

CYPSP Antrim/Ballymena area Locality Planning Group Children and Young People's Plan 2020/21-2023/24

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 six 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 and good relations are promoted.

From the Children's/Young people's survey and parents survey four priorities were identified

- 1. Mental Health/emotional wellbeing**
- 2. Sports and fitness**
- 3. Education**
- 4. Health**

Key

Completed
Ongoing or awaiting evaluation
On hold/not started

Priority	What will we do (Agreed action)	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
Mental Health/ Emotional Health and Wellbeing- Our Children and Young People will be resilient and have positive mental health						
	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	NHSCT Health and Wellbeing Mental Health lead NHSCT Health and Wellbeing Officers Loneliness networks	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 Outcome Based Accountability (OBA) evaluation completed	July 2020
	PANTS awareness campaign Outcome 1,2,4,7	Work with NSPCC and the NHSCT sexual health lead to roll out PANTS awareness campaign across the area	NSPCC NHSCT H&W Sexual Health lead NHSCT Health and Wellbeing Officers	Organisation, parents and staff working with children and families will have greater awareness of PANTS campaign along with the skills & confidence to initiate conversations. Children ages 4-8 will have greater awareness of what is acceptable and what is not and what to do if someone tries to abuse them	Resources sent to 175 LPG organisations 206 Professionals trained to deliver PANTS message to parents Distribution of PANTS booklets to 175 CYPSP Group members Distribution of PANTS packs to 1000 families	Sept 2020- Mar 2021

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					<p>PANTS information and resources shared with 252 schools</p> <p>Resources provided to PHN for Year 3 reviews</p> <p>OBA completed</p>	
	<p>PANTS awareness campaign</p> <p>Outcome 1,2,4,7</p>	Work with NSPCC to continue PANTS awareness campaign across the area	<p>NSPCC</p> <p>NHSCT Health and Wellbeing Officers</p>	<p>Organisation, parents and staff working with children and families will have greater awareness of PANTS campaign along with the skills & confidence to initiate conversations.</p> <p>Children ages 4-8 will have greater awareness of what is acceptable and what is not and what to do if someone tries to sexually abuse them</p>	<p>11 PANTS workshops held for Public Health Nurses (PHN), staff working with ethnic minorities, childminders and school staff- 170 attended</p> <p>PANTS included in PHN Year 3 review reaching over 6,000 families</p> <p>All P.S. in Northern area offered PANTS</p>	2021-22

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					<p>information and resources</p> <p>PANTS books provided to 70 schools for libraries</p> <p>PANTS material translated to help work with ethnic minorities</p> <p>PANTS material translated into Makaton</p>	
	<p>PANTS awareness campaign</p> <p>Outcome 1,2,4,7</p>	<p>Work with NSPCC to continue PANTS awareness campaign across the area</p>	<p>NSPCC</p> <p>NHSCT Health and Wellbeing Officers</p>	<p>Organisation, parents and staff working with children and families will have greater awareness of PANTS campaign along with the skills & confidence to initiate conversations.</p> <p>Children ages 4-8 will have greater awareness of what is acceptable and what is not and what to do</p>	<p>PANTS workshops held for childminders, NHSCT, school & early years staff- 274 attended</p> <p>PANTS Makaton workshop held- 16 attended</p> <p>PANTS blog in PCSP</p>	22-23

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				if someone tries to sexually abuse them	Neighbourhood Watch Newsletter Runner up in NHSCT Chairperson's Award- Population Health and Wellbeing Schools PANTS week-Pantosaurus visited 17 schools, 4 nurseries and 1252 pupils Pantosaurus birthday competition- 125 children entered	
	Looked After Children's (LAC) mental health supported by arts packs Outcome 1,2,8	Arts packs delivered to LAC nurse to deliver to Looked After Children aged 4-11 identified as needing mental health support funded by Children In Need	NHSCT H&W Arts Lead NHSCT Health and Wellbeing Officers LAC Nurse	Looked After Children's mental health supported through art	20 Packs delivered Feedback gained	Dec 2020

