



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

**FRIDAY 5<sup>TH</sup> NOVEMBER 2020 AT 10.00AM  
ZOOM MEETING**

|                   |                     |   |
|-------------------|---------------------|---|
| <b>Attending:</b> | Roy Beggs           | MLA/BB/Horizon Surestart                    |
|                   | Bernie McGarry      | NHSCT                                       |
|                   | Grace McCann        | NIACRO                                      |
|                   | Fiona Stanton       | Action for Children – Family Hubs           |
|                   | Claire Larkin       | Action for Children – Family Hubs           |
|                   | Danielle Campbell   | Women's Aid ABCLN                           |
|                   | Stephanie Gault     | NHSCT                                       |
|                   | Karen Hillis        | Action Mental Health                        |
|                   | Amanda McNeilly     | Impact Network NI                           |
|                   | Janice Cherry       | Carrickfergus Community Forum               |
|                   | Natasha Smyth       | Communities In Transition, Executive Office |
|                   | Lisa McCloy         | YMCA  |
|                   | Catherine McGonigle | Education Welfare Service, EA               |
|                   | Carla O'Neill       | Extern                                      |
|                   | Denise McVeigh      | Mid & East Antrim Borough Council           |
| <b>Apologies:</b> | Rachel Horner       | Action Mental Health                        |
|                   | Valerie McKenzie    | EA Youth                                    |
|                   | David McAllister    | Mid & East Antrim Borough Council           |
|                   | Margaret Armstrong  | Horizon Sure Start                          |
|                   | Karen Graham        | Carrickfergus YMCA                          |
|                   | Deirdre Marley      | Princes Trust                               |

## **INTRODUCTIONS AND APOLOGIES**

The Chair, Roy Beggs, welcomed everyone to our zoom meeting and apologies were noted.

## **MINUTES OF PREVIOUS MEETING**

Minutes to be approved at the next meeting as no one in attendance was at the previous meeting.

## **MATTERS ARISING**

Bernie highlighted to attendees that they will have received an email regarding an upcoming workshop to look at the configuration of Locality Groups within the Northern Trust. This working group will consist of existing chairs, a representative member of each LPG, CYPSP and Trust representation. The proposed dates are 3 Dec 2.00pm - 4.30pm, 4 Dec 10am - 12.30pm, 4 Dec 2.00pm -4.30pm

If any member would be keen to attend please contact Bernie or Kate McDermott.

## **MEMBERS UPDATE**

### **Roy Beggs – MLA/Sure Start/BB**

Advised that his own BB is not currently meeting as the officers did not wish to break the tight class bubbles at the local school. He advised that Sure Start continued to engage with parents using virtual means.

### **Janice Cherry – Carrickfergus Community Forum**

Have an emergency fund for food and other help. Please contact the office to nominate someone

### **Karen Hillis – Action Mental Health**

AMH Menssana continue to deliver mental health & resilience training to children, young people and adults within the community either in person (subject to social distancing protocols) or online via zoom. Programmes available are:

- **Healthy Me Children:** 2hr sessions delivered in person to children aged 8-11yrs (P5-P7) within schools & community groups
- **Healthy Me Adults:** 1.5hr sessions delivered in person or via zoom to parents/carers and/or school staff
- **Provoking Thought:** 1-1.5hr sessions delivered in person or via zoom to young people aged 11-24yrs and key adult contacts e.g. youth leaders, school staff within post primary schools and community groups. Topics include: mental health awareness, exam stress, social media, anti-bullying, body image, confidence and self esteem, mental health in sport, transitions (yr 8 or yr 12/14)
- **Mindset (PHA funded):** 2.5-3hr sessions delivered in person or via zoom to groups of young people aged 14-17yrs or adults (18yrs+). The programme can be delivered over 1-2 sessions depending on needs.

Fiona Stanton – Action for Children, Family Support Hub

Fiona covers Larne, Carrickfergus and Newtownabbey. They are at full capacity. There has been an increase in referrals, this could be due to the large promotion of the service recently. Highest volume of referrals and unmet need is with Primary School Children.

