



Believe in
children



Barnardo's
Northern Ireland

A T O Z

OF SERVICES

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WELCOME



As Head of Barnardo's NI I am delighted to introduce this directory, which outlines the support our dedicated staff and volunteers deliver right across Northern Ireland.

Our goal is to ensure that we provide quality, accessible services to those who need us most.

As the UK's largest children's charity, we have over 150 years of experience delivering services directly to children, young people and their families across the UK. Bereavement, addiction, child sexual exploitation, and domestic violence are just a few reasons from a very long list, that children and families need our services and support.

We work to improve outcomes for children, young people and families by promoting positive change in policy and practice. By gathering evidence from our service delivery and research, we develop and influence policy on the issues that matter to those that we support.

We still depend on donations from the public, we fundraise in communities, schools, through our shops and with corporate partner organisations, and we also ask people to consider leaving us a gift in their will.

We work to transform the lives of the most vulnerable children and every year we help thousands of families to build a better future. But we cannot do it without you.

From everyone at Barnardo's NI, thank you for your continued support.

Michele Janes

A TO Z

To find out more about our policy or fundraising work please visit
www.barnardos.org.uk/northern-ireland



SERVICES



A TO Z

ABC PiP

Attachment, Bonding & Communication Parent Infant Partnership (ABC PiP) is a home visiting service for families with children under 24 months old – the service can also be delivered in the antenatal period. ABC PiP focuses on the parent – infant relationship and aims to form stronger bonds and positive relationships between parents and their infants using a range of approaches. The service has been developed through a strategic partnership between Barnardo's NI, South Eastern HSCT, PiP UK and TinyLife and is delivered across the South Eastern HSCT area.

028 9598 8056
8 Moss Road,
Ballygowan
BT23 6JE

ADHD Support Service

Provides up to three home support sessions to families of children aged 6- 15 with a diagnosis of ADHD (Attention Deficit Hyperactivity Disorder) living across the Northern HSCT. The service provides support on: understanding ADHD, the neuroscience of ADHD, supporting emotional regulation, ADHD & school, promoting positive behaviours, sleep hygiene, diet & nutrition, medication and parents self-care. Referrals are accepted from Consultant Paediatricians and the nurse-led Behavioural Assessment Service (BAS).

028 7963 1344
36A Westland Road,
Magherafelt,
BT45 5AY

A TO Z

Child Bereavement Service

The service offers direct therapeutic support to children and young people up to the age of 18, who have been bereaved as a result of suicide or other traumatic death. The service offers bespoke group work opportunities for traumatically bereaved children, young people and their carers, giving them the opportunity to meet with other peers who have been bereaved in similar circumstances.

The Advice Line has been set up to offer support and advice to any adult concerned about a bereaved child or young person.

The advice line is available Mon and Tues from 9.30am - 12.30pm and Fridays from 10am - 12.30pm. The contact number is: 028 9066 8333.

Why contact the Advice Line?

- Sleep difficulties
- Separation anxiety
- The child is withdrawn
- To help explain death to a child
- Difficulties in managing behaviour
- Display of physical symptoms

Staff also facilitate bespoke training opportunities for child and adolescent bereavement, to support other community, voluntary and statutory groups.

028 9066 8333
23 Windsor Ave,
Belfast,
BT9 6EE

A TO Z

Children's House

Purpose built residential unit for up to four children of primary school age. An integrated service with Barnardo's NI Fostering.

028 9065 0093

Choices Family Support

A service for 10 - 17 year olds and their parents providing one to one support, family/ group work, support for parents and volunteer mentoring. Choices Family Support helps young people with; anger/ behaviour management, family breakdown, relationships, drug/ alcohol misuse, social isolation, anxiety, risk of offending, bullying. This service covers the Northern HSCT area.

