

## AGENDA

### LARNE & CARRICKFERGUS LOCALITY PLANNING GROUP WEDNESDAY 20 JANUARY 2021, 10.30AM ZOOM MEETING

<b>Attending:</b>	David McAllister	Mid & East Antrim Borough Council
	Keeva Watson	Roc
	Valerie McKenzie	EA Youth
	Lynsey Poole	Larne Area Community Support
	Natasha McDonagh	Start360
	Adam Hamilton	Carrick YMCA
	Phyllis Lewis	EA
	Christopher Deconink	Extern
	Natalie Bell	Network Personnel
	Natasha Smyth	CIT, Executive Office
	Bernie McGarry	NHSCT
	Grace McCann	NIACRO
	Denise McVeigh	Mid & East Antrim Borough Council
	Donna Parker	PSNI
	Una Casey	CYPSP
	Andrea Graham	NHSCT
	Colette Slevin	Action Mental Health
	John Hunter	Community Sports Network
	Peter Shaw	Community Sports Network
	Janine Gaston	Impact Network NI
<b>Apologies:</b>	Roy Beggs	MLA/BB/Horizon Surestart
	Fiona Stanton	Action for Children – Family Hubs
	Sandra Lawler	EA
	Lisa McCloy	YMCA
	Karen Hillis	Action Mental Health
	Carla O'Neill	Extern
	Diane Elias	NHSCT
	Rachel Horner	Action Mental Health
	Tracey Robinson	Fresh Minds Education
	Joanne Wright	HomeStart Carrickfergus
	Aideen Johnson	PHA
	Karen Graham	Carrick YMCA

### **WELCOME & APOLOGIES**

The Chair, David McAllister, welcomed all to the meeting through challenging times. Apologies were noted.

### **MINUTES OF LAST MEETING**

The minutes were agreed as being a true and accurate recording of the previous meeting held on 5 November 2020 via Zoom.

## **COMMUNITY SPORTS NETWORK**

Bernie introduced John Hunter and Peter Shaw from the Community Sports Network. The NHSCCT secured funding to be able to offer a range of sport/physical activity programmes through Community Sports Network NI to locality planning group member organisations. Sports/physical activity was identified as one of the top priorities/gaps in the recent Children and Young People/Parents survey. It is hoped that this will go in some way to address the responses from both CYP and Parents. A brochure has been shared with all via email and an expression of interest form will follow soon.

John Hunter, Operations Manager of Community Sports Network, delivered a PowerPoint presentation to the group. CSN programmes cover not only sports but education, learning, mentoring, being active, leadership development under the main headings of:

- Educate and Activate (5-11years)
- Participate and Lead (12-18years)
- Active Life (18+)

The deadline for expressions of interest is Wednesday 27 January @5pm. An email will be circulated to all members.

## **CYPSP UPDATE, UNA CASEY, BUSINESS SUPPORT MANAGER**

A Parents Reference Group is being set up to look at the impact of Covid-19 on children with disabilities. If there are any members who are working with families who may be keen to get involved please let Una know. Una will share the details with Bernie to send out to members. Stephanie Hamilton will link in with Una after the meeting to discuss.

**ACTION:** Bernie to share Una's email with the group

Una updated that the Regional Priorities for 2021-2024 are:

- Children's mental health and emotional wellbeing, in particular but not exclusively children in the 5 - 10 age groups.
- Early intervention support for children with disabilities and their families.
- Support to children whose wellbeing is being affected by disruption to their schooling.
- Contribution to strategic cross departmental actions in response to food and fuel poverty, as well as locality based service responses.

Una updated that the Outcomes Group are setting up a subgroup to discuss the Configuration of Locality Planning Groups. The aim of the group is to

consider the most effective configuration of Northern Trust groups, i.e. what geographical area each locality planning group should cover, should the groups and meetings remain in the same geographical basis as they are, should the groups cover a different geographical area, should groups merge or split. An options paper will be shared with those taking part in the subgroup and any decisions will be fed back to all LPG groups for final consultation.

