

Antrim/Ballymena Children's & Young People's Strategic Partnership Locality Planning Group Meeting

Thursday 24th June, 2021 at 2.00 p.m. via Zoom

MINUTES

Attending

Mervyn Rea	Co-Chair
Gerry McVeigh	Co-Chair, Assistant Manager, YES Start 360
Lynsey McVitty	Health & Wellbeing Officer (Antrim/Ballymena) NHSCT
Linda Wylie	Health & Wellbeing Programme Support Officer NHSCT
Claire Kelly	Family Support Practitioner, Family Support Hub
Natasha McDonagh	Connections Service Key Worker, Start 360
Grace McCann	Project Worker, Family Links, NIACRO
Stephen Warwick	Health & Social Wellbeing Improvement Officer (North), PHA
Helen O'Neill	Family Support NI
Janine Gaston	Impact Network NI
Hannah Bowyer	Ballymena South Community Cluster
Jennifer Campbell	Action for Children
Andrew Woodside	NRC
Rachel Horner	Action Mental Health
Jonny Rowntree	Network Personnel
Veronica McKinley	North Antrim Community Network
James O'Kane	Antrim & Newtownabbey Borough Council
Karen Sykes	Princes Trust
Diane McCaig	Network Personnel

1. Welcome & Apologies

Gerry welcomed everyone and the meeting commenced with a round of introductions.

Apologies:-

Siobhan McCaig, PSNI

Fiona Surgenor, Mid & East Antrim Borough Council

Alison McDaid, Education Authority

Chris Lindsay, Education Authority

Denise McVeigh, Mid & East Antrim Borough Council

Emma Spence, PSNI

Sharon Caldwell, Homestart, Antrim

2. Minutes of Last Meeting

Claire Kelly requested that an amendment be made to her last update to state that resources are available only from Family Support Hub Stands. **Lynsey to amend**

3. Matters Arising

None

4. Helen O'Neill, Family Support NI

Stephanie brought us a short presentation on the work of Family Support NI.

The Family Support Directory www.familysupportni.gov.uk is unique in Northern Ireland and is a Directory of Family Support Services. It was developed as a recommendation from the Families Matter Strategy which required the development of a Regional Information Service as a useful resource for parents and professionals. The website provides users with details of Family Support Services in Northern Ireland and registered Childcare Providers. The Family Support Directory provides details of Statutory, Voluntary and Community Support Services throughout Northern Ireland including Family Support Hubs, Child Contact Centres, Mental Health, Disability, Domestic/Sexual Abuse, Drug/Alcohol Misuse, Carers etc. The website has built in translate and browse aloud functionality. Registered Childcare Providers details can be obtained by searching by postcode area. The Childcare Information holds the most up-to-date information available as it receives updates from all Early Years Teams with new registrations, de-registrations and changes to contact details. It is also used by HMRC to validate registered childcare providers and facilitate payment of Tax Free Childcare. Department of Communities also use this website to verify registration. Additional information can be obtained from Admin Office at Broughshane House, 70 Main Street, Broughshane, BT42 4JW. Telephone – 0845 600 6483 E-mail info@familysupportni.gov.uk

5. Family Support Hub Update – Claire Kelly

Family support Hubs are still increasingly getting busier however will expect referrals to drop slightly over the summer giving us a time to branch out and network. We are very keen for any networking events to attend either virtually or in person.

Going forward we are finding there is a real lull in counselling places. Our funding has ended for counselling therefore we are looking at other alternatives for counselling for young people particularly face to face. We are finding young people do not wish to avail of the school counsellors due to embarrassment with peers as everyone knows they are going for a counselling session.

Unfortunately the outcome will end up being unmet need for us for counselling, therefore a lot of young people will miss out on the opportunity to express their feelings and counselling is very much needed currently.

Action - Hannah Bowyer of Ballymena South Community Cluster suggested Volunteer Counsellors may be of help and she may be able to come up with names of those interested.

6. Member Updates

Lynsey McVitty, NHSCT

- The Paediatric Autism Service has launched their "Exploring ASD" podcast series aimed at parents and carers of autistic young people. The podcasts are available on Spotify, Apple Podcasts and Google Podcasts. They address topics such as; Conversations to have before an ASD assessment, Why does my child go from 0-100?, Good sleep and how to get it, Supporting what you say in a visual way
 - Spotify: <https://open.spotify.com/show/4bt3d2KopA3BLXNk8t1U92>
 - Apple podcasts: <https://podcasts.apple.com/gb/podcast/exploring-asd-with-the-northern-trust/id1552605422>
 - Google podcasts: <https://www.google.com/podcasts?feed=aHR0cHM6Ly9hbmNob3luZm0vcy80NmRjNGZlYy9wb2RjYXN0L3Jzcmw==>

- Text a Nurse

If someone is aged 11-19 they can text a school nurse in confidence about their health and wellbeing issues such as self-harm, sex, alcohol, drugs, bullying and stress. Mob: 07480 635982

Sharon Caldwell, Homestart Antrim

Baby bank is now up and running. Donations can be made to our donation bins in local churches, community groups and Castle Mall or made directly to the Baby Bank on Wednesday mornings.

