

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

**FRIDAY 11<sup>TH</sup> NOVEMBER 2016 AT 10.00AM  
BALLYMONEY COMMUNITY RESOURCE CENTRE**

<b>Attending:</b>	Iain McAfee	<i>Parent/Comm Rep (Chair)</i>
	Aine O'Hare	<i>Can - Best Buddies</i>
	Amanda Elliott	<i>NACN/CRUN</i>
	Andrea Morrow	<i>Can – Best Buddies</i>
	Clair McLaughlin	<i>BCRC</i>
	Fiona Johnston	<i>Brook</i>
	Gemma Lutton	<i>CYPSP (Minute Taker)</i>
	Máire Buckley	<i>Our Lady of Lourdes</i>
	Patrick Crothers	<i>NHSCT – Disability Team Coleraine</i>
	Paul McLennan	<i>Network Personnel</i>
	Sandra Anderson	<i>CYPSP</i>
	Selena Ramsey	<i>CYPSP</i>
	Tanya McVicker	<i>Education Welfare Service</i>
	Veronica Kelly	<i>NHSCT School Nursing</i>
	Wendy Burgees	<i>Start360</i>
<b>Apologies:</b>	Amy Selby	<i>Start360</i>
	Karen Millar	<i>Homestart Causeway</i>
	Sandra Hodgett	<i>Dalriada Surestart</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 16<sup>th</sup> September 2016**.

## **MATTERS ARISING**

### Junior Parkrun

Iain is still following this up for the area and will feedback on any updates.

## **PRESENTATION – AMANDA ELLIOTT, SUICIDE PREVENTION OFFICER**

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

The Promoting Mental Health & Emotional Wellbeing Project has been in existence for 6 years through Protect Life Strategy NI to help reduce suicide rates. Amanda has 3 counterparts covering different areas throughout the Northern Trust. Details of the workers and the areas covered by each were given including NACN, CWSAN and SACN. The networks are open to all community and voluntary organisations and will support groups to apply for community based promoting mental health and suicide prevention small grants.

Amanda is based in CRUN, Coleraine working from 9am – 5pm during the week and provided information on 4 main approaches as part of her role.

1. Raising awareness – promoting emotional wellness. Have a database continually updating with contacts to share information. Have a bulletin/newsletter as well as Facebook and is open to all members.
2. Capacity Building – provide a number of free training programmes in partnership with other organisations.
3. Action Planning – Attend NICC meetings, NI Trainers Forum. It is important to have a connection with the community.
4. Info Sharing – signposting/referring groups onto appropriate services.

Training/Development information was also provided. Amanda would promote the Health and wellbeing Training Directory and mental and Emotional wellbeing Suicide Prevention Directory. Free training and workshops are delivered on bereavement, self-harm etc. Amanda also keeps logs of requests from groups and submits to PHA for further funding to meet needs.

Small Grant aspect of the Suicide Prevention role was discussed. Small Grants are now closed for the current year and will come out 2017/18 again. 3 parts of the funding were explained. Information was also given on the Take 5 leaflets.

Amanda can be contacted by emailing [amanda@nacn.org](mailto:amanda@nacn.org) for further information.

## **UPDATE – OBESITY ENGAGEMENT**

Sandra provided information on the initiative, with Our Lady of Lourdes agreeing to run with the pilot to tackle childhood obesity. The initiative involves CYPSP working in partnership with Sabrina Lynn Northern Obesity Partnership, Claire Ramsey, Dietician, Veronica Kelly, School Nurse & Nicola Arbuckle, Physical Activity Co-ordinator.

Thanks were given to Our Lady of Lourdes for their facilitation in completing a survey with all Year 8 pupils. Sandra provided some statistics from these which highlighted: 36% drink fizzy drinks daily and 14% would like to cut out sugar along with many other useful statistics. 82% of Year 8 pupils also said they would talk to a parent and Sandra will be sharing this with all parents.

A 2 hour Interactive engagement event took place, showcasing to pupils different information they could avail of. 41 Year 8 pupils had the opportunity to get active with physical activities including dance, learn about healthy food and healthy choices and taste new fruit and vegetables. Pupils also had the opportunity to complete a health survey to share their ideas on what they would like to see in a health and wellbeing programme in their school.

All information to date will be used to develop a pilot programme to run from January – June as a holistic approach. Sandra will engage with parents to see their views and how they wish to be involved as well as teachers within the School.

