

**MINUTES OF LARNE & CARRICKFERGUS CHILDREN AND YOUNG
PEOPLE'S LOCALITY PLANNING GROUP MEETING**

**WEDNESDAY 30 SEPTEMBER 2020 AT 10.30AM
ZOOM MEETING**

Attending: David McAllister (Chair) Mid & East Antrim Borough Council
Bernie McGarry NHSCT
Karen Graham Carrickfergus YMCA
Grace McCann NIACRO
Rachel Horner Action Mental Health
Mairead Kane NHSCT
Valerie McKenzie EA Youth
Deirdre Marley Princes Trust
Michelle McGlade-Buick Parenting NI
Christopher Deconink Extern

Apologies: Roy Beggs MLA/BB/Horizon Surestart
Denise McVeigh Mid & East Antrim Borough Council
Pamela McClelland Impact Network NI
Lynn McKenzie Streetreach
Fiona Stanton Action for Children – Family Hubs
Sharon Crawford NHSCT
Aine Wallace Fresh Minds Education
Gabrielle Rawashdeh PHA
Aideen Johnston PHA
Mary Johnson Womens Aid ABCLN
Ruth Bamford NHSCT

INTRODUCTIONS AND APOLOGIES

The Chair, David McAllister, welcomed everyone to the second zoom meeting and apologies were noted.

MINUTES OF PREVIOUS MEETING

The minutes were agreed as being a true and accurate recording of the previous meeting held on Friday 19 June 2020 via Zoom.

MATTERS ARISING

No Matters arising

PARENTAL PARTICIPATION SURVEY FINDINGS – MICHELLE MCGLADE-BUICK

CYPSP Parental Participation Project over the past number of years a need was identified to evidence where parents access family support, the barriers and challenges they face in accessing family support, how parents can best be supported to reduce these barriers and how to improve parent's access to family support. To enable the project to gather this information the process was split into two stages: Stage One gathering general information from parents regarding their access to support and the barriers they face. Stage Two followed on from Stage One to gather more specific information which would then be used by the CYPSP to help inform service design and provision.

Michelle presented the results and recommendations of Stage Two to the group. It was agreed by the group they were seeing similar issues on the ground:

- it can be hard to get parents to engage and/or accept help
- parents are unaware of services available
- waiting lists can be long. Parents would appreciate honesty in how long they will be waiting.

It was suggested to engage with sports clubs etc. and give posters to inform parents of services available. Perhaps opening Youth Centres for parents in the morning so that they can meet up would be helpful.

Bernie to send the full report to all Locality members. If anyone has any feedback please send directly to michellem@parentingni.org

Action: Bernie

MEMBER UPDATES

Valerie McKenzie – EA Youth Service

Awaiting member update.

Deirdre Marley – Princes Trust

The Prince's Trust are delighted to say we've just completed our first post lockdown face to face 'Explore' programme. 'Explore' is a life skills and personal development programme, which included face to face and on line delivery. We have now planned Explore for November and February – it's delivered from our Belfast centre & public transport travel expenses are refunded daily to the young people.

We have a variety of sessions planned for the upcoming months, both virtual and face to face, which include themes in Photography, Comic Art, Halloween Make Up, Christmas Party Make Up, Nails, Videography, Hair/Barbering, fashion/career with Rebecca McKinney.

Our Employability programme with Tesco is up and running again. The next taster day is 13th Oct, programme begins 19th Oct, with further programmes planned for November.

Our 'Enterprise' programme, which helps those young people interested in starting their own business, taster day is 21st Oct, with programmes planned for Oct. Nov, Dec.

Throughout each programme detailed above, we are running online 'wellbeing sessions' with Start360, every Tuesday. These have been a huge success with our young people.

Rachel Horner – Action Mental Health

Action Mental Health Mensanna Team are now back out delivering F2F to schools and community groups. We are also delivering online sessions for those who cannot facilitate F2F engagement. All are workshops are **free** and delivered in a really age appropriate way to raise mental health awareness and break stigma.

Healthy Me workshops are delivered across primary schools in NI for children aged 8-11 their parents and carers along with school staff. Healthy Me was designed by ourselves at AMH alongside CAMHS and the Royal College of Psychiatrists. Healthy Me is a vibrant and engaging health promotion programme designed to teach children aged 8-11 about the importance of staying healthy – both physically and mentally/emotionally. It also supports their key contacts in taking a whole-school/community approach to resilience and wellbeing. We have had quite a lot of interest and are taking bookings through to next year. In preparation for World Mental Health Day 10.10.20 we are running zoom staff sessions for teachers of nursery and primary schools throughout Ni. The sessions aim to identify issues faced since returning from lockdown, raise awareness and importance of looking after your mental health, highlight self-care techniques resilience and confidence, show how and where to access support.

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 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)

This has been adapted and can be delivered over sessions 1 x 3hr, 2 x 1.5 hours or via zoom.

You can get more information on our website or if anyone would like to get in touch about the programs we run my email address is rhorer@amh.org.uk

Grace McCann – NIACRO

NIACRO Family Links continues to provide practical and emotional support to families and friends of those in custody. Our focused work with children/siblings aged 0-18 impacted by imprisonment continues and we remain open to new referrals. We are continuing to deliver our service via virtual sessions or telephone calls instead of home visits but otherwise support continues as normal. This is under review and will continue to be for the foreseeable future as part of NIACRO's recovery plan.

