

The Omagh Early Intervention Family Support Hub

In association with Action for Children and Children and Young People's Strategic Partnership





The Omagh Early Intervention Family Support Hub

The Omagh Early Intervention Family Support Hub is a multi agency network of organisations providing early intervention services to families.

What is a Family Support Hub?

The Omagh Early Intervention Family Support Hub is a signposting service. It is a multi agency network of organisations that either provide early intervention services or work with families who need early intervention services.

What does Early Intervention mean?

Early Intervention refers to intervention (support) 'early in the life of a child' or 'early in the life of a problem'.

The aim of the Hub

The aim of the Hub is to ensure that families in need of support can choose the right help from the right service at the right time.

How we do it?

Hubs signpost professionals and families to the services they need. The Hubs look at the needs of the family and work to match the family needs to the best possible services that can help.

Families & Professionals will receive the option of having their referrals anonymised and discussed at Hub Quorums that occur once a month where Hub partners will be present. The Hub coordinator will provide recommendations about the service(s) which is best suited to meet the needs of a family. Please see the list of our Hub Partners in our Hub booklet.

This can be a service provided by a core member of the Hub or an organisation closely associated with the Hub. The Hub also makes use of the Family Support N.I. database.

www.familysupportni.gov.uk

In addition the Hub also works very closely with Priscilla Magee, Omagh Locality Planning Co-ordinator.

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How Can I get Help?

Self referral can be made by parents.

If you feel you would like our support, you can contact us directly and we will arrange to discuss how you can be signposted to a service that best meets the needs of your family. You can also talk to someone on the list below to contact us on your behalf.

Professionals from a range of agencies, including those listed below, can also make referrals:

- Health Visitor
- Community Paediatrics
- School
- Education Welfare Officer
- Educational Psychologist
- Social Services Gateway Team
- CAMHS
- Youth Justice
- Occupational Therapist
- GP
- PSNI



Action for Children

Early Intervention Family Support Service

Works across Omagh offering support to families.

We aim to help children and their families deal with difficulties/problems and work together at an early stage to explore solutions and prevent long term problems.

Contact Details

2a Holmview
Terrace
Omagh
Co Tyrone
BT79 0AH

Telephone:
028 8225 9495

Family Group Conferencing

A Family Group Conference is a meeting where family members, relatives and friends get together to discuss problems or issues and make a plan to help and support one another in the future.

It is a different way of dealing with family difficulties – as families know one another best, it is a way for them to take responsibility for planning for their children.

Family Group conferencing allows families to take responsibility for making good, safe decisions about their children.

Supporting Families, Supporting Communities

The Supporting Families, Supporting Communities programme is an early intervention service which deals with the impact of alcohol abuse. Its aim is to be a preventative, educative and awareness raising service for children, young people and their parents/carers through providing a short-term and focused service to individuals in their homes and to schools and community groups throughout the whole of Omagh. Individuals and families can access the service by self-referral or through a professional.

Floating Support Service

Works across Omagh offering support to young people aged 16/17 where there is a risk of family breakdown, risk of homelessness. Or aged 18-21 leaving care.

We offer family support and mediation to help young people remain at home or with carers, we also offer preparation for independent living and budgeting skills programmes, advocacy work with a range of agencies including social services and the housing executive.

We are a 24 hour Service.

www.actionforchildren.org.uk

Facebook: Action for Children

Twitter: @Actn4childrenNI





Adult ADHD NI

Contact Details

Emma or Niall

56 Enniskillen
Business Centre
21 Lackagboy Road
Enniskillen
BT74 4RL

Telephone:
028 6632 2077

Email:
niaadhd@gmail.com

Adult ADHD NI

Adult ADHD NI is an organisation offering support to parents and family members of children and adults affected by ADHD throughout Northern Ireland. Our purpose is to create awareness of ADHD, provide support and information to families and those directly affected by the condition.

We offer one to one support for parents and family members directly affected by ADHD . We deliver training and information sessions to parenting groups, educational providers and health professionals.

We have monthly support groups in various locations throughout Northern Ireland. These offer peer support and an opportunity to meet other people who may be experiencing similar issues and reduce the anxiety that can be associated with ADHD.

Support groups:

Omagh on the first Monday of the month at 90 Tamlaght Road, Omagh BT78 5BB from 7.00pm until 8.30pm.

Activity programmes based on stress reduction techniques and reducing social isolation and anxiety.

Supporting people with a hidden disorder to achieve their full potential.

You can contact us on Facebook or Twitter.

Brain Injury Matters

Do you have or know someone else who has a child with an acquired brain injury (ABI)? If so then the Family First Service may be able to offer support. The Family First Service offers a specialist programme designed to empower families, across the whole of Northern Ireland, to support the recovery of children aged 0-12 years old who have sustained an acquired brain injury.

Our family practitioners come from a range of professional backgrounds and work with the whole family unit to enable both the family and the child better manage the impact of ABI in daily life.

ABI refers to any brain injury acquired after birth, this can include children who are experiencing repercussions of illnesses such as meningitis, encephalitis, brain tumours and or a traumatic event directly resulting in acquired brain injury.

Who can apply?

Anyone can make a referral, whether you are a family member, social worker, GP, counsellor or teacher. The child with ABI must be age 12 or younger but families can come in any shape or form and involve any number of people.

What happens once a referral is made?

A member of the Family First Service will contact the family and find out a suitable time to meet. We will find out more about the challenges being faced and discuss support we could offer.

How do I apply?

