

**MINUTES OF NEWTOWNABBEY CHILDREN AND YOUNG PEOPLE'S
LOCALITY PLANNING GROUP MEETING**

TUESDAY 10 NOVEMBER 2020 @3PM VIA ZOOM

Attending:	Bernie McGarry	NHSCT
	Leah Glass	NHSCT
	Kate McDermott (Chair)	NHSCT
	Andrea Graham	NHSCT
	Pamela Sweeney	Action for Children
	Una Casey	HSCB
	Claire Larkin	Action for Children
	Maria Annett	Disability Action/Counsellor
	Nigel Arnold	Glengormley Integrated PS
	Jude Murphy	Network Personnel
	Laura Forte	NIACRO
	Ricky Massey	Glengormley High School
	Suzanne Kelly	Triangle Housing
	Ricky Mehaffey	Greater Ballyclare Youth for Christ
	Adelyn Carr	Ballyclare Family Focus
	Sinead McDonagh	EA, Intercultural Education Service
	Noreen McClelland	Councillor
	Laura Dillon/Lacey	Womens Aid
	Gerard Hughes	CRIS
	Rev Gareth McFadden	Kilbride Presbyterian Church
	Brenda Doherty	Abbey Sure Start

Claire Humphrey Barnardos

Alison McDaid EA

Apologies: John Lyster Loughshore Education Centre
Pat Chapa EA
Michelle Purdy Ballyclare Presbyterian Church
Emma Spence PSNI
Grace McCann NIACRO
Eileen Russell Waymaker
Roz McFeeters Hillcroft Primary School
Nuala McStravick Bryson Future Skills
Alix Jackson Glengormley High School

WELCOME

Kate welcomed everyone to the meeting and explained that she will remain acting Chair until the group has nominated one. Kate gave a short overview of the previous two meetings.

INTRODUCTIONS AND APOLOGIES

Apologies were noted and there was a short round of introductions from attendees.

MINUTES OF PREVIOUS MEETING

The minutes were agreed as being a true and accurate recording of the previous meeting held via Zoom on Wednesday 14 October 2020.

FAMILY SUPPORT HUBS, CLAIRE LARKIN

The Hubs continue to accept referrals and link in with services. Claire highlighted an increase in referrals recently. This could be due to the marketing they have done recently to increase awareness of the hubs and how to refer.

Hub meetings are on a monthly basis. They currently have an emergency fund set up and it is still available.

CHILDREN, YOUNG PEOPLE & PARENT SURVEY, BERNIE MCGARRY

Bernie and her fellow LPG Coordinators carried out a survey from July to September 2020 to ask what are the top 3 needs of children & young people and how would they like these addressed. The East Antrim (Larne, Carrickfergus & Newtownabbey) results of the survey are mostly similar to the overall Northern Trust results. 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/Fitness, a safe place to meet with friends, Art Drama & Creative Arts and Group Activities.

Maria Morgan said Game Aware delivers great training on gaming and gambling via Zoom for free. There is a link between gaming, gambling and addiction. Maria will send the details to Bernie to share with the group. Una Casey suggested that this could be organised via the locality group.

Alison McDaid from the Education Authority said they have 4 Youth Centres closed for refurbishment. These would have been safe areas for children to meet. Alison will share the large EA survey they carried out.

ACTION: Bernie to forward her survey and the EA survey to the Newtownabbey group.

Adelyn Carr said there is a lack of counselling for 9-13 year olds. Mental Health is the greatest need for young people. Could the LPG improve counselling for Young People? There is a lack of children's counsellors.

Ricky Mehaffey from Greater Ballyclare Youth For Christ, provide a drop-in centre. Numbers are restricted due to Covid-19. They offer play therapy to P6 and P7 in 4 schools but this is on hold at the moment. They are setting up a mental health and wellbeing group for 11-18 year olds but this is postponed until January.

Pamela Sweeney, Family Support Hubs, said mental health was poor pre covid. There is a shortage of free counselling in the NHSCT. There are not enough services in the Newtownabbey area.

Maria Morgan said she is also a part-time counsellor and there is a shortage of funding. There is a waiting list of 2 years to see a counsellor via the GP.

Claire Humphrey, Barnardos, said early intervention is important as is support to parents to enable their kids to be resilient. CAMHS has a long waiting list. Barnardos offer training for counsellors. The LPG could lobby for counselling in Primary Schools – it is funded in Secondary Schools but not Primary Schools.

Brenda Doherty from Surestart said the courses for counselling can be expensive. She also mentioned other mediums that are missing – art therapy, play therapy.

BREAKOUT ROOMS

Attendees were assigned to 4 Breakout Rooms. They were asked to discuss the main issues in the Newtownabbey area and prioritise the top 3.

Group 1

- Pre-counselling stage. Young people of all ages experiencing anxiety. How parents can talk to children.
- ADHD & ASD – pre-diagnosis long waiting lists
- Parent Support

Group 2

- Emotional wellbeing
 - Isolation – how can we build resilience at the moment
 - Holistic approach post Covid
 - What is available
- Befriending/mentoring services/volunteering opportunity. Group environment with other young people in the area.
- Family based home support services for 4-8 year olds. Helping parents manage and support if no diagnosis

Group 3

- Positive Mental Health at early stage
- Emotional wellbeing and resilience – parents and kids getting same messages
- Isolation and need for connection
- 5+ age groups – where Sure Start can refer onto?
- Parental literacy

Room 4

- Emotional health and wellbeing – broad area. Resilience, right support, range of services – FLARE project
- Parenting support
- Address ethnic minority groups

Alison McDaid updated the group on the REACH project – qualified youth workers to promote emotional health and wellbeing of pupils in Primary and some Secondary Schools. Alison will keep the group updated.

Good conversations were had in the groups. At the next meeting it was agreed to begin developing an action plan for the group.

Adelyn Carr suggested we should put together a page of members to find out who you are and what you do.

ANY OTHER BUSINESS

Ricky Mehaffey, Greater Ballyclare Youth for Christ, said they are collaborating with ASDA for families in need this Christmas.

Bernie to send CYPSP membership form and the Chair role description to all. If anyone is interested in becoming Chair please speak with Bernie

ACTION: Bernie to send membership form and Chair role description

DATE OF NEXT MEETING

Tuesday 15 December @3pm via Zoom.