

StarNews

#05 Autumn/Winter 2022

Enjoy the Golden Moments of Autumn

★ Autumn has arrived! The nights are getting longer and the days shorter but that's not going to stop us at Star! It's time to put on our winter woollies and wellies and enjoy the crisp, fresh days ahead.

Firstly I would like to thank the wonderful team of staff who are professional in every aspect of their daily work and for making me feel so welcome in Star as the new Project Manager. Over the coming year I'm looking forward to meeting the families within the Project and keep carrying on the great work that is already established within Star.



Lisa Stewart
Project Manager

We are delighted to share our Newsletter and would like to welcome all new families who have registered with Star over the summer, as well as our existing families. I hope you've all had a lovely summer and managed to enjoy some sun. We're glad that you have been able to join us at our groups and events over the last few months and are looking forward to making lots of wonderful, happy and long lasting memories with you all, in our programmes over the weeks and months ahead.

As we approach the cooler months there's lots to think about. Maybe you've had a new baby and are considering activities you would like to join with your little bundle of joy. If this is the case, we have lots of things for you to come along to. Watch out for our latest Programme Listings that are sent out to all parents via post and email. We also pop a copy of our latest Programme Listings on our website and notify families of up and coming events on Facebook. Give us a call for further details.

With Christmas around the corner, it may not be as exciting a prospect as normal, as we are faced with high cost of living prices. There are lots of programmes that may help during

these difficult times. Come along to our Simmer with Star Programme and Crafty Mums Workshops, giving low cost no cost gift ideas and lots more!! If you are finding things particularly difficult, please know that we are always here to listen, we are always here to help and we are always here to support you in any way that we can, when it is needed.



Getting Ready to Meet Your Baby

Packing your Hospital Bag

You want the hours you spend in hospital before giving birth to be as stress-free as possible. That means having your bag packed in the third trimester at around 35-36 weeks. Just in case your baby might arrive earlier than expected!

Hospitals vary in their policies about what you are allowed to bring with you when you have your baby. You may want to take a few items from home, such as your own pillows, a blanket etc., to make the environment more personal to your own needs. It is advisable to check beforehand with Maria, our Midwife,

as hospitals can be short on space and may have safety policies and rules on items such as candles, flowers etc., which are not permitted.

If you prefer, you can pack two bags, one for labour and the hours immediately after your baby is born and a second bag for your stay in the postnatal ward (which can be left in the car initially if you are driving to hospital). If you have a straightforward birth, you may leave hospital on the same day and not need the second bag at all but it is better to plan for all eventualities in case your hospital stay is a little longer than planned.

Hospital bag for Mum

- Your hospital notes and birth plan. Don't leave home without your notes!
- Loose and comfortable clothing to wear during labour and for your stay in hospital. Clothes that do not restrict you from moving around or make you too hot – short sleeve front opening nightdress or nightshirt. Three changes of loose, comfortable clothes (darker colour bottoms preferable).
 - Bras – Two or three comfortable and supportive bras, including nursing bras if you're planning to breastfeed – remember, your breasts will be much larger than usual.
 - Breast pads – One packet (you don't have to buy expensive brands).
 - Maternity/sanitary pads – Two packets of super-absorbent pads is recommended.
 - Pants – Five or six pairs of disposable pants or some cheaper brand dark coloured pants.
- Dressing gown and slip on backless slippers.
- Washbag with a toothbrush, hairbrush, flannel, soap, lip balm, deodorant, hair ties and other toiletries
- Two towels (dark in colour) for showering after the birth of your baby.
- Massage oil or lotion if you would like to be massaged during your labour!
- Lip balm to keep your lips from drying up.
- Water spray to cool you down!
- Healthy snacks and isotonic drinks (non-fizzy) to keep you energized.
- TENS machine if you intend to use one for pain relief.
- Eye mask and earplugs, to help you sleep in a brightly lit, noisy ward.
- Distractions and things to help you pass the time and relax – i.e. E-books, books, crosswords, word-searches, magazines, music, podcasts, Hypnobirthing Rainbow Relaxation or any other types of relaxation you may want to listen to.

