

Notes of CYPSP Meeting (Causeway Locality) on 9 March 2021 at 10am via zoom

Present: Kate McDermott – Health & Wellbeing Team, NHSCT
Emma McElhone – Health & Wellbeing Team, NHSCT
Chris Lindsay – EA
Andrew Millar – Start 360
Elaine Donnelly – Coleraine Surestart
Ruth Nelson – Start 360
Natasha Gault – FSH
Karen Millar – Homestart Causeway
Rachel Horner – AMH
Michael Walker – CRUN
Lisa Harris – CCGC
Ciara Maxwell – PHN
Bryonie Dang – PHN
Jane Reynolds – GP Federation
Michele Loughrey – YEAR (CRUN)

Apologies: Helen Christie – BRAKE (CRUN)
Karina McCollum – CCGC
Rhonda McMullan – Barnardos Young Carers
Alex Larsen – MDT

Guest speaker: Gillian Mc Atackney – GAMCARE

Kate welcomed everyone to the meeting and thanked everyone for their member updates.

The minutes of the last meeting were read and agreed.

Matters Arising

Following from the presentation by Peter and John from Community Sports Network 13 expressions of interest were received in total (4 of which were from the Causeway area). These programmes will be rolled out shortly.

Kate updated the group on a range of emotional wellbeing programmes:

-Action Mental Health – mental health awareness session one for carers and one for staff due to held in March 2021. The training takes 90 minutes.

-Fresh Minds Relax & Regulate – good interest shown, ready to run out shortly – information will be sent out through practitioners who will run it.

Save the Children Emergency Fund targeting vulnerable families, running January – March 2021. Kate asked Natasha to give an update. Natasha spoke about the programme which has been extended to 4 hub areas and either funding is to be used by end of March 2021 or when funds run out. Identify family with child under 6 or women who are 26+ weeks pregnant. £340 allocation in the form of vouchers from eg Tesco/Asda/Sainsburys or there is a product catalogue which includes

beds, stairgates etc. Referrals are sent to the hub and specify if solely for Save the Children fund.

Kate mentioned that there are additional funds available in Antrim & Newtownabbey area due to the Council coming onboard.

Gillian McAtackney, GAMCARE

Kate introduced guest speaker Gillian McAtackney from GAMCARE.

Gillian spoke about GAMCare and how they target 11-18 years in their young people's Gambling Harm Prevention Programme. Gambling and problem gambling arises where there is an urge to gamble continuously despite having negative consequences. This influences mental health, financial and family breakdown.

The impact on young people is poor performance at school, truancy, mental health, alcohol/drug misuse, disrupt family behaviour and leading to crime.

Free interactive workshops are available – gain awareness/knowledge and skills to make safer choices. There is also a free workshop for professionals who work with young people to learn about hidden harm of gambling. Help, support and treatment is available through helpline, web chat, treatment, chatroom, website

Talk Ban Stop: National Gambling Helpline, block gambling up to 15 devices
Gamstop – ban from UK Gambling Sites www.talkbanstop.com

Emma to share Lisa's email with Gillian, Lisa to speak with her manager on a course of action.

Action: Emma

Chris to send out to schools if they would be interested in raising awareness

Action: Chris

A copy of Gillian's presentation is attached.

Contact details: Gillian.mcatackney@gamcare.org.uk

Action Plan

Emma drafted the action plan up to March 2021. Causeway's top outcomes are mental health/emotional wellbeing, education, sports and fitness, health.

Other areas included in the action plan are the involvement in PANTS awareness – a NSPCC campaign for 3-11 year olds and Christmas craft packages which were sent to vulnerable young people.

Emma to send out a copy of the Action Plan to members of the group.

Action: Emma

Emma spoke about internet safety training that Cyber Pals, Dungiven offer which is aimed at parents and professionals. Explore cyber bullying under emotional health and wellbeing.

Under physical activity heading – consult with Nicola Arbuckle, Physical Activity Officer, NHSCT and Community Sports Network.

Education – Trauma informed schools – returning young people to schools. Emma will resend link for 26th March 2021.

Action: Emma

Emma and Kate asked members to break out into breakout rooms, to ask what already works and what are the gaps? Kate fed back from her group to say that all agreed with last year's performance. Natasha confirmed that the waiting list for ADHD is long. Kate also felt the group were happy with the four headings.

The second group were happy with the main outcomes. It was felt that mental health was the main priority. It was suggested that maybe Causeway Coast and Glens could maybe have a map of where people could walk. Dog friendly walks for all age groups. More focus on employability, young people have not gained qualifications, part time jobs less likely.

Jane to talk with Alex Larsen to see if social work assistants could do a mapping exercise of safe local outside spaces.

Action: Jane

Emma to also link with Nicola Arbuckle, Physical Activity Officer, NHSCT to see if there is already something in place.

Action: Emma

Budget

Emma reported that the budget has been spent. Looking After Me journals – extra funding, direct to schools.

Chris Lindsay spoke about Take 5 with schools and any member to let him know if anyone is interested in participating.

Any Other Business

Kate highlighted the Incredible Years training, which will offer basic parent training in April/May/June time.

Date of Next Meeting

Tuesday 11th May 2021 at 10am via zoom.