## **UPDATE – CHILL AND SPILL INITIATIVES**

Wendy noted she attended Our Lady of Lourdes on Wednesday and brought beer goggles and drug boxes to the young people which were good conversation starters. Máire noted she is making Discuss with No Fuss more integrated with Pastoral Care within the School, and having it more formalised and much more part of the programme.

## **ACTION PLAN REVIEW**

Members reviewed the current Ballymoney Locality Action Plan. Selena asked members what other actions they would like included. Discussions took place and noted below:

- Sexual Health – Brook are very aware of needs in the area. Understands it's difficult for Schools to organise after School time for the Brook RSE programme. Topics will be given to the School on the offset and programmes can be tailored

and focus on a wide range of issues like respect in saying no, confidence and self-esteem.

- Selena noted 10 locality groups will be, in the future, aligning with the new council areas. Selena will be looking to bring Moyle Locality Group and merge with Ballymoney. Selena also noted she wouldn't like to lose the voice of the Ballymoney area with those only covering Ballymoney.
- Information was given on tackling literature statistics in Bushmills area. Selena will check feedback with Moyle. Tanya provided information on an event running in Dunluce School with parents.
- Máire expressed how invaluable information she has received from the locality group over the past year and a half. She can't see if Schools know about the group that they wouldn't sit on it.

## **MEMBER UPDATES**

### Patrick Crothers – NHSC

There are 4 Children and Disability teams in the Northern Trust, Patrick has been in post for 4 years. Patrick works with families on an individual basis and has a lower grade social community aspect as part of the role which is now being looked at. The role of the workers within the team are still changeable. The Disability team work with families who have a child with severe learning disability and attends special needs school. Social workers would do an assessment to see the need of the families. Patrick explained his role in providing families with information on local charities to help, benefit entitlement information. Patrick noted it is useful to come to locality groups to see what resources are out there for families.

### CAN - Best Buddies

Best Buddies has been running for a couple of years through Schools in Ballymoney and recruiting young people. One to One matching is successful but not as much for those with high needs. More young people are coming through with Autism. It was noted there is 6 months left on project. Trialling more of a drop in service in December but still having group activities as they are well attended. Workers are aware that they work well for those who have built relationships. Amy, Start360 is linking in with programme on a Wednesday. Information was given on the Adult Best Buddies that runs with no funding. Also have a mini bus as part of the big lottery 5 year funding.

### Fiona Johnston – Brook

Fiona has been promoting programmes available around NRC's. RSE programme is still popular in all other areas but North Coast is particularly challenging to get into. Fiona asked of information on local young mums groups as this would be a good avenue. Adele Fulton was mentioned to Fiona to link with for the Education Authority.

### Veronica Kelly – School Nursing

There was a 74% uptake on the Flu vaccinations this year. School Nursing are continuing with Year 8 health appraisals. Veronica noted they should have more data regarding statistics in April 2017.

### Paul McLennan – Network Personnel

CFSP try to help people between 16 and 65 years who are unemployed and have a team of Family Liaison officers to do this. People are supported in the hope for them to get back into employment. Can offer short training around personal development which are all OCN level 1 accredited. Examples of current cases were given and some success stories. Paul noted Community Family Support programme is a positive programme offering one to one support and doesn't affect anyone on jobs seekers or benefits.

### Clare McLaughlin – BCRC

Clare is 6 months into 9 month maternity cover post. Information was given on a Rock School group for young people. A 2 day workshop with Disability Sport NI is also taking place with young people encouraged to take part. There are 3 new members on board with numbers now up to 16. There is an Art Club on Monday's and run every fortnight. This will be running for 12 weeks with it now on the 6<sup>th</sup> week. A dance performance will take place on 17<sup>th</sup> December and a Christmas Party is planned for all young people.

### Wendy Burgess – Start360

Information was given on £500 grants for community organisations with the focus on Dry January to support and encourage people to abstain from drinking alcohol for the month. It is hoped this will be released on Monday for people to apply. Selena/Gemma will distribute information to locality group. Any groups can apply

with applications closing on 4<sup>th</sup> December 2016. Start360 are still rolling out training and have a personal development programme. Wendy has been in secondary schools giving year talks.

Rapid Bins are coming out. Wendy explained these are for the safe removal of all prescription and illegal drugs. Police take data and feedback to communities. The idea is to have 10 bins across the Northern Trust area. PCSP will be funding these. Currently bins are mostly used for 95% prescription medicine and 5% illegal drugs in the areas they have been implemented.

### **ANY OTHER BUSINESS**

Nothing noted.

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

The next meeting is to be held on **Friday 20<sup>th</sup> January 2017 at 10am** in Ballymoney Resource Centre.