

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

**Tuesday 13<sup>th</sup> September 2022 at 2.30 pm in Start 360 Offices, Ballymena**

### Attending:-

<b>Gerry McVeigh</b>	Co-Chair, Assistant Manager, YES Start 360
<b>Mervyn Rea</b>	Co-Chair
<b>Lynsey McVitty</b>	Health and Wellbeing Officer (Antrim/Ballymena), NHSCT
<b>Helen McVitty-O'Hara</b>	Youth Alliance YGAM
<b>Emma McKeown</b>	Family Fund
<b>Claire Kelly</b>	Family Support Practitioner, Family Support Hub
<b>Hannah Bowyer</b>	Ballymena South Community Cluster
<b>Heidi Johnston</b>	Justice for Youth
<b>Carly Ogilvie</b>	Mid & East Antrim Borough Council
<b>Denise McVeigh</b>	Mid & East Antrim Borough Council
<b>Chris Lindsay</b>	Education Authority
<b>Jude Murphy</b>	CFSP, Network Personnel
<b>Melanie Maxwell- Mcllroy</b>	CFSP, Network Personnel
<b>Lynn Kyle</b>	Turning Point
<b>Colette Slevin</b>	Action Mental Health
<b>Veronica McKinley</b>	NACN
<b>Pamela McClelland</b>	Impact Network NI
<b>Christina O'Neill</b>	All About Us
<b>Paula McLaughlin</b>	NICMA

### 1. Welcome and apologies:

Adelyn Carr, Ballyclare Family Focus  
 Kyleigh Lough, Mae Murray Foundation  
 Sinead McCormick, NHSCT  
 Karen Merwick, Community Advice Antrim & Newtownabbey  
 Eileen Maguire, Barnardo's  
 Gabrielle Rawashdeh, PHA  
 Rosemary Sleator, NHSCT  
 Will McDowell, AN Council  
 Stacey Myles, AN Council  
 Alwyn Honan, EANI  
 Hannah Crawford, Women's Aid  
 Christina Murray, Parenting NI  
 Sharon Caldwell, Homestart, Antrim  
 Kiri McLaughlin, Fresh Minds Education

### 2. Minutes of Last Meeting

Agreed as accurate.

### **3. Matters Arising**

None

### **4. Speakers: Helen McVitty-O'Hara – Youth Work Alliance**

Helen spoke about YGAM's work with young people around gambling and the free training available. If you have any queries, please contact Helen on [Helen@youthworkalliance.com](mailto:Helen@youthworkalliance.com)

### **Emma McKeown- Family Fund**

Emma spoke about Family Fund grants and services available to families with children and young people with disabilities. If you have any queries about this contact Emma on [Emma.McKeown@familyfund.org.uk](mailto:Emma.McKeown@familyfund.org.uk)

### **5 Family Support Hub Update- Claire Kelly**

Family Support Hubs returned Hub meetings to face to face this month for the first time since Covid-19. They will continue to be face-to-face on a quarterly basis, the next one being January 2023.

The Hubs have recently renewed all partnership agreement forms with our network of services. We have been updating the paperwork for these since March 2022 and have now officially completed this. It is always our goal to consistently expand this, if anyone would like further information on signing up as a Hub partner, please contact myself or any member of the Hubs.

I have several networking events scheduled in the upcoming weeks, these are new events that I have managed to secure this year such as attending open days and staff days in schools. I am always keen to hear of any local events going out family days etc. particularly Halloween / Christmas /Easter events.

In regards to referrals, the Ballymena/Antrim area has been quieter over the summer months however we have seen a significant increase for September with referrals only going to increase in the upcoming months. The Hubs are anticipating a difficult winter for many families financially due to increases in the cost of living. Action for Children have a Cares at Christmas Toy Appeal, in which we will deliver some toys to families in need. Staff will also link in with the local food banks for their Christmas food hampers and organise to deliver these to families also.

As always, in-home ASD and ADHD support is requested which often goes unmet. Barnardo's EIFSS had been filling this gap where possible, though this is not what they were designed for and their referrals are now closed as they are at capacity.

