

Antrim/Ballymena Children's & Young People's Strategic Partnership Locality Planning Group

Tuesday 25th January 2022 at 1pm via Zoom

MINUTES

Attending

Gerry McVeigh	Co-Chair, Assistant Manager, YES Start 360
Mervyn Rea	Co-Chair
Lynsey McVitty	Health and Wellbeing Officer (Antrim/Ballymena), NHSCT
Linda Wylie	Health and Wellbeing Programme Support Officer, NHSCT
Jayne Colville	ASD Service Improvement Co-ordinator, NHSCT
Lisa Curlett	Service Lead for Paediatric Services, NHSCT
Jennifer Campbell	Sure Start Manager
Rachel Horner	Oasis
Eileen Maguire	Children's Service Manager, Barnardos
Pamela McClelland	NICHI Project Office, IMPACT Network Ltd
Tracy Wishart	Community Outreach Worker, Aware NI
Leona Christie	Toybox Project Worker, Early Years
Hannah Bowyer	Community Development Officer, BSCC
Jude Murphy	CFSP, Network Personnel
Claire Kelly	Family Support Practitioner, Family Support Hub
Kyleigh Lough	Operations Manager, Mae Murray Foundation
Karen Merwick	Deputy Manager, Community Advice, A&N Council
Paula McLaughlin	NICMA
Denise McVeigh	Mid & East Antrim Borough Council
Chris Lindsay	Education Authority
James O'Kane	Principal Environmental Health Officer, H&W, A&N Council
Rosemary McKee	Education Authority

1. Welcome & Apologies

Gerry welcomed everyone especially new members and commented on the good number attending.

Apologies:-

Alison McDaid, Education Authority
Nigel Montgomery, Education Authority
Maeve McDonald, Education Authority
Heidi Johnston, Youth Justice

Janice Colgan, High Kirk Church
Grace McCann, NIACRO
Natalie Moore, NHSCT

2. Minutes of Last Meeting

Agreed as accurate.

3. Matters Arising

None.

4. Speakers:- Lisa Curlett NHSCT ASD Paediatric Service Lead

Lisa brought us a very informative presentation and overview of Autism Spectrum Disorder (ASD). Lisa explained that ASD is a lifelong developmental disability which affects how a person communicates and relates to other people. It affects how they make sense of the world around them. ASD affects people in different ways and like all people autistic people each have their own strengths and weaknesses. Lisa explained that in 2020 1 in 24 children had a confirmed diagnosis of Autism.

Lisa made reference to the Trust's podcast – Exploring ASD with the Northern Trust which is aimed at parents and carers of autistic young people to support families with specific areas of need. <https://anchor.fm/s/46dc4fec/podcast/rss>

Lisa also mentioned some useful websites including the Northern Trust website www.northerntrust.hscni.net To access ASD information click on a-z services and then click on Autistic Spectrum Disorder Service.

In a few weeks' time it is hoped 10 sets of videos will be made available concerning sensory issues which can be accessed on Northern Trust website.

Lisa will share her slides with the group for additional information.

Jayne Colville NHSCT ASD Improvement Co-ordinator.

Jayne brought us a very informative presentation giving us some insight into her work as NHSCT ASD Improvement Co-ordinator.

Jayne explained that her role is incorporated in the Health & Wellbeing Service which sits within the Mental Health, Learning Disability and Community Wellbeing Division and primarily focuses on the public health approach to Autism.

Jayne shared information on the Northern Area ASD Forum which is chaired by the Trust. This is a multi-agency network that works in partnership with members including local Councils, PSNI, DOH, NIHE, PHA and Service User representatives.

Jayne also shared that when she first came into post one of the first projects she came into contact with was the development of JAM cards which is a very effective

means of help for the autistic individual. She said Covid has slowed things down but it is hoped that the Trust will very soon be fully JAM card friendly.

Jayne also highlighted the Autism Awareness initiative with PSNI. As a result of a public questionnaire a Z card was developed of useful things to consider when working with autistic members of the public. All PSNI Officers working within the Northern Trust Area have access to these.

Jayne will also share slides of useful websites. In particular she highlighted the Recovery College courses which are delivered by peer trainers and professionals. One course is specific to Autism. Anyone living or working in Northern Trust area can access this courses.

Gerry thanked both Lisa and Jayne on their very interesting and useful presentations of their important work within Autism.