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	Provide Christmas craft packs to support children's emotional wellbeing Outcome 1,2,3	Provide 125 Christmas craft packs to member organisations to deliver to children aged 4-11 identified as being in emotional need at Christmas	NHSCT Health and Wellbeing Officers NHSCT H&W Arts Lead	125 Christmas craft packs delivered to families with 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
	LGBT Training Outcome 1,7,8	Work in partnership with NHSCT Sexual health lead to provide LGBT Training to LPG member organisations	NHSCT H&W Sexual Health lead NHSCT Health and Wellbeing Officers Rainbow Trust	Greater awareness of LGBT issues and how to support LGBT children and young people	Number of training sessions delivered 70 people attended across NHSCT Feedback gained	Jan/Feb 2021
	Various mental health programmes Outcome 1 & 3	Promote and organise mental health awareness training across area <u>Aware NI</u> : 2 x Mental Health First Aid Programmes <u>Action Mental Health</u>	NHSCT Children's directorate Aware Action Mental Health Fresh Minds Education	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 <u>Aware NI</u> MHFA- 25 people registered <u>AMH</u> 44 attended staff sessions	June 2021 March 2021

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		<p>Healthy Me (2 hour staff session).</p> <p>Healthy Me (1.5 hrs Parent session x3)</p> <p>Healthy Me Bitesize Children's sessions x10</p> <p><u>Fresh Minds Education</u> 'Relax and Regulate' Programme for Teachers, Community / Voluntary staff</p>	<p>NHSCT Health and Wellbeing Manager for Children's work</p> <p>NHSCT Health and Wellbeing Officers</p>		<p>41 attended parents sessions</p> <p>OBA completed</p> <p><u>FME</u> 10 people completed training</p>	<p>March 2021</p> <p>June 2021</p> <p>April-May 2021</p>
Awareness raising of MH/EW issues	<p>Trauma and Mental Health-Informed Schools and Communities Training</p> <p>Outcome 1, 3</p>	<p>Provide and promote whole staff training in Trauma and Mental Health-Informed Schools and Communities Training</p>	<p>Trauma Informed Schools</p> <p>NHSCT Health and Wellbeing Mental Health lead</p> <p>NHSCT Health and Wellbeing Officers</p>	<p>Implementation of trauma informed and mentally healthy practices into schools and organisations</p>	<p>Training delivered</p> <p>OBA to be completed</p> <p>144 people attended the training</p> <p>Slides shared with 256 people (252 registered and</p>	<p>March 2021</p>

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					whose unable to attend)	
	Parenting in a Pandemic by Body, Mind and Soul Outcome 1	Co-ordinate promotion and delivery of Parenting in a Pandemic training	Body, Mind and Soul NHSCT Health and Wellbeing Officers	Greater mental health awareness and knowledge of support mechanisms during Covid lockdown for parents	Training delivered Feedback gained 31 people attended	March 2021
	Gam Care training Outcome 2, 4, 5	Co-ordinate promotion and delivery of GamCare training	NHSCT Health and Wellbeing Officers Gam Care CYPSP	Greater awareness of gambling dangers and what support is available	Training will be delivered Numbers trained recorded Feedback gained from CYPSP	June-Sept 2021
	Arts Booklet to support MHEW through art for Key Stage 2 children Outcome 1-3	Work with NHSCT and MayWe to disseminate MHEW Take 5 arts booklets through LPG members	NHSCT Health and Wellbeing Officers NHSCT Health and Wellbeing Physical Activity lead May We	MHEW of Key Stage 2 children supported through art	141 booklets disseminated to children through 9 organisations in the Antrim Ballymena area Evaluation completed	June-July 2021

