

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

**Tuesday 23<sup>rd</sup> June 2020 10am on Zoom**

**AGENDA**

**Attending**

Lynsey McVitty	Health and Wellbeing Officer- NHSCT
Gerry McVeigh	Assistant Manager- YES Start 360 Chair
Mervyn Rea	Chair
Karen Sykes	Prince's trust
Grace McCann	Project Worker- CHIP NIACRO
Chris Lindsay	Education Welfare Project Officer- EA
Jennifer Campbell	Sure Start Manager Action for Children
Rachel Horner	AMH MensSana Project Worker AMH
Fiona Stanton	Family Support Hub Action for Children
Natasha McDonagh	Key Worker- Start 360
Janine Gaston	Suicide Prevention Development Officer- Impact Network NI
Jude McNeill	MEA council

**Apologies**

Veronica McKinley- NACN  
Alison McDaid- EANI

**Minutes of Last Meeting**

The minutes were agreed as being a true and accurate recording of the previous meeting held on Tuesday 28th January, 2020 at 2.00 p.m.

**Members update**

### Lynsey McVitty

The whole NHSCT Health and Wellbeing Team had paused all usual work to focus on helping those shielding in accessing food, fuel, medications and befriending services. The volume of shielding work has now decreased so I am able to pick up other work again.

### Gerry McVeigh- YES Start 360

Start360 services continue to work (remotely or in person) and take referrals:

- VOICES - (remotely) supporting young people aged 8-18 impacted by others substance use
- DAISY - (remotely) supporting young people aged 11-25 to reduce the harm of substance use
- YES - (remotely) providing information, 1-1 support and opportunities to remain connected through online presence. Starting planning for a return to office based work, probably with a blended approach with remote working.
- Targeted Education - (remotely) continuing online work with groups of young people, providing online Drop In sessions and planning for future sessions either online or face to face.
- AD:EPT - (in person) support for those with substance use issues in prison

### Mervyn Rea

Chair

### Karen Sykes

No member update sent

### Grace McCann Project Worker- Family Links NIACRO

Update- NIACRO Family Links continues to provide support to families, including children, and friends of those in custody and is open to new referrals. We have had to adapt our face to face support to be delivered via virtual sessions or telephone calls instead of home visits but otherwise support continues as normal. Currently, there are no visits to prisons and the rules have changed around sending in clothing / money due to the pandemic, so we are working to provide additional emotional support and practical information to families dealing with this added layer of isolation and changes in normal routine.

Chris Lindsay Education Welfare Project Officer- EA

The Take 5 Schools Launch held in March was a great success but unfortunately the follow up face-to-face work with identified schools was halted temporarily due to Covid 19. Contact with schools during this period has used all available mediums, advising on inclusion with school policy, school year group projects, pupil development, events that could be held both virtually and face-to-face, whilst looking to the return of pupils in Aug/Sept. Schools have been advised in relation to recording their events in order that they can present evidence to merit Take 5 school award, which we can announce and further promote the message across this medium.

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 years old-in the areas of child & parent health, play & child development and family functioning & wellbeing.

Services currently include garden gate visits, outdoor social distanced contact and 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 & guidance and home safety.

These services are extended via closed online groups, in a responsive and collaborative approach with parents, across a range of early year's needs. This currently includes evidence based parenting programmes; family nutrition, budgeting & cooking; speech & language programmes; baby massage & reflexology; antenatal yoga & education; breastfeeding & baby club; Little Acorns additional needs services; Every Mind Matters emotional wellbeing group; and a wide range of Lets Play Child Development Programmes.

Sites are re-opening in a measured and incremental way for teams only at this time.

Happy to answer any queries/referrals at:-

[Ballymena.LittleStepsSS@actionforchildren.org.uk](mailto:Ballymena.LittleStepsSS@actionforchildren.org.uk) or call us on any of our site numbers.

Rachel Horner AMH MensSana Project Worker

We have now moved all workshops to online delivery:

- We deliver Healthy Me workshops across primary schools in NI for children aged 8-11, their parents and carers along with school staff.
- 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 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 & regionally and cover topics like social media/exam stress and bullying.

Our Mindset program which is funded by PHA, 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 symptoms 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 are offering open sessions for this workshop, you sign up on Eventbrite.

Fiona Stanton Family Support Hub Action for Children

The Family Support Hubs, Action for Children are still receiving referrals and continuing to hold monthly meetings in-house to enable us to continue to offer help and support to families within the Hub Areas. We are aiming to start Virtual Hub Meetings in August. The Hubs have also been able to help a number of families through our Action For Children Emergency Coronavirus Fund to enable the purchase of essential items required including food, electricity, heating oil and outdoor toys and crafts given children are currently at home on a full-time basis.

Natasha McDonagh Key Worker- Start 360

The Connection Teams have been working from home and utilising our Social Media platforms (DrugsandAlcoholNI) to get Alcohol messages out over lockdown as we are aware that it may become more problematic for some families. June 15th was Northern Ireland Alcohol Awareness Week and to address this we delivered daily messages to promote safer drinking habits and to make individuals more mindful of their own drinking and how it can impact on their families. We released an Awareness Raising Video to accompany these messages. This was a massive success reaching over 25,000 people. We are continuing to develop more online resources and training that can be used for future awareness raising sessions, for more information on any of our services please contact Natasha, Andrew & Wendy at [Connection@ndact.info](mailto:Connection@ndact.info).