5. Family Support Hub update – Claire Kelly

The Family Support Hubs referrals were quieter in January after an extremely busy December, however are continuing to increase going into February. There was a large number of referrals for financial assistance in December within Ballymena/Antrim. Supported 34 families financially with food shops, food vouchers, oil, gas and electric. We also supported a large number of families with Christmas toys and food hampers. I was kindly given food hampers from the Ballymena Green Pastures church foodbank and the Antrim foodbank. I was able to support 18 families with these. They contained Christmas biscuits, juice, tea, coffee, small toiletry sets etc. Antrim foodbank hampers also contained a Tesco voucher, small electric top up and a butcher voucher.

The families were extremely grateful for the toys and the hampers and I received lovely emails of thanks.

The Hubs are struggling with an increase in unmet mental health need as EIFSS and AFC Choices have closed their waiting lists and are no longer accepting referrals due to their own heavy caseloads. Over the past months we have received a large volume of requests for play therapy which we are struggling to fulfil as there is a huge lack of play therapy services available. Ongoing theme is a lot of families are now requesting face to face services and thankfully services are back to face to face support. ASD face to face services are continually requested however we only have the telephone support available. Under 5 services remain very low outside of SureStart and Homestart.

The Hubs are still networking and I am keen to get some new events planned for Ballymena/Antrim areas this year. In December I attended a networking event in Fairhill shopping centre and a family fun event in Ballykeel community centre. If there are any upcoming local events, fairs, fun days etc. we would love to attend for further networking opportunities.

6. MEMBER UPDATES

Chris Lindsay – Education Authority

The Take 5 Schools initiative continues to be developed among schools across all localities in the Northern Trust area. Many schools are at different stages in their development, finding new and innovative ways of embedding this. We continue to support them to do so and hope to do a launch later this year – Covid permitting! Alongside this, we continue to deliver the ‘Solihull Whole School Approach’ across a number of primary and post-primary settings. Covid has impacted upon delivery and this will continue into the next academic year (August 2022).

Grace McCann – NIACRO

Family Links is still open to referrals and working in a hybrid style just depending to the needs and requests of the individuals. Individuals can also be self-referral as well as be referred to our support. Members can signpost rather than refer, if they are aware of families who would benefit from information or support around the impact of a loved one’s imprisonment, and maybe the families are not consenting at this time to a referral being made directly for them. Also, members can always contact me if get more information about the project on 079807 11209.

Denise McVeigh – Mid & East Antrim Borough Council

Natural Connections Photography Workshop

This is open to all 12 to 18 year olds! Come and join our free creative photography workshops taking place in three of our scenic parks and open spaces. Meet new friends while learning photography skills all while connecting with nature. The workshops will be delivered by an expert in the following locations below:-

Best image will be selected to form an exhibition in a Council building.

- Attendees will need permission from a guardian to attend and will need to use their own camera.
- Attendees will be limited to ensure a quality experience.
- Booking is essential.
- Please wear suitable footwear and clothing

Carrickfergus, Shaftesbury Park - Saturday 12th February, 10am-12pm

Larne, Carnfunnock Country Park - Saturday 26th February, 10am-12pm

Ballymena, People’s Park - Saturday 12th March, 10am-12pm

For more information and to apply for a place contact:

Play@midandeantrim.gov.uk Tel: 028 9335 8235

Kyleigh Lough – Mae Murray Foundation

We are a small charity based in Larne with a regional remit across Northern Ireland. We support people of all ages with a disability and their family. As well as various social projects (both face to face and online) we offer the following:

- Resource Library: Where families can borrow adapted equipment at a time of need or to try before they buy.
- Inclusive Beaches: We have 3 (soon to be 5) Inclusive Beaches across Northern Ireland. This means families and organisations can book equipment such as all-terrain chairs, in order to enjoy a day at the beach, something we all take for granted.
- Early Years Powered Mobility Loan Schemes: Young children from 18 months can borrow a powered wheelchair to enable them to move independently for the first time.

For more information on any of the above, please contact me on kyleigh@maemurrayfoundation.org

Rachel Horner – Oasis

I would like to introduce myself as the newly appointed Family Liaison Officer for Oasis in Antrim. Here at Oasis Antrim Community Support Hub, we have a diverse range of youth, family, and community support programmes, focused on transforming lives and communities.

