

# WORKING TOGETHER IN PARTNERSHIP

The Family Wellness Project is an early intervention project for children aged 5-12 who are experiencing emotional health & wellbeing difficulties, and their families. The project is funded by the Big Lottery Fund Reaching Out: Supporting Families fund and is delivered by MindWise in partnership with Action Mental Health, AWARE, Parenting NI, CAUSE and the Child & Adolescent Mental Health Service (CAMHS) teams within the Western (Fermanagh & Omagh only) & Southern Trusts.

The project aims to enhance the emotional health & wellbeing of children (aged 5-12) and their families.



## GET IN TOUCH

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ParentingNI



Southern Health  
and Social Care Trust



Western Health  
and Social Care Trust



**CAMHS**  
Child and Adolescent  
Mental Health Services



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## ENHANCING THE EMOTIONAL HEALTH & WELLBEING OF CHILDREN AGED 5-12 AND THEIR FAMILIES

Visit the Family Wellness Project website:  
[http://www.parentingni.org/  
family-wellness-project/](http://www.parentingni.org/family-wellness-project/)

Registered in Northern Ireland Number NI071976

Registered with the Charity Commission for Northern Ireland NIC103469

MindWise is the operating name of MindWise New Vision a company limited by guarantee and recognised by HM Revenue and Customs as a charity for tax purposes.

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Pinewood House, 46 Newforge Lane, Belfast BT9 5NW  
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LOTTERY FUNDED

## What does the Family Wellness Project do?



- ✓ On a one-to-one basis supports children aged 5-12 experiencing emotional health & wellbeing difficulties to develop a Wellness Recovery Action Plan (WRAP)
- ✓ Works with the family unit to develop a Wellness Recovery Action Plan (WRAP)

For more info on WRAP visit:

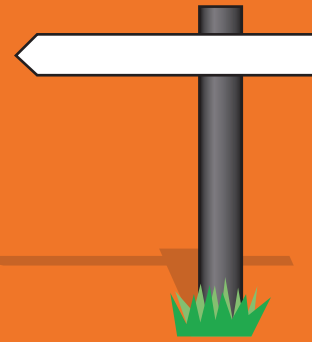
<http://mentalhealthrecovery.com>

- ✓ Communicates partners' programmes to families. These include School-Based Programmes, Adult Wellbeing Programmes, Parent/Carer Support Groups, Equine Assisted Learning & Family Wellness Project Website.
- ✓ Signpost to other relevant services if needed.

**"This project has been invaluable to me and my family."**

Parent comment after taking part in the Family Wellness Project.

## Signs and Symptoms



These are some of the signs that a child may be experiencing emotional health & wellbeing difficulties:

- ◆ Losing interest in things they previously enjoyed
- ◆ Withdrawing from friends, family and social activities
- ◆ Trouble making/ maintaining friendships
- ◆ Aggression or angry outbursts
- ◆ Over sensitive/ more irritable
- ◆ Worries about other family members safety or being separated from family

**"I say I can do it! I think about the beach when I feel worried. I do my breathing exercises."**

Child (aged 8) comment after taking part in the Family Wellness Project.

## When & Where?



The project supports children & families across the Southern & Western (Fermanagh & Omagh only) Trust areas.

A Child & Family Support Worker will aim to meet with children & families on a weekly or fortnightly basis for approximately 10 sessions. Sessions last between 30- 50 minutes and can take place in the home, school or other community venue.

## How to make a referral?



Referrals to the Family Wellness Project can be made by CAMHS or Family Support Hubs.

Parents/Carers can approach their GP for a referral to CAMHS or to self-refer. Parents/Carers can contact their local Family Support Hub.

For more info on Family Support Hubs visit:

<http://www.familysupportni.gov.uk/>

or

<http://www.cypsp.org/family-support-hubs/>