Hospital bag for baby

- Nappies! (Does not have to be expensive branded nappies, there are cheaper companies offering good value nappies also).
- Cotton wool – your baby's skin will be very delicate, so experts recommend using cotton wool and water for nappy changes at first.
- Wipes – alcohol and fragrance free.
- Six bodysuits, six vests and two cardigans.
- A comfortable stretchy outfit for baby to go home in along with a hat.
- Jacket or snowsuit for winter babies (remove before placing your baby in a car seat as they can overheat).
- Scratch mittens and socks or booties.
- One cellular blanket.
- Muslin squares or bibs for mopping up any milk your baby brings up (possetting).
- Car seat for the trip home.

Baby Café

Our Wednesday morning Baby Café sessions continue to be very popular. The babies love the opportunity to explore, stretch and engage with each other while parent's enjoy an opportunity to chat and support each other in their parenting journey, along with the advice from Caroline (Health Visitor) and Wendy (Perinatal Parenting Worker).



Star News Desk

Change is in the air in Star!

★ We're waving farewell to Danielle McKeown Interim Project Manager and previously Families' & Father's Worker, Ann O'Hare Occupational Therapist and Nicole McNiece Speech & Language Therapist. The team at Star would like to congratulate the ladies and wish them all the best in their new roles. Everyone has appreciated all their hard work during their time at Star.

Our Star Team is growing...

★ We have welcomed Zoe McIlwaine to our team as Early Years Assistant. Zoe comes with a wealth of knowledge and expertise, working within the Early Years field.



★ Star's Family Support Worker Jennifer Porter has been successful in securing the position of Families' & Fathers Worker. She brings with her lots of experience from her previous role in Star and is a great addition to the team.



★ A further addition to the team is our new Speech & Language Therapist Debi Lester, sharing her specialist skills and expertise with the staff and families.

★ Star Sure Start continues to sparkle brightly with a range of new services, thanks to the commitment of its staff who keep training and embracing new skills.

Baby Swim

We are delighted to have our Little and Bigger Baby Swim sessions back up and running post Covid. Staff, parents and babies are all delighted to be back in the water at Banbridge Leisure Centre. Lots of splashing and smiles are guaranteed in each session.



Super Savvy Shopping Tips for the Christmas Season



- ★ Set yourself an overall budget first – i.e. what can you afford for presents this year? How many family members or friends will you be feeding?
- ★ If you are having friends or family over, ask them to bring a dish each. This will cut down on the cost as well as your time spent in the kitchen.
- ★ Write a list of everyone you need to buy a present for, then split your budget accordingly. Maybe now is a good time to look at who you have on your list? Has your Christmas gift circle gotten too wide? Could you make an agreement with family or friends to opt out of gift giving this Christmas, organise a day away in the New Year instead or doing a secret Santa. (Secret Santa is where a group of friend or family draw a random name to become someone's secret Santa. The group agrees a budget which everyone can afford and you can make it fun by going for a theme such as joke gifts)
- ★ Keep the main thing the main thing. Christmas is about presence, the time we spend together, not the best gifts or fanciest food. As parents, we feel that Christmas needs to be magical and it's our responsibility to bring that sparkle but actually what we and our children remember is those memories of walks in the woods, making hot chocolate together and watching Christmas movies. So keep it simple this Christmas, **spend time not money!**
- ★ Start early if possible – delaying less and shopping earlier will save money in the long run as you will have time to shop around for the best price, and you will be able to buy each week to spread the cost.
- ★ Why not make it personal and create your own gifts? For our mummies here at Star we're going to do just that at our Crafty Mums in December – see our programme listings for details. There are also some great ideas online and on Apps i.e Pinterest.
- ★ When buying food and drink stick to your list and avoid the temptation to buy on special offer.
- ★ Watch your shopping basket – the shops will only be closed for a couple of days so don't get carried away.



Have a Holly Jolly Christmas

Christmas is a time for 'giving' (and hopefully receiving, let's not kid ourselves!). But the act of doing something kind and helping others doesn't only cost nothing (or very little), it also makes us feel 'good' and in the depths of winter, that can be just the lift we need. You may recognise the expression "it is better to give than receive", but did you know this is backed up by research?

According to Mark Rowland, CEO of the Mental Health Foundation, "People who are kind and compassionate see clear benefits to their wellbeing and happiness.

They may even live longer. Kindness can also help reduce stress and improve our emotional wellbeing...

Now is the time to re-imagine a kinder society that better protects our mental health."

Watch-out, here comes the 'science bit' (... only because we're worth it!)

According to Dr David R. Hamilton, acts of kindness create emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels.

First things first, be kind to yourself.

🎄 Prioritise some "me" time, so you can relax and reflect on how you're feeling and how your day or week has been so far.