In addition, play therapy is frequently requested for cases of children requiring 1-1 support under the age of 10, a highly sought-after service however, we have no partnership agreements for this across all Hubs in the Northern Trust. Ballymena /Antrim currently only has one counselling facility with an ever increasing demand coming forward in referrals. This service is out in Portglenone which some families find difficult to attend.

The Hubs are working to highlight the lack of translation services across the Northern Trust. As the Hubs have no translation services of our own, we rely on external services to bridge this gap. My manager and Service Co-ordinator of the Family Support Hubs, Claire Larkin, has been working closely with the Regional Hub Co-ordinator to highlight this gap and how this limits support for non-English speaking families. The Hubs record this need in our quarterly stats, to provide evidential

reports of translation services needed. We have been made aware of the Ukraine Assistance Centre's which have been set up to give advice on key services including: health assessments, education, jobs, benefits, housing and immigration. These are set up in Ballymena, Belfast, Craigavon and Newry, should you have a Ukrainian family who requires support with same we recommend they are signposted to the Assistance Centre.

## 6 Member Updates

### Gerry McVeigh – Start 360

Providing the following services face to face across the Northern Trust:

- **Start360 Hub** - Drop in Health & Wellbeing service providing support, guidance and signposting. Every Tue & Wed 12-2pm starting 4<sup>th</sup> October. Open to anyone.
- **DAISY service** - Therapeutic interventions for young people aged 11-25 with substance misuse issues (Counselling, Key Work and Family Support)
- **VOICES service** – Therapeutic interventions for young people affected by parental/family substance misuse (Counselling. Key Work and Family Support)
- **Targeted Life Skills** – targeted group work programme for young people aged 11-21 on issues such as Relationships, Decision Making, Risk Taking and Energy Drinks.
- **Youth Engagement Service** – Drop In for young people Tue/Wed/Thurs 3-5.30pm in Ballymena, Young Men's Football every Thursday 7-9pm Ballymena Showgrounds
- **Connections service** – Drug & Alcohol Awareness sessions for young people and for adults/professionals

#### Issues arising with our services:

- Increasingly complex cases presenting with mental health issues, including isolation and fear after Covid
- Family history of substance use / Hidden Harm
- High number of young people presenting with multiple ACES
- Lack of stable/acceptable accommodation especially post 16
- Impact of socio – economic issues such as poverty, deprivation and the current climate
- Late diagnosis of Special educational needs and the impact this has on the young person including destructive coping mechanisms - lack of services including respite care
- Service pressures and access to services
- Paramilitary involvement in supply of drugs and exploitation of at risk or vulnerable people and communities

### Hannah Bowyer - Ballymena South Community Cluster

After a summer break, Bright Stars SEN Youth Club are recommencing every Thurs night 7-9pm at Celebration House, Harryville. Contact Clare Alexander on 07778 555133 for more information. There's been incidents of ASB in Ballee and the PSNI will liaise with the Education Authority Outreach Youth Worker on this. It was great news from Ballykeel 2 & District Community Association who made a successful funding application to Halifax Foundation NI to keep the Parents & Tots group running in Ballykeel 2. The Ballymena South Community Cluster are hosting a Community Networking event, with 30 support organisations attending to promote their services. This will be held at Harryville Community Centre on Thurs 6th Oct 3-6pm.

### Heidi Johnston- Youth Justice Agency (Northern Area)

Currently my engagement is with young people 10-18 years old who have come to Police attention or through The Children's Diversion Forum. The medium for engagement is individual or group work depending on need and takes place in family homes, communities or schools. The YJA provides a range of services, often delivered in partnership with others, to help children to divert from crime, assist their integration into the community and to meet the needs of victims of crime.

## Denise McVeigh- MEA Council

Busy summer of play events across Mid and East Antrim.

- **Summer of Play** funded by the Northern Health and Social Care Trust in our parks and open spaces every Wednesday in July and August. The free activities included natural play, Lego, dancing and arts and crafts and around 60 children attended each activity.
- **Town Centre Tuesday's** in partnership with Playboard NI, families were encouraged into our town centres for pop up play sessions over July and August.
- **Love Parks Week** is a celebrations of everything we love about our parks and open spaces. Free activities over the week included forage walks, orienteering, sensory play and hula hooping.