You can find a referral form on the Family First Service section of our website (www.braininjurymatters.org.uk) or you can call our team for further information (02890-705125). Alternatively you can email us at info@braininjurymatters.org.uk



*In partnership with
The Department of
Psychological Services,
Belfast Health and
Social Care Trust*

Contact Details

Telephone:
028 9070 5125



Drug Intervention and Community Education (DICE) Project

Our DICE project works with vulnerable young people aged 10-20 who have been affected by hidden harm. Hidden harm is the term used to describe the impact of another person's drug and/or alcohol misuse on a child. We work with the young people on an individual level to help them to come to terms with the pain of this. We can also work with the young people in small groups and these groups are designed to provide peer support for those affected as well as provide fun activities.

Contact Details

Breakthru

Dergmoney House
3rd Floor, 41a
Dublin Road
Omagh
BT78 1HE

Michaela O'Kane
(DICE Project Worker)
07769261533
Michaela@
breakthru.co.uk

Breigeen Corr
(DICE Project Worker)
07769294334
Breigeen@
breakthru.co.uk

Neighbourhood
Renewal Outreach
and Detached
Worker (TBC):
07760884887

Main Office:
02887758223

Omagh Neighbourhood Outreach and Detached Worker

Breakthru works across the 5 Neighbourhood Renewal Areas of Omagh providing a range of interventions for children, young people and their parents. The aim is to enable everyone to have a greater understanding of the impact of alcohol misuse, medicine mismanagement and illicit drug use on individuals, families and their communities. We offer Awareness raising, Parent programmes, Detached and Outreach, Peer Education, Brief interventions and signposting.



CAMHS - Child and Adolescent Mental Health Services



Primary Mental Health Service

- Supporting and strengthening Tier 1 and 2 CAMHS provision through the building of capability within community and primary care staff (Health, Social Care, Education, Youth Justice and Non Statutory Sectors) in relation to early identification of and intervention with children mental health needs.
- Promoting the mental and emotional health of children, young people and families in the community in line with policy guidance from the National Service Framework for Children, Young People and Maternity Service from pregnancy to adulthood.
- Enhancing accessibility and equality for children and families especially those who would not ordinarily have an opportunity to seek help from statutory and non statutory agencies.
- Early identification of the development of mental health problems in children and young people.
- Working across boundaries to develop a co-ordinated response to children's mental health needs with other agencies
- Facilitating appropriate access to specialist CAMHS and other relevant provision according to level and nature of need
- Providing a direct service to children and young people and their families in an accessible and less stigmatising environment.

Contact Details

Rivendell
T & F Hospital
Omagh
Co Tyrone
BT79 0NS

Telephone:
028 8283 5990
028 8283 5991



Community Family Support Programme

The Community Family Support Programme supports families as they make life changing decisions to improve their everyday lives. It's delivered by family support organisations in the heart of the community throughout Tyrone.

Contact Details

Customized

Training Services

3-5 Main Street
Strabane
BT82 8AR

Telephone:
028 7138 2260

Support for families

If your family needs help, support is available.

If you or a family member isn't in education, employment or training, you will get help and advice to address your needs and access to a range of positive opportunities.

Your family will receive help and support to address any health, social and economic issues that impact your daily lives.

Family members aged 13 to 16 years will also receive support to address their educational needs.

Types of support

The support provided on the programme is directly matched to your own needs and may include help with:

- accessing suitable education, employment and training opportunities
- developing skills to find work, creating CVs, job searching and preparation for job interviews
- self-confidence, motivation and social skills
- parenting skills
- encouraging better relationships within families
- improving your health
- money management and benefit advice

Taking part in the programme

Your family can take part in the programme if you:

- have a young person in the family aged 16 to 24 not in education, employment or training
- have educational, employment, training, health, social or economic issues that need to be addressed
- are committed to seeking ways to improve your lives

How to join the programme

You can join the Community Family Support Programme by contacting a programme provider directly.

Email:

cfsp@customizedtraining.co.uk

Facebook:

Community Family Support Programme

The logo for the Community Family Support Programme is displayed within a light blue semi-circular shape. The text is arranged in three lines: 'Community' in pink, 'Family Support' in orange, and 'Programme' in green. All text is in a rounded, sans-serif font.

Community
Family Support
Programme



DAISY

Youth Treatment Service delivered in partnership between ASCERT and Start360.

Funding by the Public Health Agency.

Provides person-centred programmes for young people and young adults to help reduce the harm caused by their substance misuse.

Offers direct work with the young person through therapeutic mentoring, individual counselling, therapeutic group work, and therapeutic play work.

Also works with the who family through one to one parent/carer support and systematic family interventions.

Criteria for Referral:

- Young people and young adults aged 11-25yrs.
- Young people whose substance use is impacting them, their families and communities and who are willing to seek support.
- The Service operates in Belfast, South Eastern, Northern and Western Health and Social Care Trust areas.
- We accept referrals from young people, their families or friends, and a range of professionals.
- Referral forms can be downloaded at www.start360.org or www.ascert.biz

Contact Details

Chris McMahon
- ASCERT

Telephone:
0800 2545 123

7a Dublin Road,
Omagh BT78 1ES

Derg Valley Care

Derg Valley Care provides domiciliary care and family support to service-users referred by social services in the Strabane and Omagh district.

Email:

jayne@dergvalleycare.com

Derg Valley Care is currently working with other local groups in the development of a family support initiative for Castlederg - if you are a family needing support or you know a family needing support, please contact

Email:

john@dergvalleycare.com

Telephone:

John on 028 8167 0764

We would like to know how local services could be improved and how to make them more accessible

Derg Valley Healthy Living Centre provides a range of health promotion, prevention and early intervention initiatives in the Castlederg area. The HLC provides outreach programmes in Newtownstewart and Strabane.