They would like the Chairs and at least two members from the Larne and Carrickfergus group to attend a meeting in February/March. Karen Graham from Carrick YMCA has already volunteered so we need one more. Phyllis Lewis suggested asking Carla O'Neill from Extern. Christopher Deconink volunteered if Carla is unable.

## **ACTION PLAN**

### **a. 2020/21 Budget – feedback from subgroup**

Bernie gave an updated from the subgroup formed at the last meeting (Carla O'Neill, Karen Hillis, Lisa McCloy, Denise McVeigh)

As the transition from Primary to Secondary School can be a challenging time we decided to offer all **P7** classes in the Larne and Carrickfergus area the opportunity to avail of some positive wellbeing activities through our Programme called "Growing a Healthy Positive Me".

Schools are required to register their interest by Friday 29 January 2021, book Action Mental Health's 30 minute webinar (via Eventbrite) to talk about the 5 ways to wellbeing and design a Tree of Strength with their class. We believe that this will help to promote positive emotional health. A picture of the "Tree of Strength" must be received by Friday 12 March 2021. Schools are encouraged to use materials from nature in keeping with the Mental Health Week theme for 2021.

To date 3 schools have signed up. Bernie encouraged members with links to Primary Schools in the area to share the information with them.

Valerie asked if this could be continued after March. Bernie said possibly but with Trust financial year may be a problem.

**ACTION:** Bernie to share the information and flyer with the group to send onto any school contacts they may have.

### **b. PANTS Campaign update**

Bernie and her colleagues are still working with the NSPCC on the PANTS Campaign. If any members would like a workshop for their staff or parents please contact Bernie.

### **c. 2021-2024 Action Plan – setting our priorities and actions**

At the last meeting the group discussed priorities for the 2021-2024 Action Plan. We are keen that this is co-designed and everyone's input and participation is important. At the last meeting there were two common themes

coming from the breakout rooms – Mental Health and Emotional Health & Wellbeing and Poverty.

The group agreed that they thought this was enough to focus on at the moment. So the priorities for the Larne and Carrickfergus Locality Planning Group for 2021-2024 will be:

- Mental Health and Emotional Health and Wellbeing – Children, parents and families
- Poverty

The next meeting will be a workshop to create some actions for the priorities. Bernie will be in touch with the group and will forward further information to consider in advance of the next meeting.

## **MEMBERS UPDATES**

### Phyllis Lewis, Senior Education Welfare Officer

The Southern Team of EWO's has been seriously understaffed over the last 7 months due to 4 vacancies not being filled.

The restrictions brought about by Covid, the ever changing advice given by government in relation to attendance at school and lockdowns have made life difficult for all in education and wider afield. Pressures have significantly increased for teachers especially who have been on the front line.

On a more positive note vacancies in EWS are presently being filled, the current lockdown is hopefully coming to an end and we can get back to face to face work with families which is by far the best way to bring about positive change with our clients.

### Denise McVeigh, Play Development Officer, Mid & East Antrim Borough Council

She hopes to develop and deliver some of the activities and programmes in the parks this year, guidelines permitting.

There is ten Play Pods (sheds) which have loose play resources for children and are located in various areas along with Play Rangers (community volunteers) The vision is to pick up this programme again and deliver the pop up play sessions in our parks and open spaces with our volunteers.

Denise also informed the group about the MEA4Trees campaign, that they are planting trees across the borough over the next 3 years, with community groups etc., suspended now.

School engagement started in September with the Forest Schools and Growing Clubs and will continue again when possible.

Various capital projects are ongoing in our play parks.

### Valerie McKenzie, EA

Youth Service MEA stepped down. Getting back into schools for key workers children and vulnerable re: mental health.