028 7963 1344

**36a Westland Road, Magherafelt, County Londonderry,
BT45 5AY**

Collaborating For Change

Facilitating collaboration between schools, statutory and community partners to achieve shared outcomes. Knowledge transfer of prevention and early intervention and implementation of evidence based programmes. Based in North Belfast and Antrim.

028 9067 2366

542-544 Upper Newtownards Road, Belfast, BT4 3HE

A TO Z

DCYPPP

The Disabled Children & Young People's Participation Project (DCYPPP) empowers young people aged 8-25 who have a long term disability or condition, to know and exercise their rights and ensure their voices are being heard to influence policy makers and service providers. Through a range of school and regional programmes and a peer mentoring scheme, the service provides capacity building activities that impact self-esteem, relationships, emotional wellbeing and confidence.

028 3741 4541

Grange Building, Towerhill, Armagh, BT61 9DR

Early Intervention Lisburn

The Early Intervention Lisburn partnership is led by the Resurgam Trust and includes representatives from the community, statutory and voluntary agencies. It is a locality planning group with the aim of developing a collective plan to improve outcomes for children, young people and families in Lisburn.

028 9260 7537

5 Crescent Business Park, Lisburn, BT28 2GN

Early Intervention Family Support Service (EIFSS)

The service works with families with children aged 8-13 across Belfast, South Eastern and Northern HSCT areas. The aim is to intervene at the earliest opportunity to tackle emerging issues for young people and their families. The service takes a whole family approach which is child centred, welfare focused, rights based and needs led, working with families in their home and community.

028 9064 5425

234 Ormeau Road, Belfast, BT7 2FZ

A TO Z

Early Intervention Support Service (EISS)

The Early Intervention Support Service operates in the Ards/North Down area, providing home based support to children, young people and families with children aged 0-18yrs. The service provides therapeutic support to families, the aim of which is to prevent the need for escalation into statutory services. Referrals are welcomed directly from families and statutory, voluntary and community services.

028 9127 1538
40 Manse Road, Bangor BT20 3DE

Family Connections - Newtownabbey

A range of support services for children and families working with schools and communities in parts of Newtownabbey offering: parenting programmes, family support, parent engagement, BOOST family learning programme.

Barnardo's also co-ordinate the THRiVE collaboration, a group of local parents, schools, community and voluntary organisations and statutory partners, working together to improve outcomes for children and young people. THRiVE's aspirational campaign WE CAN promotes aspirational messages across the community and local Parent Champions are active in engaging parents.

028 9041 9069
Dunanney Centre, Rathmullan Drive, BT37 9DQ

Family Connections - South & East Belfast

A range of support services for children and families in schools and communities across South & East Belfast and Newtownabbey offering: early years play and learning, parenting programmes, transition support, family support, parent engagement, family learning and community links.

028 9041 9069
Focal Point East, Kings Road, Belfast, BT5 7EH

A TO Z

Family Resource Centres (FRC)

Barnardo's Family Resource Centres provide:

Parenting Assessments: 12 week parenting assessment focusing on child protection including capacity building.

Parenting education/ training support:

- Evidence informed programmes (such as Incredible Years, PEEP, 5 to Thrive, Rory programme, OH Lila, Pharos/ alcohol)
- Domestic violence education (awareness raising, Helping Hands)
- Modelling by keyworker
- Educative work with parents about ages and stages, and child development

Therapeutic/ tailored work: Therapeutic/ tailored work undertaken with individuals, couples, family work, and directly with the child.

Armagh & Dungannon FRC

028 3752 2380

**The Doctor's House, 39 Abbey Street, Armagh,
Co Armagh, BT61 7DY**

Newry FRC

028 3026 0668

Lisdrum House, Chequer Hill, Newry, BT35 6DY

Simpson FRC

028 9127 1538

40 Manse Road, Bangor, County Down, BT20 3DE

Strabane FRC

028 7138 2658

2a Melmount Road, Strabane, County Tyrone, BT82 9BT

Windsor FRC

028 9066 7586

23 Windsor Avenue, Belfast, BT9 6EE

A TO Z

Family Group Conferencing & Network Conferencing

A Family Group Conference is a family led decision making process where a child/young person's family and friends are supported and prepared to come together to develop a plan which protects and supports the child/young person. Families find this process to be an inclusive, enabling and empowering process, which places the child/young person and family at the centre, providing them with an opportunity to have their voices heard in relation to plans for their child.

