

# fourteen+



Southern Health  
and Social Care Trust

*Quality Care - for you, with you*

**>> moving forward together**

## What is the 14 Plus Service?

The 14 Plus Service works with young people with a care background from age 14-21 years or to 24 if they remain in a recognised course of education or training. The 14 Plus Service assists young people in relation to all areas of their life including; Physical and Emotional Health, Education, Training and Employment, Finance, Accommodation and Family and Social Support. We will provide support and guidance and ensure you are aware of your rights.

The 14 Plus Service is made up of a number of staff - social workers, personal advisers, employability workers, education support worker, primary mental health worker and project workers who all work together as a team in order to support young people to reach their full potential and have positive outcomes for their lives.



## What is the role of a 14 Plus Social Worker?

The Social Worker for the young person undertakes a range of duties, these include visiting a young person in their home, reviewing their plans, linking in with their family and carers and all issues relating to your welfare including health and education. The 14 Plus team will ensure an assessment of the young person's needs and that plans are in place.

## What is the role of a Personal Adviser (PA)?

A personal adviser is there to provide advice and support to young people from the age of 16 years. They will focus on education, training and employment, promote independent living skills and help with other areas identified in the young person's plan. They will help co-ordinate the provision of services and take reasonable steps to ensure that the young person make use of such services as well as to keep informed about their progress and wellbeing.



## TASKE Service – 14 Plus

The T.A.S.K.E (Training, Awareness, Skills, Knowledge and Employability) Project works with young people who are being supported by 14 Plus Teams. T.A.S.K.E supports and encourages young people to grow in confidence and prepare for an independent life, focusing on four main areas, Education, Employability, Transitioning into adulthood and Service User involvement (having your say about the service provided by 14 plus).

T.A.S.K.E provides opportunities to gain life skills, knowledge and qualifications that will enable young people to access employment opportunities, training, and further education, also to gain an array of skills that will help prepare them for independent living.

T.A.S.K.E will assist young people on their life journey and provide support and information to help them make informed choices. T.A.S.K.E runs a number of groups throughout the year and a very enjoyable summer scheme. Young people can ask their social worker or personal adviser for more information.

## Accommodation

The Community Living Service will provide young people with support to explore the range of accommodation options available to them. These include the GEMS scheme, STAY, Trust Transition Accommodation, BCM, MACs or accommodation through the NIHE. When an accommodation option has been secured, the Community Living Service, along with the Social Worker and PA, will assist young people in all areas of everyday life to ensure they are supported in their move on accommodation.

## Finance

The 14 Plus team will provide and consider a range of financial supports for young people at different stages based on assessed need and focussed on increasing independence and achieving better outcomes.



## Health Services

### Primary Mental Health Service

The Primary Mental Health Workers are available to any young person involved with 14 Plus services who may be experiencing difficulties with their emotional health. The Primary Mental Health Workers can offer focussed one to one support or alternatively help you access other services that may be of help to young people's particular needs. The Primary Mental Health Workers are available to meet outside the office or any other suitable location.

### Specialist Nurse

The Specialist Nurse for Looked after Children can offer advice and support on a wide range of health issues and can provide one to one support or signposting young people to access other relevant services.



## Healthy Tips

### 5 ways to Well-being in care

#### Connect

- Spend time with people
- Visit a friend
- Join a group i.e. a youth group
- Talk to people

#### Be Active

- Walk/dance/run
- Go to the gym
- Do something active for 15 mins a day

#### Take Notice

Be aware of the world around you and your feelings

#### Keep Learning

- Start something new; learning new things will make you more confident as well as being fun to do
- Read something
- Listen to the world around you

#### Give

- Smile/Share
- Give a compliment
- Volunteer

### Eat Well, Keep Well

What we eat and drink each day has a big impact on our health. Be mindful of the foods and drinks you consume because what you eat and drink affects your mood, energy levels, skin and quality of sleep.

### Sleep

Sleeping is one of the pillars for maintaining good physical and mental health. Adequate sleep i.e. waking up feeling refreshed is directly linked to supporting health and wellbeing. Sleeping allows your body to rest and repair and to prepare for the next day ahead. Aim to get a good night's sleep. Create a gadget free bedroom; turn off all phones, tablets, TVs etc.

### Stress

During difficult or testing times consider how you relax, recharge and recover? We charge our mobile phones every day. How often do you recharge your own battery? Self-care is an important way of keep yourself feeling good. Here are some ways you can look after yourself during stressful times. Listen to your favourite music to help you connect and feel the emotions as they arise. Writing or drawing can help you clarify your thoughts and feelings.

Connect with the people around you. Ask for help when you find yourself struggling, have a list of 'go to' people.

### Be Active

Regular physical activity is associated with a greater sense of wellbeing and lower rates of depression and anxiety. Physical activity causes chemical changes in the brain, which can help to positively change our mood. Discover a physical activity that you enjoy. Set achievable goals to be more active every day Sit less, move more often! Join a sports club in school or in your community

### Thoughts and Feelings

Our thoughts have a big impact on the way we feel. Everyone experiences feelings and emotions such as anxiety, sadness or anger. During difficult times these feelings can be heightened. Try changing unhelpful thoughts to realistic or helpful ones can help us feel better.



## Useful Contact Numbers

### Emergency Services

**999 or 112**

Police, ambulance service, fire and rescue service, coastguard.

### PSNI

**101**

### Lifeline

**08088089000**

24 hour support for those in distress or despair.

### Samaritans

**Freephone 116123**

Listening ear to those in distress.

### Regional Emergency Social Work Service

**02895049999**

Duty Social Work service for emergencies outside of office hours.

### Northern Ireland Housing Executive

**Homeless - Office Hours  
03448920900**

Out of office hours contact Regional Emergency Social Work Service.

**Repairs - (24 hour line)  
0344892901**

### 24 Hour Domestic & Sexual Violence Helpline

**08088021414**

Open to all men and women affected by domestic violence or sexual abuse.

### GP out of hours

**028 3839 9201**

### Foodbank

Craigavon/Lurgan/Portadown

**08452000136**

Armagh

**0775268085**

Dungannon

**02887752133**

Newry

**07512946911**





# fourteen+

» *moving forward together*

For more information on 14 Plus please contact:

Craigavon and Banbridge 14 Plus Team, Moving Forward Together  
Bocombra Lodge, 2 Old Lurgan Rd | Portadown | BT63 5SG  
Tel: 028 37 561091

---

Armagh and Dunagannon 14 Plus team – Moving Forward Together  
Drumglass Lodge | 20-22 Coalisland Road | Dungannon | BT71 6HN  
Tel: 028 87 722234

---

Newry and Mourne 14 plus team – Moving Forward Together  
ITEC Business Centre | 52 Armagh Road | Newry | NT35 6HL  
Tel: 028 30 832253

Personal and Public  
Involvement (PPI)



Involving you,  
improving care