🎄 Switch off from social media channels for a day, or even a week.

🎄 Treat yourself to something small.

🎄 Do something you enjoy, like listening to a favourite song or dancing in your kitchen.

🎄 Spend some time in nature, which is good for our mental health.

Here are some festive and everyday 'Acts of Kindness' ideas:

- 🎄 1. Volunteer at a local charity shop or organisation, even just as a one off or a few hours a week.
- 🎄 2. Follow your chosen charity on Facebook, Twitter or Instagram and join in with the conversation.
- 🎄 3. Sign-up to receive your charity's newsletter and keep up to date with the work they're doing.
- 🎄 4. Give a spot in a line.
- 🎄 5. Call a friend you haven't spoken to for a while.
- 🎄 6. Make a cup of tea for a neighbour.
- 🎄 7. Do someone's nails.
- 🎄 8. See if an elderly neighbour needs anything from the shops.
- 🎄 9. Check on someone you know is going through a tough time.
- 🎄 10. Wish someone a good day!
- 🎄 11. Smile and say hello to people you meet.
- 🎄 12. Offer help to anyone you think needs it or would appreciate it.

🎄 13. Sort out and clean any toys or clothes that you no longer need or want and take them to a local charity.

🎄 14. Make time to spend, with loved ones playing, taking a walk, watching a movie or baking.

🎄 15. Bake some festive cookies and give to a neighbour.

🎄 16. Offer to look after a neighbour or friends pet or child/ren.

🎄 17. Write a personal note of appreciation to a friend, family member or neighbour.

🎄 18. Make your own eco-friendly cleaning products...better for your health and the environment.

At Star we are holding a Twelve Days of Christmas Give-away Extravaganza starting from the 1st December. Everyday a Star family will be randomly picked from our data base to receive a 'gift' from one of the local businesses...it could be you!

Positive Parenting

The Festive Season Survival Guide

Parenting is a demanding job all year round. We all work really hard to encourage our children to learn about the world, themselves and their emotions, all the while having fun along the way!

★ Children are growing and developing so much and this means they can go through different 'phases' of behaviours. Using positive parenting techniques and seeing things from our children's point of view can really help us to support our children and encourage them to behave in the way we would like, as well as build their emotional development. Have a look at our positive parenting tips below, and remember, sometimes adults find it hard not to throw tantrums too! Imagine how hard it must be for our little ones.

QUALITY TIME

Spend quality time playing and having fun with your child. Enjoying these happy times helps build positive relationships which become the strong bases for your child to navigate the world around them. These fun times also help us to cope with the challenges that we might face at other times.

LISTEN

Show your child that you are listening, understand them and accept their feelings. For example, you could say "I can see you are so cross that the party is over..." Listening to your child really helps to build your strong relationship, helps them to calm down and to feel loved and secure. As you talk to your child about a situation it will also help them to develop their own emotional understanding.

PRAISE IS IMPORTANT

Praise your child whenever you can for all the great things they are doing. We all love to hear that we are doing well and children love it most of all. Saying things like "That was really good listening, that really helped me" or "You put such great effort into that picture" or "You were so kind to offer your toy to your friend" will encourage your child to behave well and build their self-esteem.

ROUTINES & BOUNDARIES

Try to have a consistent but flexible routines and boundaries. Having this structure to your family life is another way of helping children feel secure which will help them behave well. Being flexible at other times, such as illness or a big change in the family helps everyone cope with the challenge in a gentle way.

BEHAVIOUR

If your child does something you don't want them to, calmly and clearly explain the situation to them. Labelling the behaviour and not the child means you can address the behaviour without leaving them feeling ashamed and gives them a way out of the situation. For example say "we don't hit, hitting is not kind or

gentle, please share your cars nicely with your sister and we can carry on playing with them." Children thrive on attention, even if this is negative. So if we make a big fuss about behaviour we don't like we can actually end up encouraging the child to do it more because they are getting our attention.

BE PREPARED

Be prepared! Make things as easy as possible for yourself, such as packing the bags for an outing the day before, taking small toys or activities to keep them entertained on a long journey or appointment. Singing songs, making up stories or building play into the day's activities can also help keep children happy.

STAYING CALM

Stay calm and try and work out what's going on for your little one. Staying calm sets a great example for your child that they can follow i.e. say, "Wow I'm going to take a big deep breath." Seeing the situation through their eyes can also be a big help. For example, children's behaviours may change if they are poorly, a new brother or sister has arrived, or if they're very tired, hungry or both.