Families will be able to access this service through local referral agencies or directly by contacting Sharon - 07955 999 516

Gerry McVeigh, Start 360

Youth Engagement Service (YES) 2-6 Wellington Street, Ballymena BT43 6AE | Tel: 028 2568 9356 | Facebook: @NGAGEBallymena

- Running a FREE Summer360 programme 26th – 30th July in Ballymena for 17–25-year-olds
 - OCN Level 1 in Peer Education
 - Outdoors in local parks and trip to Portrush
 - Health & Wellbeing sessions
 - Creative Art sessions
 - Breakfast & Lunch
 - Celebration Event
 - Travel expenses to/from Ballymena covered
- Social Drop-In sessions restarted – Tuesday 2-4pm & 5.30-7.30pm, Thursday 2-4pm
- Walk360 Wednesdays 2-4pm – walking, exploring, and creating using local green spaces
- Young Women's Group (aged 17+) Thursdays 5.30-7.30pm
- Young Men's Football (aged 16+) – Thursday evenings 7-8pm

Janine Gaston, Impact Network

- Making Life Better Short Term Funding Programme has closed and is currently being assessed.
- Impact Network NI and Sperrin Cultural Awareness Association hosted a Culture and Sport Summer School 19th-21st July in Randalstown. Over 75 children attended the Summer School and we had fantastic feedback from children and parents. Check out the activities and engagement here <https://www.facebook.com/Randalstown-Ulster-Scots-Cultural-Society-1378792455500523>.
- Impact Network NI in partnership with other northern area partners such as NHSCT HI and EANI are working on Take 5 Steps to Wellbeing for children and young people (Community Planning Partnership work).

Hannah Bowyer, Ballymena South Cluster

The focus for community groups in Ballymena South has been to get clubs up and running as safely as possible post lockdown. There is also a focus on projects that will support children and young people with two groups in Ballykeel applying to the Making Life Better Small Grants Scheme. This includes Ballykeel Together Development Association with their Bright Stars Youth Club for children and young people with Autism and/or additional needs and Illusion Dance Class. Ballykeel 2 & District Community Association has applied through MLB to start a Boxing Programme for youth in Ballykeel.

Rachel Horner, Action Mental Health

I work for AMH as part of the Mensanna team; I cover the Northern Trust Area along with my colleague Colette Slevin.

We deliver a number of programs to support good Mental Health and Emotional Wellbeing. We have adapted all of our programs for online delivery; however we are delighted to be back out in the community delivering face to face again.

We offer 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 now also offer KS1 **Little Healthy Me** across schools in NI

We are piloting our **Summer Scheme** programme for 4-11 year olds across the summer months.

Health Heroes is our brand new **P7 programme** - Healthy Heroes is a new, informative, yearlong programme designed especially for children in P7.

We offer 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

Happy to discuss all programmes and bespoke workshops if anyone would like to get in touch my email address is rhorer@amh.org.uk

Network Personnel

CFSP in Network Personnel are continuing to support persons aged 16-65 remotely via workshops, Level 1 courses and 1-1 support on health and social barriers. In August, we are holding a 6 day event which looks at establishing life/career goals and improving upon health and wellbeing. Attendees will receive a craft pack for day

1 which is focused on the life wheel and setting the tone of the remainder of the event. A fresh food parcel will also be delivered for a live cooking demo as well as presentations from MEA Leisure Centre and local gyms who have very kindly offered swimming passes and/or gym day passes, following on there will be chair yoga taster sessions and wellbeing/ mindfulness sessions also. The Career service and Action Mental Health will also be doing a presentation on their support and services. This is open to MEA, AN & MU district councils. Spaces are limited and there is an eligibility criteria.

Karen Sykes, Princes Trust

Explore programme has been running face to face throughout July with another one planned for September. Essential Skills (online) – ongoing

August programmes include:

- Explore Enterprise
- Get Into Tesco
- Get Started with Make Up
- Get Into Stewarding
- Mental Health First Aid
- Get Started with Photography
- Team programme will resume in September

Some programmes remain online while others have a blended approach, some face to face. Information on all our programmes is available on our social media where the young people can contact us directly. If you would like to refer a young person, get in touch and I can send a referral form for you to complete.

Karen.sykes@princes-trust.org.uk Mob: 07483977387

7. ACTION PLAN UPDATE

- PANTS campaign (NSPCC Campaign which helps parents to talk to their children to prevent sexual abuse for children aged 4-8 years) is finished but support via resources are currently available (parents booklets and posters). Any queries please contact Lynsey.
- Outdoor toy box now placed in People's Park to encourage outdoor play
- Looking After Me transition journal: The journal is to help with emotional health and wellbeing. It includes questions and exercises to prompt young people to think about their feelings and gives space for emotions they want to explore. They are also used by some pastoral care people as a talking tool or they have given them to young people as a follow up tool that the young person can use on their own.
- AMH - Aware NI ran Mental Health First Aid Training last week.

- Children's Art Week linked with MayWe taking place from 29th June to 19th July. Resources are available for any group or organisation working with Primary School children the resource encourages outdoor activities.
- Gam Care Training. Two workshops to take place in September.
 - "Gambling and Gaming" – 20th September and 27th September 3 hour training.

8. AOB

CYPSP Antrim & Ballymena Facebook Page, please continue to share and promote items of interest.

Lynsey asked partnership members if they would please take part in a short poll to share thoughts on the format of future meetings to ascertain if these should be face to face via zoom or a mixture of both. 93% suggested a combination of face to face and Zoom. It was suggested that it may be useful to use Zoom for the winter months with inclement weather possibly adversely affecting travel.

9. Date of next Meeting TBA