

**Antrim/Ballymena CYPSP Locality Planning Group Meeting**  
**Thursday 11<sup>th</sup> November, 2021 at 10am via Zoom**

**MINUTES**

**Attending**

Mervyn Rea	Co-Chair
Gerry McVeigh	Co-Chair, Assistant Manager, YES Start 360
Lynsey McVitty	Health and Wellbeing Officer (Antrim/Ballymena) NHSCT
Linda Wylie	Health and Wellbeing Programme Support Officer NHSCT
John Hunter	Community Sports Network
Claire Kelly	Family Support Practitioner, Family Support Hub
Nigel Montgomery	Senior Youth Worker, Ballymena, Education Authority
Jude Murphy	CFSP, Network Personnel
Brian Hegarty	Support Co-ordinator, Triangle Housing
Rachel Armstrong	Community Family Support Programme, Network Personnel
Maeve McDonald	Lead for Health & Wellbeing, EOTAS
Heidi Johnston	Youth Justice Practitioner, Youth Justice
Jennifer Todd	Centre Manager, Oasis, Antrim
Andrew Millar	Northern Connections Key Workers
Pamela McClelland	Project Officer NICHI

**1. Welcome & Apologies**

Mervyn welcomed everyone and meeting commenced with a round of introductions.

**Apologies:-**

Natasha McDonagh, Start 360  
Stefanie Buchanan, Antrim & Newtownabbey Borough Council  
Alison McDaid, Education Authority  
Veronica McKinley, NACN  
Grace McCann, NIACRO  
Chris Lindsay, Education Authority  
Jennifer Campbell, Sure Start  
Fiona Surgenor, Mid & East Antrim Borough Council

**2. Minutes of Last Meeting**

Agreed as accurate.

**3. Matters Arising**

None.

#### **4. John Hunter, Community Sports Network**

John from Community Sports Network brought us a short presentation and overview of the Community Sports Network. He indicated that it was a local charity which runs programmes across the country for participants for all ages.

He mentioned that in December 2020 they had worked with Locality Planning Groups to deliver 14 programmes. 460 individual participants took part with 166 hours of programmes. These had all been a great success. They received over 50 requests for programmes but obviously they were working to a limited budget. They delivered 14 programmes in Antrim & Ballymena area.

One of the programmes highlighted was Sports Opps in partnership with Autism NI. This programme was aimed at teenagers with Autism. It consisted of six sessions including dance, dodge ball and American football. The feedback was very positive.

The Munch Club programme was organised in partnership with Ballymena Sure Start in Harryville. It is designed to help participants cook at home healthy over six weeks. A meal bag to the value of £15.00 of food and a voucher together with sports pack are provided. The course was held online because of Covid restrictions. A total of 45 participants took part. Great feedback was received from service users.

Primary School Leaders in Partnership with Take 5 (Carniny Primary School) - This six week programme worked with P6 and P7 pupils and aimed to develop confidence to allow children to ask questions and thus develop self-belief. The programme was a great success and the Network received lots of positive feedback. The participants all received Certificates and in the end 7 weeks of a programme was delivered. 60 pupils received this training.

Mervyn thanked John for his presentation and for highlighting the Network's work.

#### **5. Family Support Hub Update – Claire Kelly**

We have an early cut-off date for December hub meetings (2<sup>nd</sup> December).

The Family Support Hubs recently recruited two new members of staff – this results in a change within some Hub areas however does not affect Antrim/Ballymena area. Referrals are continuing to increase with a large amount of families requesting support for Christmas. We're starting to look for families for our Christmas appeal where we gather toys for children in families experiencing financial hardship (usual hub criteria applies).

The emergency fund has been replaced with the winter fund which can be used for electricity top up, heating oil or food shop and also to purchase white good for example – Fridge/freezer/cooker/microwave .

The Hubs are continuing their networking and Claire will be attending a Christmas Santa event in the Mall at Fairhill shopping centre on Sat 4<sup>th</sup> of December. We also have a date in Dec for a family fun day at the Jungle NI. We continue to hand out leaflets and posters alongside lovely Action for Children merchandise. Leaflets and posters can be posted out to anyone who wishes to display these within their organisation. If there are any upcoming local events, fairs, fun days etc. we would love to attend for further networking opportunities.

Counselling remains in place funded through the hubs however spaces are very limited. Ballymena/Antrim area have extremely limited options for counselling - particularly a face to face service. Still a number of services are running virtually – parents are not as willing to engage virtually and requesting face to face support.

Ongoing theme – befriending remains a high request but with limited services. Also ASD face to face services are continually requested however we only have the telephone support available. Under 5 services remain very low outside of Sure Start and Home Start services. Some services are running long waiting lists currently which delays support to families.

