charity that provides advice, information and support to anyone who has been bereaved, whenever or however the death occurred. Our vision is that all bereaved people have somewhere to turn when someone dies.



The death of someone we love is likely to be one of the most distressing experiences we will ever face. When someone dies, a relationship is lost, a process of change begins, and we move towards a new and largely unknown situation. Our mission is to offer support, advice and information to children, young people and adults when someone dies and to enhance society's care of bereaved people. The service we offer is provided by trained, experienced volunteers, and is confidential and free.

Contact details

northern.ireland@cruse.org.uk

02890 792419

<http://www.cruse.org.uk/northern-ireland>

<https://twitter.com/CruseNI>

NSPCC



Talk to the NSPCC

For advice and support about a child,
or to report a concern, talk to us.
It's free and you don't have to say who you are.

0808 800 5000

help@nspcc.org.uk nspcc.org.uk/helpline

EVERY CHILDHOOD IS WORTH FIGHTING FOR

©2020 NSPCC. Photography by Tom Hall. The NSPCC helpline is a free, confidentially operated service. 24 hours, 7 days a week. NSPCC is a registered charity.

Here to help...

Are you or someone you know struggling with the affects of the Coronavirus outbreak?

We have a team of volunteers ready to help!

We are a local organisation and registered charity based in the centre of Armagh.

How can we help?

- ☒ A Friendly Phone Call
- ☒ Picking Up Groceries & Delivery
- ☒ Prescription Collection
- ☒ Family Support
- ☒ Emergency Food Supply
- ☒ Prayer

CALL OR EMAIL US FOR HELP
IAN 07515 571385 OR HELP@VIBENI.COM

If you would like to volunteer or donate food please get in touch. To give please visit www.vibeni.com/giving/ or Text 'VIBECARE' to 70085 to donate £5. This costs £5 plus a std rate message. You can opt to give any whole amount up to £20. Thanks!



We're here to help families

We can advise you on the best form of financial help towards the cost of childcare

0800 028 3008

**Employers
For Childcare**



SUPPORTING LGBTQ+ YOUTH

Contact Cara Friend



CORONAVIRUS UPDATE

Our offices are currently closed due to the coronavirus pandemic, our team are working from home and can be contacted by emailing admin@cara-friend.org.uk

Our offices will re-open on April 6th, all being well.

If you are in distress and need to speak to someone urgently please call Lifeline on [0808 808 8000](tel:0808 808 8000). Thank you.

WHO WE ARE

Cara-Friend has been serving the LGBTQ+ community in Northern Ireland for over 40 years. We provide regional LGBTQ+ youth groups across Northern Ireland, one-to-one support for individuals, LGBTQ+ awareness training for professionals and volunteers working in a variety of different areas, community development, the LGBT Switchboard, and the LGBTQ+ Inclusive Schools Programme. We also have a range of resources on this website to help young people, and those supporting young people who are LGBTQ+. Have a look around our website for more information, and feel free to contact us if you have any queries!



Children & Young People's Strategic Partnership



INFORMATION FOR FAMILIES

A Family Support Hub is a network of organisations that help families who need support. They use their knowledge of local service providers to signpost families with specific needs to an appropriate service.

For further information about the Family Support Hub in your locality please contact:

ARMAGH/ DUNGANNON HUB

Pat McGeough
Young People's Partnership Barnardos
15 Abbey Street, Armagh,
BT61 7DX
Tel: 02837510122
Email: familysupporthub@barnardos.org.uk

In this together...
emerging stronger

Welcome to Off School, a free website full of ideas for home learning and fun activities. Head to the Activity Zone for 100s of films, created by teachers, across loads of great topics and themes!

<https://offschool.org.uk/> supports you to plan your time at home by providing:

- 100s of videos created by teachers that demonstrate fun, quality activities that can be recreated at home.
- Teacher-recommended downloadable resources.
- Links to great websites that support families across lots of topics and themes.



Boost your child's education over the summer with Zone In!
<https://literacytrust.org.uk/family-zone/zone-in/>

TEDEd

Discover Create Support

Feed your child's curiosity

TED-Ed provides everything you need to spark and celebrate your child's ideas.