LOOK AFTER YOURSELF

It's so easy to get caught up looking after everyone else that we put ourselves too far down the list. If we are kind to ourselves and give ourselves a little TLC then we'll be at a better starting point when we are helping our little ones. Whether it be a walk, a chat with a friend, or a soak in bath remember that looking after yourself is still part of looking after your family. Here at Star we are here anytime you would like to chat about your child's behaviour or the ups and downs of parenting. So call us in the office or come along and speak to us at one of our groups.



The Festive Frazzle

Whether you love it or loathe it there is no getting away from Christmas and it's definitely a very busy time of year!

★ On the run up to Christmas we can be so busy with different events and gatherings, there might be more visitors or a trip out to meet Santa. There is lots of excitement and anticipation which children can find hard to manage and those big emotions can lead to big meltdowns. Sometimes our child might be treated to a gift or a treat which we want them to be so grateful for and yet all they offer in return is a tantrum or hyperactive behaviour, leaving us frustrated. When we take a step back and remember our Positive Parenting Tips, to see things through our children's eyes, we can see things a little differently. Even just remembering that this can be an overwhelming time for children gives us that little bit of reassurance we need to relax and reduce those stress levels.

We get so excited about our Children enjoying the magic of Santa, yet actually, for many children a strange figure with a deep voice and a big beard who is supposed to come down the chimney when you are asleep can

be very frightening! Having lots of gatherings and events can be great fun, but can also tire everyone out and leave children easily overstimulated and overwhelmed. Try to space out your busy days with quieter reset days in between, or on a busy day plan in some down time such as cuddles and a story, or take them out in the pram or buggy for some quiet time.

Be kind to yourself. Not everyone enjoys Christmas and that's ok. Even if you do love it, it doesn't always turn out the way you imagine as life carries on regardless. Don't feel that you have to do everything and please everybody as they are impossible goals, think about what suits you and your little ones. Try to be realistic and prioritise, lowering your expectations can lower the stress too and share the load with those around you. Christmas is really about spending time with those special little people so put that at the top of the priority list. Time, love and attention are great gifts that your child will treasure for a lifetime.



Was your child born between 2nd July 2019 & 1st July 2020?

If so, they are eligible to apply for a funded Pre-School education place, starting in September 2023 and the application process will begin very soon.

We expect more information for Pre-School admissions in September 2023 to be available on the Education Authority NI website in **December 2022**.

The application process for admissions is online and will be accessible by following the link below.

www.eani.org.uk

****Parents are reminded to put down as many options as possible as you may not get your 1st or 2nd choice****

Banbridge Pre-School Open Days for September 2023 are expected to return to face-to-face again this year. We recommend that you check out the local Pre-School Websites/Facebook pages as they will post further details on these in December 2022.

See below for a list of our local pre-schools here in Banbridge:

Downshire Nursery School
Primrose Gardens
Tel: 028 406 25195

Banbridge Nursery School
Lurgan Road
Tel: 028 4062 3138

Ballydown Nursery School
Lisnaree Road
Tel: 028 4066 2738

St Mary's Nursery School
Reilly Park
Tel: 028 4066 2572

Little Friends
Huntly Road
Tel: 028 4062 3438

Ladybird Lane
Castlewellan Road
Tel: 028 4062 5701

Clever Cooking

It seems that the price rises of groceries and energy are never ending at the minute and this can leave us feeling worried about how we are going to manage over the next few months. But, with a little planning, we can make cooking clever and save ourselves a few pounds while we are doing it!

Meal planning & creating shopping lists

Spending 15 minutes once a week to plan your meals for the week ahead can make massive savings on the overall total of your grocery shop. Using the meal planner you have created, you can then create a list of groceries required making sure that you have everything that you need, but not buying unnecessarily! We have some lovely magnetic meal planners in Star that we would be more than happy to deliver to you, if you would like to give meal planning a go.

Ditch the brands!

Very often, the 'branded' products taste nicer because they contain more sugar, salt, additives etc. than the cheaper alternatives. So not only can the cheaper, non-branded items be more cost effective, they are the healthier option too! Start by considering a swap of one item per week. As the weeks progress you'll notice the savings!

