

# **CYPSP Causeway area Locality Planning Group Children and Young People's Plan 2020-2021**

The purpose of Locality Planning Groups is to improve the outcomes for the Children and Young People in the local area. Each Locality Planning Group draws up a Locality Plan by measuring how well local children and young people are doing against the eight high level outcomes set out in the Children and Young People's Plan and working out what needs to change for improvement in these outcomes. They do this by using local level statistics, provided across agencies and bring this together with their collective knowledge of emerging issues for children and young people in the area.



1. Children and young people are physically and mentally healthy
2. Children and young people enjoy play and leisure
3. Children and young people learn and achieve
4. Children and young people live in safety and with stability
5. Children and young people experience economic and environmental wellbeing
6. Children and young people make a positive contribution to society
7. Children and young people live in a society which respects their rights
8. Children and young people live in a society in which equality of opportunity & good relations are promoted.

**From the Children's/Young people's survey and parents survey the top 4 priorities identified were:**

**1. Mental Health/emotional wellbeing**

**2. Education**

**3. Sports & Fitness**

**4. Health**

**Key**

<b>Completed</b>
<b>Ongoing</b>
<b>On hold</b>

Priority	What will we do	How will we do it	Lead organisation; Who will do it	What will we achieve Is anyone better off	How much did we do	Monitoring Update
<b>Mental Health/ Emotional Health and Wellbeing</b>						
<b>Our Children and Young People will be resilient and have positive mental health.</b>	Organise an internet safety masterclass focusing on how to keep children safe from online sexual predators  Outcome 1,2,4,7	Liaise with Ineq to hold masterclass. Promote across CYPSP and with teaching staff	All	Better awareness of attendees of online threats to children	Masterclass held  135 people attended  OBA completed	Feb 2020
	Provide emotional wellbeing resource & activity boxes to young people ages 14-25 to combat loneliness and support emotional wellbeing  Outcome 1,2,3,5,6	Provide 125 emotional wellbeing boxes to member organisations to deliver to young people in emotional need	LPG members  NHSCT Health and Wellbeing Mental Health lead	125 emotional wellbeing boxes delivered to young people in emotional need by member organisations  Young people's mental health and emotional wellbeing supported by boxes	125 boxes delivered  OBA completed	July 2020

Priority	What will we do	How will we do it	Lead organisation; Who will do it	What will we achieve Is anyone better off	How much did we do	Monitoring Update
	PANTS awareness campaign	Work with NSPCC and the NHSCT sexual health lead to roll out PANTS awareness campaign across the area	All  NSPCC  NHSCT H&W Sexual Health lead	Organisations & parents will have greater awareness of PANTS campaign.  Children will have greater awareness of what is acceptable and what is not and what to do if someone tries to abuse them	Virtual PANTS campaign launch  8 PANTS training sessions  Resources sent to all CYPSP member organisations  Member organisations supported to create parental awareness of PANTS campaign – Homestart Causeway  OBA will be completed	Sept 2020- Mar 2021

Priority	What will we do	How will we do it	Lead organisation; Who will do it	What will we achieve Is anyone better off	How much did we do	Monitoring Update
	Provide Christmas craft packs to support children's emotional wellbeing	Provide 125 Christmas craft packs to member organisations to deliver to children in emotional need at Christmas	All	125 Christmas craft packs delivered to children in emotional need by member organisations  Children's mental health and emotional wellbeing supported by craft packs	125 packs delivered to children  OBA completed	Dec 2020
	Provide mental health training  Outcome 1	Promote and organise mental health awareness training across area  <u>Aware NI</u> : 2 x Mental Health First Aid Programmes  <u>Action Mental Health Healthy Me</u> (2 hour Children's session).  Healthy Me (1.5 hrs Adult session or Provoking Thought YP/Adult in person session)	LPG members  NHSCT Children's directorate  Aware  Action Mental Health  Fresh Minds Education  NHSCT Health and Wellbeing Manager for Children's work	Greater mental health awareness and support  Community & Voluntary organisations have increased capacity to provide Emotional H&W support to CYP aged 4-25 and parents	Additional funding successfully identified  Number of various programmes delivered  OBA will be completed	April-June 2021

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		Fresh Minds Education 'Relax and Regulate' Programme for Community/Voluntary Groups				
	Parenting in a Pandemic by Body, Mind and Soul	Co-ordinate promotion and delivery of Parenting in a Pandemic training	NHSCT Health and Wellbeing Officer	Greater mental health awareness and knowledge of support mechanisms during Covid lockdown for parents	Training will be delivered  OBA will be completed	March 2021
	Internet safety training	Internet safety training delivered to parents	All  NHSCT H&W Sexual Health lead	Greater awareness of parents of online dangers and how to support their children to stay safe online	Internet safety training session will be delivered  OBA will be completed	2021
<b>Sports and fitness</b>						
<b>To encourage children to get physically active</b>	Develop and provide physical activity packs to primary school aged children	LPG to work with Community Sports Network and Health and Wellbeing Physical Activity lead	All  NHSCT Health and Wellbeing Physical Activity	Children will receive physical activity packs.  Greater awareness of the fundamentals of movement by	Number of packs delivered to children	2021

Priority	What will we do	How will we do it	Lead organisation; Who will do it	What will we achieve Is anyone better off	How much did we do	Monitoring Update
		to develop and disseminate individual home physical activity packs to children	lead	children and parents  Increased physical activity	OBA will be completed	
	Physical activity programmes delivered to member organisations	Community Sports Network given money to provide physical activity programmes to member organisations on a first come first serviced basis	All  NHSCT  Community Sports Network	Member organisations and children/ young people will receive physical activity programmes	Number of programmes delivered  OBA will be completed	2021
	Pre-school play equipment provided to organisations	Link pre-school organisations with NHSCT Health and Wellbeing Physical Activity lead	NHSCT Health and Wellbeing Physical Activity lead  Pre-school organisations  LPG co-ordinator	Pre-school organisation will receive new equipment	Equipment delivered to Coleraine Surestart Dalriada Surestart Homestart	Feb 2021
<b>Education</b>						
	Deliver Supporting young people in the return to school following the Covid-19	Deliver Supporting young people in the return to school following the Covid-19 lockdown training by Trauma Informed	All  NHSCT Health and Wellbeing Mental Health lead	Teaching staff reported feeling more equipped to support children and young people to return to school	400 people attended  Evaluation completed	June 2020



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	lockdown training	Schools online via Zoom	Trauma Informed Schools			
	Whole staff training in Trauma and Mental Health-Informed Schools and Communities Training	Direct funding, provide and promote whole staff training in Trauma and Mental Health-Informed Schools and Communities Training	All NHSCT Health and Wellbeing Mental Health lead	Implementation of trauma informed and mentally healthy practices into schools and organisations	Training will be delivered  OBA will be completed	March 2021
<b>Health</b>						
<b>That children and young people are supported to improve their health and maintain good health</b>	Provide ADHD Training	Provide ADHD training to parents	All	Greater awareness of ADHD and how to support children, young and their families.	ADHD training session provided X2	January 2021

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	Sharing information amongst members via email between meetings	If organisations want to share information with other members they are to email LPG co-ordinator	LPG co-ordinator	<p>Greater knowledge of services, funding, opportunities</p> <p>Greater collaboration between member organisations to create better services for children, young people and families</p>	Emails forwarded sharing information across LPG's in NHSC area	Ongoing