

**MINUTES OF CARRICKFERGUS CHILDREN AND YOUNG PEOPLE'S
LOCALITY PLANNING GROUP MEETING**

**FRIDAY 4th DECEMBER 2015 AT 10.00AM
IN COMMUNITY FORUM MEETING ROOM, TOWN HALL BUILDINGS,
CARRICKFERGUS**

Attending:	Roy Beggs	<i>MLA (Chairperson)</i>
	Beth Gibb	<i>Action Mental Health</i>
	Claire Duddy	<i>Mid & East Antrim Council</i>
	Fiona Hughes	<i>Selah House</i>
	Gabrielle Nellis	<i>PHA</i>
	Ivor Mitchell	<i>Carrick YMCA</i>
	Selena Ramsey	<i>CYPSP</i>
	Shirley Clarke	<i>School Nursing NHSCT</i>
 Apologies:	 Ann Doherty	 <i>NHSCT Hearty Lives</i>
	David Gilliland	<i>YMCA</i>
	Hedley Webb	<i>Carrickfergus College</i>
	Florence Hand	<i>NHSCT</i>
	Gemma Lutton	<i>CYPSP</i>
	Sandra Anderson	<i>CYPSP</i>
	Margaret Armstrong	<i>Horizon Surestart</i>
	Lynn McKenzie	<i>Pregnancy Resource</i>

WELCOME AND INTRODUCTIONS

Roy welcomed everyone to the meeting today and invited a round of introductions.

MINUTES OF PREVIOUS MEETING

The minutes were agreed as being a true and accurate recording of the previous meeting held on **Friday 9th October 2015**.

MATTERS ARISING

Nothing noted.

BETH GIBB – ACTION MENTAL HEALTH

Roy welcomed Beth Gibb - Action Mental Health to the meeting to present to the group.

Beth noted that she works for a project called MensSana which supports all ages in the area of mental health and emotional wellbeing through a range of activities tailored to suit group needs. AMH MensSana operates across all Northern Ireland. A range of training programmes can be delivered through Action Mental Health MensSana. These programmes include:

- Mindset – Mental and Emotional Health & Wellbeing Awareness programme
- Provoking Thought Workshop
- Healthy Me programme
- Mental Health First Aid
- Safetalk
- ASSIST

Beth distributed a hand-out to the group with detailed information on these programmes. This can be circulated for anyone not present at today's meeting.

Mindset

Beth provided information on this programme which is a mental health and emotional wellbeing project to target Mindset. This is for community groups aged 14-17 years with the session time of 3.5 hours. This can be delivered in one session or split over a number of sessions. This is a 3 year funded project and aims to promote self-help/resilience techniques, raise awareness and signs and symptoms of mental ill health and highlights the mental health support organisations.

Healthy Me Programme

Beth noted this is a project for primary schools and will be available to be delivered soon. The target group is 8-11 year olds within a primary school setting. This programme aims to improve the emotional and social wellbeing of children amongst other things and problem solving, coping skills, conflict management and managing feelings are covered during the session.

Beth also noted the 'Together for You Project' will be coming to an end in March 2016 and will no longer be delivered at this point.

For further information on any programmes Beth can be contacted by email at bgibb@amh.org.uk

UPDATE – EDUCATION SUB GROUP

Selena provided background information to the education subgroup. She explained that the sub group first met in May 2015 with the goal to work in partnership to improve educational outcomes for Children and Young People in Carrickfergus, with emphasis on the Wards highlighted as below Northern Ireland Average in recent statistics.

Recommended first steps were that the group start with a survey of all parents using a questionnaire agreed with the task group and piloted with local Surestart parents.

