



Believe in
children



Barnardo's
Northern Ireland

A TO Z

OF SERVICES

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A TO Z



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WELCOME

This directory outlines the support our dedicated staff and volunteers provide to children, young people and families, right across Northern Ireland. As the UK's largest children's charity, we have over 150 years' experience of delivering direct services.

The last few years have been extremely challenging for us all and our goal at Barnardo's NI is to continue to innovate and adapt, to ensure that we provide quality, accessible services to those who need us most.



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.

As well as providing direct support through our services, we aim to influence policy and practice so that children, young people and families across Northern Ireland can build a better future.

By gathering evidence from our service delivery and carrying out research, we develop policy on the issues that matter to the children, young people and families we support and campaign to influence change.

We work collaboratively across all sectors and political parties to achieve positive outcomes for all children and to make sure our children and families are not trapped by the rising tide of poverty.

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 cannot do all of this without you. From everyone at Barnardo's NI, thank you for your generous and continued support.

Director of Barnardo's NI
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

The Attachment, Bonding & Communication Parent infant Partnership (ABC PiP) is a Specialised Parent infant Relationship Team which offers a home visiting service to families across the South Eastern H&SCT area. The service focuses on improving Parent infant Relationships and creating stronger bonds and attachment in the First 1001 Days (pregnancy – age 2). This is achieved through 1:1 and small group work using a range of approaches. The service has been developed through a strategic partnership between Barnardo's NI, South Eastern H&SCT and Tiny Life; supported by parent Infant Foundation. The ABC PiP Team also focus on the wider systems affecting infants and their families and how these can be changed/improved, alongside offering training to the Infant Mental Health Workforce in South Eastern H&SC Trust area.

028 9598 8056
8 Moss Road,
Ballygowan
BT23 6JE

Adoption (and fostering)

Recruiting and supporting adopters for children with extra needs, this includes children who have suffered early childhood trauma and attachment difficulties. The service provides long term foster care, permanence through foster to adopt and adoption.

028 9065 2288
Fostering and Adoption NI
230b Belmont Road,
Belfast,
BT4 2AW

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 10am - 1pm and Fridays from 10am - 12.30pm. The contact number is: 028 9066 8333/07867 372711.

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

Children's House

Established in 2003, Children's House is part of an integrated service with Barnardo's NI Fostering Service preparing children under 12, who have experienced multiple placement breakdowns, for a return to a long-term fostering placement. It is a regional service, accepting referrals from all Health & Social Care Trusts in N Ireland and is funded by Dept of Health's Strategic Planning and Performance Group (SPPG).

Children's House is home to 4 children providing therapeutic support in a trauma informed environment.

028 9065 2288

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, BT45 5AY

Choices for Children

Home Links

Short break support 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**

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

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, a transition and inclusion service (TIS) and a peer mentoring scheme, the service provides capacity building activities that impact self-esteem, relationships, emotional wellbeing and confidence.

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, voluntary and private sectors. It operates as a locality planning group that works collectively to improve outcomes for children, young people, and their families, in the Lisburn area. In addition to this EIL coordinates the 'Help Kids Talk' project on a regional basis, and 'Connected Minds Lisburn'.

028 9267 0755

**Laganview Enterprise Centre,
69 Drumbeg Drive, Lisburn BT28 1NY**

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 9066 8766

23 Windsor Avenue, Belfast, BT9 6EE

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 both practical and 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 in Rathcoole and Monkstown including parenting programmes, family support, parent engagement, summer programmes and BOOST attainment programme. Barnardo's also co-ordinate THRiVE Newtownabbey which is a collaborative project between local parents, schools, community and voluntary organisations and statutory partners who are all working together to improve outcomes for children and young people. THRiVE's WE CAN campaign promotes aspirational messages across the community.

**<https://www.thrivenewtownabbey.co.uk>
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 offering: early years play and learning, parenting programmes, transition support, family support, parent engagement, family learning and community links.

028 9041 9069

Family Resource Centres (FRC)

Barnardo's Family Resource Centres provide: Parenting Assessments and Protective Parenting assessments: 12-week parenting assessments focusing on child protection and capacity building. Therapeutic/ tailored work undertaken with individuals, couples, family work, and directly with the child.

Armagh FRC

Therapeutic and educational work to address:

- The Impact of parenting, domestic violence, mental health, and substance abuse on children.
- Awareness raising with parents regarding parenting and children's developmental needs.
- Therapeutic relationship work with parents and children.

028 3752 2380

Doctor's House, 39a Abbey Street, Armagh BT61 7DY.

Newry FRC

Therapeutic and educational work to address:

- The Impact of parenting, domestic violence, mental health, and substance abuse on children.
- Awareness raising with parents regarding parenting and children's developmental needs.
- Therapeutic relationship work with parents and children.

- A supported Child Contact Service.
- A court-based Mediation Service.