Planned events – Forest School Family Sessions – Come and enjoy a morning of natural play in the outdoors:

- Saturday 1 October, 10am to 12pm – ECOS Ballymena
- Saturday 5 November 10am to 12pm – Carnfunnock Country Park
- Saturday 3 December, 10am to 12pm – Bashford wood, Carrickfergus
- Saturday 7 January, 10am to 12pm – ECOS Ballymena
- Saturday 4 February 10am to 12pm – Carnfunnock Country Park
- Saturday 4 March 10am to 12pm – Bashford Wood Carrickfergus

## Lynsey McVitty – NHSCT

- **NHSCT & National Autistic Society NI new Adult Online Social Group-** The group will meet every fortnight online for six months & will be facilitated by National Autistic Society Staff. For more information email [Christina.Curran@nas.org.uk](mailto:Christina.Curran@nas.org.uk)
- **NHSCT & NRC: Understanding Loneliness and Isolation training**  
Free OCN accredited training, Level 2, 3 credits 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> November 2022. Closing date is 30<sup>th</sup> September 2022. Please return completed form to [healthandwellbeingteam@northerntrust.hscni.net](mailto:healthandwellbeingteam@northerntrust.hscni.net)
- **Regional Mental Health and Emotional Wellbeing Campaign 2022- 'Creating Hope Through Action'**.  
Will run for five weeks, between 10<sup>th</sup> September (World Suicide Prevention Day) and 10<sup>th</sup> October (World Mental Health Day). Resources available for events, free MHEW training available. Contact [healthandwellbeingteam@northerntrust.hscni.net](mailto:healthandwellbeingteam@northerntrust.hscni.net) for more details
- **Online gaming Group for young people with Autism**  
NOW group has a new, weekly gaming group online for those aged 12-17 with autism and living in the NHSCT area.
- **Free Nutrition webinars by Dietitians**  
Free nutrition webinars with Registered Dietitians available throughout September. Open to everyone. Healthy Diet, Healthy You - Wednesday 21st September 2022 @ 2pm, available at: <https://crowd.in/XCpAqo> If the dates/times don't suit or for other nutrition topics, pre-recorded webinars are available to watch on-demand at: <https://crowd.in/lowwSo>
- **Free Mental Health and Wellbeing courses**

The Recovery College provides educational workshops to anyone who has an interest in their own Health and Wellbeing All courses are free and available to all. To contact the Recovery College call 028 9441 3449 or email [recovery.college@northerntrust.hscni.net](mailto:recovery.college@northerntrust.hscni.net)

- **Exploring ASD Podcasts: Transitions – getting back to school**

We discuss transitioning back to school after the holidays and talk practical tips on how to manage the transition. The podcasts are available on Spotify and Apple Podcasts:


Spotify: <https://crowd.in/xRSvfg>

Apple podcasts: <https://crowd.in/RGrcLX>

- **Walk in Covid vaccinations** for people 5+ still available at Seven Towers leisure centre

## Lynn Kyle – Turning Point

Our new #YouMatter project supports individuals with suicidal ideation and mental ill health. We also offer support to families, carers and support networks to help build on the resilience and increase positive healthy coping mechanisms whilst raising awareness of suicide intervention and prevention. We hope the project will provide ease of access to information, counselling support, group work and family support in the Northern Trust area. Counselling is available for young people 11+. Please see website for more details on Turning Point and the referral form: [Turning Point NI](#) or contact them on 028 2564 8229 or 079 3535 5502.



The #youmatter project supports individuals presenting with suicidal ideation and mental ill health. We will also offer support to families, carers and support networks to help build on resilience and increase positive healthy coping mechanisms whilst raising awareness of suicide intervention and prevention.


The project will provide ease of access to information, counselling support, group work and family support in the Northern Health and Social Care Trust.

**Who are we?**  
Turning Point NI is a crisis intervention and mental health hub for those experiencing any form of mental health crisis. Turning Point NI is an organisation that was set up in 2015 within the Northern Trust Health and Social Care Trust with its primary purpose to reduce the intensity of suicide and self harming behaviours within the area, promoting positive mental well being, resilience, and support to families.