Making 4 week packs. Finding Seniors are harder to engage. Valerie was asked re: pack contents. Please email her and she will share

[Valerie.mckenzie@Eani.org.uk](mailto:Valerie.mckenzie@Eani.org.uk)

Lynsey Poole – Larne Area Community Support Group/Extern Community health and wellbeing champion

- Signposting of services continuing, an inclusive social media hub for people to find information, connect with others and find support. The group has been involved in an interactive Community Resource Guide which is soon to be released by Extern which covers support services, organisations and much more over the Larne and Carrick areas.
- Over the past four months we have distributed approximately 40 WEcare mood boosting packs in conjunction with Extern. The packs have been based on the five senses and are tailored to each individual need. Many of these have been for parents and families experiencing a range of difficulties and have included uplifting poems, colouring in pages for children kindly created by local artist Claire Taggart, fidget toys, stress balls, bath bombs and more. Over Christmas we created some Christmas activity packs which went into Breakfast Bundles for local families in need (Surestart, Women's Aid, Extern).
- A community fridge project will be coming to Larne this year. At present restrictions have been stalling the launch but work is still going on behind the scenes. The idea in a community fridge is that fresh nutrient rich food is saved from landfill and diverted to the people who need it most. A community fridge is an inclusive space, anyone can donate to the fridge or take from the fridge, providing a real sense of community but also allowing a space for signposting and support services. More families than ever are relying on food banks which provide 3 day crisis food packs, and can only be accessed 3 times in 6 months. A fridge does not have a referral system, it is on a 'take as you need,' basis. I hope this will provide support for local families, young people and children who need it.

Natasha McDonagh, Start 360

**Northern Connections** are continuing to provide information on Alcohol and Drugs online (Drugs & Alcohol NI Website) our Drugs and Alcohol awareness session are still being offered and delivered online at present if any further information/Support is required or if you would like to book a free awareness session contact us at [Connectiona@ndact.info](mailto:Connectiona@ndact.info)

Our Regional Connections Dry January and Feel good February campaign is still up and running we have delivered several sessions on Alcohol Awareness online and a Webinar with Queens University Belfast on The Relationships between Alcohol & Mental health problems on 21<sup>st</sup> January 2021.

For the Feel Good February part of the campaign- We will be offering a **Free Yin Yoga session by Scott McGarry Gladiator Training Ballymena on Tuesday 2<sup>nd</sup> February 10.30am via zoom. A free Sweat Training session by Scott McGarry Gladiator Training Ballymena on Wednesday 10<sup>th</sup> February at 1pm via zoom.**

We are also offering a **Free Breath, Laugh, Relax 1hr session delivered by Michelle Major founder of the Sunshine project this will be on Tuesday 16<sup>th</sup> February at 11am via zoom.**

**DAISY** service are continuing to support young people aged 11-25 with substance misuse issues across the Northern Trust. Current waiting list around 4 weeks.

**VOICES** service are continuing to support young people aged 8-18 and families who are affected by parental substance misuse.

**Targeted Life Skills** -are developing online training and Life Skills programmes for young people aged 11-21 who are using or at risk of using substances

#### Natalie Bell, 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 speck in that some are aimed at employment opportunities such as business admin, office skills, food hygiene, whilst others are aimed at personal development such as personal success & 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.

#### Colette Slevin, Action Mental Health

AMH have continued to deliver its Healthy Me programme in primary schools. The programme has been adapted to take account of the current health and safety measures in respect of the covid pandemic so that AMH staff were delivering workshops in schools.

In November we also delivered a programme of mental health awareness and self-care to school staff working across the northern area – these sessions are available to any organisation working with children and young people.

Unfortunately, with the third lockdown all in school delivery has ceased following the Christmas holiday period. We have agreed with the LPG to deliver a short 30 minute Gimme5 session in primary schools in the Carrick/Larne area. We have planned for 4 sessions a day between 23 Feb to 05 March 2021. Timings 9:30am/11:15am/1pm/2pm. AMH will deliver the Take 5 message into P7 classrooms and hopefully lead to full Healthy me programme delivery when the schools are reopened. The schools that sign up

to the workshop can then take part in an Art competition to design a worry tree – there are prizes for 1<sup>st</sup>/2<sup>nd</sup> and 3<sup>rd</sup> place.

AMH have used time over recent months to develop the Healthy Me programme and now have a version of the programme ready to roll out to key stage 1 children in schools and will be piloting an accessible version of the programme in special schools as soon as children and schools re-open to all pupils and visiting organisations.