Stock up on pantry staples and frozen favourites

Some great, nutritional items to pick up are:

- ★ Non-sugary breakfast cereals e.g. porridge oats, wheat biscuits e.g. Weetabix or alternatives, multigrain cereals. Most cereals are fortified with essential vitamins and minerals which helps us meet our

nutritional needs. Also, having cereal is a great opportunity to get some milk! Milk is high in lots of vitamins and minerals including calcium, protein and Vitamin D – all important at every age. When choosing a cereal, look for whole grains as the main ingredients and choose the less sugary options.

- ★ Bread – bread can be frozen too!
- ★ Baked beans
- ★ Eggs – so versatile! Can make breakfast, lunch or dinner!
- ★ Canned tomatoes
- ★ Canned fish
- ★ Dry pasta and rice
- ★ Frozen fruits and vegetables

These foods have long shelf lives and are great in slow cooker recipes too!

Loads of Oats!

Oats slow the digestive process to release energy gradually, making us feel fuller for longer. Some great oaty suggestions are: porridge with honey and berries, overnight oats made with yogurt and fruit, baked oats, banana oat pancakes...the possibilities are endless and there are any number of recipes online!



Batch cook where you can

It usually works out cheaper to buy in bulk if you have the money to do so. However, it only saves money when we actually eat these foods! It's very easy to leave the extra food lying in the fridge too long, going off and making it unsafe to eat. Cooking double of the same dish, such as stews, casseroles, soups or mince dishes, allows you to eat one half at that time and then freeze the other half for another time. Cooking more at once uses the same amount of electricity or gas than cooking smaller meals. So not only are you getting those bulk ingredients put to good use, you are also being more cost effective on your energy bills too!

See the Safefood website at www.safefood.net for safe freezing advice.

Make over the left overs!

You would be amazed at what you can create with

leftover food in your fridge – the weirdest combinations can work out quite tasty! For example:

- ★ Leftover fruit can make up a delicious smoothie or some fruit kebabs
- ★ Lots of left over vegetables can create a tasty vegetarian casserole or soup
- ★ Left over chicken or beef from a roast could be transformed into sandwiches, a curry or noodle stir-fry
- ★ Chilli con carne can be recreated as a burrito or tacos with some salad and cheese or beef chilli soup
- ★ Leftovers can be added to a baked potato or put into a wrap for a tasty twist on last night's tea.

Protein alternatives

Meat can be expensive and not to everybody's liking or choosing, to include it into your diet. However, protein is essential for repairing damaged cells and building new ones and for the building of tissues, muscles and bones, so it is important that we incorporate it into our diet. Some great sources of protein include:

- ★ Lentils, pulses and beans – easy to blend into a soup or casserole
- ★ Chickpeas, kidney beans and even baked beans.
- ★ Eggs – scrambled, boiled, poached, in an omelette – lots of options!

If you would like any more information or to avail of any resources we have that might be useful for you, please do not hesitate to contact any member of our team – we would be happy to help!

Simmer with Star

Our first Simmer with Star was a great success with each family creating lots of lovely dinners in their new slow cookers. We're looking forward to running this group again in January!



Crafty Mums

During our Crafty Mums sessions everyone loves the opportunity to chat, unwind and enjoy the relaxation the activities have to offer.



Dads Saturdays

Dads Saturdays are always full of fun and laughter, with a range of activities on offer to promote positive interactions between dads and their little ones.



Summer Play Programme

Our Summer Play Programme received some great feedback from our parents this year. As always we appreciate your feedback and use it to shape our future practice.



DIY Christmas Decorations



With Christmas approaching, we are thinking of the perfect gift for our loved ones. Sometimes the best gifts of all, are those which are handmade. Here are two examples of low cost, no cost DIY Christmas decorations that you can make with your child.

SNOWFLAKES

1. Using 4 lollipop sticks and PVA Glue, stick together the lollipop sticks (one on top of each other). This should look like a snowflake.
2. Let the PVA Glue dry before decorating.
3. A range of resources can be used to decorate your snowflake. I have used paint, glitter and gems.
4. Once you are finished decorating and the snowflake is ready, string can be added.

