

**CHILDREN'S SERVICES PLANNING  
LARNE LOCALITY PARTNERSHIP**

**MINUTES OF THE MEETING HELD ON TUESDAY 4<sup>th</sup> NOVEMBER  
2014 AT 10.00AM IN SIR THOMAS DIXON BUILDINGS, LARNE**

<b>PRESENT:</b>	David McAllister	<i>Larne Borough Council</i>
	Emma McElhone	<i>NHSCT</i>
	Gemma Lutton	<i>CYPSP (Minute Taker)</i>
	Shirley Laughlin	<i>NHSCT</i>
	Shirley Greenlees	<i>Kaleidoscope NI</i>
	Mandi Ferguson	<i>Kaleidoscope NI</i>
	Deborah Neill	<i>LCDP</i>
	Maureen Manus	<i>Glenlough Community Centre</i>
	Gerry McDonald	<i>NHSCT - Think Drink</i>
	Selena Ramsey	<i>CYPSP</i>
	Yury Fleming	<i>NEELB (SAM Coordinator)</i>
	Leigh Whittle	<i>NEELB</i>
	Maurice McLaughlin	<i>NIYF - Believe in Youth</i>

<b>APOLOGIES:</b>	Claire Roper	<i>NHSCT</i>
	Liz Brown	<i>NICMA</i>
	Joy McNally	<i>Larne YMCA</i>
	Sandra Anderson	<i>CYPSP</i>
	Gail Jackson	<i>NHSCT – Health Visiting</i>

**WELCOME AND INTRODUCTIONS**

Selena welcomed the group to the meeting and a round of introductions took place.

## **MINUTES OF PREVIOUS MEETING**

The minutes were agreed as being a true and accurate recording of the previous meeting held on **9<sup>th</sup> September 2014**.

## **MATTERS ARISING**

None noted.

## **PRESENTATION – EMMA MCELHONE**

Emma provided background information to the Roots of Empathy and Strengthening Families Programme.

### **Roots of Empathy**

Roots of Empathy is an evidence-based classroom programme which originated from Canada. The programme has shown significant effect in reducing levels of aggression among school children while raising social/emotional competence and increasing empathy.

Mary Gordon is the founder of the programme and was developed and piloted in 1996. Since the programme has been running it has reached half a million children worldwide. Roots of Empathy was launched in Northern Ireland in 2010. 3,500 children have participated since being introduced and the programme is now going into its 4<sup>th</sup> year.

A baby, ROE Instructor and local parent visit the classroom of P5 pupils. The baby must be 2-4 months old at the start of each programme. This starts in each selected School in October and finishes in May/June.

An instructor makes 27 classroom visits including family visits. Infant and parent visit the classroom once a month (9 family visits).

Emma outlined the goals set out by Roots of Empathy and the themes covered during the duration of the programme.

It was noted ROE is a well evidence based programme. Queens University are currently doing a 5 year research piece of the programme and this should be available next year.

Emma noted that this year 23 Schools are participating in the programme in the Northern Trust area. Moyle Primary School are currently delivering 2 programmes.

### **Strengthening Families Programme**

Emma provided background information to the programme which is PHA funded. It is a programme for parents/carers and their children aged 10-14 years. This is an evidence based programme and skills are gained by those attending to help strengthen their family. It is a 7 week programme taking place one night per week usually in the evening with a meal provided at the start of each night to all families attending.

Families are split into 2 groups each week at the beginning of each session. One group consists of parents/carers along with one facilitator. This lasts for an hour approximately and is DVD lead. The other group consists of young people and 2 facilitators. Individual topics are covered each week through activities and games. The groups re-join and complete further activities together within each family.

Funding has been received from the PHA to deliver 10 programmes between now and March. The aim is to have one running in each council area. Emma informed the group she is hoping for a programme to run in the Larne area in January/February 2015. Funding for each programme includes money to cover a venue, catering and transport to families if required to eliminate any barriers for families to attend the programme.

Anyone can make referrals to Emma McElhone if they know of any families who would benefit from this programme. The dates will be set for a programme in Larne and information will be distributed.

Any queries on Roots of Empathy/ Strengthening Families contact Emma on 028 2563 6600 or [emma.mcelhone@northerntrust.hscni.net](mailto:emma.mcelhone@northerntrust.hscni.net)

## **PRESENTATION – GERRY MCDONALD / MAURICE MCLAUGHLIN**

Gerry McDonald is the Impact of Alcohol Portfolio Manager covering the Northern Trust area. This is a Big Lottery funded programme with the aim to reduce the harm to individuals, families and communities directly affected by alcohol misuse. It was noted NI has a serious problem with alcohol. 72% of people in NI drink alcohol. Gerry distributed a leaflet 'Think Drink'. The leaflet has a self-assessment questionnaire and if answered correctly will identify what at risk category the person completing scores.

Gerry also distributed a copy of a presentation to the group. The presentation highlighted that the Northern Trust wants to leave a legacy after the portfolio has ended of empowered communities who will deliver the vision:

- "That individuals, families and communities throughout its area will confidently take the initiative to reduce the impact of alcohol misuse".

Statistics were noted in the presentation with one given: it is estimated that alcohol misuse in Northern Ireland costs 900 million every year to areas such as healthcare, policing, prison and social services.

Gerry explained the 4 projects which form the Impact of Alcohol Portfolio.

- Believe in Youth

Peer education and specialised alcohol intervention programmes delivered directly when and where young people congregate and socialise.