During the summer we ran a virtual summer scheme with packs delivered to families according to ages of the children to promote alternative screen free activities. Children also received Care Pack in preparation for the return to School in early September.

Although visits to the prisons have recommenced, children are not permitted to visit at this time due to Covid, so we are working to provide additional emotional support and practical information to help families stay connected during this extended time of no face to face contact.

Contact: grace.mccann@niacro.co.uk or 07980711209

Karen Graham – Carrick YMCA

- Very busy during lock down and over summer responding to young people and families.
- Evidence of mental health concerns within families & young people.
- Detached youth work and mentoring across Carrick, Larne & Ballymena since August using EA/PSNI protocol
- Preparations, risk assessments and additional hygiene for centre based work.
- Small group work with children in PAKT starting October.
- Food poverty project in association with Children in Northern Ireland.
- YMCA supporting Carrick Vineyard's food programme.

- Youth Club & Youth Engagement service re-opened for small group work September.

Chris Deconink – Extern

In the absence of our “**official leaflets**” which are due to get printed shortly {I will forward same when they are available} attached firstly is the proposed Extern CIT {**Communities In Transition Health and Well-Being Programme Leaflet**} to give folks a short background to the aims and objectives of this new Executive Office funded health project for the Carrick and Larne Communities.

Also attached secondly is a “**Community Health Champions**” **Expression of Interest Form {EOI}** and **Community Health Champions Background leaflet**. As discussed, by taking a few minutes to fill out this form and email back to me, this registers you, any project staff or any volunteers to avail of some of the amazing free accredited training that is going to be available on our upcoming training calendar for the Carrick & Larne localities throughout the year. Training delivered so far has included Mental Health First Aid, Safetalk, Drug and Alcohol Awareness and we are presently offering Life Worth Living Training and Living Life to the Full mental health training before the end of October 2020.

Lastly attached is our **1-1 Referral Form** for anyone who may require ongoing 1-1 support for Substance Misuse or Mental Health issues residing in the Carrick/Larne Localities so feel free to make referrals to myself at any point for same. Self-referrals are also accepted!!

Also, we are launching a “**Community Resources Service Guide**” and “**Mental Health Fact Sheets**” resources in the coming months which we are currently designing in collaboration with Graphic designer so if you know of any Community Groups in Carrick/Larne localities who would like to have their Service Info added into this please let me know asap thanks.



CIT LEAFLET.pdf



Community



Community



CIT Health &

Champions ExpressioChampions leaflet - F.Well-Being Referral fc

David McAllister – Mid & East Antrim Borough Council

Awaiting member update.

Apologies sent with an update to be included in the minutes

Ruth Bamford – School Nurse, NHSCT

Our service, Public Health Nursing, is currently preparing for the annual flu programme offered to all pupils in Primary Schools and with the addition of year 8 pupils this year in Post Primary. This is a mammoth task each year with informed consent particularly pertinent this year in light of COVID19. We start 7th October for approximately 8weeks for Carrick/Larne/Ballyclare area.

ACTION PLAN

a. Positive Emotional Wellbeing Boxes

Bernie shared the Outcomes Based Accountability Evaluation of the Positive Emotional Wellbeing Boxes onscreen. This has been emailed out to everyone. CYPSP, Local Council Loneliness Networks and NHSCT contributed to the purchase of Emotional Wellbeing boxes for teenagers aged 14+. The boxes were available to local organisations working with vulnerable young people who were isolated as a result of COVID 19.

This allowed 500 boxes to be provided across the Northern Trust area to 31 organisations working to reach the most vulnerable. These boxes were put together by Fresh Minds Education.

Feedback has been very positive from young people and organisations.

b. Trauma Informed Schools Feedback

The evaluation carried out by Trauma Informed Schools was shared onscreen and has also been emailed to everyone. Feedback was very positive, the only negative was some people thought 3 hours online was long and found it hard to concentrate. Those in the group who attended agreed that it was a great course.

c. PANTS

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 clear and 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.

Bernie and her colleagues are working with the Sexual Health Promotion Lead, Florence Hand, to roll this out. Four workshops have been organised, with two left to complete which are now fully booked. If keen to attend please join the waiting list and if there is enough interest a further workshop will be added. A teacher's workshop has been arranged for November.

d. Consultation with children and young people – survey

The survey hasn't yet closed but Bernie shared the results so far: 472 parents responded, 144 from the East Antrim Locality (Larne, Carrickfergus, Newtownabbey). 127 Children & Young People responded, 41 from the East Antrim Area.

The top health and wellbeing needs identified by both parents and children & young people is Mental Health and Emotional Wellbeing, Education, Sport/Fitness and social media. There was also a general consensus

regarding how to address these needs with sport/exercise, arts and a safe place to meet with friends.

Bernie said she was meeting with her colleagues to discuss the results further when the survey closes. Those in attendance said they were not surprised by these results.

Bernie asked for any ideas about how to spend the money allocated to the group before the end of March. Unfortunately we won't have time to wait until the action plan is ready.

Valerie suggested an information session for Parent's highlighting the services available. All seemed to think this was a good idea but mindful of the Covid19 situation. No other ideas were suggested.

Bernie to speak with her colleagues re: ideas.

ANY OTHER BUSINESS

None

DATE AND TIME OF NEXT MEETING

Next meeting via Zoom Friday 6 November at 10am