Network Conferencing supports young people leaving care and brings together all the people in their life who can offer support when they move to independent living, the focus being on education, work, skills for managing their own home, budgeting etc. Both family members and professionals are involved in the Network Conference to support the young person.

028 3026 3135

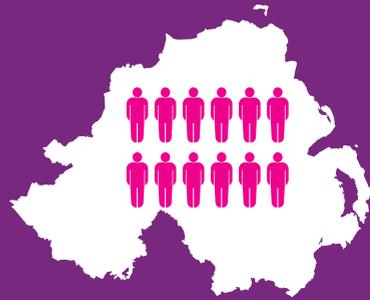
15 St Colmans Park, Newry, Down, BT34 2BX



ABOUT US

Whatever the issue, from drug misuse to disability; youth crime to mental health; sexual abuse to domestic violence; child poverty to homelessness; child bereavement to refugees;

Barnardo's NI believes we can bring out the best in every child.



Barnardo's supports over 12,000 children, young people & families in Northern Ireland

Barnardo's NI has

40+
Services

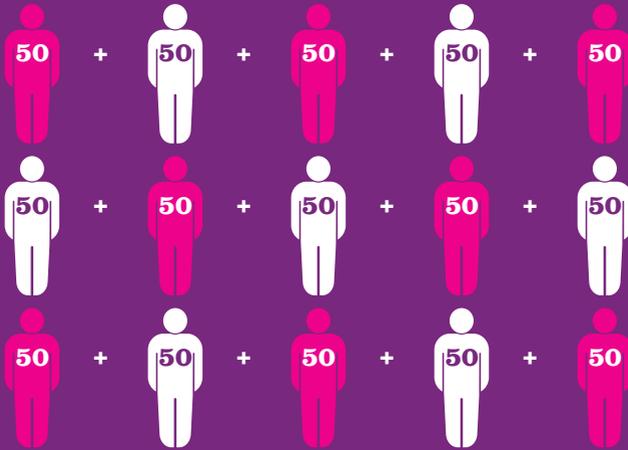


Believe in children



Barnardo's
Northern Ireland

WE HAVE



750 VOLUNTEERS



Barnardo's **3 Strategic aims**

01

Stronger
Families

02

Safer
Childhoods

03

Positive
Futures

A TO Z

FLIP

The Family Learning & Integration Project (FLIP) supports BAME parents with children aged 0-11 attending or intending to attend Holy Rosary Primary or Fane Street Primary. Using holistic approaches it builds the capacity of BAME families to gain skills and become more confident members of their communities, whilst celebrating their own language and cultural heritage. FLIP is made up of a number of different programmes:

- Parent and Infant Programme (PIP)
- Parent Active Learning programme (PAL)
- Language Made Fun (LMF) and Language Together (LT)
- Drop-in Service
- English Classes
- Individual Support
- Men's Work
- Volunteering Support

028 9066 8766

23 Windsor Avenue, Belfast, BT9 6EE

Forward Steps

Provides evidence based programmes to assist parents/carers with:

- An understanding of their child's autism
- Knowledge of how to use TEACCH (an effective approach used within Autism) to support their child's development
- Their child's specific needs

Programmes include:

- Post Diagnosis 8 week Early Intervention on site and at home
- 6 week Family support
- Sleep support including assistance at home
- 4 session group to assist parents with their child's anxiety
- Sign-posting and referring on to appropriate supports

028 9065 8105

230c Belmont Road, Belfast, BT4 2AW

A TO Z

Fostering

Recruiting and supporting foster carers for children with extra needs, this includes children who have suffered early childhood trauma and attachment difficulties. The service provides a variety of foster care: short term, long term, emergency overnights, parent and child placements, fostering to adopt and young people leaving the care system.