028 3026 0668

Lisdrum House, Chequer Hill, Newry, BT35 6DY.

Simpson FRC

Family Work, Parenting Assessment, Support and Education to promote positive change and better outcomes for families, children, and young people. Referrals can only be made through Statutory Services.

028 9127 1538 - 40 Manse Road, Bangor, BT20 3DE

Strabane FRC

Family Work, Assessment, Support and Education aiming to promote positive change and better outcomes for parents/carers, families and children and young people. Referrals can be accepted from statutory services, other professionals, Family Support Hubs and directly from parents/carers.

028 7138 2658

2a Melmount Road, Strabane, BT82 9BT

Windsor FRC

Family Work, Parenting Assessment, Support and Education to promote positive change and better outcomes for families, children, and young people. Referrals can only be made through Statutory Services.

028 9066 7586

23 Windsor Avenue, Belfast, BT9 6EE

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
18,000
children, young people
& families
in Northern Ireland

Barnardo's NI has
40+
Services



WE HAVE OVER



350 VOLUNTEERS



Barnardo's **3 Strategic aims**

01

Stronger
Families

02

Safer
Childhoods

03

Positive
Futures

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 4062 8758 / 07962 567246
10 Church Street, Banbridge, BT32 4AA

Family Support Hubs:

Armagh & Dungannon

Barnardo's co-ordinate and manage this multi-agency network of statutory, community and voluntary organisations that provide early intervention services in this locality within the SHSCT. We identify and help families to access services at the earliest point, we co ordinate existing early intervention family support services, we support information sharing and stronger collaboration between key agencies, we improve awareness and increase knowledge about family support services in the local community and we identify and address unmet need with partner agencies.

028 3752 2380
39A Abbey Street, Armagh BT61 7DX
familysupporthub@barnardos.org.uk

Outer South & East Belfast

Outer South and East Belfast Family Support hub is a multi-agency network of statutory, voluntary and community organisations working together to provide early intervention support for parents and children aged 0-18.

07850 541313
Contact Sinéad Tumelty sinead.tumelty@barnardos.org.uk

Strabane

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, BT82 9BT

Fostering (and Adoption)

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
Fostering and Adoption NI
230b Belmont Road, Belfast, BT4 2AW

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 support service based in 3 primary schools in Ballymena. It aims to support children and their families through nursery and primary education. The service addresses the barriers to education through interventions to improve social, emotional, health and educational outcomes for children.

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

Botvin LifeSkills

Barnardo's NI hold the UK and Ireland license for LifeSkills . It is a highly effective evidence-based prevention programme for children aged 8-14years. LifeSkills concentrates on a preventative approach which shares age appropriate information with young people in providing them with the skills, knowledge and experience necessary to make healthy choices. Studies testing its effectiveness have found that LST

can reduce the prevalence of smoking, alcohol and illicit drugs by up to 75% and effects can last up to 6years. LifeSkills Training is different from other prevention programmes in several important ways; it is based on scientific evidence of what causes substance abuse, it doesn't just focus on one aspect, it teaches a combination of health information, general life skills and drug resistance skills, it is facilitated in a manner which incorporates proven skills training methods, and its effectiveness is documented by over 20 years of rigorous research. LifeSkills provides training and ongoing technical support to teachers in implementing the programme and operates across the UK and Ireland.

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

Leaving Care

Barnardo's Leaving Care Service provides a range of accommodation, care and support service to 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. There are also two community houses in Belfast. Young people have their own flats and work with staff on an individual and group work basis to address their needs and develop their skills.

The Aftercare service offers support to those living independently in the community who have previously lived within LCS accommodation to ensure they have a support network for as long as they need it.

028 9067 2366
542-544 Upper Newtownards Road, Belfast, BT4 3HE

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 conflict such as we have seen in Syria linking them with local services including health and education, whilst supporting independence and integration. NIRSS contributes to the Homes for Ukrainian scheme completing screening visits to potential host sponsors and signposting hosts and guests to relevant information and services. NIRSS assists with school readiness and education for children of primary school age living in temporary accommodation with their families awaiting an asylum claim to be processed.

Office Number: 028 9067 2366
542-544 Upper Newtownards Road, Belfast, BT4 3HE

NOVA

In the Southern HSCT area, with funding from the Victims and Survivors Service, CAMHS and the MACE Project, individual therapeutic trauma support is provided for children and young people who live in a post-conflict society and have experienced adverse childhood events which have impacted on their emotional health and well-being. In the South-Eastern HSCT area children and young people, who have been supported by Multi-Disciplinary Teams in GP surgeries, receive therapeutic support from NOVA to improve their emotional health and wellbeing and their caregivers are helped to understand how they can further support their children.

