

**Minutes of the North Belfast Locality Planning Group Meeting held on Tuesday 28 November 2017 at 10am in Currie Primary School, 111-113 Limestone Road, Belfast**

**Present:**

|                    |  |
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| Katrina Newell     | Ashton Community Trust (Chair)                           |
| Una Casey          | CYPSP  |
| Caroline Milligan  | Glenbrook SureStart                                      |
| Karen McLean       | Upper North Family Support Hub (Vine Centre)             |
| Edith McManus      | Inner North Family Support Hub (Ashton)                  |
| David Patterson    | Lowwood PS   |
| Ashleigh Galway    | Currie PS  |
| Steven Orr         | Currie PS  |
| Lorraine McDonnell | Our Lady of Lourdes PS Park Lodge                        |
| Cailin Hardy       | Inner North Neighbourhood Renewal Partnership            |
| Claire Allen       | SFNB   |
| Róisín O'Neill     | Barnardos  |
| Jenny Potter       | Now Group  |
| Joanne Smyth       | Sacred Heart PS  |
| Maura McNeill      | Holy Cross Girls PS                                      |
| Orla O'Dowd        | Our Lady's PS  |
| Lisa McManus       | Team Lead for Health Visiting BHSCT                      |
| Andrea Barr        | Team Lead for Health Visiting BHSCT                      |
| Bronagh McVeigh    | St. Vincent de Paul PS                                   |
| Gabi Mornhinweg    | BHSCT Community Development                              |
| Alison Templeton   | New Life Counselling                                     |
| Patricia Morrow    | Extern Reach Out Team                                    |
| Jamie Compton-Rea  | ASCERT   |
| Joe Carmichael     | Ligoniel Improvement Association (Healthy Living Centre) |

**Apologies:**

|                 |                 |
|-----------------|-----------------|
| Kelly Maxwell   | Autism NI       |
| Mervyn Bell     | Smile SureStart |
| Kris Morrison   | NIACRO EISS     |
| Michelle Harris | Barnardos       |

## **Welcome and Introductions**

Katrina welcomed everyone to the meeting and thanked Ashleigh for hosting the meeting. Katrina thanked the members of the North Belfast Principal's Forum for attending today.

Una and Katrina gave a brief overview for the structure and purpose of CYPSP.

## **Matters Arising**

There was a really high level of interest in the ACEs conference held on 13 November, it was a very interesting conference and Una advised members that a video of the conference and the slides are available on [www.cypsp.org](http://www.cypsp.org)

Katrina noted that the SafeTalk training was well attended and the feedback was very positive.

## **Presentation: Little Learners at Glenbrook SureStart – Caroline Milligan**

Please see attached presentation for further detail. A full report will also be circulated.

Caroline explained that Glenbrook SureStart is led by the Belfast Health and Social Care Trust and covers the Upper North ward areas of Ardoyne, Cliftonville and Ligoniel and that today's presentation was about the pilot of the Little Learners programme that works with children who at a pre-diagnosis of ASD, who are presenting with sensory and developmental difficulties. It provides these children with a place whilst waiting for diagnosis and are of pre-pre-school age. Speech and language therapists might already be involved with some of the children.

The SureStart uses a reflective cycle in their work and as such all staff from admin through to management are trained in Solihull.

The project started out as a respite crèche about 7-8 years ago, it was recognised that there was a need to engage parents also. There were an increasing numbers of children presenting with developmental delay. The project then developed into a learning and development crèche then into a social communication crèche which was supported by a Speech and Language Therapist (SLT). This was held around different venues. More recently through working with Elaine McGrevey, the child development SLT, the pilot "Little Learners" was developed. The name was decided by the SureStart team. The pilot worked with children who

were not ready for the 2 year old programme. The pilot was set up in a specific room with a more structured environment which Caroline reported has worked really well. The pilot responds to the needs of the children. There is an increasing number of children being diagnosed with Autism, there is a rate of 47% in most the most deprived wards in NI.

Caroline outlined the cost of the pilot, and noted that there was a cost saving element with the SLT time.

The pilot supported 11 children from September to June last school term. 5 of these children were assessed as high need, 1 moved from medium need to high need and one moved from high to lower need. The pilot involved 65 high need sessions, 66 medium need sessions and 9 parent sessions. There were two celebration events and transitions meetings with parents. In total there were 529 attendances. Caroline gave some examples of case-studies highlighting the development of the children through the project and noted some of the evaluation of the parents and staff along with recommendations as well as where the children moved to after the project. Each child received a booklet/passport. Caroline noted that other SureStarts across Belfast were starting to develop this type of work. Caroline also noted that the work had been entered into the Advancing Healthcare Awards poster presentation and won second place.

Members agreed that this was a great example of Early Intervention.

***Action: Caroline to email report and one page synopsis to Una for circulation.***

**Presentation: Resilience in Primary Schools - Ashleigh Galway and David Patterson**

Ashleigh noted that Social and Emotional Learning Seminar that was held by Queen's University yesterday and noted that whilst the evidence presented was a little disappointing compared to the experience of the schools and pupils. She highlighted that the research did note that the evidence may be affected by the fact that the NI curriculum already delivers well on the social and emotional learning already, through the PDMU which is core to the schools' work.