You can check out our new hub website at <https://www.oasisantrim.org/programmes>

Our Youth programmes include:

- Youth engagement
- Youth Advisory Group
- Mentoring
- Gaming in Action
- Think Different
- Drop-in-Centre

Our family programmes include:

- Family Liaison
- Adult befriending

Our community programmes include:

- Building the Community – Partnership Group
- Antrim Foodbank
- Forming Friendships
- Crafty Ladies
- Syrian Cross Community Activity Group
- Community Pilates

In my role of Family Support Worker, I can work with and support the families of children who attend your school in different ways:

- Meet with parents/carers to listen to issues and offer suggestions and advice for individuals and families on behaviour management, boundaries, routines, school attendance, e-safety and healthy eating to name a few.
- Help with form filling and writing letters.
- Finances e.g. utility bills, budgeting and debt management.
- Support community participation and engagement.
- Work with and support families during key school transition.
- Work with families who are going through difficult times including relationship breakdown, bereavement, mental well-being, and financial hardship.
- Refer and signpost to other services available locally.

Over the next year I plan to run cohort groups to support across several themes, for example, Sleep & Routine, Anxiety, Budgeting and Nutrition, First Aid and Self-care for a Positive Mind set. In addition, I will be holding regular weekly coffee mornings for parents at the Hub as well as facilitating a drop-in clinic one day per week.

If any of our services are something you think that might be of interest to your families, please don't hesitate to get in touch. I'd be delighted to discuss options with you on how on I might help support the families you work with. You can contact me via rachel.horner@oasis-ni.org or on **07546 822409** to arrange a meeting.

Pamela McClelland – Impact Network Ltd

10th Annual Health and Wellbeing Event – Thursday 24th February 2022, Tullyglass Hotel, Ballymena 9.30am – 12.30pm to include lunch. Keynote Speaker – Sarah Bell, Bsc (Hons) CIPD MRSPH Co-Owner, Nutrition Coach and Crossfit level Trainer at Benmore Nutrition and Fitness. Booking Essential. To register contact Pamela on pamela@impactnetworkingni.org (028) 9447 8645.

Eileen Maguire – Barnardos Young Carers Service

We support young carers between the ages of 8 and 18 years, who have a substantial caring role within the family home. This is usually a sibling or parent but can be a grandparent/aunt/uncle etc. Our aim with the young people is to reduce the negative impact of the caring role on the young person, we use the Outcome Star model to identify which areas are impacted (Health, Education, How you feel, Managing at Home, Finances, Caring Role) and then create an action plan with the Young Person to help them achieve their own goals, primarily through 1:1 support and working with the family/professional network around the child.

We don't have a time limit on how long we work with young people but we do try to reduce the impact of the caring role and reduce close involvement when we have been able to achieve this. We can also offer some group peer support if identified as a need by the young person.

Tracy Wishart – Aware NI

Tracy Wishart, the newly appointed Community Development Worker for Aware, will be hosting a pop-up shop in the Tower Centre, Ballymena for 1st February until 4th

February. The pop-up shop project has been funded by Mid & East Antrim Borough Council and the Department for Communities under the COVID-19 Recovery Revitalise Programme. Any group interested in occupying the pop-up shop should contact Linda.Stevenson@midandeantrim.gov.uk

Aware, in collaboration with Sure Start and Turning Point, will be launching “Dads Chat”, a depression and anxiety support group, in the coming weeks. Referrals are encouraged, details to follow.

Those interested in booking Tracy for events or for information about Aware services should contact tracy@aware-ni.org or on 07867028577.

Paula McLaughlin – NICMA

I am Paula McLaughlin the Development and Engagement Officer with NICMA, (Northern Ireland Childminding Association) for the Coleraine, Ballymena and Ballymoney area

We ran quite a few free workshops via Zoom, including PANTS training delivered by NHSCT Health and Wellbeing Officers, which was a great success. We had 5 evenings to fill the demand.

Also, we ran a Residence programme which was for the childminder, so they could see the importance of looking after themselves. They loved it and they chose a relaxation programme which is now running in January.

Additionally, we ran Business sessions to registered childminders, to help them run their business more efficiently.

We delivered presentations to the local job centres, to recruit more childminders.

Before Christmas we ran two Christmas crafts evening, followed up with a booklet with all the creative ideas. We finished off the season with a Christmas quiz, which was well attended and great fun.