Contact Details

5-7 Parkview Road
Castlederg
Co. Tyrone
BT81 7BN

Telephone:
028 8167 0764

Email: michael@dergvalleycare.com

Website: www.dergvalleycare.com

The Educational Psychology Service is a specialist support service involved in the identification and assessment of special educational needs and aims “to provide an effective, efficient, equitable, high quality service to children and young people in the age range 0 - 19 in the context of learning, emotional and behavioural difficulties and where possible to prevent these difficulties arising”.

Contact Details

Claire Coburn (SEP)

Education Authority,
1 Hospital Road,
Omagh,
BT79 0AW

Telephone:
028 8241 1288

The role of the Educational Psychologist is to:

- Provide advice and support to children in the age range from birth to nineteen years, to parents, schools, the Education Authority and to other professionals.
- Be involved mainly with children who have developmental, learning, medical, sensory, communication, physical, emotional and/or behavioural difficulties
- Promote opportunities for the inclusion of children and young people with special educational needs in mainstream schools.

The work of the Educational Psychology Service is wide and varied and includes:

- Consultation
- Problem solving
- Observation
- Assessment
- Provision of written reports
- Provision of statutory advice
- Therapeutic intervention
- Training

-
- Early Years work
 - Projects/developments
 - Research
 - Promotion of inclusive education
 - Multi-agency approaches

Each school has an identified Educational Psychologist. Referrals to the Educational Psychology Service are accepted from the Community Paediatricians for pre-school children. Nursery and school aged children are referred by their Principal in consultation with the Educational Psychology Service.

Email:

info@eani.org

Website:

www.eani.org



Education Welfare Service

The Education Welfare Service (EWS) is a specialist education support service which seeks to work in partnership with parents and schools to maximise every pupils educational opportunities.

The Law

There are two pieces of legislation which underpin EWS practice.

Education and Libraries (NI) Order 1986

Article 45 of the Education and Libraries (Northern Ireland) Order 1986 states that it is the duty of parents who have a child of compulsory school age to ensure their child receives efficient full time education suitable to their age, aptitude, ability and to any special education needs they may have.

The Children (NI) Order 1995

Article 55 of the Children (NI) Order enables the court to make an Education Supervision Order if it is satisfied that a child of compulsory school age is not being properly educated. The effect of the Order is to place a child under the supervision of the ELB.

The role of the Education Welfare Officer is to:

- Work closely with parents/guardians and schools
- Home visits
- Work in partnership with relevant professionals/services
- Individual and group work
- Convene Education Planning Meetings
- When deemed necessary initiate Court Proceedings on behalf of the ELB

Each school has an identified EWO. Locally, in Omagh, there is a team of four Education Welfare Officers and two Senior Education Welfare Officers.

Contact Details

Patricia Houston
Arlene Wright
(SEWO)

Western Region
of the Education
Authority
1 Hospital Road
Omagh, Co. Tyrone
BT79 0AW

Telephone:
028 8241 1411

Email:
info@eani.org

Website:
www.eani.org

The Youth Service

The Western Region of the Education Authority delivers youth services in the Fermanagh, Omagh & Strabane areas.

OMAGH

Omagh Youth Centre located beside Omagh Leisure Centre is open 5 days a week offering programmes for children & young people aged 6- 25 years old.

- Monday 7pm- 10pm 15+ Club for young people with a learning disability
- Tuesday 7pm- 10pm Senior Youth Club (Age 11+)
- Wednesday 7pm- 10pm Senior Youth Club (Age 11+)
- Thursday 7pm- 10pm Thursday Club; volunteering programme
- Friday 7pm- 8.30pm Junior Youth Club (6- 11 years old) & 8.30-+10pm Senior Youth Club (Age 11+)

Other courses are available which include accredited training for young people aged 14+, cross community projects, volunteer programmes, shop committee, senior members committee to name but a few. For further information please contact Julie Donaghy, Omagh Youth Centre Leader- in – Charge on telephone: 028 82 249349 or email: julie.donaghy@eani.org.

The Western Region of EA also delivers youth provision in rural areas of Omagh please contact Orlaith McGinn, Area Youth Worker (Omagh) on 02882 249349 or email orlaith.mcginn@eani.org

EA is also committed to promoting equality of opportunity and removing the barriers faced by some young people, in particular the most marginalised & disadvantaged young people. For more information please contact Chris Nicol, Senior Youth Worker- Inclusion on telephone: 02871 382096 or email: chris.nicol@eani.org.

For further information please contact:

Julie Donaghy
Omagh Senior Youth Worker

Telephone:
028 8224 9349

Email:
julie.donaghy@eani.org



Home-Start Omagh District

How we help families in our community

For the past 22 years Home-Start has been offering one-to-one personalised home-visiting support for parents with children under five. Our volunteers provide non-judgemental practical and emotional support to help build family's confidence and ability to cope at a time when they are dealing with such issues as isolation, bereavement, depression, post-natal depression, illness, disability, multiple births or just finding life particularly tough. In many cases we manage to reach families that won't engage with other services.

Home-Start believes that children need a happy and secure childhood and that parents have the key role in giving their children a good start and helping them achieve their full potential. Home-Start wants to see a society in which every parent has the support they need to give their children the best start in life and focuses its support on the early years, the most crucial time in a child's development.

What Home-Start brings to the community

- Outreach to families through home-visiting support.
- Partnership working and local expertise to enhance family support.
- Trustees: local people selected, trained and guided to run a local service.
- Volunteers: local parents selected, trained and supervised to provide support to other local parents.
- Added value: local and other funding and resources brought into the Omagh District.

Contact Details

MACCA
Resource Centre
21a Knockshea Park
Omagh
BT79 7PH

Alison Spriggs
028 8224 0902

Email:
homestartomagh@
btconnect.com

Website: [www.
home-start.org.uk](http://www.home-start.org.uk)

Home-Start places trained volunteers alongside parents and support is provided on a weekly basis for as long as a family needs it.