028 9065 2288
230b Belmont Road,
Belfast, BT4 2AW

Home Links

Short break support (sometimes called respite care) for disabled children and young people including children with a learning disability, autism and challenging behaviour. Children are given the opportunity to have fun, share experiences and socialise outside of their home life while giving their parents or carers a brief break from caring. Support includes regular overnight stays with approved carers or weekly 1-1 outings for children to enable them to take part in a range of activities like swimming, going to the park or the cinema, shopping, baking or cooking, table top games, attending youth clubs. The service matches children to carers and workers based on a number of factors, including the child's needs and the carer/worker's experience.

028 9065 8105
230c Belmont Road,
Belfast, BT4 2AW

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Independent Guardian Service

The Independent Guardians support unaccompanied/separated children who arrive into Northern Ireland and/or children who have been confirmed as having been trafficked/suspected as trafficked. Their role is to ensure that the welfare and asylum rights of children are upheld, and to hold those responsible for meeting children's needs accountable for their role. They guide and support children through the complex and stressful asylum process and ensure they have a legal representative with extensive experience in immigration and asylum work. A key element of the role is to ensure that children's voices, wishes and feelings are heard and represented with all those professionals working with the children and to advocate for the best interests of the child at all times.

028 9065 8105
230C Belmont Road, Belfast, BT4 2AW

Jigsaw

Jigsaw is a family support service created as part of the Neighbourhood Renewal programme in South Ballymena. It aims to support children and families as they journey through primary school. The service addresses the barriers to educational achievement and aims to improve social, emotional and educational outcomes for children.

028 7963 1344
36a Westland Road, Magherafelt, County Londonderry, BT45 5AY

LifeSkills

LifeSkills is an effective evidence based prevention programme for children aged 8-14 within a school or community setting. It promotes resilience through the development of emotional literacy, critical thinking, problem solving, healthy relationships and strategies to prevent risk taking behaviours. LifeSkills is a UK and Ireland wide service.

028 9079 0133
1c Beechill House, 42 Beechill Road, Belfast, Antrim, BT8 7RL

A TO Z

Leaving Care

Provides a range of accommodation, care and support services for 16-25 year old care experienced young people, in their transition from care to independent living. There are two supported living accommodation units, one in Belfast and one in Ballymena. Young people have their own flats and work with staff on an individual and group work basis to address their needs and to develop their skills.

The Floating Support Service offers support to young care leavers living independently in the community who have previously lived within Barnardo's residential units, or reside within the shared tenancy home.

028 9064 4335
Somerset House,
234 Ormeau Rd,
Belfast, BT7 2FZ

NI Refugee Support Service (NIRSS)

Established in 2015 as part of UK Vulnerable Persons Relocation Scheme, NIRSS works in partnership with local statutory and voluntary organisations co-ordinated through the NI Department of Communities and the Home Office. It supports families directly impacted by the Syrian conflict linking them with local services such as health and education and supporting their independence and integration with the local community.

028 9066 9772

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NOVA Trauma Support

Nova work in the Southern HSCT area and provide therapeutic trauma support for children, young people and parents who live in a post-conflict society, which has resulted in a trans-generational impact on emotional health and well-being. The service also provides therapeutic support for general trauma (Child and Adolescent Mental Health Service referrals) and therapeutic support for children who have experienced significant life-events that have negatively impacted on their emotional health and well-being (SHSCT referrals). They help people to manage their stress/trauma reactions, recognise the learning gained from their experiences and access a range of supports in their local community.

