

CYPSP Newtownabbey Locality Planning Group Children and Young People's Plan 2021-2024

The purpose of Locality Planning Groups is to improve the outcomes for the Children and Young People in the local area. Each Locality Planning Group draws up a Locality Plan by measuring how well local children and young people are doing against the eight high level outcomes set out in the Children and Young People's Plan and working out what needs to change for improvement in these outcomes. They do this by using local level statistics, provided across agencies and bring this together with their collective knowledge of emerging issues for children and young people in the area.



1. Children and young people are physically and mentally healthy
2. Children and young people enjoy play and leisure
3. Children and young people learn and achieve
4. Children and young people live in safety and with stability
5. Children and young people experience economic and environmental wellbeing
6. Children and young people make a positive contribution to society
7. Children and young people live in a society which respects their rights
8. Children and young people live in a society in which equality of opportunity and good relations are promoted.

The 4 overarching outcomes for the CYPSP and the Northern Area Outcomes Group (NAOG) 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

**Following two workshops the Newtownabbey LPG agreed the following priorities;
(Priorities may change according to identified need)**

- 1. Resilience, Mental Health & Emotional Wellbeing**
- 2. Parental & Family Support**
- 3. Supporting children with additional needs**
- 4. Poverty**

Key

| |
|------------------|
| Completed |
| Ongoing |
| On hold |

| Priority | What will we do (Agreed action) | How will we do it | Lead organisation; Who will do it | What will we achieve Is anyone better off | How much did we do | Monitoring Update |
|--|---|--|--|---|---|---|
| Resilience, Mental Health & Emotional Wellbeing | | | | | | |
| Resilience, Mental Health & Emotional Wellbeing | PANTS awareness campaign Outcome 1,2,4,7 | Work with NSPCC and the NHSCT sexual health lead to roll out PANTS awareness campaign across the area | LPG members NSPCC NHSCT H&W Sexual Health lead | Organisations, parents and staff working with children and families will have greater awareness of PANTS campaign along with the skills & confidence to initiate conversations. Children ages 4-8 will have an awareness of the PANTS campaign/underwear rule. | OBA will be completed | Sept 2020- June 2021 |
| | Provide mental health training Outcome 1 | Promote and organise mental health awareness training across area <u>Aware NI</u> : 2 x Mental Health First Aid Programmes 12 Mood Matters Young People's Programmes <u>Action Mental Health</u> Healthy Me Bitesize Children's sessions x10 | LPG members NHSCT Children's directorate Aware NI Action Mental Health Fresh Minds Education NHSCT Health and Wellbeing Manager for | Greater mental health awareness and support Community & Voluntary organisations have increased capacity to provide Emotional H&W support to CYP aged 4-25 and parents | Additional funding successfully identified OBA will be completed | March-May 2021 April-May 2021 June 2021 |

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| | | <u>Fresh Minds Education</u> 'Relax and Regulate' Programme for Community/Voluntary Group staff | Children's work | | | April 2021 |
| | Gam Care training Outcome 2, 4, 5 | Co-ordinate promotion and delivery of GamCare training | NHSCT Health and Wellbeing Officer Gam Care | Greater awareness of gambling dangers and what support is available | Training will be delivered Numbers trained recorded OBA will be completed | May 2021 |
| | Physical activity programmes delivered to member organisations Outcome 1-3 | Community Sports Network funded to provide physical activity programmes to member organisations | LPG members NHSCT Community Sports Network | Member organisations and children/ young people will have increased access to physical activity programmes relevant to their needs and age group | Additional funding successfully identified Number of programmes delivered OBA will be completed | March- June 2021 |
| | Support young | Looking After Me | Action for | Young people will have an | 363 journals | April 2021 |

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| | people to acknowledge and think about their feelings Outcome 1,3,7 | journals distributed to member organisations working with young people. | Children LPG members | opportunity to use these journals, designed by young people for young people. They include 10 activities to help share worries, let off steam and de-stress. | distributed in the Newtownabbey LPG area | |
| | Increase Disability awareness Outcome 1,4,7,8 | Co-ordinate Demystifying Disability Hate crime webinar | Leonard Cheshire NI NHSCT Health and Wellbeing Officers | Greater disability knowledge | Numbers trained OBA completed | May 2021 |
| | Greater information sharing and awareness of services | Regarding sharing of resources, it is important to get the information to the relevant members of staff within schools. The membership booklet could be shared with colleagues and organisations and to provide one sustained point of contact. Claire from Family Support Hub is happy to help facilitate this. The group discussed linking with | | | | |

