

Antrim/Ballymena Children's & Young People's Strategic Partnership locality planning group minutes

Tuesday 19th January, 2021 2pm via Zoom

Attending

Gerry McVeigh	Co-Chair, YES Start 360
Mervyn Rea	Co-Chair
Lynsey McVitty	NHSCT
Sabrina Lynn	NHSCT
Linda Wylie	NHSCT
Sinead McDonagh	Intercultural Education Service
John Hunter	Operations Manager, Community Sports Network
Peter Shaw	Community Sports Network
Natalie Bell	Network Personnel
Jennifer Todd	Oasis Antrim
Jennifer Campbell	Sure Start, Action for Children
Rachel Horner	Action Mental Health
Veronica McKinley	Northern Antrim Community Network
Una Casey	CYPSP
Alison McDaid	Education Authority
Andrew Millar	NDACT Connections Service, Start 360
Sandra Lawler	FLARE, Education Authority
Rosemary McKee	Intercultural Education Service, Education Authority
Janine Gaston	Impact Network NI
Siobhan Watt	PSNI
Stevie Rainey	PSNI
Jude McNeill	Mid & East Antrim Council
Chris Lindsay	Education Authority
Sharon Caldwell	Homestart, Antrim

1. Welcome & Apologies

Gerry welcomed all partnership members and our guest speakers.

Apologies:-

Emma, Spence, PSNI.

Natasha McDonagh, Start 360.

Tracey Robinson, Fresh Minds Education.

Unique Vaughan, Family Support Hub.

2. Minutes of Last Meeting

The previous meeting's Minutes accuracy were agreed

3. Matters Arising

Members are asked to email their membership updates to Lynsey following the meeting for Minutes at this and any future meetings.

4. NHSCT Children's Department/CSN

Lynsey shared that the Northern Trust's Children's Department after reviewing the Northern area Children and Young People's/ Parents survey have decided to fund initiatives around Mental Health and Sports and fitness that were identified by children, young and parents as two top needs. This is being co-ordinated by the NHSCT Children's department, Health and Wellbeing Manager Kate McDermott, and the NHSCT Health and Wellbeing Officers.

To promote mental health various programmes will be funded and expression of interest forms will be sent out to organisations to apply for these funded programmes including Action Mental Health Healthy Me, Aware NI Mental Health First Aid and Mood Matters and Fresh Minds Education Relax and Regulate

To support sports and fitness Community Sports Network will be funded to provide physical activity programmes to LPG members within each Northern LPG. Lynsey welcomed John and Peter from the Community Sports Network who had joined with us for a presentation on their service. John Hunter, Operations Manager of Community Sports Network, shared a presentation on the programmes provided by the Network. Members asked questions. Expression of interest forms to be returned to Lynsey.

5. CYPSP Update

Una Casey, Business Services Manager of CYPSP, brought us a brief update. She indicated that discussions had been taking place through Locality Planning and a paper had been produced and would be shared through the Chairs. Una indicated that the present objective was to ascertain if we were the right geographical configuration to meet the needs of the area. CYPSP wish to hold a workshop to look in depth at this and she requested a representative from each area within the group to volunteer to attend. She is hoping that this takes place in February/March and it would just be one meeting. Una requested that those partners interested should e-mail her at una.casey@hscni.net.

Planning Cycle – Children's Mental Health & Wellbeing is being highlighted.

Una also told members of the partnership that there is a new Chair, Shane Devlin, who is the Chief Executive of the Southern Trust.

She indicated there is renewed Community Voluntary Sector interest and PSNI are working hard to get involved. Statutory Agencies are also linking in.

Finally, Una suggested that everyone should familiarise themselves with the website as it contains some good resources and she highlighted a translation tool which translates up to 50 languages.

6. Family Support Hubs Unique Vaughan.

Lynsey stated Unique was unable to attend and asked that following be shared:

- The impact of lockdown on services is meaning that there is an increasing rate of unmet need referrals or the services have a waiting list of four months plus.
- We have media coverage for the Hubs which consists of a newspaper article in all local times newspapers and Mid Ulster mail. We are also looking at additional advertising for parents who are in need now that schools are closed.

- There was an increase in financial support and funding in Nov/Dec referrals.
- Action for Children Family Support Hubs have partnered with Save the Children and NHSCT to support families with children between the age of 0-6 years. This can aid families of learning packs, home-schooling equipment and grocery or household needs.