Volunteers are managed and supervised by the local scheme which in turn is given support and guidance by Home-Start UK. Home-Start is a community resource with all the benefits of a strong national organisation.

What we do

- Provide tailored, personalised support to families, in their own home.
- Offer practical help with budgeting, cooking and shopping, getting to hospitals, clinics and other appointments.
- Provide opportunities for children to play, read, and get out to local parks and local groups. Encourage wider social and support networks and opportunities for increased engagement in community life.
- Offer choices for parents/children so that their voices can be heard.
- Offer consistent adult role models for parents and their children.
- Signpost families to information and services available in their area.
- Promote active citizenship and help families make a positive contribution to their environment.





Mencap

Mencap is the leading voice of learning disability. Everything we do is about valuing and supporting people with a learning disability, and their families and carers. We work in partnership with people with a learning disability, and all our services support people to live life as they choose.

Contact Details

Helpline
0808 808 1111

Email
mencapni@
mencap.org.uk

Website
[www.mencap.org.uk/
northern-ireland](http://www.mencap.org.uk/northern-ireland)

Facebook
[facebook.com/
MencapNI](https://facebook.com/MencapNI)

Twitter
@Mencap_NI

Our work includes:

- providing high-quality, flexible services that allow people to live as independently as possible in a place they choose
- providing advice through our helplines and websites
- campaigning for the changes that people with a learning disability want.
- 16- 65 year olds Employment team
- 8 years+ supported living

We support people with a learning disability throughout Northern Ireland.



Men's Action Network

Supporting & Promoting Male Health & Wellbeing



Who are Man?

MAN is a charity who from 1996 have supported and promoted male health and wellbeing. MAN creates 'safe spaces' to hear and support the life experiences of men and boys age 14 years and older.

MAN offer spaces which are:

- Safe
- Understanding
- Person centred
- Private
- Open
- Respectful
- Trusting

We use the safe spaces we create within our services and programs to enable men and boys to find support and a way forward with life issues and experiences associate with:-

- Crisis abuse and Isolation
- Addictions
- Depression
- Self esteem
- Anger problems
- Fathering issues
- Domestic violence
- Emotional wellbeing
- Family breakdown
- Lifestyle difficulties.

Contact Details

Sharon Ferguson
Second Floor
Old City Factory
100 Patrick Street
L/Derry
BT48 7EL

Telephone:
028 7137 7777

Email:
man_in_derry@
yahoo.co.uk

Our Services

1 to 1 Support

You can ring and arrange to talk with one of our support staff by phone or in person to gain information or to talk over and decide what level of support you feel you need.

Counselling

This more formal support allows the opportunity for self-understanding, personal development and positive life change within a structured, agreed process.

Our Programs

MAN offer a range of self awareness and development programs including Anger Awareness Program.

The Northern Ireland Commissioner for Children and Young People (NICCY)



NICCY's role is to safeguard and promote the rights and best interests of all children and young people in Northern Ireland. NICCY uses the United Nations Convention on the Rights of the Child (UNCRC) to guide their work. The UNCRC is a list of 42 basic rights which every child and young person in Northern Ireland should have. All of NICCY's work is focused on making sure children and young people have access to these rights in their day-to-day lives, so they have the best opportunity to reach their full potential.

The Government and 'relevant authorities' (including health, education and justice agencies) provide services for children and young people. NICCY's job is to check they do this in a way that is in the best interests of young people. NICCY does this by:

- Advising government – Advising government on the policies, legislation (laws) and services it provides, for children and young people.
- Monitoring – Monitoring what government does for children and young people, to encourage them to make the best provision.
- Holding government to account – When NICCY believes not enough is being done for children and young people, they challenge government to do better.

Contact Details

NICCY
7-9 Shaftesbury
Square, Belfast
BT2 7DP

Telephone:
028 90 311 616

Email:
info@niccy.org

Website:
www.niccy.org

Twitter:
[@nichildcom](https://twitter.com/nichildcom)

NICCY's Legal and Investigations team deals with queries and complaints from children, young people, their parents or carers, about the service they receive from public bodies - public bodies include schools, hospitals, councils, social services and many more.

The Legal and Investigations team can provide assistance on a range of issues including education, bullying, suspensions and expulsions, special educational needs, health provision and access to services as well as many more.

The Legal and Investigations team can also fund or intervene in legal cases in certain defined circumstances. NICCY can offer assistance to children and young people up to 18 years of age or 21 years of age in certain circumstances.



Foyle NSPCC provides a range of therapeutic individual and group work programmes within the Western Trust Area aimed at supporting Families and young people through difficult and challenging times. Foyle NSPCC currently have 5 programmes of work covering the themes of sexual abuse, domestic abuse and children in care or at risk of entering the care system.

Domestic Abuse Recovery Together (DART):

NSPCC's DART Programme is a 10 week Group work Programme for a Mother and Child aged 7-11 who have experienced domestic abuse. This programme provides a safe and supportive environment for the Child to communicate to their Mothers how they have been impacted by their exposure to domestic abuse. This enables the Mothers to support their child through their recovery and helps strengthen the Mother/ Child relationship. Through the group setting Mothers and Children receive peer support which helps them along their journey to recovery.

Contact Details

NSPCC
1 Waterside Centre
Glensdermott Road
LONDONDERRY
BT47 6BG

Telephone:
028 713 12187





PSNI Youth Diversion Scheme

The PSNI Youth Diversion Scheme (YDS) is devised to identify children and young people at risk in terms of safety or well being or at risk of becoming involved in offending or anti-social behaviour and providing an effective, equitable response to their needs. Dedicated Youth Diversion officers are available to provide assistance regarding potential intervention/support programmes appropriate to the young persons and family needs. They also assist navigating the child through the Criminal Justice System and the options available to them.