028 4062 8758

10 Church Street, Banbridge, County Down, BT32 4AA

Parenting Matters

Provides support to many families before, during and after a prison sentence. The service works with all parents in custodial settings helping them maintain and develop positive relationships with their children and families. The 'Beyond the Gate' service helps parents set realistic goals upon release for them and their families and helps identify some of the issues the separation may have raised. The service also offers support to parents subject to Enhanced Combination orders (ECO) in partnership with Probation Board NI.

028 9064 4335

234 Ormeau Road, Belfast, BT7 2FZ

The PATHS® Programme for Schools (UK & NI Version)

The PATHS® Programme for Schools (UK version & NI Version) is a universal schools programme for 4-11 year olds which empowers all children to develop the fundamental social and emotional learning skills which will enable them to make positive choices throughout life. The PATHS® Programme promotes positive mental health and emotional

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well-being in schools and is delivered through support from Barnardo's in primary schools across the UK.

www.pathseducation.co.uk

028 9079 0133

**Unit 1c Beechill House, 42 Beechill Road,
Belfast, BT8 7RL**

Pharos

Pharos provides support for children and families affected by parental substance misuse. The aim is to help families explore the impacts of substance misuse, support them in making changes and identify the types of support that are needed for both the child and the family. Pharos offers:

- Individual work with children/adults
- Relationship work
- Therapeutic family work
- Parenting support
- Group work

028 9066 3470

23 Windsor Avenue, Belfast, Co. Antrim, BT9 6EE

028 4062 3872

10 Church Street, Banbridge, County Down, BT32 4HZ

Parent & Infant Project (PIP)

This service delivers community based groups in the Lisburn and Greater Lisburn areas for parents with children aged 0-36 months. The structure and content of the group activities support parents to understand their child's temperament, individual needs and stage of development. The groups include practical play based activities which parents can replicate within the home.

028 9260 7537

5 Crescent Business Park, Lisburn, BT28 2GN

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Play For All

Inclusive Saturday Clubs for disabled children age 5-12 and their siblings. The Saturday Clubs offer play, art, and leisure opportunities on a fortnightly basis during term time.

028 9065 8105

230c Belmont Road, Belfast, BT4 2AW

Ready to Learn

Ready to Learn is an evidence based after school programme for children. The programme has a specific focus on nurturing children's literacy skills with the long term outcome of raising their achievement.

028 9067 2366

**542-544 Upper Newtownards Road,
Belfast, BT4 3HE**

Schools-Based Counselling Services

School-based Counselling Services supports pupils in primary, post-primary and special sector schools in a number of regions in N. Ireland. The service helps to increase the emotional well-being of pupils in order to improve their learning potential. It offers a menu of supports: resilience building workshops, drop-in services, individual counselling, parent and staff consultation and training. School-based Counselling Services covers schools in the Belfast, South-Eastern, Southern and Northern HSCT areas.

028 9064 6515

234 Ormeau Road, Belfast, BT7 2FZ

SEEN – Sexual Exploitation Ends Now

SEEN provides support to children, young people and families affected by child sexual exploitation, with the aim of increasing safety and improving wellbeing. Provision includes one-to-one therapeutic support for young people aged 10-18, support to families and carers, and consultation

A TO Z

to professionals to provide direction and resource materials to enable others to undertake direct work. This service is available across Northern Ireland.

028 9065 8511

230b Belmont Road, Belfast, Antrim, BT4 2AW

SET Family Support Service

The SET (South Eastern Trust) Family Support Service is based in Lisburn and Bangor. The family support teams provide up to 12 sessions of direct support and therapeutic intervention for families with children aged 0-18 years within the family home. Referrals are received via the SET Family Support Hubs and families can self-refer to the hubs or request a referral from their GP/Health Visitor/School etc. The aim of the service is to provide timely support to families experiencing difficulties and to reduce the need for statutory social work intervention.