Natasha Smyth – Communities In Transition (CiT), The Executive Office

I am the Local Co-Ordinator for Carrick and Larne CiT area.

The Communities in Transition Programme in Carrick and Larne includes 4 local projects:

Health & Well Being – Being delivered by Extern  
Community Safety – Being delivered by Intercomm  
Capacity Building – Being delivered by Intercomm  
Arts & Culture – Being delivered by Intercomm

There is also a regional project called Restorative Practice being delivered across all eight Communities in Transition areas – Being delivered by NI Alternatives in Carrick & Larne.

There is also a youth programme called Raising Aspirations out to tender at present for Carrick & Larne area.

We have recently received approval in principal, subject to budget for Phase II to commence from 1 April 2021. Hence my ongoing engagement with local stakeholders in the area who wish to contribute. For further information please contact [Natasha.Smyth@executiveoffice-ni.gov.uk](mailto:Natasha.Smyth@executiveoffice-ni.gov.uk)

Danielle Campbell – Women’s Aid ABCLN, Children and young person’s support worker.

At present we are not doing face to face sessions – we use alternative methods such as zoom, WhatsApp and telephone calls. If a young person wants face-to-face, and it is safe to do so, we can arrange face-to-face. If permitted to do so we are also going into schools to do support sessions. Group work at this time is postponed with the hope of returning in the New Year.

In the run up to Christmas, we are currently organising and sourcing gifts for the children.

Lisa McCloy – Larne YMCA

- Youth provision is operational again 4 nights a week as of October, (Tuesday, Wednesday, Thursday and Friday). Smaller numbers each night; a maximum of 24 young people in the building. We are offering a blended service were possible, still offering some virtual sessions to try and engage with as many youth as possible each week
- Afterschool has been operating face to face 5 days a week since August with covid – 19 protocols in place. Engagement is good. We are currently developing a new afterschool service in the Moyle Primary school for parents

whose children attend there. All new referrals welcome. Anyone interested should contact the office directly.

- Our autism project is just getting up and running again as of November. We are running with significantly smaller groups; max 8, 4 sessions a week, (Monday, Thursday, Friday nights and Saturday afternoon). Groups are allocated in accordance with age and stage.

#### Denise McVeigh – Mid & East Antrim Borough Council

Denise McVeigh from Play Development based in Carrickfergus explained how they have Play Pods and Play Rangers. Play Pods are sheds which have loose play for children and are located in various areas and the Play Rangers are community volunteers who open these pods up for use. Denise also informed the group that they are planting trees across the borough over the next 3 years e.g. Church Grounds and Community Centres. They have Capital Funds at the minute which are being used for various projects including the People's Park in Ballymena. These projects have a completion date of April 2021.

#### Amanda McNeilly – Impact Network NI

- Making Life Better Small Grants are ongoing, currently 5 intense programmes being supported in Carrickfergus locality
- Winter Emotional Wellbeing, Mental Health & Suicide Prevention Online Training Schedule forthcoming by end of November 2020
- Take 5 Steps to Wellbeing in communities and schools initiatives support ongoing with Northern Area Working Groups
- NICHI officer has been continuing to support 5 local groups, 2 of the groups are being supported in the Carrickfergus locality
- Communities Improving Health virtual networking event being held on Tuesday 24<sup>th</sup> November from 6.30pm – 8.30pm

#### Grace McCann – NIACRO

NIACRO Family Links continues to provide practical and emotional support to families and friends of those in custody. Our focused 1:1 work with children and siblings aged 0-18 impacted by imprisonment continues and we remain open to new referrals. We are continuing to deliver our service primarily via virtual sessions or telephone calls instead of face to face visits, however in some circumstances face to face support can now be arranged if required by the family. This is under review and will continue to be for the foreseeable future as part of NIACRO's recovery plan. We are continuing to provide families with activity packs and opportunities to be involved in play and shared family activities whilst at home. Over half term this included the organisation of a Halloween pumpkin competition. In the coming weeks we are sending activity packs to families with resources linked to Anti- Bullying week and we are hosting a Wellbeing Session for Parents/ Carers via Zoom.