Omagh Station

1 Derry Road
Omagh
Co Tyrone
BT78 5DR

Telephone:
101

Email:
charlotte.nixon@
psni.pnn.police.uk

Station Opening Hours:

Office hours are Monday - Friday 9-5
(24 hour response service by uniform officers)

The SATCHEL Project

(Schools And The Community Helping Education and Learning)



The SATCHEL project works with parents and their children aged 4-6 years as they move from pre-school/nursery to Primary school and into P.2 and is a service being delivered by Barnardo's, Sure Start, The Western Trust, Save the Children and Early Years. The project aims to ensure that the move from pre-school to primary school is a happy, healthy and supportive one.

Everyone wants the best for their children, whether it's the best start in life or in their education and with the help of the SATCHEL project we aim to enable this by providing opportunities for:-

- Parents to learn how to help their child do well in school.
- Parents to learn practical skills that they can use with their child.
- Parents and schools to strengthen their relationship.
- Children to improve their speech and language.

The project will offer a variety of Sure Start style programmes and activities to parents with children 4-6 years. These include Incredible Years, Nurturing Programme, Cook It, Smart Yoga, FAST, The Media Initiative for Children and speech and language support in schools. In addition project workers can also provide support to parents through Home Visits.

SATCHEL works in the following areas; Strabane, Castlederg, Omagh, Limavady and Dungiven.

Contact Details

Bernard O'Shea

Telephone:
028 82 259458

Email: Bernard.
oshea@barnardos.
org.uk

SATCHEL is funded by The Executive Office until 31st August 2017.

Schools Counselling

Schools Service

Within the Fermanagh/Tyrone area independent counsellors provide independent schools counselling in all post primary schools across the area. This work is funded by the Department of Education.

Contact Details

Local Schools

Each Post Primary school has an allocated counsellor who is available on a day each week to support young people experiencing a range of issues such as stress, anxiety, bereavement, bullying and family difficulties to name but a few. Schools counselling is an accessible service supporting young people to have access to emotional and well being support which may be difficult for them to access independently to school for reasons such as transport.

How to make a referral:

There are three ways to make a referral for schools counselling - the young person can self refer, a member of school staff or by a parent or carer.



Support 2gether



Support 2gether is a charity who supports families who live with Antenatal and Postnatal Depression. This is an illness that can affect 1 in 10 Mothers at the Antenatal stage (during pregnancy) and Postnatal stage (after birth). Current research suggests that 1 in 25 Fathers can also have Postnatal Depression.

Support 2gether is a grass root charity and has hands on experience living with this illness. One of our aims is to reduce the stigma that surrounds this illness and raise awareness within the public about the signs and symptoms. This is a treatable illness and with help and guidance mothers and fathers can get better. Please do not suffer in silence your Mental wellbeing is important.

You are not alone, Support 2gether meets on the first Wednesday of the Month in Omagh and on the Last Tue of the Month in Augher. Our support meetings take place in a safe relaxed, non judgemental environment. It is an opportunity for mums to share experiences which can help to normalise the illness.

We are aware that coming to a group can be a scary experience and is not for everyone so we also offer 1 to 1 support, this can be done via telephone/messenger or in person.

To find out our location for the Support groups or if you have any queries please contact Una and Brenda by email at www.Support2gether.co.uk

Postnatal Depression is a common experience and with support and time you will recover.

You are not alone.

Contact Details

Telephone:
07868 710778

SureStart is an outreach programme available to all families with children under 4 years old to help them reach their full potential in Health, Education, Social and Play Skills. Sure Start provides practical advice and support to families through home visits, group based activities, respite and a variety of programmes for both parents and children.

Contact Details

Omagh SureStart
Strathroy
Enterprise Units
Meelmore Drive
Strathroy
Omagh
Co Tyrone
BT79 7XL

Telephone:
028 8225 2936

Email:
surestartomagh@
btconnect.com

Website:
www.lastsurestart.
co.uk

If you live in any of the ward areas you are eligible to register with Sure Start.

- Lisanelly
- Strule
- Camowen
- Drumragh
- Killyclogher
- Gortrush
- Fintona
- Carrickmore

PROGRAMMES:**Parent's Programmes – *subject to change***

Health & Fitness, Young mums, Arts & Crafts, Infant Massage, Cook it, Baby Yoga, Nurturing, Swim Tots, First Aid, PEEP's

Enabling parents back to work:

Pathways, Young Mother's Project.

Speech & Language Programmes

Baby Book, Bookstart, Chatterbabes, Wriggle & Thyme, Tickle Tummy Time, Rhyme Time, Dumping Dummy

Antenatal/Postnatal Programmes

Breast-Feeding Support Group
Antenatal/Breast-Feeding Event
Time for mums to be
Baby Matters
Antenatal and Postnatal Exercise

Children Programmes/Activities

2 Year Old Programme
Physical Play
Group Based Activities
Library Visits
Seasonal Outings
Summer/Christmas Parties

Parent & Toddler Groups:

- Hospital Road
- Lisanelly
- Fintona
- Strathroy
- Killyclogher
- Carrickmore
- Gortrush
- MACCA





Rainbow SureStart

Rainbow SureStart is a locally based project that aims to deliver the best start in life for every child living in the Castleberg, Drumquin, Clare, Glenderg and Newtownstewart areas.

Offering a wide range of fun filled programmes, together with expert advice and support services focused on health, education and family, there is so much to discover at Rainbow SureStart.