028 9127 1538

Simpson Family Resource Centre, 40 Manse Road, Bangor, BT20 3DE

028 9260 7537

5 Crescent Business park, Enterprise Crescent, Lisburn, BT28 2GN

Strabane Family Support Hub

Supports children under 18 and their families from the local area. The hub brings families and agencies together to share information, identify needs and develop a plan to suit the individual family.

028 7138 2658

2a Melmount Road, Strabane, County Tyrone, BT82 9BT

A TO Z

Sure Start

Support for parents with children aged 0-4. Sure Starts aim to improve a child's ability to learn by encouraging stimulating play and improving language and communication skills. They support parents in caring for their children, promoting children's health and enhancing positive parenting skills. There is a range of support available at the various Sure Starts such as: baby yoga, breastfeeding support, cooking & nutrition and rhyme time. Please contact each Sure Start directly for more information on the support they provide.

Donemana Sure Start

028 7139 7191

3-5 Lisnarragh Road, Donemana, Strabane, BT82 0QL

Horizon Sure Start

028 93 359734

**Sunnylands Primary School, Sandes Court Entrance,
Carrickfergus, County Antrim, BT38 8JJ**

G-Old Community Partnership Sure Start

028 8676 9994

Loy Buildings, 18-24 Loy Street, Cookstown, Tyrone, BT80 8PE

Plumbridge Sure Start

028 8164 7698

27a Main Street, Plumbridge, Omagh, BT79 8DQ

Strabane Sure Start

028 7138 2658

2a Melmount Road, Strabane, County Tyrone, BT82 9BT

Travellers' Early Years and Transition Service

Barnardo's Early Years Travellers Service provides home based sessions for parents/carers and their children aged 0-6. These sessions focus on play, parenting, transition to Sure Start, Nursery and Primary School. Support is also given to enable families to access other services in the area. The Transition Service is for Primary 7 and Year 8 pupils and focusses on preparing children for moving to Post Primary school and supporting them through their first year. This includes group and individual work. Covers Belfast and South Eastern HSCT areas.

A TO Z

**07738 859064 - Belfast Metropolitan College,
398 Springfield Road, Belfast, BT12 7DU**

Willowgrove

Willowgrove provides a range of regular short-term breaks and support services to children and young people aged 5-17 years old with a learning disability. The children and young people using the service experience enjoyable and stimulating breaks alongside their peers at the purpose built bungalow and in the wider community. The facilities at the bungalow include a state of the art sensory room and fully accessible sensory playground.

028 4062 6109

44 Whyte Acres, Banbridge, County Down, BT32 4HZ

Young Carers

Provides practical and emotional support for young carers in the Northern & Western HSCT areas. The service works with schools, health and social care trusts and voluntary/ community organisations to raise awareness of young carers, their situation and to reach young people who need the service. The service offers: peer support, personal development programmes, individual support, advocacy, fun/social activities, advice and a safe environment.

028 7963 1344 - 36a Westland Road, Magherafelt, BT45 5AY

Young People's Partnership (YPP)

YPP work with young people aged 13-18 who are deemed to be 'in need' and/or 'at risk'. All interventions are risk assessed and designed in partnership with young people and their families. The overall aim of the YPP is to maintain and support young people in their communities. It provides a range of preventative and diversionary services which seek to enhance the strengths and positive attributes of the young person and their family.