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	Provide Christmas Art booklets to support children's emotional wellbeing Outcome 1,2,3	Provide Christmas art booklets to member organisations to deliver to children aged 4-8 around the theme of Take 5	NHSCT H&W Arts Lead NHSCT Health and Wellbeing Officers May We	1000 Christmas art booklets delivered to families with children in emotional need by member organisations Children's mental health and emotional wellbeing supported by craft packs	1000 arts booklets delivered to children across Northern LPG's Feedback gained	Dec 2021
	Resilience building Outcomes 1, 3, 4, 6, 7, 8	NHSCT Parenting Programmes Survey carried out to capture gaps, training needs, programme delivery, and challenges	NHSCT Health and Wellbeing Manager for Children's work NHSCT Health and Wellbeing Officers	Gaps, training needs, programme delivery, and challenges will be captured that will enable parenting programmes to be delivered that meet the needs of parents and children	64 responses 47% completion rate Report will be completed	Oct 21- Jan 22
	Resilience building Outcomes 1, 3, 4, 6, 7, 8	<u>Solihull Two Day Foundation Training</u> Organise three foundation training sessions and follow up practice sessions Co-ordinate Solihull Whole School training	NHSCT Health and Wellbeing Manager for Children's work Solihull Incredible Years Parents Plus	Parents are more equipped to help their children be resilience pressures and trauma	<u>Solihull</u> 3 Foundation training sessions delivered to 43 staff. Practice sessions ongoing 12 schools (6 PS, 6 Post-primary)	November 2021 – March 2022

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		<p><u>Incredible Years</u> Ongoing promotion of IY training programmes and support.</p> <p><u>Parents Plus</u> Deliver Parents Plus Special Needs Programme Training</p> <p><u>Parenting NI</u></p>	<p>Parenting NI</p> <p>NHSCT Health and Wellbeing Officers</p>		<p>across Northern area</p> <p><u>Incredible Years</u> 2 facilitators trained in Incredible babies. Practice Sharing event targeted at Heads of Trusts and PHA planned for 23rd May.</p> <p><u>Parents Plus</u> 4 staff completed training</p> <p>Adolescence & Working Things Out refresher session offered to Eotas staff</p> <p><u>Parenting NI</u> Odyssey Parenting Your Teen x 1 delivered in Northern area. 60</p>	<p>2021-22</p> <p>2021-22</p> <p>21-22</p>

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		Co-ordinate Odyssey Parenting Your Teen Co-ordinate Challenging behaviour programmes			parents on waiting list for Parenting Children's Challenging Behaviour programme in Northern. 3 six wk programmes to reduce list funded.	
	Focus with parents, children/young people and staff Outcomes 1, 3, 4, 6, 7, 8	Trauma Informed schools UK sessions provided to local schools staff in Antrim Ballymena area	NHSCT Health and Wellbeing Manager for Children's work NHSCT Health and Wellbeing Officers	Greater mental health awareness and support for CYP and parents	Delivered to Ballymena Academy, Parkhall College, St Benedict's and Mount St Michaels PS. Two further webinars available for additional schools.	March 2022
	Awareness raising of CYP MHEW needs Outcomes 1, 3, 4, 6, 7, 8	Mental Health and Emotional Wellbeing sub-Group agreed a conference to show MHEW around children and young people. Northern	CYPSP Mental Health and Emotional Wellbeing sub-Group members	Greater mental health awareness and support for CYP and parents	250 people attended Conference evaluation and feedback	June 2022

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		Area Outcomes Group agreed to the proposal and date 15 June 2022. Looking to include examples of good practice/ ideas and funds to support.	NHSCT Health and Wellbeing Manager for Children's work NHSCT Health and Wellbeing Officers			
	Infant Mental Health	Infant Mental Health IMH has now been explicitly included into the Regional Mental Health Strategy for NI 2021-2031, particularly those actions specific to promoting and improving mental health. IMH Awareness week June 13-19th will be 'Understanding Early Trauma'	NHSCT Health and Wellbeing Manager for Children's work NHSCT Health and Wellbeing Officers	Greater mental health awareness and support for infants and parents		June 2022
Supporting BAME children and young people's	Outcome 1, 8		NHSCT Health and Wellbeing Officer Antrim Ballymena			2022/23

