

**CHILDREN'S SERVICES PLANNING  
MINUTES OF CAUSEWAY COAST & GLENS LOCALITY PARTNERSHIP  
FRIDAY 8<sup>TH</sup> JUNE AT 10.00AM  
BALLYMONEY RESOURCE CENTRE**

<b>Attending:</b>	Iain McAfee	NHSCT
	Selena Ramsey	CYPSP
	Sanda Anderson	CYPSP
	Elaine Donnelly	Coleraine Surestart Partnership
	Deirdre Bradley	EA Youth Service
	Paula Rogan	PHA
	Ciara Maxwell	NHSCT – Ballymoney PHNT
	Catherine Farrimond	CC & GBC (covering Lisa Harris)
	Martha Anderson	EWS EA
	Michele Loughry	YEAR @ CRUN
	Lisa Mooney	BCRC
	Tanya McVicker	EWS EA
	Cynthia Currie	Ballymoney High School

<b>Apologies:</b>	Veronica Kelly	NHSCT
	Karen Cooke	Early Years
	Natasha McDonagh	Start360
	Aine Kelly	CAN
	Sandra Hodgett	Dalriada Surestart
	Alex Divers	Community Inclusion

**WELCOME AND INTRODUCTIONS**

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

**REVIEW MINUTES**

The minutes of the previous meeting held on Friday 6<sup>th</sup> April, 2018 were reviewed and agreed as being a true and accurate recording.

## **MATTERS ARISING**

Selena noted that the screening which was shared at the January meeting, would be shown at the next Magherafelt meeting. An invite to this screening was extended to any LPG members who had missed the screening in Coleraine. Selena noted that further information on this topic is available on CYPSP.org from the conference held in November 2017.

## **LOCALITY PLANNING STANDARD FEEDBACK**

Selena discussed feedback from Locality Planning Standards reviewed of recent meeting. The group agreed to include the target areas when they move forward with planning.

## **CAROLINE FARRIMOND- CC&GBC**

Caroline provided information on what is happening within council. She noted that there is support available to groups re governance/ grants etc. There is also close links with the community networks in the area. Grants have recently closed and applications have been scored, so those who have applied will find out soon. Training is also available including producing promotional material, GDPR etc.

## **LISA MOONEY – COMMUNITY COHESION**

Lisa gave a brief over view of the community cohesion project. She highlighted that there will be a focus group to look at access to services. Lisa asked groups to contact her if they were keen to link in. The project launch will be held on 4<sup>th</sup> July and members can contact Lisa if they would like to attend.

## **BUSHMILLS CHILDREN AND YOUNG PEOPLES COMMITTEE**

No updates discussed.

## **CHILL AND SPILLS INITIATIVES UPDATE**

No updates discussed.

## **FAMILY SUPPORT HUB UPDATE**

A discussion took place regarding the need for support in Ballycastle for 8-11 year old females and young teens.

## **PARENTING PROGRAMME**

This agenda item has been pulled forward from the Map what is currently available and link with Jayne Colville.

A discussion took place regarding new Fresh Little Minds Programme. Sandra noted Fresh Little Minds has been designed from an evidence base which has confirmed that children who have access to FRESH (Fostering Resilience Educating for Shared Harmony opportunities) are:

- Healthier physically & mentally
- Happier in their relationships
- More successful in school
- Less likely to get depressed

The Fresh Little Minds programme is based on AMBER resilience and wellbeing approach, a comprehensive evidence-based curriculum structured around 18 workshops (broken into 3 x 6week programmes; GROW, RELAX & INSPIRE) that enable children to talk about how they are feeling, focus the mind, sharpen the senses, develop character strengths and qualities such as optimistic outlooks, expressing gratitude and performing acts of kindness.

The programme teaches children and parents the biochemistry of their mind/body make up and children learn techniques that help them self-regulate restoring wellness and equilibrium.

### Benefits

A FRESH Little Mind is a child who:

- Can bounce back after hardship
- Sees mistakes as a chance to learn
- Willingly helps people
- Feels like they can, thinks that they can and acts like they can
- Loves the skin they are in

- Is happy & feels joy
- Recognises the power of kindness
- Will flourish and thrive throughout life

Children who have participated in Fresh Little Minds pilot programmes exhibited improved optimism and self-confidence, learned to focus their attention, developed a more positive outlook on school & home life, and decreased levels of agitation, aggression & disruptive behaviour.