Contact Details

Rainbow SureStart
16 Hospital Road
Castleberg
BT81 7HW

Telephone:
028 8167 9483

Email: info@rainbowsurestart.org

All services are free to use and suitable for antenatal mothers and families with children aged 0-4 years.

Established in 2006 by the Western Area Childcare Partnership, appointed Early Years, The Organisation for Young Children, as the projects Lead and Accountable Body. Early Years provide leadership, support with planning, delivery of services, administrative and financial support, and advice to the Management Committee.

The Rainbow SureStart team is a dedicated and enthusiastic multi-disciplinary team of 22 including: Co-ordinator, Outreach Workers, Health Visitor, Midwife, Speech and Language Therapist, Play Development Workers, Early Years Development Officer, P2YO Early Years Teams, Administrator plus local partners, all of whom are committed to giving parents every opportunity to afford their children a SURESTART IN LIFE.

The main aim of the Rainbow SureStart Journey centres on providing children with the opportunities to:

- Improve the ability to learn by encouraging stimulating play and language skills
- Improve health by supporting parents in caring for children's health and development
- Improve social development through strengthening families and communities

“Let's get your children off to a sure start in life.”

Rainbow SureStart
16 Hospital Road
Castleberg
BT81 7HW
T: 028 8167 9483
Email: info@rainbowsurestart.org

Rainbow SureStart
The Old Mill,
2a Main Street,
Drumquin
BT78 4SB
T: 028 8283 106
Email: info@rainbowsurestart.org

Rainbow SureStart
Centre 2000,
17 Moyle Road,
Newtownstewart,
BT78 4AP
T: 028 8166 1666
Email: info@rainbowsurestart.org



Tiny Life

Tiny Life is Northern Ireland's only premature and vulnerable baby charity, dedicated to reducing illness, disability and death in babies here and providing support for families who have been affected by such circumstances. Tiny Life has three core activities:

- Providing practical and emotional support for parents and families with prematurely born babies and those requiring special or intensive care at birth
- Funding research into Maternal and Child Health and Family Support Services
- Providing information to health professionals and parents-to-be to ensure that every pregnancy has the best chance of a healthy outcome and a healthy baby

At local level there are a number of Family Support Services available:

Hospital Based Support Service – the Tiny Life Family Support Officer visits the neonatal unit in the South West Acute Hospital Enniskillen to offer parents support and information whilst their baby is still in hospital.

Breast Pump Loan Service: Tiny Life provides electric breast pumps for mums who wish to express their own milk to be fed to baby while they are in neonatal care.

Parent Support Groups: These informal get-togethers provide an opportunity for parents who have been through similar experiences to meet, learn and receive support from one another. These happen once a month in both the Omagh area.

Contact Details

Family Support
Officer:
Catherine McManus

Mobile:
07954301472

Email: catherine@tinylife.org.uk

Baby Massage courses

Throughout the Year Tiny Life will be running a number of Baby Massage classes. The classes normally run for five weeks and are held in a variety of locations in the Omagh area.

Home Based Volunteer Support

Tiny Life is currently building on its local bank of Family Support Volunteers. Volunteers are carefully selected and trained. They are matched with a family and they provide practical, social and emotional support on a weekly basis.





Western Health
and Social Care Trust

Contact Details:

Southern Sector:
Block A
Community
Services Dept
Tyrone & Fermanagh
Hospital
1 Donaghane Rd
Omagh
Co Tyrone
BT79 ONS

Telephone / Fax:
028 8283 5844
(Please telephone
before Faxing)

**The Western
Education
Support Team**

Team Lead -
Sarah Dillon
Telephone:
028-82835844

West Team

The Western Education Support Team

(WEST) is a multidisciplinary team, working in partnership with the Western Education and Library Board, focusing on early intervention and a holistic approach incorporating education, health improvement, social and health care.

How the Service Works

Our service aims to build capacity within schools and nurseries by providing advice and information, training and support to educational staff.

WEST provides a consultation service to referrers so if there are concerns regarding a child, a group of children or training needs for educational staff or a group of parents/carers then please telephone the office in the first instance.

WEST also provides support to children aged 3 to Year 4 (aged 8) who are eligible for a pre-school place or who attend pre-school / school and who have concerns relating to their development, health or social circumstances. The majority of referrals are made by teachers but other professionals such as the health visitor, school nurse, community paediatrician etc. can identify children who are in possible need of additional support. WEST will accept referrals for any of the following concerns which are impacting on the child's ability to access the curriculum: Gross and fine motor skills, sensory difficulties, self-care and organisational skills, play, speech, language and communication, emotional issues including behaviour, social interaction/social skills, specific nursing needs and poor school attendance.

What we will do

Following an assessment by the team, support may be provided to the child, family, teachers and classroom assistants geared specifically around their needs.

This support may include

- Advice and information
- Training and support to educational staff
- Support to the child in a group programme or whole class support
- Short term intervention programmes
- Referral to other services
- Family support and guidance

If your child would benefit from a home intervention programme, we will ask for your help in following this and supporting your child with the programme.

WEST operates throughout the whole Trust and is divided into two sectors (Northern and Southern). Each sector consists of two main groups of staff - healthcare professionals (speech and language therapists, occupational therapists and physiotherapist) and a group of professionals dealing with social, emotional and behavioural difficulties, plus nursing concerns.

There are also support workers who assist with the delivery of the intervention and there is a part-time clerical officer in each sector.

If you have any queries about the information contained here please contact: The Western Education Support Team co-ordinator or any member of staff.