In January we hosted NEA to advise the childminders on how to save and be more efficient.

Plus quite a few evenings with EFC, explaining how tax credits and universal credits work etc.

We are still recruiting childminders, if you know of anyone who may be interested, please pass on my details.

Gerry McVeigh – START 360

DAISY service – still providing face to face Counselling, Key Worker and Family Support for young people aged 11-25 around substance - across the Northern Trust.

VOICES service – still providing face to face Counselling, Key Worker and Family Support for young people aged 8-17 who are affected by parental/sibling substance use – across the Northern Trust.

Connections service – promoting Dry January and Feel Good February events across the Northern Trust. Support, information and resources available if anyone wishes to hold an event.

Targeted Life Skills service – able to deliver Targeted Life Skills programmes to young people aged 11-21 across the Northern Trust.

YES (2-6 Wellington St, Ballymena) – delivering an OCN Level 2 in Youth Work Practice. Providing Drop In service Tuesday and Thursdays 3-5pm, Young Men's Football (aged 16+) and Young Women's Group (aged 17+). Facilitating RSE sessions at schools in Ballymoney.

Contact Catriona.Fitzsimmons@Start360.org or Gerry.McVeigh@Start360.org for further information on Start360 services.

Jennifer Campbell – Sure Start

Ballymena & Little Steps (Antrim) Sure Start are currently offering a blended range of services for children and families from pregnancy up to 4 year old in the areas of child & parent health, play & child development and family functioning & wellbeing.

Sites are fully reopened in a measured way. Children have returned onsite to Sure Start Developmental Programmes. Group work and one to one contact continues.

The Project is currently experiencing an increase of referrals against a number of current recruitment vacancies and as a result is unable to fulfil a number of 'out of area' referrals. That said, we would continue to encourage referrers to get in touch with any referrals which may fall into this category for signposting support.

Services currently include family nutrition, budgeting & cooking; speech & language programmes; postnatal supports, baby massage & reflexology; parenting & family support; Dads Services; antenatal yoga, hypnobirthing & education; breastfeeding & baby club; Little Acorns additional needs services; Every Mind Matters emotional wellbeing group; and a wide range of Lets Play Child Development Programmes.

Happy to answer any queries/referrals at: -

Ballymena.LittleStepsSS@actionforchildren.org.uk or call us on any of our site numbers.

Hannah Bowyer – Ballymena South Community Cluster

Targeted youth work provided by the EA Youth Services is being delivered in Ballee on Monday nights with a small group of young people. The programme focuses on their personal and social development. Bright Stars Youth Club continues to offer support for children and young people with ASD and/or additional needs. This club operates out of Celebration House in Harryville. If anyone would like more

information about Bright Stars Youth Club they can contact Hannah on cdo@ballymenasouth.com

7. Action Plan Update

- PANTS campaign- members still can get support with staff training sessions, parents awareness raising sessions, parents booklets and posters
- Incredible years, Solihull and Parents Plus. For any information on these contact Kate McDermott. We will be sending out an EOI this week for another in-person funded Two Day Solihull Foundation Training for individuals working directly with CYP (4th, 14th March). Please be aware places book up quickly.
- Trauma Informed Schools UK sessions for local Take 5 schools has been funded by Kate McDermott
- Emergency Response Family Support Programme - Similar to initiative with FSHs last year. NHSCT, Save the Children and all councils in Northern area working together to offer emergency grants to families in need with a child or children 6 or under. Running yesterday-March. Applications can only be made through Community Advice NI Services. Grants are quite open- things like white goods, devices for homework, food, toys. Through supermarket vouchers, Argos vouchers, early learning packs, etc.

Future Actions

- Northern Digital Safeguarding Forum created. Virtual launch on Safer Internet Day, Tuesday 8th February. There will be promotion of key activities and blogs that can be shared with organisations. Chris Lindsay will be linking in with young people in engagement process.
- In process of doing proposal for in-person event for Trauma and mental health-informed schools & communities. Nothing is confirmed as yet.
- ACE's training possible in Feb/March- details to follow
- Outdoor activity group - Grow your own vegetable kits will be available including Recipe books.

8. Any Other Business

Lynsey expressed her congratulations to Jude as new Chair of Newtownabbey CYPSP Locality Planning Group.

9. Date of next Meeting

Tuesday 29th March 2022 at 1pm via Zoom.