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| | | EA Communications Officers to help link with Principals. | | | | |
| | More partners and schools involved in Take 5 – whole schools | The group discussed encouraging more schools to be involved in the Take 5 Approach within the area. There are plans to link with Chris Lindsey from EA and Selena Ramsey, NHSCT. There may be opportunities for an emotional health and wellbeing link with youth centres to see if any programmes can be offered. | | | | |
| | Opportunities for Emotional Health and Wellbeing sessions for children and young people | Looking to support existing programmes and not overlapping services that are carrying out work in the area. | | | | |

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| | Awareness and impact of trauma on behaviour – how do schools link in (moved from children with add needs) | Kate can assist in accessing Trauma informed practices and on behaviour. Nigel Arnold advised of the Intercultural Programme which is linking Educational Psychologists with schools for VPRS children particularly Syrian Refugees due to their exposure to trauma. Hassan Reagan is working within schools and Dr Ciaran Shiels is a good point of contact. Kate advised she can facilitate a trauma informed webinar if necessary. | | | | |
| | Mitigating risk taking behaviours e.g., safe managed activities (moved from children with add) | | | | | |

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| | needs) | | | | | |
| Parental & Family Support | | | | | | |
| | Encourage networking and information sharing. Looking at how the information is shared – how can we do this in a succinct way | <ul style="list-style-type: none"> Weekly information email sent to all members Clear breakdown of what is included within each email Submission deadline for all members | LPG members NHSCT Health & Wellbeing Officer | Members will have a greater awareness of the services available to them, grants and trainings available, reports launched etc. | | Ongoing |
| | Members Booklet – ensure we know what each member can offer | Each member invited to submit information on the services they provide within the Newtownabbey area | LPG members NHSCT Health & Wellbeing Officer | Members have greater awareness of services available within the Newtownabbey area. | | July 2021 |
| | Information Fair in Schools – for members to showcase their services in the area to teachers, pupils and parents | <ul style="list-style-type: none"> Plan for an afternoon in early 2022, set up a subgroup to take this forward Various speakers via Zoom Target Principals and Pastoral Care Staff | LPG members Subgroup NHSCT Schools | Greater awareness of services available in the Newtownabbey area Increase access for all | | Jan 2022 |

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| | | <ul style="list-style-type: none"> 1-2 hours maximum | | | | |
| | Themed LPG meetings – (moved from children with add needs) | <ul style="list-style-type: none"> Autism themed meeting Various speakers Similar event to Larne/Carrick themed meeting. | LPG members Speakers – Autism NI, NOW Project, NHSCT | Greater awareness of Autism, services available in the area, increase opportunity for early intervention | | Late 2021 |
| Poverty | | | | | | |
| Poverty/ Money management: Reducing poverty, financial/budgeting training, education opportunities for money management | Financial training for parents Outcome 5 & 6 | Co-ordinate delivery of Talk, Learn, Do training | LPG members NHSCT Health and Wellbeing Officers Reed in Partnership/The Money Advice Service | Greater financial awareness. Enabling parents to talk to their children about saving, making choices, how to manage money, shopping, how money works. | Number of attendees OBA completed | May – June 2021 |
| | Raise awareness of poverty focused services and initiatives including; the local foodbanks, baby basics and school | Development of a Newsletter/information leaflet detailing services and initiatives Distribution of the Newsletter/information | | | | |

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| | <p>uniform exchange schemes with all Locality Planning Group members, wider partners and through targeted promotion to include key referral partners such as health professionals and local schools.</p> | <p>leaflet through; for example, Borough Life which will ensure the information reaches all households</p> <p>Share the Newsletter/information leaflet with the local foodbanks, baby basics and school uniform exchange schemes so that it can be included with food parcels, school uniforms etc. therefore raising awareness of other poverty support services and initiatives</p> <p>Include information in the Newtownabbey Times</p> <p>Explore awareness raising opportunities with NV TV</p> <p>Explore opportunities</p> | | | | |

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| | | <p>to utilise existing Community Facebook pages</p> <p>Develop a Media Plan to ensure all awareness raising activity is planned and wide reaching</p> | | | | |
| | <p>Work together to tackle and address the stigma associated with accessing poverty support services/initiatives.</p> | <p>Identify existing parent groups and consider the development of further parent groups if required</p> <p>Information at Youth Fairs</p> <p>Explore and consider how any promotional information is developed e.g. use of language, services/initiatives open to all</p> <p>Explore and consider how any promotional</p> | <p>All LPG members</p> | | | |

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| | | information is distributed e.g. needs to be wide reaching to target grandparents | | | | |
| | Develop a database of all poverty focused services and initiatives that are available within the Newtownabbey area which could potentially be hosted by Council, NHSCT or CYPSP. | NAOG? Utilise the Family Support NI website, the Directory of Services currently being developed by Council and the Health Alliance website | | | | |
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