A discussion took place regarding potential groups to target including primary schools not receiving extended schools and young carers.

Selena noted that there she can also link with Emma McElhone to bring the Strengthening Families coming to the Causeway area. If we can ensure a programme in this locality it is important to ensure that all members refer and support their families to attend.

## **INFORMATION FAIRS/STAKEHOLDER EVENT**

Iain noted that at the last meeting there was a discussion about importance of keeping informed, and everyone knowing what others are doing. He provided some background to a previous event in Loughgiel which was 2 years ago, supported by Start 360. The group agreed to hold a stakeholder event would be useful. Selena agreed to circulate an invite to attend a planning sub group to take forward to the group.

**ACTION- SELENA**

## **MEMBERSHIP UPDATES**

Deirdre Bradley (EA Youth Service)

- New structures – D Bradley is now the Senior Youth Officer for the Causeway Coast and Glens area. Local area plans are being written and will be shared with members for consultation.

Michelle Loughrey (YEAR @ CRUN)

- New staff member Helen Christie to add to team for maternity cover.

- In our final year of 6 years through Big Lottery looking ahead to see if service is still needed or how it should change.

#### Paula Rogan (Public Health Agency)

- Causeway Coast Community Plan - fit parenting programmes to work of hoc planning Gap/outcomes gap of Strengthening Families and Incredible Years.
- Roots of Empathy - 130 programmes. 30/35 Northern area. Recruiting increased facilitators for programmes.

#### Ciara Maxwell (Public Health Nursing, Ballymoney)

- Baby and me groups roll out - incorporating weekly baby massage, CPR, EITP - Early Intervention Transitional programme (3 years).
- Breast feeding groups x2 monthly.
- Farm safety – targeted in rural primary school.
- Healthy lunchboxes in St Bridgets, Cloughmills identified by school profile (Community action fridge).
- Year 8 pilot in Dunluce for Healthy Lifestyle Programme. Flu programme offered to all primary school kids aim 75% and above.
- Year 10 child sexual exploitation workshop in Northcoast Integrated and Ballycastle High.

#### Catherine Farrimond (CC & GBC)

- Community Development Office
- Provide support and guidance to the Community sector in Causeway for eg. Governance, committee skills, training, funding and action planning.
- Council offer various grants.
  - o Community development grant up to 2k for running costs.
  - o Social inclusion grant up to £500 projects.
  - o Community festivals grant between £150-2k.

### Tanya McVicker and Martha Anderson

- Continue to support children to get an education support with emotional health, attendance etc.

### Lisa Mooney (BCRC)

#### Peace IV

- o Community Integration
- o Key Institutions

Reaching out to BME groups in CC & GBL area. Forum of 53 individuals established. Launch 4<sup>th</sup> July, Lodge Hotel - email me if interested in attending. Want to connect with stat services to discuss BME individuals/groups accessing services. Education, health, CAB, housing etc. Running project to September 2019 – trainings, conferences and study visits.

### Sandra Anderson (CYPSP)

Fresh Little Minds children's resilience programme/6 week programme.

- Young carers Northern Trust running July/August.
- Carnacridge, Portrush commencing September.

### Cynthia Currie (Ballymoney High)

Continuing to run various project eg.

- Action Mental Health workshops.
- International Women's Day
- Working together programme (EA)

Providing opportunities for young people to be supported e.g. Young Men's group and open to hear from groups who work with 11-16 years old.

## **ANY OTHER BUSINESS**

### Mental Health

The group were keen to hear from services focusing on mental health for children and young people. It was agreed that the group should rearrange the date of next meeting to allow Beth Gibb to attend.

#### School uniform exchange.

Selena noted that she had sent an email out with a view to look at running a potential uniform exchange in the locality. There was a low response and so it was decided to put it on hold until next year. It was agreed another sub group could be convened after Christmas to look further at this.

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

The next meeting is to be held on Friday 7<sup>th</sup> December 2018. Venue to be confirmed.