

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

**FRIDAY 16TH SEPTEMBER 2016 AT 10.00AM
BALLYMONEY COMMUNITY RESOURCE CENTRE**

Attending:	Iain McAfee	<i>Parent/Comm Rep (Chair)</i>
	Amy Selby	<i>Start360</i>
	Fiona Johnston	<i>Brook</i>
	Gemma Lutton	<i>CYPSP (Minute Taker)</i>
	Karen Millar	<i>Homestart Causeway</i>
	Sarah Lynch	<i>Student EWO</i>
	Sandra Anderson	<i>CYPSP</i>
	Sandra Hodgett	<i>Dalriada Surestart</i>
	Tanya McVicker	<i>Education Welfare Service</i>
	Veronica Kelly	<i>NHSCT School Nursing</i>
	Veronica McKinley	<i>NACN</i>
Apologies:	Clair McLaughlin	<i>BCRC</i>
	Kaye Cormack	<i>Phoenix ADHD Project</i>
	Selena Ramsey	<i>CYPSP</i>
	Maire Buckley	<i>Our Lady of Lourdes</i>

WELCOME AND INTRODUCTIONS

Iain welcome everyone to the meeting 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 8th July 2016**.

MATTERS ARISING

No matters arising.

PRESENTATION – FIONA JOHNSTON, BROOK

Iain thanked Fiona for attending the meeting today and invited Fiona to make her presentation to the group.

Fiona is an education worker and works for the Brook Clinic based in Coleraine which has been open for a few years now. Leaflets were distributed with information on the Clinic and opening times etc. Fiona provided information on FREE RSE workshops that can be delivered to 11-25 year olds. There are 3 2 hour workshops for young people.

Workshop Breakdown as follows:

- 11 year olds – information covered is around puberty, how to deal with changes, respect, personal boundaries and consent.
- 12-14 years – This is around similar topics as younger age group but more in depth. Sexting is also a big issue and this would be covered in the session. Condom and condom demonstration is also optional depending on Fiona's judgement of the group.
- 15+ - This age group would look at the law, contraception, STI's and infections and how to reduce risk. More in depth information about confidence and sexual relationships will be covered. The session will also look at pornography.

Fiona noted she would like more groups to avail of these free workshops. Workshops take 2 hours but can be reduced to 1 ½ if required. Workshops need to be after school and not carried out during school time. Taster sessions can be completed during lunch time.

Fiona can be contacted by emailing fiona.johnston@brook.org.uk

UPDATE – OBESITY ENGAGEMENT

Sandra informed members about a new Obesity Engagement Initiative with Our Lady of Lourdes. Statistics for overweight and obese children in Year 8 in the Ballymoney Locality are very high and as a result Our Lady of Lourdes has agreed to run this pilot in their School. The initiative involves CYPSP working in partnership with

Sabrina Lynn Northern Obesity Partnership, Claire Ramsey, Dietitian, Veronica Kelly, School Nurse & Nicola Arbuckle, Physical Activity co-coordinator.

Engagement will be completed with year 8 pupils to identify what support/information they would be interested in, in terms of nutrition/diet/exercise. Once the engagement is completed it is anticipated that a programme will be put in place to provide advice, support, and information and exercise opportunities. The initiative will commence with Year 8 pupils but it is planned to link in with parents and at a later stage throughout the engagement.

A session will take place with Year 8's and will involve sugar apps, hula hoops, Cook It, Smoothie Bike. Also hoping to bring in colour breathing, self-esteem, confidence building so there are different things young people can do to feel good about themselves and will be techniques they can bring away with them. Young People will be asked to rate each thing as above and ratings will determine what to implement throughout the year's engagement. Sandra noted it is hoped to replicate this in more areas if successful.

Linking with physical activity Iain provided information on a Junior Parkrun. Parkrun are thinking of Ballymoney to target for the next Parkrun. Iain has sent a message to ask for developments on this. The group agreed to support this and follow up if required.

ACTION: ALL

UPDATE – CHILL AND SPILL INITIATIVES

Amy provided updates on the Chill & Spill Initiatives in both Ballymoney High School and Our Lady of Lourdes Ballymoney.

Ballymoney High School - Name change to Engage

A re-launch of the programme will commence on 19th September with the young people changing the name to N-GAGE. Towards the end of last year pupils visited N-GAGE in Ballymena and were interested in starting up their own lunch time initiative. This will take place on a Wednesday with Gerry supporting and will be for Year 9's. Julie and Josh lunch time initiative 'N-GAGE' takes place on a Monday.

Our Lady of Lourdes – Discuss with No Fuss

Amy is the lead for Discuss with No Fuss. Last Tuesday Amy spoke with Year 12's and identified 3 national health campaigns which are World Mental Health Day, Stress Awareness and Alcohol Awareness Weeks. Organisations will be brought into provide information to the Year group covering these themes. Young people are very excited about this starting and will take place on Wednesdays.

ACTION PLAN REVIEW

Members reviewed the current Ballymoney Locality Action Plan. Discussions took place and it was noted to add:

- Sexual Health – support implementation of getting into Schools and to meet young people

Subgroups were suggested as a way to take actions forward. This will be looked at with dates sent to the group.

It was also suggested to invite Suicide Prevention Officer to a future meeting. Gemma agreed to get in contact and send dates to get arranged.

ACTION: Gemma

MEMBER UPDATES

Veronica McKinley – NACN

Information was given on Promoting Mental Health & Suicide Prevention small grants and the number of applications received.

Amy Selby – Start360

Amy is working along with the Base and over the summer people got acupuncture and hand massages which was a lovely treat. Information was provided on a C-Card initiative being run in the Northern Trust funded by Public Health Agency. The scheme is for young people aged 16-25 years and a c-card (like a coffee card) is giving to people after a 10-15 minute risk assessment takes places. People with the card can come into Start360 up to 8 times within the year to get free condoms as well as advice about sex and relationships. The pilot has been running for 10 months and Amy noted she hopes young people avail of it. Amy also noted she is taking a group of people to Belfast for cultural night. Amy also had 2 weeks of activities over the summer with a group of 16-25 year olds with a trip to Tatyó park and rock climbing with many more.

Karen Millar – Homestart

Karen noted Homestart are very busy with referrals and have a waiting list. Family Group meet on Monday with the opportunity to bring in crafts, mental health programmes for both parents and children. An inclusion day was held in the summer

and took families with disabilities and different conditions to Corrymeela. Small Grants Funding has been received for 3 staff to train in Incredible Years to start in January 2017. This will be good for families to have access to nurturing programmes. There will be an expansion in the number of programmes available. It is hoped to engage with more Dads. Tuesday night is a Volunteer Night with the hope of recruiting more volunteers.

Sharon Kirk – Dalriada Rural Surestart

Ballymoney Surestart has just started and will be based in Ballymoney. Sharon noted they are very busy with families starting to make use of the service. 17th October is Parents Information Week and a day will be held to provide parents information. Information was provided on the programmes on-going including, Toy & Book service, Baby Yoga, Food Values, Wiggle & Giggle and crafts with parents and children together. A lot of families are getting support.

Veronica Kelly – School Nursing NHSCT

Parent group in Dervock has been a great success. This is also being offered in Ballymoney Health Centre for anyone outside of Surestart area. Anyone can avail of this with information provided through Health Visitors. Flu vaccinations are starting on 10th October and School Nursing are in the process of this and also rolling out Year 8 Health Appraisals.

ANY OTHER BUSINESS

Nothing noted.

DATE AND TIME OF NEXT MEETING

The next meeting is to be held on Friday 11th November at 10am in Ballymoney Resource Centre.