

**Causeway Children's & Young People's Strategic Partnership
Locality Planning Group**

Tuesday 8th September 2020 10.00 a.m. on Zoom

Attending

Natasha Gault	Action for Children, Family Support Hubs
Anita Kelly	CWSAN, NICHI Project
Elaine Donnelly	Coleraine Surestart
Lisa Harris	Causeway Coast & Glens Borough Council
Janette Tweed	Education Authority
Michele Loughrey	(CRUN) Year Project
Andrew Millar	Start 360, Youth Worker
Karen Millar	Homestart Causeway
Iain McAfee	Big Lottery Fund
Karen Hills	Action Mental Health
Rhonda McMullan	Barnardos Young Carers
Sean Falls	NHSCT, Children's Services
Karen Darragh	Compass, Youth Navigator
Veronica Mc Kinley	NACN, NICHI Project
Ciara Maxwell	NHSCT, Public Health Nursing Team
Deirdre Bradley	Education Authority
Kate Mc Dermott	NHSCT, Health & Well Being
Emma Mc Elhone	NHSCT, Health & Well Being

Apologies

Karina Mc Collum	Causeway Coast & Glens Borough Council
Helen Christie	CRUN - Brake

Welcome & Apologies

Kate welcomed everyone along to the meeting and apologies were noted. Minutes of the previous meeting were approved by the group.

Matters Arising

PANTS Campaign:

The PANTS Campaign was officially launched in the Northern Trust area on August 25th and aims to empower parents, guardians and professionals to have age-appropriate conversations with children to protect them from sexual abuse. These workshops are FREE to anyone working with or supporting families and children in the community. The workshops are scheduled for: 18th Sep, 22nd Sep, 6th Oct & 13th Oct – limited spaces available.

Positive Mental Health Emotional Wellbeing Boxes (14+)

Nine organisations in the Causeway area received the emotional well being boxes – see below. Feedback was very positive.

Armoy Community Association Ruth McNeill	15
YEAR Project Michele Loughrey	25
Building Communities Resource Centre Marzena Kepska/Lisa Mooney	7
Education Welfare Service Tanya McVicker	8
Dominican College Kathy Anderson	20
The Causeway Crew c/o BCRC Clair McLaughlin	19
Dunluce School Liz McIlveen	8
Bushmills Coronavirus Support Group Leanne Abernethy	12
Moneydig Rural Network Patricia McQuillan	10

Trauma Informed Schools Webinar

Kate discussed the evaluation of the recently held webinar hosted by Trauma Informed Schools which was attended by 400 participants. 98% of those who attended really valued the information. Some of the comments included:

- Very informative, very useful and much needed!
- Excellent information shared throughout session reinforcing the importance of actively listening and supporting our young person and how vital our approach is when responding to children/young people
- Having received the knowledge and understanding more behind young people's behaviour and mannerisms I feel I am more equipped to support their return to school in the new academic year and to be their emotional supportive adult. I found the speaker to be very knowledgeable and I could relate to the situations she discussed. Excellent, would recommend this to all schools, it would benefit our children greatly.

Members Updates

Karen – Action Mental Health:

The AMH Menssana team provide a range of **FREE**, Mental Health & Resilience training across the province to children, young people and their key adult contacts through 3 main programmes:

Healthy Me: Healthy Me sessions are delivered within primary school settings to children aged 8-11yrs (P5-P7). We also provide training for school staff and parents/carers either online via zoom or in person (subject to social distancing protocols being in place). Children's sessions typically last 2hrs and adult sessions last 1.5hrs.

Provoking Thought: Provoking Thought is a resilience programme aimed at 11-24 yr olds within post primary and community settings and their key adult contacts. Topics include Mental Health Awareness, Social Media, Bullying, Confidence & Self-esteem, Exam stress, Body Image, Transitions Yr 8 and Yr 12/14. Sessions last approx 1-1.5hrs depending on group needs.

Mindset: PHA have extended our funding and we continue to offer our 'Mindset' programme to young people aged 14-17yrs or adults (outside school curriculum hours). The Mindset programme can be delivered online via zoom and lasts approx 2.5hrs. Delivery can be made in 1 x 2.5hrs session or split into 2 x 1.25hrs sessions.

All of our programmes are designed to suit the target age range and aim to:

- Raise awareness and increase knowledge/understanding of mental & emotional health and well-being
 - Raise awareness of signs and symptoms of mental ill health
 - Promote self care/resilience techniques to maintain a safe level of positive mental health & well-being
 - Provide information/resources on support organisations available locally
- For more information please email amhmenssanani@amh.org.uk

Elaine – Coleraine Sure Start: We are continuing to meet our main aims through supporting families with children under four years of age who live in our catchment area. Whilst we are doing much less face to face delivery we are still provided some to those who need it most. We are running some groups indoors to new mums eg Baby Massage and Baby Move as well as our Developmental Programme for Two to Three Olds (this runs for the school year). We are offering lots of outdoor walks for parents, for those with prams and for welly boot waddlers, as well as outdoor story time and movement sessions. Our home visiting service has become a phone support and doorstep visit to allow for social distancing. All other groups and programmes such as the Solihull Parent Group Training, Family Links Nurturing, Healthy Eating, Weaning, Breastfeeding, Antenatal and Postnatal services are now on Zoom.