- Relationships and Alcohol Misuse

Supporting and improving family relationships through counselling and reducing financial, work pressures and poverty: through advice and advocacy for families most affected by these issues.

- Healthy Body, Healthy Mind

Recognise, understand and support individuals and families affected by both mental health and alcohol problems through mentoring, education and targeted support interventions.

- Older Focus

Increasing recognition, understanding and skills around the hidden problem among care providers and families and providing specialist intervention support for older people.

Gerry noted he is looking for champions within the community. Community Champions Programme is for anyone who wants to do what they feel is needed in their community. Training and resources are provided to champions. Gerry noted within any community there are people that have capacity.

It was noted if anyone registers with Drink Aware free credit is given for ordering alcohol related resources. Visit [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

For more information on this Initiative contact Gerry McDonald on 028 8672 3937 / 028 2563 6606 or [gerry.mcdoanld@northerntrust.hscni.net](mailto:gerry.mcdoanld@northerntrust.hscni.net)

### Maurice McLaughlin – Believe in Youth

Maurice provided information regarding the Believe in Youth component of the portfolio. The project is peer educator led so young people feel more at ease as young people are delivering the programme. Maurice noted they have been working in Ballymena for 8 months and delivered a number of programmes. The areas identified to focus on in Ballymena were Harryville and Ballykeel.

Young adults have signed up for the Community Champions programme. A range of training will be offered to these young adults as part of the programme. A mapping exercise took place for the Northern Trust. It was a learning process for the peer educators but was successfully completed. As a result of this exercise 10 potential target areas were identified for the project. In terms of Larne, a number of potential areas have been identified including the town centre and 3

groups through the YMCA. Maurice noted he is hoping to start work shortly.

Members of the group agreed to guide the project and feedback to Maurice in relation on the areas to target where young people congregate. Maurice can be contacted on 028 2565 2105.

## **RELAX AND CHILLAX – UPDATE**

Selena provided background information to the Relax and Chillax Initiative and explained this came from a pilot which was done in Carrickfergus. Relax and Chillax was launched on 24<sup>th</sup> September in Larne High School and is delivered to Year 11 & 12 within the School. It takes place over lunch time from 12.50-1.30 every Wednesday and is due to finish on 10<sup>th</sup> December 2014.

There are good numbers attending each week. A subgroup meeting will take place this afternoon to discuss and review the project.

## **LARNE/CARRICKFERGUS HUB – UPDATE**

The Larne/Carrickfergus Hub is now open to take referrals from other agencies and a number of referrals are coming through from these agencies. It was noted there was a big turnout at the last meeting which is positive as this means there is usually the appropriate person there to take referrals. Clare McKay is now in post as the Coordinator for the Hubs. Support workers are also in post. Selena agreed to meet with Claire to establish better links.

**Action: Selena**

## **ACTION PLAN – UPDATE**

Selena distributed the action plan which was merged from recent planning sessions. Members were asked to forward any comments to Selena if they have any amendments for this action plan.

**Action: Members**

Discussions took place regarding Rural Isolation and Drugs and Alcohol.

There was a need previously identified to complete engagement with 0-4 years in Glenarm and Carnlough. Sandra will be going to these rural areas to identify what is needed for parents in the areas. Sandra will feedback when this engagement is completed.

Actions discussed:

- The group suggested looking at something regarding resilience for young people
- Potential to look at a fair for parents. The Leisure Centre and the Town Hall were given as possible venues. Wendy Carson from the PCSP are delivering events in communities and Selena agreed to link with Wendy and PAL.

Selena agreed to update the action plan with new action discussed at today's meeting and circulate to members.

**Action: Selena**

## **UPDATE FROM MEMBERS**

### Kaleidoscope NI

Information was given regarding an event scheduled on 27<sup>th</sup> November 2014 and this will be an information evening showcasing services available for children with special needs and there will be the opportunity for discussions at the end.

Kaleidoscope initially started as a group aimed to help kids with Autism. However, it was discovered there are a lot of mainstream children with disabilities and a change was made to include these children also. Different organisations were contacted and they are willing to help on a professional level.

Everyone was invited to attend the event on 27<sup>th</sup> November. Selena agreed to look through contacts to identify potential organisations to attend. It was agreed to send information regarding the event for Selena to distribute.

Leigh Whittley - NEELB

Leigh provided feedback on Michael's recent 6 day trip to Italy. Dean has submitted a number of funding applications and has been successful in securing funding for a range of programmes. A funding application was accepted for the Intervention Fund to focus on Intervention/Diversion.

Maureen McManus – Glenlough Community Centre

Maureen noted the food bank has a surplus of food at present. This has been a result of recent harvest services and the generosity of those given. Maureen noted if anyone wishes to be a referral agency and aren't already to contact Maureen and she will pass on details for your organisation to become a referral agency. It is coming into the winter months and there is plenty of food to distribute.

Gail Jackson – NHSCT

Parent's questionnaires have been sent for completion and Gail noted she is waiting on them being returned. There is a good attendance at the local mums and tots groups and Gail is hoping to visit these groups soon. There is the potential to get opinions from these parents in Glenarm and Carnlough to link in with the action plan. Gail noted staffing issues are causing difficulties as Gail is required to provide cover for absent colleagues but hopes to visit the group of mum and tots soon.

**ANY OTHER BUSINESS**

Nothing noted.

**DATE OF NEXT MEETING**

New dates for 2015 were distributed to members present. It was agreed that the next meeting will be held on **Tuesday 13<sup>th</sup> January 2015 at 10.00am in Sir Thomas Dixon Buildings, Larne.**

