

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

Tuesday 29th March, 2022 at 1pm via Zoom

Attending

Mervyn Rea	Co-Chair
Lynsey McVitty	Health and Wellbeing Officer (Antrim/Ballymena), NHSCT
Linda Wylie	Health and Wellbeing Programme Support Officer, NHSCT
Caitlyn McCrea	Connector/Facilitator, Intergenerational Music Making, Together with Music
Jennifer Campbell	Sure Start Manager
Pamela McClelland	NICHI Project Office, IMPACT Network Ltd
Jude Murphy	CFSP, Network Personnel
Claire Kelly	Family Support Practitioner, Family Support Hub
Hayley McIlroy	Family First Support Worker – Ballymena, Women's Aid
Grace McCann	NIACRO
Alwyn Horan	EANI
Natalie McGrath	CFSP, Network Personnel
Kelly Kennedy	Senior Social Worker, Antrim Family Support & Intervention Team, NHSCT
Heidi Johnston	Youth Justice Practitioner, Youth Justice Agency

1. Welcome & Apologies

Mervyn welcomed everyone especially new members.

Apologies

Alison McDaid, Education Authority

Rosemary McKee, Education Authority

Leona Christie, Toybox/Early Years

Kyleigh Lough, Mae Murray Foundation

Nigel Montgomery, EANI

Tracey Wishart, Aware NI

Denise McVeigh, EA

Veronica McKinley, NACN

Gerry McVeigh, Co-Chair, Assistant Manager, Yes Start 360

2. Minutes of Last Meeting

Agreed as accurate.

3. Matters Arising

None

4. Speaker- Caitlyn McCrea, Connector/Facilitator, Intergenerational Music Making, Together with Music

Caitlyn brought us a very informative presentation and overview on the work of Intergenerational Music Making, Together with Music. The organisation is UK based and the aim is to connect various generations in local communities by bringing together Schools, Colleges and Church Groups etc. with various local Care Homes to enjoy a programme of music, singing and chat to improve wellbeing and mental health.

We watched a short video of a six week block of intergenerational music making in Bookham, Surrey. One resident of the Care Home involved commented that they were so pleased that the children had come out to entertain them as this is what they felt they needed. A child who had taken part commented that they felt they knew the elderly people much better as a result of taking part.

A medical professional from the Care Home also commented that he felt the Home would require less calls for medical intervention and perhaps medications as a result of the programme.

Caitlin told us that over 150 groups and Care Homes have signed up for Together with Music in Northern Ireland and she would encourage interested groups to sign up.

When an organisation signs up they get their own platform and can upload songs. If a Care Home signs up Caitlyn connects them to a local school. To sign up go to <https://www.imm-music.com/www.togetherwithmusic.org.uk> or caitlyn@togetherwithmusic.org.uk.

Finally Caitlyn talked about how Moorfields Primary School P6 pupils have recently become involved. Caitlyn brought letters from the Care Home residents to the pupils which listed a note of the resident's favourite things. The children loved reading them and wrote messages back so connections are starting to form.

All partners were very impressed and interested to hear about the very worthwhile programme.

5. Family Support Hub update – Claire Kelly

The Hubs recently had the annual evaluations In February which remained very positive with high scores. We changed the format to a Microsoft Teams poll instead of a discussion which we felt was more streamlined. We are still busy as ever. March Ballymena/Antrim Hub was quite large with April's even bigger. We 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. Local counselling service have also closed their waiting lists recently due long waiting lists 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 in home services are now continually requested however we still only have the telephone support or online workshops available. Under 5 services remain very low outside of SureStart and Homestart. We are also seeing a significant increase in emotional health and wellbeing and MH support needed. We are starting to get back out to do home visits with families we feel would benefit from face to face support discussion. Hub meetings are to return face to face quarterly looking at September as a start date.

6. Member Updates

Pamela McClelland - NICHI Project Officer, IMPACT Network Ltd

Impact Network NI are currently planning ahead for the new financial year. We hosted a meal on wheels project which ran over the winter months. We have secured funding to roll this out again over the winter. NICHI officer is currently working with a range of groups in the area to develop health and wellbeing action plans.

