



Community Family Support Programme is a free voluntary employability programme with the wraparound of family support working for the whole family to reduce barriers to education, training and employment.

In this issue :

- Home Schooling
- Stress support
- What are CFSP doing in your area:
 - Beauty courses
 - Training courses
 - Family activities and so much more!!!

5 Top
Tips
to
help



Communicate
with your Child.

1.Reduce back-
ground noise
From TV and
Games.

2.Use less words
to keep the mes-
sage simple.

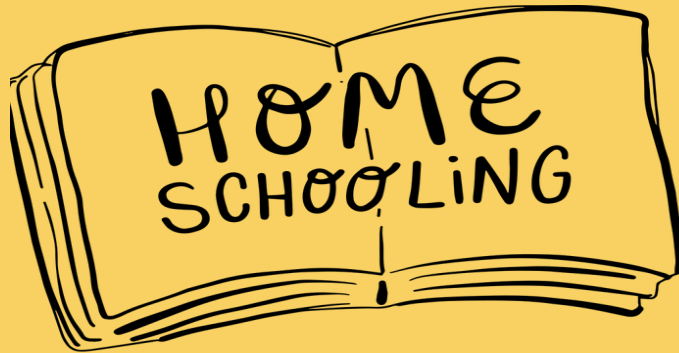
3.Listening is as
important as
speaking.

4.Ask a question
to make sure that
your child has
understood.

5.Smiling while
you communicate
makes it positive
for you both.

CALLING ALL PARENTS - ARE YOU HOME

SCHOOLING???



Looking for new ideas
to support your child.

Then...

Join our online Zoom
sessions.

Support and encourage your child through home schooling

Increase your child's skills in:

- Reading
- Writing
- Math

Enhance your knowledge and skills with diverse approaches to home schooling:

- build your child's confidence
- encourage your child to complete work
- positively assess their work
- provide constructive criticism
- hints and tips

Resource Pack available for those that take part.

AFTER DOING ALL THAT WHAT ABOUT YOU!!!

CFSP mentors are offering stress, relaxation, mindfulness support and much more....

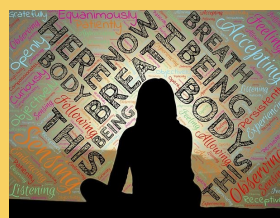


Changing habits

Benefits of reading

Building resilience

Healthy eating



Mindfulness support,

Online coffee mornings

Reduce isolation and meet others

Stress management techniques



Promoting positive self-esteem



Fun Family Activities



WHAT TRAINING IS ON OFFER..... Online training for OCN level 1 courses in:

- Social Media
- Managing Personal Finances
- Personal Success and Wellbeing

Involving group zoom sessions and one to one sessions which can be tailored for your families needs. There is a pre-session to get you started and answer any questions. Great way to meet other people, get qualifications, making the most of your time in lockdown and help you prepare for that future when you are ready!



MAKE UP LESSONS for a day to night look, involving skincare demo, creating a flawless base, brows, eye base and lips.



USDT have a few remaining spaces for make up classes in a Salon. So if you are interested in this for your career future give the mentor in that area a call.

Places are limited and filling up fast

IN YOUR LOCAL AREA. A HELPING HAND DURING LOCKDOWN.....

GEMSNI

- Financial advice sessions.
- Training via zoom - Money Management & Personal Development.
- Support with family essentials – such as food, gas & electricity top ups.
- Employability support, CVs, application forms & zoom preparing for interviews.
- Zoom coffee mornings.
- Planning your week with children, resources available for home schooling and productive entertainment while we have to stay indoors.
- Borrow a tablet? We may be able to lend a tablet to support with home schooling. This is subject to demand.

USDT

- Stress and mindfulness.
- One to one budgeting sessions.
- Training Personal Success and Wellbeing OCN level 1.
- Online coffee Mornings.
- Support with family essentials – such as food, gas and electricity top ups.
- One to one job searching, CV and interview techniques

Ashton

- Employability workshops, mock interviews and CV completion via zoom, and can take place one to one or in a group session.
- 4 week Master Lockdown course:
 - Stress management techniques.
 - Goal setting and motivation.
 - Benefits of reading.
 - Healthy family meals.

EBM

- Health and Social care course.
- One to one job searching, CV and interview techniques support.
- Mentoring support for families.

Shankill

- First Aid at home.
- Online Zoom Quiz Friday afternoons to include the children on educational subjects with incentive of an e-voucher.
- Mindfulness.
- Art lockdown activities e.g. draw cartoon character or superhero.
- One to one job searching, CV and interview techniques support.


So if you...

- Live in Belfast.
- Have one person over 16 years of age within the household, unemployed or wishing to increase their working hours you can contact the mentor in your area.

USDT  (West) Senior Family Mentor Nichola Walker tele:02890322003 & CFSP Mob: 07432556680 or email: n.walker@usdt.co.uk

ASHTON  (North) Senior Family Mentor Kris Morrison , tele: 02890742255 | Ext: 3307 & Mob: 07926534966 or email kris.morrison@ashtoncentre.com

GEMSNI  (South) Senior Family and Employability Mentor Ceallaigh Gatt, tele: 02890 332313 & Mob: 07895989741 or email Ceallaigh.Gatt@gemsni.org.uk

Shankill  (Shankill area) Senior Family and Employability Mentor Joanne Menabney, tele: 028 90311455 ext. 1216 & Mob: 07585480733. Email: Joanne.Menabney@spectrumcentre.com

EBM  (East) Senior Employability Mentor Lee-Anne Knowles. Tel: 02890 458560 & Mob: 07516 919661 or email: Lee-Ann.Knowles@ebm.org

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