Rhonda – Barnardos Young Carers: Barnardos Young Carers Service have continued to operate throughout lockdown, this had been initially through parent contact in the first instance for emergency family supplies, resources and financial supports. Consents were needed and obtained to work remotely with young people via online video platforms. Some families and young people have engaged very well, many others have not with an overall sense that this was not a comfortable situation for young people and many wanting face to face contact with their workers. Young people have been very worried about their family member whom they care for contracting Covid 19. In recent

weeks and adhering to guidelines we have moved to face to face on a one to one basis with those most in need, this has had to be outdoors and maintaining social distance which comes with barriers and can be difficult for some young people. Young carers service has to be mindful that the young people we support are living with someone who is extremely vulnerable with underlying health conditions. We are working towards re opening a space in Coleraine for young people to meet their worker one to one but again this comes with barriers as not all young people will have transport to Coleraine and cannot be as was the norm, be transported by their worker. Barnardo's have produced return to school booklets which have been well received for helping children and young people to talk about their worries about returning to school and coping with changes on the return.

Karen – Homestart Causeway: Home-Start staff and volunteers are continuing to support families by telephone/whatsApp/Zoom on a regular basis and where appropriate are conducting outdoor/indoor socially distanced visits. Further grants have enabled distribution of play and craft activity packs; kitchen activity packs; Welly boots for wet walks. We are in process of preparing for a return to play sessions in Home-Start in a new bubble format - Family group activities will be divided into smaller but more frequent sessions. We hope to re-start the adult/child craft sessions, providing zoom sessions; recorded you tube videos and distributed resource packs to allow wider involvement of sessions. We are continuing to accept family referrals and continue to train new support volunteers. Funding for our current Family Support Worker has ensured that the families normally supported through group sessions have continued to benefit from support through remote supports, visits and resources.

Deirdre – Education Authority: The Youth Service determined that it would prioritise and adapt existing services to support those most vulnerable; namely those who are at risk of paramilitary threat (START) and those young people who require additional support for their positive mental health (FLARE). Further to this, the Youth Service identified additional need and developed essential services based on the feedback of children and young people and local communities including:

- **Youth Online**
- **Stay Connected**
- **Eat Well Live Well Programme**

“**Spaces of Sanctuary**” for vulnerable young people are available in Youth Hubs across NI for emergency support provided to young people aged 11 to 25 years. Referrals are from the PSNI or their partner organisations. The Senior Officer with responsibility for “**Spaces for Sanctuary**” is Lynsey Branniff (lynsey.branniff@eani.org.uk)

“**Stay Connected**” is an engagement service which remotely supports young people who are staying safe at home as a result of COVID-19. It provides the following:

- An opportunity for organisations to connect and communicate as they devise responses to young people at this time

- An opportunity for young people to obtain help (support needs – loneliness and isolation; support services; medical supplies that need collected or delivered; emotional health; mental health; meals or food; physical health)

Similarly, those young people under paramilitary threat are continued to be supported using online platforms or in 1 to 1 work by their key worker in the **START Programme** (Steering Teens Away from Recurrent Trouble). The senior manager leading on this work is Michael Hogg (Michael.hogg@eani.org.uk)

“**Youth Online**” is a website which provides resources for young people and youth workers enabling them to “**Stay Connect, Stay Safe, Stay Well, Stay Engaged**”. This online platform will have regular updates, particularly designed by young people for the youth work sector and will provide a broad range of curriculum resources and activities for young people. It will also link to other essential services for young people across the region and signpost accordingly. The senior manager responsible for this service is Paul Deighan (paul.deighan@eani.org.uk)

“**Eat Well Live Well**” is where the local youth service team have been connecting with and delivering food boxes to 128 families across the Causeway Coast and Glens Area.

Summer Arts Programme: Youth Service have identified vulnerable young people and have delivered art-based programmes in line with PHA guidance. The theme for the arts project has been the impact of COVID-19 and their hopes and fears for the future. Projects have taken place in:

- **Limavady Ballycastle Portrush**

Youth Restart

As COVID-19 restrictions are eased the youth service will be reopening for children and young people and staff will be returning to Youth Service buildings. To facilitate this the youth service have established an Education Restart Programme – Guidance for Youth Organisations on Resuming Full Services after COVID-19

<https://www.eani.org.uk/supporting-children-and-young-people>

The Education Authority is currently inviting applications from voluntary youth organisations who are funded under a service level agreement or a practice delivery agreement to support and engage vulnerable children and young people who may be adversely impacted as a result of COVID-19 and to support effective re-engagement within youth services. The closing date for applications is 18th September.

Anita – NICHI Project: The NICHI project aims to strengthen links between Public Health Agency (PHA) and local communities in order to support local communities, through a community development approach, to address health and social wellbeing issues and reduce health inequalities through

signposting, building capacity and strengthening local accountability to develop healthy, sustainable communities.

- A number of local groups have applied to us for PHA's Short Term Funding for Making Life Better through Covid 19
- The NICHI project has organised a variety of online workshops over the summer months promoting Healthy Eating - tackling issues of Obesity, such as Family Cookalongs, Cookery Demonstrations and Love the Body You're in After Lockdown.
- A Healthy Eating initiative will be run for 6 weeks in Oct/Nov to coincide with Safe Food's 'Transform Your Trolley' Campaign.

Children's survey

The Parents and Children's survey deadline was extended to the end of September to encourage as many people as possible to complete. Initial findings show that the top 3 needs are: emotional health & wellbeing, education and access to play. The results of this survey will be a good baseline for our action plan as well as the report compiled by Karin Eyben prior to Covid.

Any Other Business

Kate highlighted the Causeway Coast & Glens Community Plan is currently being reviewed and our locality group have been asked to become involved in the health & well-being action 5 – support for children and young people. Action 5 focused on building the capacity of parents to support children and young people. In line with other actions and to avoid duplication of resources and effort, there is definite merit and opportunities in the use of existing/established multi-agency partnerships in this area of work. In this instance the Causeway Locality Planning Group seems ideally placed. Members will be invited to a meeting to discuss further.

Date, time and venue of next meeting

Tuesday 10th November at 10am via Zoom.