Lynsey McVitty – NHSC

- Covid vaccinations for young people 5+ are still available at the Seven Towers leisure centre in Ballymena 30th 12md-8pm with online booking and walk ins in Antrim at The Junction this Sat and Sunday
- Trust is looking more foster carers particularly for refugee children. They are holding a Fostering Friday information session online for those who are interested on 1st April at 1pm.
- Children's Central Gateway Service is moving from Toomebridge to 12 Union Road, Magherafelt. Phone numbers, email and services the same
- There is a new Clinical Health Psychology Service for Young Adults living with Diabetes. They are wanting to hear from young adults 18-25 living with diabetes. There is a questionnaire on the Trust Facebook page asking about experience of assessing support for the emotional, social and psychological challenges of living with diabetes.

- Trust looking for Community Health and Wellbeing Champion Volunteers to promote health and wellbeing in their communities and provide grassroots perspective mostly through social media.
- Nutrition talks- Fussy Eating - Thursday 7th April at 10am
- CAMHS have launched an Eating Disorder Podcast- available on Spotify, Apple or Google

Jennifer Campbell – Sure Start Manager

Ballymena & Little Steps (Antrim) Sure Start provides a wide range of Early Childhood Services for families from pregnancy up until a child turns 4 years old. Sites are fully open in a measured way; Home visiting and Outreach services have now recommenced.

During April-June we have a wide range of opportunities for families-including Rhythm and Rhyme, Baby & Toddler Swim, Let's Play Together Programme and a Music & Movement Play programme. We will also be offering a Solihull Understanding Your Child's Behaviour programme; and a co-facilitated wellbeing Programme with Aware. Cook It and Food Values Nutrition education programmes will be delivered for families with food packs. Postnatal Infant Massage and Reflexology will also be running. Our antenatal Programmes this term will include Hypnobirthing and Antenatal education, as well as Pregnancy Yoga. We will also be offering a range of groups such as Family Men, Little Acorns Additional Needs Support, Breastfeeding group, and postnatal Baby Club (fortnightly). All services can be offered on a one-to-one basis where possible, and at home where necessary.

Ballymena & Little Steps (Antrim) SureStart services are free for all families (0-4) across 11 wards areas (Farranshane, Steeple and Ballycraigie in Antrim) and (Ballee, Ballykeel, Dunclug, Fairgreen, Moat, Summerfield, Harryville, and Castle Demense).

Happy to answer any queries/referrals at 028 2564 2883 or Ballymena.LittleStepsSS@actionforchildren.org.uk

Natalie McGrath & Jude Murphy – Network Personnel

CFSP have now got an additional year funding until 31st March 2023 so are continuing to accept referrals in both Antrim and Ballymena areas. We have recently ran a workshop aimed at helping to support parents/carers manage their children's emotional regulation, reduce anxiety and improve their coping strategies. The 'Calm Kids' workshop was a fantastic tool for parents who received sensory packs and were taught how to use each item with their children. This workshop will be ran again for both areas in the coming months. Community Family Support Programme are continuing their support both remote and office based when needs be and will reviewed on an individual basis. We work with people aged 16-65 years old and help to promote personal development through various means such as employment, education, training and providing health and social support. We offer a wide

range of accredited courses and non-accredited courses such as – Mental Health First Aid, Customer Service, Food Hygiene, Office skills, Coping with stress/anxiety, managing challenging behaviours, budgeting workshops, to name a few.

Hayley McIlroy – Women’s Aid ABCLN

Family First are a team within Women’s Aid ABCLN (Antrim, Ballymena, Carrick, Larne and Newtownabbey). We work with women and children aged up to 12 in the community, who have been affected by domestic abuse and when the perpetrator is no longer in the family home. We partner with the Northern Trust Family Support and Intervention Teams (FSIT) in our five areas to aim to help reduce risk to children in these circumstances who are on, or at risk of going on, the Child Protection Register. Referrals to our service only come from Social Services. A bespoke package of support is offered to each family, such as emotional support, therapeutic work and practical help.

7. Action Plan update

- PANTS campaign- still can get support with staff training sessions, parents’ awareness raising sessions, parents’ booklets and posters. Schools volunteers. Resources in 12 different languages.
- Incredible years, Solihull and Parents Plus. For any information on these contact Kate McDermott. Solihull 43 participants in 6 months
- 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 January-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.
- 250 Grow your own vegetable kits went out to CYP across the Antrim Ballymena to promote outdoor physical activity and good nutrition- thanks to all involved.
- Northern Digital Safeguarding Forum created. Virtual launch on Safer Internet Day Tuesday 8th February.

Future Actions

- Two needs identified by children and young people remain around Education and MHEW needs of ethnic minority children.

8. Any Other Business

None

9. Date of next Meeting

Tuesday 24th May 2022 at 2pm via Zoom.