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mental health/ emotional wellbeing						
Physical Activity- To encourage children to get physically active						
	Pre-school play Healthy Movers packs provided to Surestart organisations Outcome 1-3	Link Surestart organisations with NHSCT Health and Wellbeing Physical Activity lead	NHSCT Health and Wellbeing Physical Activity lead Surestart NHSCT Health and Wellbeing Officers	Pre-school organisation will receive new equipment Increased movement & daily physical activity	60 healthy Movers packs delivered OBA completed	Feb 2021
	Funding provided for toy box in park Outcome 1, 2, 3, 5, 8	Work with MEA council to place toy box in park to promote outdoor play especially to socially deprived children	MEA Council NHSCT Health and Wellbeing Officer Antrim Ballymena	More outside play opportunities	Toy box placed and used	March-June 2020
	Physical activity programmes delivered to member organisations Outcome 1-3	Community Sports Network funded to provide physical activity programmes to member organisations	NHSCT Children's department Community Sports Network	Member organisations and children/ young people will have increased access to physical activity programmes relevant to their needs and age group	Additional funding successfully identified Number of programmes delivered	March-June 2021

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			NHSCT Health and Wellbeing Manager for Children's work		Evaluation completed	
Encouraging outdoor activity	A photo competition in which children send in a photo of them being active outside. Outcome 1,2,5	Flyer advertising competition sent to members to share with the children, young people and parents they work with. CYP will send in the photos to the H&W Team. Winners and runners up will be chosen and prizes given.	EA Start 360 MEA council Surestart PHA NHSCT Health and Wellbeing Officer Antrim Ballymena	Children and young people encouraged to be active outside benefiting from being physically active, connecting with nature and absorbing Vitamin D	96 entries received from 33 children OBA completed	August 2021
	Carry out physical activity outside survey with CYP Outcome 1,2,5,6,7	Carry out survey of children and young people what physical activity they would like to do more of outside and what are their barriers to that through the CYPSP members	EA Start 360 MEA council Surestart PHA NHSCT Health and Wellbeing Officer Antrim Ballymena	We will determine what physical activity CYP would like to do more of outside and what are their barriers to that are which will be shared with CYPSP LPG members	30 CYP & 47 parents completed survey Results shared with LPG members and council	July- August 2021

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	Provide physical activity equipment to organisation to encourage physical activity in CYP outside	Treasure chest physical activity equipment boxes given to pre-school organisation	NHSCT Health and Wellbeing Physical Activity lead Sure Start Ballymena Antrim NHSCT Health and Wellbeing Officers	Pre-school organisation working in area of deprivation will receive new equipment Increased movement & daily physical activity by CYP	3 activity treasure chests given to Sure Start Ballymena Antrim Feedback gained	Jan 2022
Education- Children and young people learn and achieve						
	Deliver Supporting young people in the return to school following the Covid-19 lockdown training Outcome 1,3,4	Deliver Supporting young people in the return to school following the Covid-19 lockdown training by Trauma Informed Schools online via Zoom	NHSCT Health and Wellbeing Mental Health lead Trauma Informed Schools NHSCT Health and Wellbeing Officers NHSCT Health and Wellbeing Manager for Children's work	Teaching staff reported feeling more equipped to support children and young people to return to school	366 people attended Evaluation completed	June 2020
	Support P7 children with transitioning to post-primary	Looking After Me journal given to children with additional MHEW needs to help them	Action for Children EA	Children more prepared to transition to post-primary	113 journals given to children to support transition OBA completed	March-June 2021