028 4062 8758 ni.nova@barnardos.org.uk
10 Church Street, Banbridge, BT32 4AA

Parenting Matters

Parenting Matters service works with expectant parents and parents/carers of a child or children under 18 yrs old who are in custody in HMP Maghaberry, HMP Magilligan and Hydebank Wood Young offenders and Women's Prison and with parents on an Enhanced Combination Order (ECO) or other Probation Order in the community across the region of Northern Ireland.

The main focus of the work is to reduce the impact and trauma of parental offending on children and families in NI and strengthen family relationships.

This is carried out by exploring issues relating to parenting including the impact of parents own behaviour on their children and families and to support parents in maintaining or establishing a meaningful relationship with their children, including those who are separated from children because of imprisonment.

Work is carried out through both group-based programmes and interventions and 1-1 work and delivered in partnership with the Northern Ireland Prison Service (NIPS) and the Probation Service of Northern Ireland (PBNI).

Click here to watch a video about Parenting Matters
<https://www.youtube.com/watch?v=656LEyiLPXs>
028 9067 2366
542-544 Upper Newtownards Road,
Belfast, BT4 3HE

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

The *PATHS® Programme for Schools (UK version & NI Version)* is a universal, social emotional learning (SEL) school programme for 4-11 year olds which empowers all children to develop the fundamental SEL skills which will enable them to make positive choices throughout life. The *PATHS® Programme* promotes positive mental health and emotional well-being in primary schools and is delivered through resources, training and coaching support from Barnardo's. The *PATHS® Programme* team deliver support across all council areas in Northern Ireland, and in other parts of the UK.

Barnardo's offer schools a tailored model of coaching support providing teachers with:

- One-to-one planning and mentoring support
- In-class support
- Key Stage/Cluster support
- Thematic workshops / In-School Co-ordinator seminars
- Curriculum alignment and development
- Teaching strategies / Extension activities
- Whole-school support (Additional Staff Training, Parent Information Sessions and B's Buddies Training).

The PATHS® Programme for Schools (Pre-school Version)

A pre-school version of the *PATHS® Programme* is available for 2-4 year olds, and tailored support for implementation is also provided to early years settings from the Barnardo's *PATHS® Programme* team using an adapted version of the coaching model above.

The PATHS® Programme for Schools (SEL Support & Services)

The *PATHS® Programme* team also provide a range of bespoke SEL services including SEL workshops/assemblies, advanced trainings

and webinars, parent workshops, technical assistance and consultancy services.

**<http://www.pathseducation.co.uk>
028 9079 0133 / <mailto:paths@barnardos.org.uk>
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, BT9 6EE**

**028 4062 3872
10 Church Street, Banbridge, BT32 4AA
<https://www.barnardos.org.uk/what-we-do/services/pharos-eastern-board>**

Barnardo's Parent and Infant Programme (PIP)

PIP is a structured programme, delivered weekly in community venues, for parents/carers of children aged 0– 3 years. The programme uses a child centred approach to encourage all areas of development including speech, language and communication. The PIP Team offer parents advice, guidance and support on a range of issues including: building positive relationships/interaction in the early years, understanding their child's development/behaviour and looking after their own wellbeing. The team also deliver Baby Massage/Yoga and Baby Sensory groups as well as groups focusing on the Key messages from the Five to Thrive and Help Kids Talk Approaches.

028 9260 7537

5 Crescent Business Park, Lisburn, BT28 2GN

SASUYP

SASUYP is a supported housing service for unaccompanied and asylum seeking young people aged 16-21. It is a regional service accepting referrals from social services across all 5 Health and Social Care Trusts.

028 9066 9772

25 Windsor Avenue, Belfast, BT9 6EE

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.

07630 28193

230c Belmont Road, Belfast, BT4 2AW

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 to professionals to provide direction and resource materials to enable others to undertake direct work. This service is available across Northern Ireland via referral by CSE Lead social workers in each Health Trust.

028 9065 8511

230b Belmont Road, Belfast, BT4 2AW

SET Family Support Service

The SET (South Eastern Trust) Family Support Service covers Lisburn and Ards & North Down areas. 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

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.

Horizon Sure Start

028 9335 9734

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

G-Old Community Partnership Sure Start

028 8676 9994

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

Strabane Sure Start

028 7138 2658

2a Melmount Road, Strabane, BT82 9BT

Strabane Outreach Centres

Donemana Sure Start

028 7187 6133

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

Plumbridge Sure Start

028 8161 8144

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

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 pupils in Primary 7 upwards and focuses on preparing children for moving to Post Primary school and supporting them through their initial years. This includes group and individual work. Covers Belfast and South Eastern HSCT areas.

028 9067 2366

Based at Belfast Regional Office:

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

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, 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: 1:1 and 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

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)

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Email: ReceptionNI@barnardos.org.uk

Barnardo's Registered Charity Nos.
216250 and SC037605



/BarnardosNI



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