

# NATIONAL LOTTERY FUND NEW PROGRAMME FOR FAMILIES OF CHILDREN WITH ADDITIONAL NEEDS

My name is Jena Henning and I am delighted to be heading up the team of Bolster Community's new out of school club for children with mixed ability and their siblings. I have worked with children with mixed ability and their families for over 20 years and am passionate about making a positive difference in the lives of these families.

Over the past five years Bolster Community have been working closely with families, many who have children with mixed ability and they told us of their frustrations at finding clubs and activities that all their children could attend and how exhausting it was running from one to another. We spoke with the National Lottery Community Fund about what parents were asking us for and were delighted when they agreed to fund this project. This will offer out of school clubs and activities, where parents/ carers can leave children safely to have some fun and burn off built up energy whilst they enjoy some much-needed respite.

I believe that early intervention is key to the success in tackling health inequalities. Through this project parents and children will have easier access to evidence-based programmes such as Friends Resilience, Parents Plus, Incredible Years and Teen Resilience. Research shows that programmes of this nature help improve relationships and build resilience in children and families before they reach breaking point. We will encourage parenting mentors, who will undertake training in facilitating evidence-based programmes and work alongside other parents to sign post, advocate and support them to be the best they can.

I would like to take this opportunity to welcome my new colleagues Gemma and Catriona who will be working alongside me as Community Play workers. Together we will be planning and delivering a busy schedule of events and look forward to meeting lots of you and your children over the coming months.

I would also like to thank The National Lottery Community Fund for their continued support and funding of this project which is very close to our hearts.

*Jena*



## WHAT ELSE IS HAPPENING AT BOLSTER COMMUNITY THIS AUTUMN?

### PARENTING PROGRAMMES

- PARENTS PLUS ADOLESCENTS
- INCREDIBLE YEARS

### FRIENDS RESILIENCE

- FUN FRIENDS - AGES 4-7
- FRIENDS FOR LIFE - AGES 7-14
- MY YOUTH FRIENDS - AGES 12-15
- ADULT RESILIENCE - AGE 16+

**IF YOU WOULD LIKE TO REGISTER FOR ANY OF THE ABOVE PROGRAMMES PLEASE CONTACT US ON 028 3083 5764**

# Wild & Woolly Summer Scheme

After months of lock-down, not seeing friends, no school, no foreign holidays and Covid-19 restrictions still in place we knew this year's summerscheme had to be something special. We put our heads together to come up with a way of doing it safely but most importantly create something that all of the kids would enjoy and remember, and that's exactly what we did.

Our Wild & Woolly Summer scheme took place in August and right in the middle of it Storm Ellen arrived. But that didn't stop the fun despite torrential rain and gale force winds the fun went on and not once did anyone complain, in fact for some the mud and puddles added to the fun.

60 kids and our intrepid team, donned their welly boots and rain coats and built dens, puddle jumped, flew kites, rode ponies, there were obstacle courses and treasure hunts, arts and crafts and towards the end of the week when weather was at it's very worst they even got to spend time in a scary dungeon.

Evaluations told us what really worked was being outside, free play, ponies and connecting with friends again after months of lockdown.

Summerscheme 2021 will have a lot to live up to.

**"I HAVE NEVER FELT MY HEART BEAT  
BEFORE UNTIL TODAY! I HAVE ALWAYS  
WANTED TO FEEL IT"**



Funded by:



**NATIONAL  
LOTTERY FUNDED**

## Mount Panther Day Trip

The parents of disabled children keep telling us about the difficulties of managing the logistics of a day out when you have a disabled child in your family. A trip to the park or a picnic at the beach is rarely doable as they try to balance the needs of children of mixed abilities, transport and having enough adults to child ratio to ensure everyone stays safe and has fun. They are frustrated and guilty that their children can't enjoy what others take for granted and siblings are missing out on fun family time.

We listened to what they were saying and early in August we booked buses, put on staff, and headed off to Mount Panther petting farm for what one little boy called .."the best day ever". The weather was definitely on our side that day, with the sun splitting the trees. Sunscreen on, our families set off on their adventure, enjoying the barrel ride, play parks, the pedal carts and meeting goats, llamas, rabbits, snakes and deer.

Whilst Covid-19 restrictions meant we were only able to facilitate 22 children and their parents we think the pictures tell the story of what was "the best day ever"

**"THE BEST  
DAY EVER!"**



Funded by:



**Southern Health  
and Social Care Trust**



## Meet the Driver Sinead Murphy



As a long serving volunteer with Bolster Community I have been supporting the local community for over 12 years. I first started volunteering with what was then South Down Family Health Initiative when it was a small start up charity.

I have been proud to watch the organisation grow and develop. Despite running a busy house, working part-time and having an active social life I always manage to find the time to fit in my volunteering.