Online delivery of AMH Mindset, mental health awareness programme and Provoking Thought programmes are continuing to be delivered via zoom. Mindset is available to groups with participants from age 14yrs and Provoking Thought is suitable for children from age 11yrs. Given the particular circumstances of this lockdown we have been talking to groups to develop bespoke programmes that respond to specific issues and mental health concerns.

Like other organisations, AMH have been using this lockdown period to develop new programmes of work for both face to face delivery and on line as we anticipate access to programmes via on line platforms will continue to be a feature of how we work particularly for parents and key contacts. Staff have also been engaged in training and development activity.

#### Christopher Deconink, Extern

- Useful Community Resource Guide for Larne/Carrick has been compiled and designed by Graphic designer and will be available for dissemination by next LPG meeting to all member groups.
- Extern Communities in Transition Project still recruiting local Health Champions. **For anyone interested in becoming a Health Champion please see attached Expression Of interest {EOI} Form and accompanying leaflet information. Please complete and return via email to email address on bottom of form** or email [christopher.deconink@extern.org](mailto:christopher.deconink@extern.org) with same.
- BeAware Drug Awareness Mephedrone and Prescription Meds Campaign for Larne/Carrick was launched on 16<sup>th</sup> December 2020. For campaign posters, promotional materials or workshop/training requests on same, please contact either myself [christopher.deconink@extern.org](mailto:christopher.deconink@extern.org) or my colleague [Carla.ONeil@extern.org](mailto:Carla.ONeil@extern.org). We aim to have Billboards around the town and numerous other education sessions in schools and community groups to raise awareness on this community concern.
- One-one support for individuals effected by substance misuse and mental health issues still ongoing and available by self-referral or third party by completing and returning via email the attached CIT Health and Well Being 1-1 Referral Form.
- CIT Community Health Champions still working and developing locally identified initiatives in Larne community including Community Fridge, WeCare Packs, Door-step befriending service and Period Poverty campaign. For further information on same contact Lynsey Poole, Larne Health Champion at [lpole975@gmail.com](mailto:lpole975@gmail.com)

- Upcoming **free accredited** training available during Feb-March 2021 for Community Practitioners wishing to increase their skills in topic areas detailed below. To register either email myself [christopher.deconink@extern.org](mailto:christopher.deconink@extern.org) or my colleague Carla O'Neil at [Carla.O'Neil@extern.org](mailto:Carla.O'Neil@extern.org)

#### Adam Hamilton, Carrick YMCA

They are running 10 classes via Zoom at the moment. More details can be found on the Health Hub Carrick YMCA Facebook page. Projects running include: Empower, Intergenerational project, Food pantry, Messages of Hope, Step Challenge, Cooking, Free books, Walks. Pop up locations stopped.

#### Keeva Watson, ROC, Larne

ROC Larne recently set up a new ROC Tele-mentors scheme for families in Larne finding this time difficult. The impact of the ongoing Covid-19 crisis continues to impact families with home-schooling, financial pressures, job uncertainty and the isolation/loneliness felt by parents. ROC Tele-mentors provides a trained volunteer mentor for 10 weeks mentoring support via video call or telephone – the 40minute sessions will be with the principal care-giver of the family. The mentor is a listening ear, a guide, an encourager helping families respond positively from this crisis and most importantly help families thrive. Families can be referred by an agency, school, group or church, self-referrals can also be made. The only criteria is they must live in the Larne Lough & Larne Coast DEAs and have at least one child under 12. We are currently supporting two families, but have capacity for many more. For more info, contact Keeva Watson – [northernireland@roc.uk.com](mailto:northernireland@roc.uk.com)

#### 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 are new to NI providing youth support in relation to gambling. We are hosting a session for youth practitioners on 16<sup>th</sup> March 9.30am.
- Making Life Better Small Grants Scheme projects are coming to an end, many of which 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](mailto:janine@impactnetworkni.org).

#### **ANY OTHER BUSINESS**

Bernie reminded members to fill in their consent forms and return ASAP

#### **DATE FOR NEXT MEETING**

Friday 5 March 2021 @10am via Zoom