#### Janine Gaston Suicide Prevention Development Officer- Impact Network NI

- NICHI Health Alliance platform and website ongoing
- Impact Network, Caring Through COVID initiative ongoing
- Impact Network NI completed CV survey of needs
- Ongoing support to CV member groups and others during lockdown
- Continued partnership working within Northern Locality addressing support needs
- Impact Network NI will have provision of Fresh Minds Education Mood Boosting Boxes for children aged 5-11 years
- Take 5 for Schools partnership work ongoing
- PHA PMHSP Small Grants will be reconfigured to meet PHA need – hopefully coming very soon to CV groups in Northern Locality

#### Actions:

- JG volunteered to look through survey before it goes live.
- JG will continue to be Impact Network NI rep for foreseeable meetings

#### Jude McNeill- MEA council

We have been working on the community hub during the last number of months with health trust, advice NI, MEABC, NIHE and providing support setting up food distribution centres across the Borough and supporting communities with food packages, befriending support, signposting to advice services, paying bills etc. Community Voluntary sector has played a tremendous role in

working in partnership with all the agencies. We are now working on recovery plans which includes how we open safely centres/facilities. Research continues in developing the Raglan shared space project in line with the needs of families of young people and adults with ASD.

## **Matters Arising**

### Membership

Reiterated that the CYPSP LPG Antrim/Ballymena group is an open group that all can attend and members are welcome to invite other people working with children and young people to the group. People can join by emailing Lynsey and filling out membership form.

### Minutes

Members asked to email their membership updates to Lynsey following meeting for minutes at this and any future meetings on Zoom.

## **Safeguarding in a Digital World Masterclass feedback**

Safeguarding in a Digital World Masterclass evaluation had been previously emailed to the group and the evaluation was shared and talked through on screen. 135 people attended and evaluation was extremely positive. Evaluation also asked what people felt they needed to know more about, learning from this is being taken forward.

Jude shared that the MEA Community Plan has a Progress and Education theme. Chris and Jude shared about a pilot scheme in Carrick that support parental intervention and supports teachers in tackling cyber-bullying. Jude to share information about this pilot.

## **Action Plan**

### CYPSP LPG Jan 2020 scoping exercise feedback

Lynsey feedback on the groups scoping exercise in January that looked at the needs of children and young people in the

Antrim/Ballymena area. Three main themes and actions linked to them emerged and were agreed on:

- Partnership- CYPSP Antrim/Ballymena/Ballyclare Facebook closed group up and running, members to join and share relevant information
- Cultural awareness- training sourced but postponed
- Mental Health- ACE's training on hold. Aware Mood matters training on hold. Aware has lots of mental health training online. The NHSCT training organised by Selena Ramsay in April/May/June is now in Sept/Oct. There will be more in Jan/Feb.

Janine shared she is running PHA commissioned training on self-care and suicide.

Jude shared that she sits on a cultural awareness roundtable

### Children's survey

Lynsey explained how they are planning to carry out a survey of the children and young people that we work with, looking at what their needs are and how they would like these addressed. This information would be used to inform our Action Plan. This will be sent out in July and kept open until mid-September and results will be shared at our next meeting.

Lynsey asked if everyone would be happy to share the survey with children, young people and parents they work with, no one objected. Lynsey asked for two volunteers to have a look at the survey to give some feedback. Gerry McVeigh and Jennifer Campbell volunteered.

### PANTS Campaign

NSPCC's "Underwear Rule" campaign- also known as the PANTS campaign – has been supporting and encouraging parents to talk to children aged between 4-8 about staying safe from sexual abuse. The PANTS tools and resources give adults clear and simple ways to open these conversations in a child-friendly way.

The key messages for children are:

- P** – Privates are privates.
- A** – Always remember your body belongs to you.
- N** – No means no.
- T** – Talk about secrets that upset you.
- S** – Speak up, someone can help.

Lynsey and her colleagues are working with the NHSCT Sexual Health Promotion Lead, Florence Hand, to roll this out and will be in touch with each group to promote some training.

Lynsey will be in touch end of August/start September with more details.

#### Positive Mental Health Emotional Wellbeing Boxes (14+)

Lynsey updated the group on the plans for the boxes. CYPSP, Local Council Loneliness Networks and NHSCT have contributed to the purchase of Emotional Wellbeing boxes for teenagers aged 14+. The boxes are available to local organisations working with vulnerable young people who are isolated as a result of COVID 19.

This will allow 125 boxes to be provided per council area. The promotion of these will be through the LPG networks to ensure that the most vulnerable are reached. These boxes are being put together by Fresh Minds Education. Members reminded they need to return their application by Friday 26<sup>th</sup> June.

#### **Any Other Business**

Members reminded that the Helping Children & Supporting The Return to School following the Covid 19 pandemic webinar registration closes today at 3pm.

Jude shared that the ASD friendly borough programme that delivers ASD training to organisations and employees and looks at making buildings more ASD accessible has been postponed due to Covid. Jude is looking at funding for Slemish Community Centre for special needs. Jude to send survey

Mervyn asked Jude to speak to Antrim/Newtownabbey council colleagues to encourage attendance at meetings.

Mervyn expressed his thanks to members for attending the meeting in this new way.

#### **Date, time and venue of next meeting**

Tuesday 15<sup>th</sup> September at 10am on Zoom