

## MINUTES

**East Belfast Locality Planning Group held on  
Friday 16<sup>th</sup> December at 10am in  
EastSide Visitors Centre, 402 Newtownards Rd, Belfast BT4 4HH**

**Present:**

Maggie Andrews	EastSide Partnership (Chair)
Laura Rankin	CYPSP
Una Casey	CYPSP
Nicola Hannigan	Outer South and East Hub
Amy Gillen	Inner East Hub
Mary McManus	East Belfast Independent Advice Centre
Linda Armitage	East Belfast Community Development Agency
Aine Kelly	Save the Children
Annette McCann	Save the Children
Roberta Richmond	East Belfast Community Counselling

**Apologies:**

Jillian Montgomery	Women's Aid
Tracey Wilson	East Belfast Sure Start
Kris Morrison	NIACRO Early Intervention Support Service
Gerry Largey	Belfast Trust
Lorraine Brennan	Belfast Trust
Alison Templeton	New Life Counselling
Claire Humphrey	Outer South and East Hub

**In attendance:**

Julie Jamieson	New Lodge Duncairn Community Health Partnership (NLDCHP)
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### **1. Welcome and Introductions**

Maggie welcomed everyone and a round of introductions took place. Maggie explained to the group that the meeting today was to prepare for the upcoming Locality Planning Group's Action Plan 2017-2020 it had been previously agreed that there should be a series of themed

meetings organised, in relation to issues of unmet need arising from the Family Support Hubs and discussions at the Locality Planning Group. The hope is that the new action plan will be more focused on a smaller number of more manageable and achievable priorities.

## **2. Apologies**

Apologies were as noted above.

## **3. Action Planning 2017-2010- Complementary Therapies**

Maggie explained the group that one of the gaps in provision is the lack of services providing complementary/alternative therapies for parents who are dealing with stressful issues. Julie Jamieson from New Lodge Duncairn Community Health Partnership, in North Belfast was in attendance to share her experiences about how services have developed in North Belfast and inform the discussion.

Julie explained that in 2003 the initiative was set up to help address the high rates of mental health issues in North Belfast. Complementary Therapists were trained locally and provided 6 free sessions of complementary therapies, alongside information about how to improve mental health. More robust protocols have resulted in Therapists having to be sourced externally and this is much more expensive, this has been a challenge. The 5 Healthy Living Centres in North Belfast received a combined Big Lottery grant, which has enabled complementary therapies to be referred to a Family Support Worker. This funding will be available until 2021. Members agreed this information was very useful and thanked Julie for attending the meeting.

The discussion centred on how access to the therapies referenced could be in East Belfast, either as a new local service or perhaps as an extension to an existing service elsewhere in the city as a form of outreach . The Hub Co-ordinators felt that it is important to have local services to be able to refer families to, as it feels that there are currently less services and a less connected network in East Belfast compared to other areas of Belfast. Increasing the role of the EBCDA Health Development Team was suggested. Linda agreed she would take these ideas back to EBCDA, however currently their work is exclusively with adults and older people.

It was noted that a barrier to some of this work is the lack of knowledge of what groups are doing in East Belfast. . Some members felt that although the Family Support NI database is a good source of

knowledge that something more localised could also be useful. Maggie agreed to check with Big Lottery if a grant can be applied for through the Locality Planning Group in relation to this work. Members suggested that a page on the EastSide Learning website would be helpful to display local information such as walking groups, exercise classes and Parent and Toddler groups which could help some families in relation to isolation

A number of other issues were raised relating to accessing funding: not enough local groups applying or receiving the Family Support Funding from the Belfast Outcomes Group and the concentration of services in the Inner East Family Support Hub area. Travelling a significant distance to access city wide services, supported with funding from the Belfast Outcomes Group is too much of a challenge for some families.

A discussion took place around the CYPSP having a contract with Parenting NI around completing engagement /participation with parents. It may be useful to use this to establish what parents think is needed and show evidence for the need of this service in the area.

Members agreed that a sub group needs to have a reflective meeting to take a few key points back which can be included in the Action Plan for 2017-2020.

**Action: Linda to find out if there is an opportunity to add complementary/alternative therapies especially for parents to the work of EBCDA**

**Action: Una to liaise with Parenting NI around capacity in CYPSP contract**

**Action: Maggie to investigate community EastSide Learning website page**

**Action: Maggie to check out Big Lottery grant**

**Action: Una/ Laura to arrange a follow up reflective meeting**

#### **4. Any Other Business**

Family Support Hubs Update April- September 2016

Inner East Family Support Hub- The highest referring agency is self-referrals, followed by Health Visitors and Community Organisations. The highest number of referrals are for youth activities/ support, parenting programmes/ support and childcare support. Unmet needs

include support, counselling services and befriending services for members of BME communities. It was noted that there will be a new Polish support group starting up soon, which will be important for the Hub Co-ordinators and Locality Planning Group to link with. Other unmet needs include complementary therapies, afterschool services for children with disabilities and Play Therapy in East Belfast (this can be accessed in West Belfast but families face travel barriers). It was also noted that there is a need for Essential Skills classes in the community. An opportunity may be coming up for classes through the Social Investment Fund. Una highlighted that there is an Unblocking Potential course through the University of Ulster, which builds participants' self-confidence and equip with skills for future learning and will give them credits towards university entry.

**Action: Laura will circulate this information.**

Outer South and East Family Support Hub- The main source of referral has been from Health Visitors, then Community Organisations and Self- referrals. The wards with the highest numbers of referral were Cregagh, Dundonald and Tullycarnett. The main reasons for referrals are for youth support/ activities, childcare support and Parenting Programmes/ support for parents. Unmet needs include Complementary/ Alternative Therapies, lack of places for 2 year olds in pre-school settings, support for families (home support, childcare and financial support) and Autism support groups.

It was acknowledged by both Hub Co-ordinators that Employers for Childcare are no longer servicing the hubs which is affecting the hubs.

## 5. Date of next meeting

Wednesday 18 <sup>th</sup> January 2017 @ 10am	EastSide Partnership Office
Wednesday 15 <sup>th</sup> March 2017 @ 10am	TBC
Wednesday 10 <sup>th</sup> May 2017 @ 10am	TBC
Wednesday 5 <sup>th</sup> July 2017 @ 10am	TBC
Wednesday 20 <sup>th</sup> September 2017 @ 10am	TBC
Wednesday 22 <sup>nd</sup> November 2017 @ 10am	TBC