### WHAT DO YOU DO FOR BOLSTER COMMUNITY?

I take older people to out of area hospital appointments and facilitate the ComfortZone. I love the interaction with older people and consider it an honour to be able to help them when they are at their most vulnerable.

### WHAT ARE YOUR INTERESTS WHEN YOU AREN'T VOLUNTEERING?

Golf, walking, travelling and reading. I enjoy having the opportunity to help others and hear stories from the older generation that would have been lost.

### DO YOU HAVE ANYTHING INSPIRATIONAL TO SAY?

"Be the person that makes others feel included"

## Slieve Gullion Home2Hospital

Bolster Community are delighted to announce that thanks to funding secured from Newry Mourne and Down District Council we are now able to extend our very successful Home2Hospital service into the Slieve Gullion area.

Over the past 5 year years we have helped over 300 elderly people living in the Mournes area to attend 2000 hospital appointments in Belfast, Craigavon and South Tyrone Hospitals and the service has proven to be a life-line for many. One lady told us "This is a vital service for both me and my husband. We can't drive ourselves anymore and have no family to take us. Without you we just wouldn't be able to go"

Our driver's will always go that extra mile to make sure your journey is comfortable and stress free. Our drivers accompany you to the appointment if you wish and will make sure you are comfortably settled into the house on your return. They are first aid trained and most importantly they all love a bit of craic!

If you are aged 60+ , live in the Slieve Gullion DEA area and struggle to get to hospital appointments then why not give Aine a call on 02830835764 and we will try our very best to help.



## FAMILY MY YOUTH FRIENDS



My friend's youth is an evidence-based programme that has been proven to decrease anxiety and depression in adolescents. The programme develops participants' confidence by arming them with positive strategies to problem solve challenges in every area of their lives. The programme focuses on integrity to self and positivity in the face of peer pressure, which is crucial during this volatile time of life.

Location: 5-7 Marcus Street, Newry  
Time: 4.30pm  
Start Date: 3rd November  
Every Tuesday for six weeks  
Limited places available  
Aged 12-15

To register, contact Aine  
028 3083 5764

[bolstercommunity.org](http://bolstercommunity.org)

**WE ALL  
MUST DO IT  
TO GET  
THROUGH IT**



STAY SAFE



SAVE LIVES

### USEFUL NUMBERS

Youth Helpline - 0330 606 1174 (For ages 13-20)

Parent Line NI - 0808 802 0400

Lifeline - 0808 808 8000

Community Advice NM&D- 0300 303 0306

Autism NI- 028 9040 1729-

Autism Support Kilkeel - 07729075830

Advice NI - 0808 802 0020

PIPs Hope & Support - 0283 026 6195

Newry Family Support Hub - 0283 083 5764



# BOLSTER COMMUNITY

## Newsletter

### WELCOME TO THE FIRST EDITION OF BOLSTER COMMUNITY NEWSLETTER

Welcome everyone to the first ever Bolster Community newsletter. You may well be asking who are Bolster Community and why are they sending me a newsletter? Don't worry we are your old friends SPACE NI with a new name and brand identity.

So why did we change our name? A brand should help introduce and explain what the organisation does and much as we loved it, SPACE NI, just didn't do that for us. Bolster Community says exactly what we do, we bolster up individuals, families and communities when things are difficult.

Produced in Partnership with:



**Southern Health  
and Social Care Trust**

Speaking at the launch Jacinta Linden, CEO, explained how Bolster Community supported local communities during Covid-19: "Bolstering others to get through and get ahead is a good reflection of how we need to support our community in the coming months and years. Since the beginning of the pandemic, we have adapted our services to strengthen and support those struggling to cope.

Thankfully we've been able to weather the COVID-19 storm and be impactful in people's lives through the resolve and flexibility of our team and the incredible support of partners like The Southern Trust, The National Lottery and Newry, Mourne and Down District Council. Together, we've achieved an astounding 10,000+ engagements with individuals and families over the first six months of COVID-19; delivering services in our centres, in people's gardens, by phone, zoom and WhatsApp. COVID-19 continues to affect every member of our community, we're not out of the woods yet.

Sometimes we all need a little help to get by and when you do Bolster Community has your back."



Jacinta Linden  
CEO - Bolster Community

### A LITTLE BIT ABOUT BOLSTER COMMUNITY

Bolster Community ([www.bolstercommunity.org](http://www.bolstercommunity.org)) is a practical, hands-on charity and social enterprise that works alongside individuals, families, and communities to improve health and wellbeing.



Through our charity services, we've had the privilege of helping countless children, parents, young people with mixed ability and seniors to reach their full potential. We support ordinary people facing extraordinary challenges from early years right through to later years. With an uncompromising, people-first approach, we go the extra mile to complement existing services.

