



Giving Together Newsletter

Issue: Issue 24 Autumn/Winter 2019

Well Mind, Well Being, Well Body.



Age NI: Empowering Independence

Age NI's provide a unique First Connect service offering dedicated emotional and practical support at difficult times in an individual's life.

Situations which are often triggered by feeling the loss of independence or sudden unexpected changes in important relationships. Times like these can impact on a person's sense of control, self confidence or self esteem and quality of life.



Our First Connect service was set up to support those people who find themselves at a difficult cross roads in their lives. First Connect is a wonderful service – it provides emotional support for people at difficult times in their life, often transitional times. The First Connect team listen to people's problems, work together with each individual to find ways to rebuild their confidence and

Take time for each other.

self-esteem and then they aim to connect those individuals with groups and activities in their area which helps them to reconnect with their community.

For further information please visit www.ageni.org
Call our free advice line 0808 808 7575 for support.

Cancer Focus NI: We're here for you when you have cancer

Cancer Focus Northern Ireland is here to help you, your family and carers when you're affected by cancer.

Cancer can have a devastating toll on you both mentally and physically and is a difficult time emotionally. When you, or someone close to you, has cancer it's normal to feel frightened and worried about the future.

These feelings can be confusing and overwhelming and it can help to talk to someone who understands. Our counselling service gives you time to talk one-to-one in a safe, non-judgmental environment about what is important to you.

Cancer Focus NI has a range of other support services including family support for adults and children, helping to alleviate anxiety.

We offer art therapy, writing therapies and craft workshops



and we are the only local charity to have a NurseLine in NI manned by specialist cancer nurses.

We also have a Sing for Life choir, which can ease stress, and boost morale and sense of wellbeing.

For more visit
www.cancerfocusni.org
Call our free NurseLine for support on **0800 783 3339**.

CLIC Sargent: Cancer Costs

At CLIC Sargent we know that Cancer Costs. And the cost to young people's mental health is no exception. Undergoing cancer treatment is challenging, isolating and deeply personal. Young people's ability to cope is often seriously affected by the emotional pressures and mental health impact of a diagnosis, and months of gruelling treatment.

Every day across Northern Ireland and the UK, our front-line care teams are working with young people and families who are dealing with the mental health impact of a cancer diagnosis. Our research shows that the mental health impact of cancer should be given equal consideration alongside young people's physical health needs.

CLIC Sargent care teams liaise with schools on behalf of children and families. We speak to fellow pupils and teachers about their condition. We help inform individual school health care plans tailored to individual



Ellie Mae 11 years old.

needs. Our social workers and community workers support young people with job interviews after treatment and encourage their self-confidence during the long process of recovery. Our team of professionals support young cancer patients so they can continue to learn, regain their confidence and self-belief and be inspired to think beyond cancer.

For further information please visit <https://www.clicsargent.org.uk/cancer-costs-campaign/>

Northern Ireland Chest Heart & Stroke: Well Mind

We all face stress in our lives both at home and particularly in the workplace. While some pressure can be motivating, too much can make us less productive and even ill. Knowing this, it's important to learn how to manage stress to create a sustainable work-life balance. For many people coping with stress can mean turning to smoking, drinking alcohol or comfort eating. These may feel helpful at the time, but in the long-term are all empty solutions.

At Northern Ireland Chest Heart & Stroke, we provide a stress management course called "Well Mind" which provides an understanding of stress management in the workplace. The course aims to provide participants with the tools and techniques to make positive changes in their lives to help successfully manage stress.



This course is a unique programme open to NI businesses. If you would like to know more please call **028 9032 0184** or visit www.nichs.org.uk/wellmind.

Managing Stress

- 1 Stay positive and have a laugh to reduce stress.
- 2 Meditate or do yoga to lower high blood pressure.
- 3 Exercise to release mood-boosting endorphins, keep fit and lose weight.
- 4 Find ways to destress – have a bath, listen to music or a favourite hobby.

NSPCC/Childline: The Courage To Talk

Last year, Childline have seen the number and proportion of counselling sessions about mental and emotional health and wellbeing increase again to a staggering 106,037. Almost 2 in 5 counselling sessions (39%) in 2017/2018 were

about a wide range of concerns and worries from anxiety, to feeling depressed, to suicidal thoughts and feelings and self-harm.

Mental health does not discriminate, however at Childline we know that access to support is particularly important for children who have experienced abuse. Early and effective mental health support for these children can



OUR APP PUTS CHILDLINE IN YOUR POCKET

Whatever your worry, **our app is there by your side.** Get support tailored for you, chat to a counsellor live or get loads of expert info and advice. And to keep it all private, you can lock it with your unique PIN.

It's all there and just a swipe away – download it for free right now.

Childline is a service provided by the NSPCC. ©NSPCC 2017. Registered charity England and Wales 216401. Scotland SC037717. Photography by Tom Hull. J20171097.

childline

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

be crucial in making the difference between overcoming trauma and living a life shaped by abuse.

We will continue to call for improved access to mental health services, using what children and young people tell us and working to increase the confidence of children and young people to speak out and access help and support.

RNIB NI Counselling and Peer Support

Did you know one in five of us will experience sight loss in our lifetime?

When someone's sight deteriorates it can affect many aspects of their life, from their employment to social life and relationships. Some people say it is like experiencing a sense of bereavement.

Surprisingly, only 17 per cent of blind and partially sighted people were offered emotional support during this difficult time - but it doesn't have to be this way.

RNIB NI provides life changing counselling and peer support to help people with sight loss to cope with the changes in their lives, and face the future with confidence.



Heather Owens

Heather Owens, from Belfast, says "I was at breaking point and had eight weeks of counselling with a wonderful lady. It saved my life, there's no doubt about it."

Our counselling and peer support is easy to access through our Helpline on 0303 123 9999.



Age NI

Web: www.ageni.org

Telephone: 028 9024 5729

Registered with the Charity Commission for Northern Ireland NIC104640



Cancer Focus Northern Ireland

Web: www.cancerfocusni.org

Telephone: 028 9066 3281

Registered with the Charity Commission for Northern Ireland NIC101307



CLIC Sargent Northern Ireland

Web: www.clicsargent.org.uk

Telephone: 028 9072 5780

Reg. Charity No: 1107328 & SC039857



Northern Ireland Chest Heart & Stroke

Web: www.nichs.org.uk

Telephone: 028 9032 0184

Registered with the Charity Commission for Northern Ireland NIC103593



NSPCC/Childline

Web: www.nspcc.org.uk/childline

Telephone: 028 9035 1135

Reg. Charity No: 216401 & SC037717

R N I B

Northern
Ireland

See differently

Royal National Institute of Blind People Northern Ireland

Web: www.rnib.org.uk/northernireland

Telephone: 028 9032 9373

Reg. Charity No: 226227

If you would like this information in braille, audio tape or large print please contact the Royal National Institute of Blind People on 0303 123 9999 or businesslink@rnib.org.uk