**Services we offer**

- Crisis intervention
- Counselling
- Family Support
- Young people counselling 11 +

☎ 028 256 48229  
☎ 0793 5255 502  
📘 turningpointni  
✉ info@turningpointni.co.uk

  
Funded by the Community Fund

62 Mill Street, Ballymena, BT43 5AF [www.turningpointni.co.uk](http://www.turningpointni.co.uk)

## Veronica McKinley – NACN

**Food Festival** - 600 people from all over attended the NACN Healthy Food Stand. Judith Calvin registered dietician delivered a cookery demonstration cooking pasta pesto, stir fry vegetables and fruit kebabs. NACN borrowed a smoothie bike from NHSCT and children and young people made their own smoothies through pedal power. We also organised a food quiz and the first three most correct answers won a healthy food and information hamper. The evening was a roaring success.

**Lark in the Park**- was held in the Cottage Woods and this event was mainly for young children and families. Around 100 families participated at our stand. Once again we invited the young people to make their own smoothies consisting of bananas, strawberries, grapes etc. We also made additional fruit kebabs and the children really enjoyed them as it was such a hot day. Another food quiz was held and on this occasion we gave away 4 hampers containing ingredients, recipes and health information. Fareshare NI provided us with a large portion of the fruit and vegetables we had used over the two days at a much reduced cost and we are greatly indebted to them.

## Pamela McClelland- Impact Network NI

WayMaker Therapy Youth Practitioner session: All Saints Parish Centre, 9.30am-1pm. Registration: [www.nacn.org/wp/register](http://www.nacn.org/wp/register)

Creating Healthy communities workshop taking place on Thursday 22nd September at Clotworthy House, Antrim from 1.30-4.30pm. This interactive workshop will focus on how good self-esteem, connections, employment and education can have a positive impact on your health and wellbeing

To register contact Pamela McClelland on 028 9447 8645 or email [pamela@impactnetworkni.org](mailto:pamela@impactnetworkni.org)

## **Christina O'Neill- ASD Teens All About Us**

We have our group in Antrim and are starting a new group in Ahoghill on the 21st September. Antrim activities are:

- Care in the community - Mondays 10-12
- Ages 8-18 Tuesday 6pm-8pm
- Ages 8-18 Wednesday 6pm-8pm
- Fun movement (Heat MMA) Wednesday 8pm-9pm
- Under 4s Thursdays 10am-12pm (starting back 15th September)
- Ages 13-17 Thursdays 6pm-7.30pm fortnightly starting (starting back 22nd September)
- Ages 17-24 Thursdays 6pm-7.30pm (starting back 15th September)
- Online community bingo fundraising Thursdays 8.15pm

### **Ahoghill**

Starts Wednesday 21st September 2022 from 6-8pm running once a week.

At the group we have youth club activities such as table tennis, soft play, Lego, gaming and a tuck shop. We also run various additional events and trips over the year.

The group will run the same as our Antrim group following a program based on activities to help with emotional regulation, fun with food and sensory workshops, these are optional for the young people.

We are currently in the process of being able to offer a level 1 in independent living to the young people with various activities and roles they have taken on within the group.

There are online webinars starting which will run monthly with Rebecca from Edan Consultancy, the first is exploring the myths and facts around autism but they will cover ADHD, communication, challenging behaviour, puberty, stress and anxiety etc.

In the group we also have opportunities for equine therapy and wave therapy, these are assessed on a monthly basis in line with the funding we have available.

We have a new website now and if you have a look on our website under the events it will show the activities etc. that we have and where they are being held, there is also information about our group. [www.allaboutus.club](http://www.allaboutus.club)

## **7. Action Plan Update**

- Northern NSPCC PANTS campaign- still can get support with staff training sessions, parents' awareness raising sessions, parents' booklets and posters. There are Schools Volunteers to deliver to parents in schools. Resources are now available in 12 different languages. PANTS Schools week in June went well with 1252 children reached with the PANTS message. It is Pantosaurus's birthday in September, children have been encouraged to send a photo of a card/picture they drew for Pantosaurus's birthday to be entered into a competition to win Pantosaurus goodies.

- In light of the cost of living crisis agreed to create poverty sub group

**8. AOB**

Lynsey shared that CYPSP keen to hear about needs and gaps and it will be fed up to Northern and Regional CYPSP group.

**9. Date, Time & Venue of next meeting.**

TBA