David highlighted how after the last LPG meeting he discussed the LPG work with the NB Principal's Forum and how it was really useful for sharing and appreciating local work in a joined up way and that there

was great value in the LPG; which was encouraging to share good practice.

David discussed how schools work on resilience in the area through value based practice. He noted that Roots of Empathy is being delivered in many of the North Belfast schools, but is only as good as the presenter and their interaction with teachers. Some schools have had other programmes through Barnardos. He noted that many of these programmes are based on American models and can sometimes be restrictive and doesn't take in the culture of the area and are targeted at particular year groups. Some schools have used "Take 10" on a class basis, and also finger print learning. He acknowledged the need for parents to develop their self-awareness and be positive about their children's learning and that it is important to celebrate this with them. He highlighted that his school hold a biannual health and information fair. He noted that Claire's (SFNB) works with the school is bespoke and flexible. He gave the example of exercise classes for parents and how that helps them to develop a bond and links them and their friends into other programmes.

David discussed the TREK project that builds resilience through celebrating difference. It works on the child's own identity, their relationship with their family and their relationship within their community, and encourages them to look out not in. This project is delivered through all 25 primary schools in North Belfast in a way that works best for them, working on a journey model or trek together. The project looks at the values of Truth, Respect, Empathy and Kindness. It encourages children to talk about differences and works with children from nursery to primary 7. The project looks at stereotypes and generates discussion and fun in class and moves away from narrow religious differences and looks at gender, disability, health etc. The project can involve work with parents. His school does this through one hour sessions working through a booklet on identity to help encourage them to talk with their children. There is also a celebration event and a planned charity walk this year to encourage an outward focus. The project has been externally funded from different sources. He noted that each school could make it work for their school community.

Maura highlighted how she uses the resource in her school through assembly to supplement other work going on in her school on values. This includes "girl of the week" for the girl who shows all the TREK values.

Maura noted that she found the meeting really useful to know what is happening in the area and for the members to know what is happening in schools. She discussed the need for families and communities to reconnect.

Jamie highlighted the need to build a culture of prevention. A discussion took place about the use of Take 10 and finger print learning and whole person learning.

Patricia discussed the new Extern Reach-Out team, and that it can work with primary, post-primary and further education working on emotional resilience, identity through a value based programme, working with young people ages 11-25 that are self-harming.

A discussion took place about parents feeling like they don't know how to deal with some of their children's behaviour which isn't being presented at school. Many children are being referred to the Family Support Hubs with anxiety, mood disorders and may have traumatic experiences. Edith highlighted that the capacity of parents needs to be recognised and one-to-one support bespoke to the family's needs provided. A discussion took place about children of primary school who are self-harming; even in class. Members agreed that it is important that statutory agencies need to hear the issues arising in areas to build evidence of need to effect change.

Members agreed that it would be very useful to have an event to connect schools and local service providers together, as they agreed it is important to put a face to the service.

***Action: Una to organise in the New Year.***

### **Action Plan 2017-2020**

Cailin has carried out further work on scoping resilience models and has produced a working paper. She noted that from the responses to the initial scoping exercise the conclusion could be drawn that while many services are doing work that builds resilience they don't recognise it as such. She talked about the different formal models of resilience and about research such as NSPCC's work in 2014 in which they defined resilience as "living life against the odds." She noted a selection of different models and the need to take them and make them more accessible. Jamie discussed evidence based programmes and how they are often standardised. He noted that he has found that if there is one-to-one done with a family before they take part in a programme they

are less likely to disengage. Cailin also talked about the need to incorporate resilience into all work and to have a fit for purpose evaluation tool.

***Action: Cailin to email paper to Una for circulation***

Cailin discussed that there will be events around the 5 elements of Take 5 running the week starting 12 February and will include an event in the 174 Trust on 20 February for practitioners on the Take 5 Toolkit.

***Action: Cailin to email Una further details and invitation to events***

Katrina noted that one size doesn't fit all around resilience models.

Roisin highlighted Barnardos work around Five to Thrive programmes, around the 5 building blocks for development.

***Action: Roisin to give a presentation on 5 to Thrive***

**Family Support Hub Update**

Edith and Karen have just returned from trip to Prague that been arranged after a visit to CYPSP and Family Support Hubs here by representatives from the Czech Republic representatives in August. They are very interested in the model of work here. Karen noted they presented at conferences and received confirmation that there is great value in the collaborative way of working.

Karen noted that the referrals to the Upper North had slightly decreased over the summer but they are increasing since.

**Deputy Chair**

Katrina noted that at the last meeting she invited members interested in being deputy chair to let Una know, and advised that Jenny Potter had expressed interest in the role; members agreed that Jenny would be a good fit for the role.

***Action: Jenny Potter to deputise for Katrina during her maternity leave.***

**Any other Business**

The members extended their best wishes to Katrina

## Dates of Future Meetings

| <b>Date</b>          | <b>Venue</b>  |
|----------------------|---|
| Tuesday 30 January   | Ballysillan Community Forum, 925 Crumlin Rd, Belfast BT14 8AB |
| Tuesday 27 March     | Vine Centre   |
| Tuesday 29 May       | The Now Group the Hive  |
| Tuesday 31 July      | TBC   |
| Tuesday 25 September | TBC   |
| Tuesday 27 November  | Currie PS   |