

**CHILDREN'S SERVICES PLANNING  
MINUTES OF CARRICKFERGUS LOCALITY GROUP**

**FRIDAY 7<sup>th</sup> FEBRUARY 2014 AT 10.00AM  
COMMUNITY FORUM MEETING ROOM, TOWN HALL BUILDINGS,  
CARRICKFERGUS**

<b>Attending:</b>	Roy Beggs	<i>MLA</i>
	Anna Grindle	<i>CYPSP</i>
	Kerry McDowell	<i>Newlife Counselling</i>
	Hedley Webb	<i>Carrickfergus College</i>
	Phyllis Lewis	<i>S.E.W.O. NEELB</i>
	Diane Elias	<i>MASTS</i>
	Florence Hand	<i>NHSCT</i>
	Ann Doherty	<i>NHSCT Hearty Lives</i>
	Carol Hedley	<i>NHSCT</i>
	Margaret Armstrong	<i>Horizon Surestart</i>
	Nadia Ghalami	<i>Action for Children</i>
	Helen Dunn	<i>Action for Children</i>
	David Gilliland	<i>YMCA</i>
	Sarah Best	<i>South Antrim Community Network</i>
	Selena Ramsey	<i>CYPSP</i>

<b>Apologies:</b>	Liz Brown	<i>NICMA</i>
	Declan Morris	<i>Simon Community</i>
	Janine Gaston	<i>SARN</i>

**INTRODUCTIONS/APOLOGIES**

Roy welcomed the group and invited a round of introductions.

## **MINUTES OF PREVIOUS MEETING**

The minutes were agreed as being a true and accurate recording of the meeting held on Friday 13<sup>th</sup> December 2013.

## **MATTERS ARISING**

There were no matters arising discussed.

## **PRESENTATION – FLORENCE HAND, HEARTY LIVES**

Florence gave background on Hearty Lives Carrickfergus which is a Partnership between Carrickfergus Council, NHSCT and PHA. One Full-time worker is based in Carrickfergus Council, funded for 3 years by British Heart Foundation. An Admin Officer and Midwife are funded 1 day per week.

The figures from Child Health last year recorded that 1 in 20 children in Carrickfergus are very overweight with 1 in 5 children being overweight by the age of 5 years-old.

Cardiovascular disease is the main cause of death in Carrickfergus Borough and three wards within the Borough have female life expectancy rates consistently below the Northern Ireland average. Obesity is a major risk factor for cardiovascular disease.

Project aims of the project are as follows;

- Identify and provide appropriate pre-conception intervention for women with BMI greater than 30 therefore reducing participant risk of developing CVD. Need to work with Years 12, 13 and 14 to challenge their behaviours. Aim for a peer education and Florence discussed Flames model.
- Develop an evidence-based multi-sectoral approach to enable families with young children to develop key skills to prevent obesity and reduce the risk of CVD. Look at ways to interact with families in the community.

Capacity building workshops have now also been planned.

Have completed smoking cessation, nutrition and pass it on training.

The group discussed the statistics and getting these on PDF. Florence/Ann agreed to email Selena to forward to Valerie.

Helen queried the accountability of the Council within this. Florence noted that she is working closely with Council and developing this.

**Action: Florence/Anne/Selena**

## Hearty Lives Team Contact Details

**Telephone:** 02893 958000

**Email:** heartylives@carrickfergus.org

### **TACKLING LOW SCHOOL ATTENDANCE – ROY BEGGS**

Copy of presentation will be circulated.

Helen discussed the SIF. She highlighted that there is a bid to support schools and home school liaison. She will inform the group on the outcome of this.

**Action: Helen**

### **CHILL AND SPILL PILOT EVALUATION**

Selena provided the group with information in regard to the background of the Chill and Spill.

Anna discussed the evaluation which was conducted primarily with the Year 13/14 pupils who had attended Chill & Spill regularly. The focus group included regular attendees as well as pupils involved in the initial planning of Chill & Spill. It was very evident that Chill & Spill was serving the needs of a particular group of pupils, and they had in turn begun to own the programme.

The evaluation highlighted that while pupils enjoyed conversations with the Chill & Spill workers, they did not necessarily open out about particular concerns. This was essentially because Chill & Spill was a shared space and they would not hold such a conversation with an adult in the presence of their peers. The Chill & Spill programme is therefore complementary to other services such as counselling. Anna will have completed a write up of Chill and Spill for circulation at the next meeting.

