

**CHILDREN'S SERVICES PLANNING
MINUTES OF BALLYCLARE & RURAL NEWTOWNABBEY**

**THURSDAY 16TH OCTOBER 2014 AT 2.00PM
BALLYCLARE COMMUNITY CONCERNS**

Attending:	Adelyn Carr	<i>Ballyclare Family Focus</i>
	Gemma Lutton	<i>CYPSP (Minute Taker)</i>
	Pamela Davis	<i>NHSCT</i>
	Sarah Best	<i>SACN</i>
	Sandra Anderson	<i>CYPSP</i>
	Gerry McDonald	<i>NHSCT</i>
	Valerie McKenzie	<i>NEELB Youth Service</i>
	Liz Brown	<i>NICMA</i>
Apologies:	Helen Stevenson	<i>Tinylife</i>
	Iris Lennox	<i>Health Visiting</i>
	Samantha Logan	<i>Early Years</i>
	Selena Ramsey	<i>CYPSP</i>
	Kathy Wolff	<i>Community Relations Forum</i>
	Claire Roper	<i>NHSCT - School Nursing</i>

WELCOME AND INTRODUCTIONS

Adelyn welcomed everyone to the meeting today and apologies were noted.

MINUTES OF PREVIOUS MEETING

The minutes were agreed as being a true and accurate recording of the meeting held on **Thursday 19th June 2014**.

MATTERS ARISING

Engagement

Sandra has developed an online survey monkey with a questionnaire for parents with teenagers. Sandra noted there has been a poor response rate to date. It was

agreed for the group to look at the action plan at the next meeting and identify if this is a priority.

PRESENTATION – PAMELA DAVIS, THE GRANGE HEALTH DEVELOPMENT WORKER

Pamela Davis is the Health Coordinator within the Grange covering the Ballyclare neighbourhood renewal areas. The project has been running for 2 years and it was noted the funding is due to end in March 2015. Pamela presented information to the group on a number of programmes that have taking place in 2014 and the work that will be continuing throughout the rest of the year.

Little Bites Project

The Little Bites project took place over the summer. The aim of the project was to tackle the rise in obesity amongst children. Pamela linked with schools and local catering establishments in Ballyclare to improve the healthiness of food offered to children. Caterers had to make healthier changes to their menus or have healthier options in place which aim to reduce fat, saturated fat, sugar and salt. An award ceremony took place and each organisation involved in the project received a certificate and Little Bites label for displaying on their premises as recognition for making healthier changes.

Summer scheme

A summer scheme took place over the summer months and various activities/projects were carried out. These included the toothbrush challenge; boost your bones project, physical activity projects and training courses such as choices and Bout Ye.

A support group was set up for parents with children who had Autism. A summer scheme was set up for these children and this was the 1st year this opportunity has been available to them. A number of physical activities were organised and the summer scheme was a success.

At the end of August 'Grow with Grange' event took place. This was to try and get those living within the area to come together. A number of activities were offered and it was well attended. Pamela noted the event was a success and it brought the community together.

Level 2 Community Pharmacy Project

This runs on a monthly basis focusing on pain management. This project will continue to run until March 2015.

Mental Health & Wellbeing

Pamela is rolling out various programmes focusing on mental health and wellbeing and will be linking with different organisations for this. Suicide Talk, Safetalk, Mood Matters and ASSIST are organised and will run between up to March 2015.

A number of programmes/training courses will be delivered from now until March 2015. These will include Time to Read, Roots of Empathy, Autism Support Group, Starting Point, Talking Teenagers and WRAP Training.

If anyone would like any further information on anything that was discussed please contact Pamela Davis, Health Coordinator on:

Telephone: 028 9332 3867

Email: pamela.davis@northerntrust.hscni.net

PRESENTATION – GERRY MCDONALD, THINK DRINK

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.

A workshop will take place on 28th November. This will focus on how those involved could collectively improve the services available. There has already been significant change since the Impact of Alcohol Portfolio started but progress still needs made.

Gerry is talking to community groups / youth sector and councils who have an interest in identifying target areas to focus on. It was noted Maurice McLaughlin, Believe in Youth will be attending the next meeting to discuss potential areas to focus on for the Believe in Youth component of the project.

For more information on this Initiative contact Gerry McDonald on 028 8672 3937 or 028 2563 6606. Email gerry.mcdoanld@northerntrust.hscni.net

MEMBER UPDATES

Adelyn Carr – Ballyclare Family Focus

Adelyn informed the group on a number of things that are currently happening. A Young Men's Outreach project is currently being developed with the focus on young men between 20-30 years. A steering group has been set up to move this project forward. Adelyn noted a residential is due to take place next week and key individuals will be invited to attend. There will be brainstorming exercises to identify a strategy for the outreach programme. Adelyn asked if anyone would like to be involved in this to get in touch. Adelyn agreed to keep the locality group updated on progress and further developments.

An Active Listening Service has been developed offering free active listening, mentoring and counselling to people in the community. Adelyn is connecting with social services at present to get referrals for families who need support. It will also be a good opportunity when connecting with people through this service to provide information on other services/projects available.

Suicide Prevention Awareness training will be run over the period of a year. The first training session being offered is a suicide talk and this will take place next month. Following on from this Safetalk will take place in February and a further 2 courses after this focusing on Suicide Prevention Awareness. Funding has been received and Una Wallace will be delivering all these training sessions.

ACTION: Adelyn

Liz Brown – NICMA

Liz provided information on a Promoting Positive Behaviour course which is scheduled for Monday 1st December 2014. Liz agreed to circulate information with further details regarding this course.

ANY OTHER BUSINESS

Nothing noted.

DATE AND TIME OF NEXT MEETING

It was agreed that the next meeting would take place on **Thursday 18th December 2014 at 2.00pm in Ballyclare Community Concerns.**