YPP Armagh

028 3752 2380 - 39a Abbey Street, Armagh, BT61 7DX

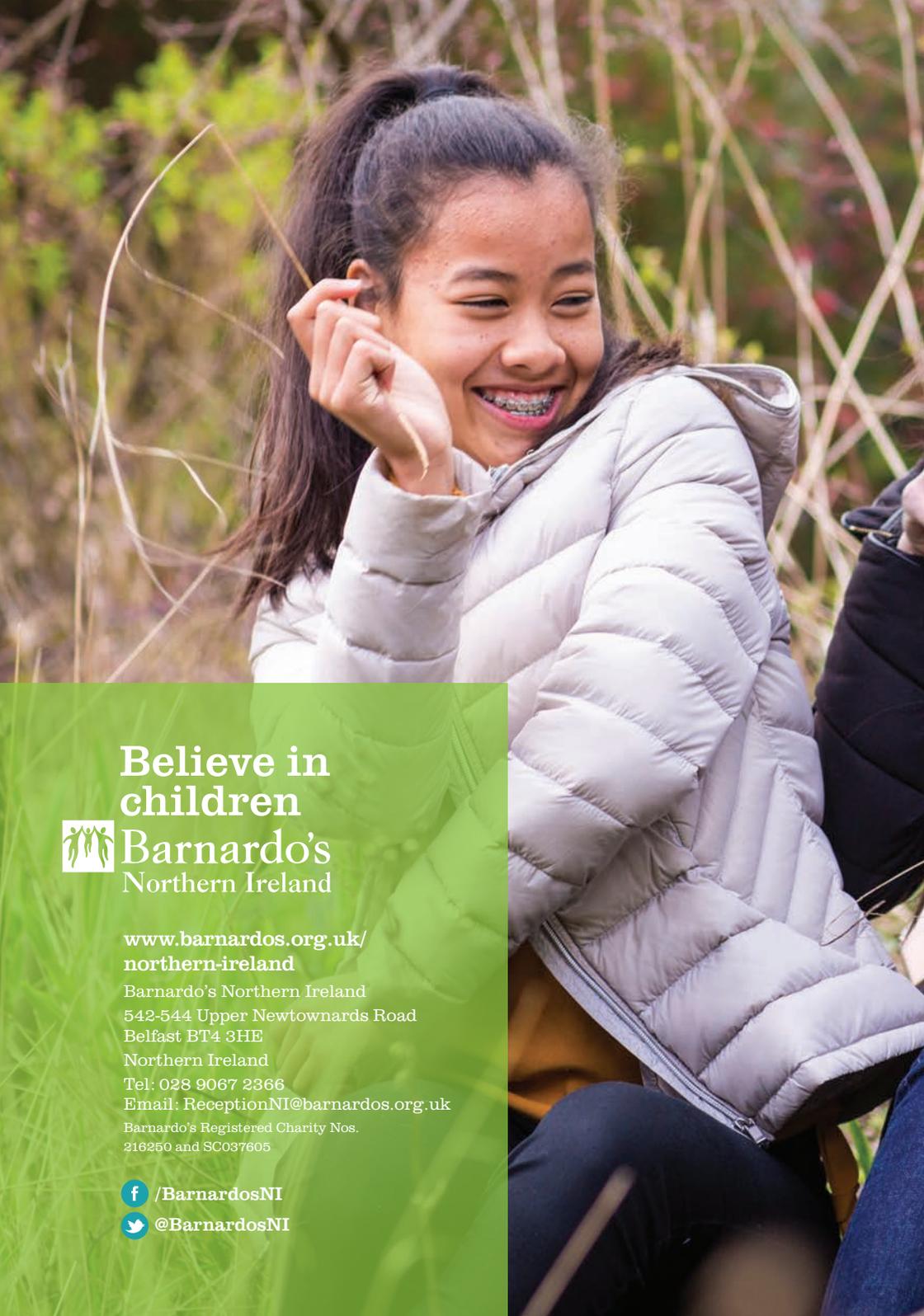
YPP Newry

**028 3026 3135 - 15 St Colemans Park, Newry,
Northern Ireland, BT34 2BX**

If you are interested in volunteering with us please visit
www.barnardos.org.uk/get-involved/volunteer







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children**



**Barnardo's
Northern Ireland**

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

Barnardo's Northern Ireland
542-544 Upper Newtownards Road
Belfast BT4 3HE
Northern Ireland

Tel: 028 9067 2366

Email: ReceptionNI@barnardos.org.uk

Barnardo's Registered Charity Nos.
216250 and SC037605



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