Surveys completion to date

Wednesday 2 nd September	Carrickfergus College	Learning Community
Monday 7 th September	Downshire School	Year 8
Tuesday 8 th September	Carrickfergus College	Year 13
Wednesday 9 th September	Carrickfergus Grammar	Year 11
Tuesday 15 th September	Carrickfergus Grammar	Year 14
Thursday 17 th September	Downshire School	Year 11
Wednesday 23 rd September	Carrickfergus College	Year 12
Friday 25 th September	Ulidia	Year 8
Wednesday 30 th September	Carrickfergus PTA	ALL

Future Dates

Monday 16 th November	Downshire School	Year 8 and 9
Wednesday 18 th November	Ulidia	Year 13 and 14
Wednesday 25 th November	Ulidia	Year 12

Friday 4 th December	Oakfield Primary School	ALL
Wednesday 16 th December	Sunnylands Primary School	ALL

Schoolbag drop:

Woodburn Primary School

A meeting has been scheduled for 21st January. At this meeting the findings from the surveys will be discussed and next steps confirmed. This will be an agenda item for the next few meetings.

CARRICKFERGUS / LARNE HUB UPDATE

The last Carrickfergus/Larne Hub Update was cancelled. It was noted there a lot of referrals being received to support teenagers from single parent families and from those who need intensive family support.

It is hoped for a further update at the next meeting.

YOUTH FAIR 2016

Selena noted Hedley will confirm a date for the youth fair in 2016 and Selena will circulate to the group.

Discussions took place for possible themes and it was agreed that effort would be made to include social media.

ACTION PLAN REVIEW

Discussions took place in relation to the outcomes set within the Carrickfergus action plan. Selena agreed to add further points discussed from today to the action plan and re-circulate prior to the next meeting.

For anyone wishing to receive a copy of the action plan email Gemma Lutton - gemma.lutton@northerntrust.hscni.net

ACTION: Selena / Gemma

MEMBER UPDATES

Gabrielle Nellis – PHA

The directory of services Z card is currently being updated. This will be finalised on 14th December and they will then be promoted and circulated. The Self Harm Intervention Project – Zest has received this funding. Referrals will be for A&E, CP and Community Mental Health. This will soon extend to children and young people.

SACN are holding Self Harm training on 15th March 2016. This will be for teachers, youth workers and anyone working with children and young people. There is a provisional idea to tailor a programme on self-harm for senior youth. Currently enhancing AWARE's contract to deliver more Mood Matters programmes. Information was provided on 5 ways to wellbeing or Take 5. There is a lot of demand for this through schools and youth groups. Gabrielle noted Protect Life – Suicide Prevention Strategy is out for consultation. Part 2 of this is focusing on resilience.

Shirley Clarke - School Nursing

Shirley noted the Flu Vaccination is now completed with all schools. Year 8 health appraisals are currently on-going.

Fiona Hughes – Selah House

Managers are hoping to complete a presentation on Bee Safe in Ballymena in January. There are free appointments at present for this.

Claire Duddy – Mid & East Antrim Council

Cook IT was delivered in Carrickfergus College and 9 completed the course including young people. Another is planned for the New Year with first preference for those year 8 appraisals. Ann is completing an 'Early Movers' club. A Slow Cooker Class is also planned to take place and a parent's wellbeing group is also being established. Claire noted January is Breakfast month and they aim to work in Schools in Greenisland in relation to this.

Mid & East Antrim Council have a consultation baseline report to form their community plan.

Ivor Mitchell – Carrick YMCA

Ivor noted he had a meeting with Judith Brunt and there is no easing of the number of young people in care. Ivor is consequently linking into the Health Hub. There are currently 10-15 junior leaders.

- PAKT

Every primary school pupil in Glenfield is included in the PAKT programme. Increasingly projects involve communities coming together and families are benefiting from the links being made.

Roy Beggs – MLA

Educational Attainment group which meet in Stormont held a presentation on Shankill Education Project. Welfare reform has gone through which have knock on effects for young people and families. Roy noted Network Personnel for 18-24 year olds have a community family support project. This is a good mechanism to support families into work.

ANY OTHER BUSINESS

Nothing noted.

DATE AND TIME OF NEXT MEETING

It was agreed the next meeting will take place on **Friday 19th February 2016** at **10.00am in Community Forum Meeting Room, Town Hall Buildings, Carrickfergus.**