Team Lead - Sarah Dillon
Telephone: 028-82835844



Western Health
and Social Care Trust

Contact Details

ASD Service
T & F Hospital
Omagh
Co Tyrone
BT79 0NS

Telephone:
028 8283 5983

Autism Spectrum Disorder Service

The Journey through the Assessment Process Service Structure

The ASD Service is a multi-disciplinary service that has been developed to offer assessment, diagnosis, support and early intervention for children and young people who are presenting with characteristics commonly associated with the autistic spectrum.

Team members may include:

Consultant Lead Clinical Psychologist, Community Paediatricians, Clinical Psychologists, Autism Practitioners, Social Workers, Occupational Therapist, Health Visitors, Speech & Language Therapist, Team Administrator, Team Secretaries.

Assessment Process

Assessment is the first step in your journey within our Team. This process is tailored to the individual needs of each child and their family and involves multi-professional specialist assessment. This is a process that may occur over a period of weeks/months and may include:-

- A comprehensive history of your child's development is completed with parent(s). This appointment will last 1½ - 2 hours.
- Assessments with your child to observe their social interaction, communication and behaviour.
- Liaison with/referral to other professionals or agencies involved with your child.
- Home and/or school observations.
- Initial assessment/advice/intervention from team members.
- You will be appointed a key-worker.

Following a confirmed diagnosis a post diagnostic appointment is arranged with a member of the Autism Team . A Carers Assessment of Need is offered with the social worker and if required appropriate onward referrals are made. This could be for parent training, Autism Practitioner, Clinical Psychologist, social skills groups. Alongside this if there are complex needs a comprehensive assessment of need can be carried out.

Review clinics are held on a monthly basis in each sector of the Trust and any child with a confirmed diagnosis can have access to this by contacting their local office and requesting a review.

Bringing it all Together

Following assessment the members of the Team involved will take some time to discuss their observations and all other available information on your child.

This may involve convening a multi-disciplinary meeting which may be attended by Members of the WHSCT ASD Team, Senior Educational Psychologist for Autism (WELB), a representative from your child's school, any other professionals involved in your child's care.

The aim of this meeting is to ensure a co-ordinated approach to your child's assessment and care.

We aim to ensure that parents are involved and informed throughout the assessment process. Your key-worker will keep you informed at all times.

We can be contacted at the addresses below:

Website

www.westeritrust.hscni.net/services/servicesA-Z.htm



Western Health
and Social Care Trust

Contact Details

Health &
Disability Service
Community
Services Dept
Tyrone &
Fermanagh Hospital
Omagh
Co Tyrone
BT79 0NS

Telephone:
028 8283 5050

Children's Disability Service

Who is the service for?

Children who have a Learning Disability, Physical Disability and/or complex & enduring physical health needs. We work with children and young people up to the age of 18 years.

How does it help?

The Social Work staff provides a holistic needs-led assessment of the child and their family. The Children's Disability Team respond flexibly and sensitively in order to provide a range of services that will enable children with a disability to reach their full potential in order to live as full a life as possible within their capabilities. Within our work we aim to respect the choice, rights, fulfilment, independence, dignity, and privacy of each individual.

Services Provided

The services offered are variable and person-centred, depending on the outcome of the needs-led assessment. Resources may include:

- Support for children & families
- A listening ear
- Information
- Advice
- Liaison with school, youth groups, voluntary agencies, public and private sector
- Liaison with other professionals within health & Social Services
- Individual assessment of need (UNOCINI)
- Community services to meet assessed personal care needs
- Respite/short break and social outreach opportunities

-
- The transition officers' role is to coordinate and facilitate the smooth transition of young people through their final years of school
 - The Paediatric Hospital Social Worker will coordinate discharge planning from the hospital to the community for children with complex needs.

How can I access these services?

Presently the team operates an open referral system whereby any member of the public can request an assessment of need via contacting the duty social worker, either in writing or by telephone. Professional referrals should be completed on the first four pages of the UNOCINI

Who provides this service / team information?

The team comprises of four full-time Social Workers and one Senior Social Work Team Leader.

How do I find out more about this service?

Information can be provided by contacting the duty Social Worker on 028 8283 5050. Alternately you can discuss this service with any other professional who may be involved with your child.

Where else can I get help / support

You may access help/support from any health professional who is involved with your child.

You can also access further information regarding trust services via the Western Health & Social Care Trust website

Website:

www.westerntrust.hscni.net



Western Health
and Social Care Trust

Contact Details

Riverside Family
Centre
Tyrone County
Hospital
Omagh
BT79 0AP

Telephone:
028 8283 3566

Email:
gerard.lenehan@
westerntrust.
hscni.net

Riverside Family Centre

Statement of Purpose

The Family Centre works in partnership with parents, carers and professionals, to provide intensive therapeutic support and family support services to families and children in the Omagh area. Referrals are only accepted for families known to WHSCT statutory childcare social work teams including- Gateway, Family intervention Services and Looked After Children's teams.

Aim

Our aim is to provide an intensive and therapeutic family support response, with an emphasis on maintaining children in their families and communities, through strengthening parenting capacity, encouraging and assisting positive parenting and promoting the well-being and safety of children with assessed needs.

The delivery of these services takes place at the Family Centre, family home or in local community facilities, wherever is appropriate to the family need. Sessions are usually offered weekly for a period of time to suit case complexity and need with regular reviews to ensure work is focused.

Services Provided - Work With Families:

- Family Work.
- Relationship support (parent/carer-children).
- Play Work with parents and children.
- Practical and emotional support at times of crisis.
- Assessment (brief / specific purpose only).
- Consultative support to social work staff on specific case issues.

Work with Parents:

- Individually tailored Parenting Education Programmes.
- Relationship and Attachment Work.
- Behaviour Management Support.
- Help and support with homecare, childcare and budgeting.