7. Members update

Alison McDaid – Education Authority (EA)

EA Youth Service has moved to online provision with the exception of working with vulnerable young people. Young people can access www.youthonline.org.uk and can stay connected with youth services and stay engaged. Some staff are working in schools with vulnerable young people and our FLARE (facilitating life and resilience education) and START (tackling paramilitarism) programmes remain working face to face. We are also able to work in partnership with the PSNI on detached work if the need arises.

Rachel Horner, Action Mental Health

We deliver a number of programs to support good Mental Health and Emotional Wellbeing. We have adapted all of our programs for online delivery

We have PHA Funded free Mindset program, it is for adults and young people age 14-17. The workshop aims to:

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Well-being
- Raise awareness of signs and symptom of mental ill health
- Promote self-help/resilience techniques, along with self-care
- Provides information and resources on mental health support organisations available (locally and regionally)

We deliver Healthy Me workshops across primary schools in NI for children aged 8-11 their parents and carers along with school staff.

We have our Provoking Thought programs which are for suitable for groups of young people aged 11—25 and their key adult contacts within post primary and community groups that aims to promote:

- Positive Mental and Emotional Health & Well-being and Resilience
- Importance of looking after your own physical and mental health
- Self-care & 5 Ways of Well-Being
- Sources of support available locally and regionally and cover topics like social media/exam stress and bullying.

We are happy to work with groups to build bespoke workshops; I recently worked with EA coordinators to deliver workshops for local post primary school parents on Exam Stress, delivered a Men's Mental Health workshop over 3 days to NRC. Happy to discuss all programmes and bespoke workshops. Email address is rhorer@amh.org.uk.

Natalie Bell, Mid & East Antrim Co-ordinator, Network Personnel

CFSP works with individuals aged 16-65; it is a voluntary programme that does not impact benefits or household situations.

- There are 2 parts to the programme: Employability/training/education and health/social support
- Employability/training/education: We have skilled career mentors to help with employability skills, training to enhance CV/skill/knowledge and can link in with employers, complete application forms and provide interview skills.
- Health/social support: Our family mentors work with any additional support an individual/family may need. This can include but not limited to; social inclusion, family

relationships, improving family relations, self-care, confidence, housing issues, debt worries, addictions, homelessness etc.

- We have 70% of our internal training now online via Microsoft Teams; these are accredited to Level 1 with some informal workshops on confidence/motivation, money management, beauty etc. The courses are wide ranging in that some are aimed at employment opportunities e.g. business admin, office skills, and food hygiene. Others cover personal development e.g. personal success and wellbeing, mental health first aid and connections.
- The programme is very personalised to support families and individual with the support that they want and need so the above is not limited to the support we can provide.

Lynsey McVitty, Health and Wellbeing Officer (Antrim/Ballymena) NHSCT

- March is No Smoking Month. NHSCT has lots of stop smoking leaflets, posters, equipment, props and resources (e.g. pens and pencils). If anyone would like to borrow these please contact the NHSCT Health and Wellbeing Team or myself.
- Nutrition for your Teenager Webinar – Tuesday 19th January – 6.30 p.m. – 7.30 p.m.
- Feeding Under Five's Webinar – Monday 25th January, 10.30 a.m. – 12 p.m.

Jennifer Campbell, Sure Start Manager, Action for Children

Ballymena & Little Steps (Antrim) Sure Start are currently offering a blended range of services for children and families from pregnancy up to 4 year old-in the areas of child & parent health, play & child development, and family functioning & wellbeing.

The service is open to all families from pregnancy up until their child is 4 years old, who live in ward areas: Ballee, Ballykeel, Harryville, Moat, Castle Demesne, Summerfield, Fairgreen Dunclug in Ballymena and Ballycraigy, Farranshane and Steeple in Antrim.

Services currently include garden gate visits, online services, one to one site visits (most vulnerable/critical), telephone/video one to one emotional & practical support. Additionally the Project is providing resource packs which include play items, food, electricity, clothing, health promotion, oral health, information and guidance and home safety.

A number of services are extended via closed online groups across a range of early year's needs. This currently includes Solihull parenting programme; family nutrition, budgeting & cooking; speech & language programmes; Family Men; International ethnic minority supports; baby massage & reflexology; antenatal yoga, hypnobirthing & education; breastfeeding & health visiting support; Little Acorns additional needs services; and a wide range of Lets Play Child Development Programmes.

Happy to answer any queries/referrals at:-

Ballymena.LittleStepsSS@actionforchildren.org.uk or call us on any of our site numbers.