If you have any questions or wish to make a referral please contact:

[grace.mccann@niacro.co.uk](mailto:grace.mccann@niacro.co.uk) or 07980711209

#### Carla O'Neill – Extern

Carla gave a reminder of Extern's Communities in Transition Health & Well-Being Project which covers Larne and Carrickfergus areas:

- One to one work still ongoing for anyone over 18 years who requires support with alcohol, mental health or drugs. Referrals can come from any source including self-referrals. Referral form is attached.
- We are continuing to recruit "Community Health Champions, "who are those residing or working in Larne or Carrickfergus and have an interest in promoting the health and well-being of the community. Free training is provided to those who sign up and training opportunities arising in the near future include Mental Health First Aid (Accredited 2 day course), Life worth Living (Suicide prevention) and Drug & Alcohol Awareness. Anyone who is interested is asked to complete the attached expression of interest form and return this.
- Our Factsheets have been developed covering a range of issues including Anxiety, Depression, Loneliness, Lockdown, Hope, Motivation and many more. Packs of these are now available to be distributed, anyone interested please contact me.
- Our local community resource guide is nearing completion and will be distributed electronically once complete.
- Our drugs campaign is due to launch in December where the focus will be Meth & Prescription Medication. Anyone who would like further information please contact me.
- WEcare packs have been designed and developed, these are little self-care packs to boost mental health to anyone needing a lift in mood.

Catherine McGonigle – Education Welfare Service.

## **ACTION PLAN**

### **a. PANTS Campaign**

All four workshops complete with 64 people attending. Two follow-up workshops have been organised with Home Start, Sure Start and Women's Aid. A Teachers workshop has been arranged for 26 November, all 50 places are almost full. We can arrange another workshop if there is enough demand.

### **b. Children & Young People and Parents Survey Findings**

Bernie presented the East Antrim results of the survey which are mostly similar to the overall Northern Trust results. In East Antrim the top 3 health and wellbeing needs as identified by both Children, Young People and their Parents were Mental Health & Emotional Wellbeing, social media/technology, Education and Sports/Fitness. How to address these needs? Children, young people and their parents again selected similar options: sport/exercise, safe place to meet with friends, art & drama & creative arts, group activities.

**ACTION:** Bernie to email the presentations to the database.

The group was split into Breakout Rooms to discuss if they agreed with the top health & wellbeing needs or is there anything missing.

Feedback from groups included:

- Anxiety around education – uncertainty, constant change and lack of support
- Anxiety in relation to covid – uncertainty around home conditions
- Lack of counselling in Primary Schools – stress and anxiety in Primary Schools
- Intergenerational anxiety – follow path of parent
- Child poverty

Activities to address needs:

- Information sessions – support available
- Outreach Services
- Resilience – choices for young people e.g., range of taster sports sessions for young people to try out
- SAFE Talk Workshops

#### **c. 2020/21 Budget**

A number of options were discussed but the group agreed to progress the idea of an Arts & Crafts Digital Workshop linked to mindfulness in January/February. A subgroup to work on this was formed and includes Bernie McGarry, Carla O'Neill, Karen Hillis, Lisa McCloy and Denise McVeigh.

#### **d. Developing a 2/3 year action plan**

It was agreed to discuss this at the next meeting in January.

### **AOB**

Bernie reminded the group to email her what they would like noted in the minutes. Bernie asked re: emails and would they prefer a newsletter. It was agreed there is a lot of emails but the information is useful. There was concern that if sent a fortnightly newsletter they may not have the time to look at all the information and some may be outdated. It was agreed to continue with emails.

### **Date of Next Meeting**

Wednesday 20 January 2021 at 10.30am.