Hedley noted that Carrickfergus College have developed a Pastoral Care Team. He also noted that they recognise that if a young person has a lot of issues when they come into school they will not be ready to learn. The school is trying to change culture with the first 15 minutes of the day being about how the child is.

**ACTION- Anna**

### **UPDATE – YOUTH FAIR 2014**

Selena gave some background to the Youth Fairs and thanked Hedley for his support.

The Annual Carrickfergus Youth Fair is taking place this year on Tuesday 11<sup>th</sup> February 2014 in Oakfield Community Centre.

## **CARRICKFERGUS/LARNE HUB UPDATE**

The Hub continues to meet and distribute referrals to agencies involved in the process. The principal of the hub is to keep families and children out of the statutory services and offer support at local level.

Helen will send presentation for Selena to circulate.

Change current position to 5 Family Support Hubs in Northern Area – Larne/Carrick, Ballymena/Antrim, Magherafelt/Cookstown, Causeway and Newtownabbey, with links to Adult Services such as Adult Mental Health.

Helen noted that there is also a plan to highlight unmet need. This will be fed into Locality Planning and Outcomes Groups.

Helen discussed the Community Family Support Programme for families' aged 14-18 either NEET or PRE-NEET. This was a 26 week programme for 12 families.

Incentives included Action Plan and one individual dependant on this.

**Action: Helen/Selena**

## **PLANNED ACTION PLAN REVIEW**

Selena noted that it would be useful to use the next meeting as an action planning session.

## **UPDATE FROM MEMBERS**

### Roy Beggs - MLA

Roy discussed a seminar he attended in Moyle on young people and alcohol use which noted that introducing alcohol at an early age at home increases alcohol misuse. He will circulate this when it becomes available.

### Sarah Best – South Antrim Community Network

Sarah discussed the Let's Talk Programme which focuses on good communication in the home around sexual health. This is available for this area.

### David Gilliland – YMCA

David noted that the YMCA is still involved with Wellbeing Centre offering outreach one lunch time per month. A venue is being offered to Dunlewey and Contact to confirm day/time for availability. David also queried a piece of research which has taken place in Carrickfergus College. Selena agreed to query this research work and update the group.

**Action: Selena**

### Nadia Ghalami – Action for Children

Nadia explained the Step Up Programme for Action for Children and explained agencies will offer support with the following:

- Grow in Confidence
- Prepare for Work
- Gain Qualifications
- Make an Action Plan with Your Own Mentor
- Try Out Job Opportunities
- Find Volunteer Placements
- Secure Employment
- Essential Skills – Numeracy and Literacy
- Personal Development
- Catering Skills
- Mental Health & Resilience

Contact details for further information as below:

**Nadia Ghalami**  
**Step Up Service Co-ordinator**  
**Step Up Action for Children**  
**St. Anthony's Primary School**  
**43 Fairway, Larne, BT40 2BG**

**Email:** [nadia.ghalami@actionforchildren.org.uk](mailto:nadia.ghalami@actionforchildren.org.uk)

Selena agreed to circulate this to the group.

**Action: Selena**

### Margaret Armstrong – Horizon Surestart

Normal programmes running with the Teenage pregnancy on the decrease, and is linked with Hearty Lives. The Midwife has increased links with mums.

Ann Doherty – NHSCT Hearty Lives

Ann highlighted that she believes there is a gap in services for 0 – 4 year-olds in the Borough.

Florence Hand

Florence noted that she hopes to strengthen relationships within the group. Florence welcomed any local representatives to sit on the organising committee.

Diane Elias - MASTS

Diane noted that there is a review of MASTS Service currently ongoing.

Phyllis Lewis – S.E.W.O. NEELB

Phyllis explained that currently have a fully staffed team and noted that the need is high with a large waiting list. A lot more work is happening in the courts. Phyllis noted that this has resulted in improved attendance.

Kerry McDowell – Newlife Counselling

Kerry noted that young people can self-refer or be referred by a teacher or parent to the service. Kerry also noted that she does group work and would be keen to work with Florence.

Selena Ramsey – CYPSP

The Northern Locality Stakeholder Event will take place on Monday 31<sup>st</sup> March **2014** at the Leighmohr House Hotel, Ballymena. Selena encouraged all members to be in attendance.

**ANY OTHER BUSINESS**

None noted.

## **DATE AND TIME OF NEXT MEETING**

It was agreed that the next meeting would take place on **Friday 11<sup>TH</sup> April 2014** at **10.00 am** in the **Community Forum Meeting Room, Town Hall Buildings, Carrickfergus.**