In our social enterprise, our products are lovingly handcrafted by young adults of mixed ability and all profits go back into supporting our vital work. Shop and support us to do more good:

[www.bolstercommunity.org/shop](http://www.bolstercommunity.org/shop)



Bolster Community has supported countless children, parents, individuals of mixed ability and seniors facing life's tough challenges. Since the beginning of the pandemic, it has adapted its services to strengthen and support those struggling to cope.













If you or a family member need help or you are able to help Bolster Community do more good, please get in touch with the team:

028 3083 5764 or [info@bolstercommunity.org](mailto:info@bolstercommunity.org)




I have been identified as a '**close contact**' via 'HSCtracing' text or through the StopCOVID app

? What does this mean? Go home  Stay home 

	Can I go to the shops?	No 
	Can I go to work or school?	No 
	Can I go out for a walk or exercise?	No 
	Can I meet up with friends outside?	No 
	Can I go into my garden?	Yes 
	Can I visit my friends or family?	No 

Does this mean I will definitely get COVID-19?

No but you are at risk - a 'close contact' is a person who has been close to someone who has tested positive for COVID-19.

How long do I need to stay at home? 

As a close contact you need to self-isolate at home because you are **at risk of developing symptoms in the next 14 days** and could spread the virus to others before the symptoms begin.

 14 days



If you develop symptoms book a test.

[www.pha.site/coronavirus](http://www.pha.site/coronavirus)

 Public Health Agency

 Southern Health and Social Care Trust  
Quality Care - for you, with you




## SMOKING and COVID-19

As a smoker you are at increased risk of contracting COVID-19. The repeated hand to mouth movement gives the virus more opportunity to enter your body.

With this in mind there is no better time to try and give up. For free advice and support to help you stop smoking contact

The Southern Trust STOP SMOKING SERVICE today

**Telephone - 028 375 64400 or Email [stop.smoking@southerntrust.hscni.net](mailto:stop.smoking@southerntrust.hscni.net)**

 Southern Health and Social Care Trust  
Quality Care - for you, with you

## EMERGENCY DEPARTMENT UPDATE



### Craigavon Area Hospital

Non Respiratory ED (Ramone Building) will close from **4pm on Sunday 18th October.**  
All patients (24/7) should come to the main ED.  
Bring children to Paediatric ED (beside Maternity).



### Daisy Hill Hospital

The ED will reopen (24/7) on **Monday 19th October at 8am.**  
All patients should come to the main ED entrance.

**Please only come to our Emergency Departments with acute urgent symptoms.**

## GIFT SHOPPING MADE EASY WITH BOLSTER COMMUNITY SOCIAL ENTERPRISE



This Christmas we are urging everyone to shop local and support traders on your doorstep!! Like many charities, here at Bolster Community, we have been feeling the brutal kick of Covid-19 with a drop in sales of 90% over the first six months of the pandemic. In response we have upgraded our on-line shop and added to our product range so there is something for everyone, just visit our gift shop at <https://bolstercommunity.org/shop/>. The hard-working volunteers have been busy bees in our Monaghan Street workshop making gorgeous Acorn candles, melts and diffusers and a new range of luxury organic, vegan friendly soaps. Following on from their success last year we are delighted that we will once again be offering up luxury Gift Hampers and Candle Gift Club, with something to suit all budgets.

Our Candle Club makes shopping even easier - how does doing your Christmas shopping whilst at work sound? We can leave a box of samples into your workplace, you and your colleagues decide what you would like to order and we make it up and deliver it to you - couldn't be simpler. If you would like information on any of our products contact me, Kathy on 0283 0835 764, email [Kathy@bolstercommunity.org](mailto:Kathy@bolstercommunity.org) or call in and see me at 24 Monaghan Street Newry.

*Kathy*



## WATCH OUT FOR OUR NEW PRODUCTS



We are currently in development of a new hand-poured luxury organic soap. All our soaps will be organic and vegan friendly and lovingly moulded by our young adults with mixed ability attending our Social Enterprise. We are dedicated in making a quality product for all of our customers to add to our Acorn range. To buy Acorn products go to [bolstercommunity.org/shop](https://bolstercommunity.org/shop)

## Meet the Maker

Name- Lisa McNulty, 32

What do you do for Space?

I make candles and help the young people

What are your interests?

I like to go out and meet new people, I like kayaking, swimming and fall ball

How have you been keeping busy during lock down?

I was gardening and helping my uncle

Tell us something you believe in?" Always try to help someone out"



Noreen McConville, Retail Manager with our volunteers Lisa and Gary

# BOLSTER COMMUNITY

028 3083 5764  
[info@bolstercommunity.org](mailto:info@bolstercommunity.org)  
[www.bolstercommunity.org](http://www.bolstercommunity.org)

Copyright © 2020 Bolster Community, All rights reserved.

[info@bolstercommunity.org](mailto:info@bolstercommunity.org)  
24 Monaghan Street  
Newry, BT35 6AA

5-7 Marcus Street  
Newry, BT24 1ET

18 Newcastle Street  
Kilkeel, BT34 4AF