RESOURCES NEEDED

- Lollipop Sticks
- PVA Glue
- Resources to decorate (paint, glitter, stickers, gems etc...)
- String



HANGING DECORATIONS

RESOURCES NEEDED

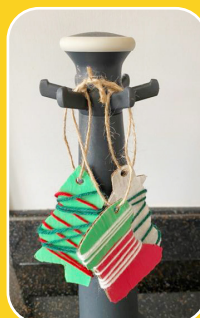
- Old cardboard box or insert
- Christmas shaped stencils or biscuit cutters
- Scissors
- Paint or colouring in pens
- Wool
- String

1. Use Christmas shaped stencils or biscuit cutters to draw your chosen shapes onto a piece of cardboard.

2. Next, carefully cut around the shapes using scissors (adult supervision needed).

3. Paint or colouring pens can be used to decorate the Christmas shapes.

4. Once the paint is dry, wool can be wrapped around the shapes in different directions. When finished, a hole can be punched and string added to hang the decoration.



Christmas is getting closer

What makes you feel "Christmassy"? Is it a mug of soothing hot chocolate on a cold and dark winter afternoon? Maybe it's an open fire, a cup of mulled wine and a snuggly blanket? Or maybe the aroma of roasted chestnuts? Release your inner Elf and make Christmas as magical as when you were a child. Create memories of festive moments and invite your family into the kitchen to bake gingerbread men together. The house will be filled not only with the scents of butter, honey and spices, but also with the joy of your loved ones.

Gingerbread Men Recipe



Gingerbread men are delicious and easy to bake. Just perfect for getting kids started in the kitchen from a young age.

Prep: 30 mins

Cook: 10 mins

Serves 15-20

INGREDIENTS

225g plain flour, plus extra for dusting
 ½ tsp salt
 2 tsp bicarbonate of soda
 1 heaped tsp ground ginger
 ½ tsp cinnamon
 50g unsalted butter
 100g soft brown sugar
 100g honey or golden syrup

METHOD

- ★ Heat oven to 190C/170C fan/ gas 5 and line a baking tray with baking parchment.

Sieve the flour, salt, bicarb, ginger and cinnamon into a large bowl. Heat the butter, sugar and syrup until dissolved. Leave the sugar mixture to cool slightly, then mix into the dry ingredients to form a dough. Chill the dough in the fridge for 30 mins.

- ★ On a surface lightly dusted with flour, roll out the dough to a ¼ inch thickness.

Stamp out the gingerbread men shapes with a cutter, then re-roll any off-cuts and repeat. Place your gingerbread shapes on the lined trays, allowing space for them to spread.

- ★ Cook for 10-15 mins, then remove from the oven and leave to cool.

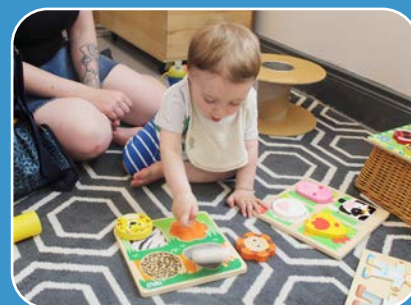
Don't forget to leave a gingerbread man and a glass of milk out for Santa on Christmas Eve.

Merry Christmas Everyone!



Playtime

Friday morning Playtime sessions are a great opportunity to kick off the weekend and spend some quality time with your little ones in a relaxing play environment.



Summer Trip to Slieve Gullion

We had a great time getting the bus to Slieve Gullion this summer. We enjoyed a walk around the fairy trail and a picnic alongside our friends before finishing up with a play in the park.



Developmental Programme For 2-3 Years Old

Our new intake for the Developmental Programme for 2-3 Year Olds are settling in well, enjoying both indoor and outdoor play opportunities alongside their new friends.



Useful Contacts for Parents/Carers

Employers for Child Care
t: 0800 0283008

Offers impartial and confidential advice to parents and carers to help them maximise their income and inform them of their rights and entitlements.

Parent Line NI
t: 0808 8020 400

Provides a free service providing advice, support and guidance to parents, carers and family members.

Parenting NI
t: 0808 801 0722

Gives support for parents and carers including a Freephone helpline, counselling and parenting programmes.

Step change
t: 0800 138 1111

Provides free confidential debt advice.

Central Gateway Team
t: 02837415285

The Gateway Team are not only for reporting concerns that you may have in relation to a child but also supports families in crisis e.g. financial difficulties

Make The Call
t: 0800 232 1271

This is a service to make sure families are getting all the benefits, services and supports that are available.

Aware NI
t: 028 90357820

Support for those affected with depression.

Lifeline
t: 0808 808 800

Offers 24 hour support for those in distress or despair.

Samaritans
t: 116 123

Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

Mid Ulster Women's Aid
t: 028 86769300

Offers a range of confidential services and encourages women to find practical solutions to domestic abuse.