Get Started

Create a free account with Ted-Ed and introduce your child to a whole new world of education this summer!
<https://ed.ted.com/parent>



Corbettmaths

Still stuck on Maths? Let corbettmaths.com/ support you and your child with free user-friendly videos and quizzes this summer



A free 15 part course at <https://www.intofilm.org/screenworksonline> could prepare your child for a career in film, television or radio this summer!

COLLINS AT HOME

CLICK HERE

SUPPORT FOR AGES 3 TO 16 YEARS



Free resources – including revision cards, audio classes, practice tests and well-being exercises to help support your child at home, while schools are closed, at www.collins.co.uk/pages/collins-at-home

Chatter Pack



Sign up to our FREE monthly SEND newsletter
Free resources, information, blogs and much more!
Sign-up link below

🐦 ChatterPackUK | @ChatterPack | chatterpack.info@gmail.com

Chatterpack.net/blogs/blog/resources-list-for-home-learning has plenty of links and ideas for free home learning this summer



Help offered

EDA offers support to those affected by eating disorders and their families. COVID-19 due to issues such as feelings of lack of control, social isolation, changes in availability of 'safe food' and restrictions around exercise is bringing unique challenges to those affected by eating disorders. We offer a safe, non-judgemental, compassionate and empathetic space for individuals to share their experiences. We do this through Email support 24 Hour Helpline Online Support Groups

How to access this support

Email support - info@eatingdisordersni.co.uk Phone [028 90 235959](tel:02890235959) Online groups
<https://groups.eatingdisordersni.co.uk/login>

christians
against
poverty

CAP

Whether it's money worries keeping you up at night, you just can't seem to shake that bad habit, or you're tired of going for job interviews that never get you anywhere – CAP has a service that can help you. <https://capuk.org/i-want-help>



Helpline

028 9040 1729

Please choose **Option 1**

Monday - Friday 9am-5pm

The Niamh Louise Foundation

SUICIDE – WE HAVE BEEN THERE. SUPPORT, HOPE & UNDERSTANDING. A SHARED JOURNEY TO RECOVERY.



The Niamh Louise Foundation provides one-to-one care for anyone in crisis with thoughts of suicide and or self harm. Contact the Niamh Louise Foundation on 028 8775 3327 and the call will be transferred to a member of staff. Emails and Facebook messages will be monitored as normal and individuals can also contact us via these methods.

ANYONE

Call the Domestic and Sexual Abuse Helpline

0808 802 1414

We are here for you confidentially 24/7.

You will be heard, you will be believed.



Financial Stress?



Rural Support could help you by:

- Providing free, confidential, face to face support
- Easing the burden of dealing with debt
- Helping you identify a way forward
- Supporting you to take action

To speak to someone in confidence contact our helpline:

0845 606 7 607

The helpline is available 8am – 11pm, seven days a week (voicemail and support options available at all other times).

Email: info@ruralsupport.org.uk Website: www.ruralsupport.org.uk



Stay Connected



We know at the minute it's hard for you to access services and support, so EA Youth Services want to ensure you can access help if you need it. We have developed Stay Connected so young people can stay in touch with youth workers, to have a chat or let us know of any support you need, because you are staying safe at home.



Young People



Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies 
- Additional **advice** is available for children with complex health needs and disabilities.

Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111



[Family support NI](#) provides information on a wide range of family support services and registered childcare provision in Northern Ireland. You will find links to, and contact details for, a wide variety of support services.

Do you need urgent help?

If you need to speak to someone right now, here are some confidential options which provide 24/7 support. If you're worried you might hurt yourself or someone else, please call 999, or go to your nearest A and E.

Lifeline

For people who are experiencing distress or despair.

 0808 808 8000

Childline

Helps anyone under 19 in the UK with any issue they're going through. Childline is free, confidential and available any time, day or night.

 0800 1111



Samaritans

24 hours a day, 365 days a year. You don't have to be suicidal to call us

 116 123