Gerry McVeigh, Start 360, Youth Engagement Service

Our building remains closed though still continuing face to face work with four groups from Castle Tower School in Ballymena - providing a social and well-being space at YES. Maintaining contact with other schools (St. Patricks College, Ballymoney High and Our Lady of Lourdes) online and inputting to RSE lessons at Our Lady of Lourdes in Ballymoney. Providing online information and support to young people as needed.

Janine Gaston, Impact Network NI

Northern Area PLIG Partnership completed a Blue Monday campaign last week and launched the new NPLIG Promotional video and brochure.

- Various MH & EW Training sessions available before the end of March – see attached schedule.
- GamCare is new to NI providing youth support in relation to gambling. We are hosting a session for youth practitioners on 16th March 9.30am.

- Making Life Better Small Grants Scheme projects are finishing, many that were engaging children and young people. We will have the output and outcomes to share shortly
- for support or guidance in relation to suicide prevention please email janine@impactnetworkni.org

Sinead McDonagh and Rosemary McKee Intercultural Education Service

Within the Intercultural Education Service the Traveller team continue to provide a variety of support to ethnic minority children and families throughout the current lockdown reaching out through phone calls and doorstep visits as required.

Admissions for P1/pre-school will close at 12:00pm on Friday 29th January. Parents who have difficulty in accessing this portal have been able to avail of assistance. Working closely with our partner agencies we have completed and submitted applications on behalf of families and anticipate responses from schools on 28th April.

Anyone with any queries regarding Irish Traveller families in the Ballymena and Irish Traveller/Roma families in Antrim or Newtownabbey areas, please contact me.
Sinead McDonagh Sinead.mcdonagh@eani.org.uk 079350 09754

Andrew Millar, Start 360

The NDACT Connections team have organised a wide range of events to promote and support our Dry January, Feel Good February Campaign. In line with government guidelines these can be accessed via zoom by registering via the website. We also are still offering our free online drug and alcohol awareness sessions via zoom.

8. Action Plan update and potential Future Actions.

Action Plan update

Lynsey shared that Migration Awareness Training took place in November via Zoom. There were 28 Attendees and it focused on Syrian and Roma families. There has been some very positive feedback received. Some attendees had requested more sessions around Roma families. If OBA is required Lynsey offered to forward same.

Christmas Craft Packs – 150 have been distributed in the Antrim & Ballymena Area. An evaluation is currently being completed.

ADHD Training – This training is geared specifically for parents but professionals can apply to attend. One session has already taken place and the next is due on Wednesday 20th January, 2021, 6.00 p.m. to 8.00 p.m.

LGBT Training – Anyone who lives within Northern Trust Area can apply. There are three workshops and on the third workshop (18th Feb) there are still a few spaces available.

PANTS Campaign – members reminded that the NSPCC/NHSCT PANTS campaign training developed to empower parents/guardians and professionals to have age-appropriate conversations with 4-8 year olds to prevent or stop sexual abuse is still available to member organisations. Members are to contact Lynsey if their organisation wants the training. 178 people have been trained to date.

Physical Activity Packs (PE in a bag) - These are due to arrive in March. Expression of Interest Forms will be available for completion.

ACE's Training – On line training levels 1 and 2 is now available.

Relax and Regulate, Fresh Minds Education – This training will be available in March. A Zoom meeting is available to hear more about the training programme ask questions Lynsey requested that those interested in attending the Zoom meeting should e-mail Linda Wylie.

20/21 Action Plan update

Lynsey updated on the priorities the members had identified for 20/21:

- a. Partnership – Facebook page:** CYPSP Antrim & Ballymena closed Facebook page set up. 17 members have joined to date. Information shared and promoted between meetings encouraging partnership working between members.
- b. Culture Awareness- Training:** Migration Awareness Training held in November. 28 members attended.
- c. Mental Health – ACE’s Training:** ACE’s training now available online. Members have been sent the link

Future Actions: Children/YP/Parent’s survey

Education was also identified as a top need in the Children’s & Young People’s/Parents Survey and members were asked to think about this need and how we can help meet it as a group.

9. Any other Business

Lynsey requested that all members who have not already done so should please forward their GDPR Consent Forms as soon as possible to remain as a member. Lynsey shared feedback from the CYPSP regional action plan, 4 key areas – poverty, education, children with disabilities, and EHWP. Members reminded to send member updates to Lynsey or Linda.

Gerry reminded the group that we are an open group and members are welcome to invite others to our group.

Date, time & venue of Next Meeting

Tuesday 23rd March, 2021 at 10.00 a.m. via zoom.