Work with Children and Young People:

- Focused individual work on specific issues.
- Life Story.
- Grief, Loss and Change/Transition.
- Specific issues can include exposure to parental alcohol misuse; family conflict or domestic violence; abuse, neglect, trauma or other childhood adversity; keep safe and self-protection advice.

Basic Principles

- To value and recognise diversity of individual need.
- Everyone to be treated with respect.
- Choice, privacy, confidentiality and protection will be promoted.
- Children's welfare and development are paramount.
- To work in partnership to safeguard and maintain children in their families and communities.

Referrals

Referrals to the Family Centre are received from WHSCT Childcare Social Work Teams through the WHSCT Family Support Panel (Southern Sector). The Family Support Panel Information Booklet and Access Form are available to referring staff on WHSCT Trustnet.

Process

A referral will be acknowledged in writing by the Family Support Panel Administrator, then either placed on the Waiting list or allocated. Upon allocation a meeting involving the family and relevant professionals will be held to identify need and agree the content and purpose of work.

Email:

gerard.lenehan@westerntrust.hscni.net



Western Health
and Social Care Trust

Contact Details

Gateway Team
Whitehill
106 Irish Street
Londonderry
BT74 2ND

Telephone:
028 7131 4090

Gateway

What is Gateway?

- Gateway Team is a social work service for children and families
- It is the first point of contact for people who are concerned about a child or young person not already known to Social Services.
- Gateway will respond quickly to the needs of children and families who are referred for Social Work Service
- We provide a Social Work Service Monday –Friday 9:00am – 5:00pm

Gateway deals with 3 types of contact:

1. Information exchange
2. Request for advice and guidance
3. Referrals – Requests for assessment and assistance

What is the purpose of Gateway?

- To make sure that all new referrals are responded to promptly
- To link in with children and families to assess their needs and identify appropriate support services
- To ensure an immediate response to safeguard children in need of protection
- To ensure that everyone involved with a child can contribute to the assessment of the child and his or her family
- To make sure children and young people receive ongoing social work support whenever they need it
- To work closely with other agencies when additional support is needed

What do we do if an assessment and assistance is required?

- A social worker is allocated the case and will visit with children, young people and families in their homes to understand what the problem is and how they can help or support the family
- The social worker undertakes an initial assessment using a UNOCINI document – Understanding the Needs Of Children In Northern Ireland, and aims to complete this within 10 working days
- In their assessment the social worker will look at strengths, needs, risks and resilience or protective factors
- The social worker works in partnership with other professionals already involved with the family such as the GP, School, Health Visitor in order to get a better understanding of the family's situation
- The social worker will take steps to protect children and young people when this is necessary
- Working together with the family and other professionals, the social worker makes a decision as to how best to support the family, or if there are risks, how best to minimise those risks to the child or young person
- Following assessment, the social worker and the family may agree there is no further role for Social Services. Or, they may decide that family support is needed and this support can come from locally based services in the community, such as the HUB.
- If however, it is felt that further social work intervention is needed, the case will transfer to the Family Intervention Service
- The social worker will give the family (and professionals when appropriate) a copy of the completed UNOCINI



Western Health
and Social Care Trust

Contact Details:

Drumcoo Centre
Drumcoo,
Enniskillen,
Co. Fermanagh
BT74 6AY

Telephone:
028 6632 4400

Sensory Support Team

Who is the service for?

The sensory support service is for children who have a sensory disability be that deafness, hearing loss or visual impairment.

Purpose:

The purpose of the sensory support service is to maximise opportunities for each child with a sensory disability to ensure they reach their full potential.

Team members:

The sensory support team comprises of a senior social worker, social workers, rehabilitation workers for visually impaired and an equipment and technical officer.

What we do:

- The sensory support team will meet with individuals, families and carers to provide information and advice regarding deafness, hearing loss and/or visual impairment.
- Individual assessment of need is completed to clearly identify the needs of the individual with a sensory disability as well as the needs of the family and carers in that person's life.
- Rehabilitation services will provide support to visually impaired children/young people specifically through mobility training, daily living skills and communication skills.
- Emotional support

-
- Liaison with/referral to professional's organisations that can provide specialist support to the child with a sensory disability. This can include schools, audiology, ophthalmology and voluntary organisations including National Deaf Children's Society and Royal National Institute for Blind
 - Specialist sensory equipment

How can I access these services?

Referrals are accepted from all sources including referrals from parents/carers. Children will be seen in their own homes with their parents/carers.

Website:

www.westerntrust.hscni.net/services/servicesA-Z.htm

Email:

martina.dempster@westerntrust.hscni.net



Omagh Women's Aid

Omagh Women's Aid provides services to women, children and young people experiencing or at risk of domestic or sexual violence. Training is also provided to statutory agencies, voluntary organisations and community groups on domestic and sexual violence and its impact on victims.

Contact Details

Omagh Women's Aid
27 Market Street
Omagh
BT78 1EL

Telephone:
028 8224 1414

Email: info@
omaghwomens
aid.org

Website: www.
omaghwomens
aid.org

Services include

- One-to-one support sessions for children
- One –to-one support sessions for young people
- Group work for children
- Group work for young people
- Accommodation and support for women with or without children
- Community-based practical and emotional support for women, including assistance with safety-planning, budgeting, housing, education and training opportunities
- Group work for women
- Court support for women
- Signposting to other services and sources of support

Services are delivered at home, in our Resource Centre in Omagh or at any other safe and convenient location.

A 24 hour free-fone domestic and sexual violence helpline is available for crisis and out-of-hours support – **0808 802 1414**





Contact

Hub Co-ordinator
Shauna McMenamin

Action for Children
2a Holmview Terrace
Omagh
Co Tyrone
BT79 0AH

T: 028 8225 9495

E: Shauna.McMenamin@actionforchildren.org.uk

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