## **6. Member Updates**

### **Gerry McVeigh – YES Start 360**

- Facilitating x2 Social Drop In sessions per week for young people up to age 25
- YES available for young people and adults to drop in throughout week for information/support and signposting to services
- Young Men's Football Thursday evenings, also started monthly meeting at YES for young men to spend time together
- Young Women's Group fortnightly
- Facilitating Cara Friend LGBTQ+ Youth Group fortnightly
- Starting to get more enquiries about other organisations using the space as services move increasingly back to face to face work
- Working with Castle Tower Special School Mon-Fri mornings with post 16 classes
- Facilitating RSE sessions to Yr. 11/12 in 2 post primary schools in Ballymoney
- Facilitating lunchtime Chill & Chat session for Yr. 8 in Ballymoney High School
- Facilitating targeted group and individual work in St. Patricks College in Ballymena with 36 young people Mon – Thurs mornings
- Facilitated ACEs Level 2 Awareness session to Ballymoney High School staff

### **Lynsey McVitty - NHSCT**

- 1st dose vaccinations for young people are available at Seven Towers leisure centre.
- The Paediatric Autism Service have an "Exploring ASD" podcast series aimed at parents and carers of autistic young people.

- New Youth Mental Health podcast launched. Covers trauma, substance misuse, distress, suicidal thoughts, OCD, self-harm and more. It's for parents, carers and young people. Available on Spotify, Apple or Google – Called Youth Mental Health with the Northern Trust
- Text a Nurse: If someone is aged 11-19 they can text a school nurse in confidence about their health and wellbeing issues such as self-harm, sex, alcohol, drugs, bullying and stress. Mob: 07480 635982
- Nutrition Awareness workshops are ongoing for families, children and young people
- HSC Adoption and Foster Care Service are calling out for people to provide supported lodgings accommodation for young people aged 16-21 who are not quite ready to live on their own
- Trust has Artists in residence for those who wish to organise craft/arts sessions

### **Brian Hegarty - Support Co-ordinator, Triangle Housing**

The Floating Support Service Delivers generic housing support for adults with complex needs and young people throughout the Northern Health and Social Care Trust area. We are DSD funded through Supporting People and the Housing Executive. Family: Adult and young adult services serving age 17 and above.

Support, for the most part, is regarded as low/medium short term and housing specific. Higher intensity pieces can be accommodated in multi-disciplinary scenarios, for example, for shorter periods of higher risk. As in the case of release from prison, treatment or setting of emergency statutory orders for instance.

Support is strictly user-led and reserved for entry for those with a perceived ability to ultimately live independently in the community. Support can last for a maximum of 2 years. Support can “float-off” and recommence when needed within that time frame. Where people are temporarily housed or otherwise ‘supported’, for example in rehabilitative settings or hostel accommodation, support can over-lap for a short period of time. The general rule is up to 4 weeks if the service user is preparing to move back into the community and where move-on accommodation has already been identified by the current landlord.

Triangle Floating Support works in partnership to identify relevant supports; improved networks and opportunity.

All current applications, documents and user handbooks available at:  
<http://trianglehousing.org.uk/housing/floatingSupport> For hard copies email  
[brian.hegarty@trianglehousing.org.uk](mailto:brian.hegarty@trianglehousing.org.uk) or Tel: 07970 823058

### **Jennifer Todd – Oasis Antrim, Community Hub**

Oasis Caring in Action has now expanded their work to establish the Oasis Antrim Community Support Hub. They are updating their website: the following link will give an overview of the work we are undertaking in the Hub.  
<https://www.oasisantrim.org/>.

## **Pamela McClelland - NICHI**

Impact Network continue to engage with the community groups delivering a range of health and wellbeing workshops including health literacy, social model of health, community development and winter wellbeing workshops. Community development work is ongoing in assisting groups develop and deliver health and wellbeing programmes. We continue to work with ASD Teens in the delivery of a varied health and wellbeing projects for teenagers.

We encourage members to become a member of the health alliance website to receive a weekly health and wellbeing newsletter <https://healthallianceni.com/>.

## **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 re-opened in a measured way. Children have returned on site to the SureStart Developmental Programmes and group work including home visiting support has now recommenced.

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](mailto:Ballymena.LittleStepsSS@actionforchildren.org.uk).

## **Chris Lindsay – Education Authority**

The Take 5 Schools initiative continues to be developed among schools across 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. Alongside this, the Northern Trust has supported the 'demonstration' of developing 'Solihull Whole School Approach' across a number of primary and post-primary settings. An update on this should be available

## **7. ACTION PLAN UPDATE**

For the information of those members who sit on different groups:

Mid Ulster CYPSP LPG co-ordinator is now Emma McElhone.  
Causeway CYPSP LPG co-ordinator is now Bronagh McCrory  
East Antrim CYPSP LPG co-ordinator is being covered by Leah Glass at present.

- Lynsey is back from redeployment.
- PANTS campaign is finished but still can get support with staff training sessions, parents awareness raising sessions, parents booklets and posters
- People's Park marquee taken down.
- Children and Young People Active Outside survey available shortly
- Gam Care training (for staff working with young people aged 11-19) finished but training from YGAM is available
- Incredible years and Solihull- applications shut but will be more training next year. For more information on these or Parents Plus contact Kate McDermott

## Future Actions

- Autism NI Fundamentals of Autism training - Level 1: 14<sup>th</sup> December. Closing date 2<sup>nd</sup> December
- Thanks to those members who completed Survey on Parenting Programmes.

## 8. Any Other Business

No.

## 9. Date of next Meeting – Tuesday 25<sup>th</sup> January 2022 at 1pm

Speakers: Jayne Colville and Lisa Curlett the Service Lead for the Northern Paediatric ASD Service