

Equipping The Church To Take Action And End Domestic Abuse

The programme schedule is as follows:

Wednesday mornings from 10.30am to 12noon
10th January to 7th February 2024

Wednesday evenings from 7.30 to 9pm
10th April to 8th May 2024
25th September to 23rd October 2024

'Changing The Story' Wellbeing Group

'CHANGING THE STORY' Wellbeing Group, is an online programme, run over 12 weekly sessions, and is based on the vision of Kintsugi Hope – *'to discover treasures in life's scars.'*

For further information or to book a place on the next course please contact Jacqui at: muchangingthestory@gmail.com

Housing Crisis in Ireland

The housing and homeless crisis has continued to deteriorate in the past six months and is a real concern for many families in the Republic of Ireland, with the number of people living in state funded emergency accommodation at the end of August 2023, being 12,691. This figure includes 5,415 under the age of 24 years old, with 3,895 classified as children.

Cost of Living Crisis

Are you struggling to make ends meet? In Northern Ireland contact the 'Make the Call' service to check if you are getting all the benefits, services and support you are entitled to. Freephone 0800 232 1271. The lines are open Monday to Friday 9am – 5pm (network charges may apply).

In Southern Ireland for information and advice about supports including help with energy costs, help for families and children, help for older people, and help with housing, contact www.citizensinformation.ie/en/money-and-tax/cost-of-living/help-with-cost-of-living/ **OR** the Church of Ireland offer great information for everyone on www.ireland.anglican.org/parish-resources/659/responding-to-the-cost-of-living.

Mental Health

Most helplines can provide a listening service, give information and advice, provide emotional support or point you in the direction of other services. They are often free-phone services which are staffed by trained volunteers or employees.

If you or someone you know is at risk of suicide or self-harm, you should make contact immediately with one of the following:

- Phone or go to your local doctor.
- Go to the A+E department.
- Call 999.

You can find information and further advice on: www.mentalhealthireland.ie and www.mentalhealth.org.uk

Energy Poverty

Energy is an essential service for our health, our wellbeing, and our ability to navigate daily life. Energy poverty is understood to be caused by three interlinked factors: a household's income, the cost of the energy they need, and the energy efficiency of their home.

Several charities are now calling for a local energy advice service to be piloted that helps people manage their energy needs; whether that is a very large bill, navigating tariffs and deals, or deciding what energy efficiency measures might work at home.

In Southern Ireland contact Citizens Advice on 0818 07 4000 and in Northern Ireland contact Advice NI on 0800 915 4604.

Food Poverty

The All-island Food Poverty Network is a community of professionals working across government departments and agencies, academia and non-governmental organisations who have a common interest in reducing food poverty on the island of Ireland. The Network is co-chaired by SafeFood and The Food Standards Agency, Northern Ireland.

For further details on the Network contact the Secretariat at foodpoverty@safefood.net.

Did you know...
In 2022/23 Parenting NI provided information and support to over 5,300 parents, carers and professionals via our Support Line?

Do you sometimes struggle with parenting?
Are some days better than others?
Many parents feel exactly the same way!
Call us free today!

0800 8010 722 | parentingni.org

If you can spot a scam, you can stop a scam
Use the scam test

- Seems too good to be true
- Contacted out of the blue
- Asked for personal details
- Money is requested

Cathy Doig and Lesley Bayley

Contact us at: musocialpolicy@gmail.com