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	Outcome 1,3,7	transition to post-primary	NHSCT Health and Wellbeing Officers			
Collaboration : Linking with schools and Area Learning Community groups to assess and help to meet needs of CYP in education	Outcome 3		NHSCT Health and Wellbeing Manager for Children's work EA Area Learning Community Groups			2022/23 23/24
Health- That children and young people are supported to be healthy						
	Promote ADHD Training Outcome 1 & 8	Co-ordinated ADHD Changing Lives Initiative training to LPG member organisations to parents and professionals	Changing Lives Initiative NHSCT Health and Wellbeing Officers	Greater awareness of ADHD and how to support children, young people and their families living with ADHD	17 parents attended who found it to be very informative and helpful, they found being able to share experiences beneficial.	Jan 2021
	Increase Disability awareness Outcome 1,4,7,8	Co-ordinate Demystifying Disability Hate crime webinar	Leonard Cheshire Trust NI	Greater disability knowledge	19 people attended the webinar	May 2021

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			NHSCT Health and Wellbeing Officers		OBA completed, positively evaluated	
Food/ Nutrition Growing food, knowing what to eat, how to cook it. Practical healthy cooking classes and training	Provide Grow your own vegetables kits and recipe books Outcome 1,3,5	Fund and co-ordinate 250 Grow Your Own Vegetable kits and recipe booklets to primary school aged children across Antrim Ballymena	NHSCT Health and Wellbeing Officers Groundworks MEA Council AN Council NHSCT Health and Wellbeing Lead for Antrim Ballymena	CYP will be physically active outside, connect with nature, learn or develop a new skill, learn about where food comes from and improve nutrition	250 Grow Your Own Vegetables kits delivered to CYP across the area OBA completed	March 2022
Food/ Nutrition Growing food, knowing what to eat, how to cook it. Practical healthy cooking classes and training						

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Food/ Nutrition Growing food, knowing what to eat, how to cook it. Practical healthy cooking classes and training	Physical activity/nutrition programmes delivered to member organisations Outcome 1-3	Community Sports Network funded to provide physical activity/nutrition programmes to member organisations	NHSCT Children's department Community Sports Network NHSCT Health and Wellbeing Manager for Children's work	Member organisations and children/ young people will have increased access to physical activity programmes relevant to their needs and age group. Family learns new healthy recipes, new cooking skills and cooks together	Additional funding successfully identified Number of programmes delivered Evaluation completed	March-June 2021
Breast-feeding Promoting and growing the Welcome Here scheme, linking in with World breast-feeding week campaign	Promote World Breastfeeding Week Outcome 1	Work with NHSCT Trust breast-feeding co-ordinators to compile and disseminate information to database about World Breastfeeding Week and how they can become a Breastfeeding friendly organisation	NHSCT Breastfeeding co-ordinators NHSCT Health and Wellbeing Officer Antrim Ballymena	Organisations will be more aware how they can support breastfeeding mothers Mothers will feel more supported to breastfeed in LPG member organisations More mothers will be aware of online antenatal breastfeeding support classes and breastfeeding support	Information on breastfeeding and World Breastfeeding Week shared with all Northern LPG members (440 members) Links made with breastfeeding co-ordinators. Agreement to share all future breastfeeding information with members	August 2021 August 2022

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Other						
Poverty/ money management <u>Reducing poverty,</u> financial/ budgeting training, education opportunities for money management	Alleviate poverty especially digital poverty impacting on school work Outcome 5 & 6	Secured funding through Save the Children (StC) Initiatives. Partnership set up with StC and FSH and more recently with Antrim/ Newtownabbey borough Council Community Advice Centres. The funding assists with offering practical financial support for vulnerable families within all LPG areas through FSH, this included early learning packs and household items.	Family Support Hubs Save the Children NHSCT Children's department NHSCT Health and Wellbeing Manager for Children NHSCT Health and Wellbeing Officers Antrim/ Newtownabbey Council Community Advice Centres	Practical financial support was provided to vulnerable children, young people and families in need to alleviate the impact of poverty	Antrim/Ballymena 13 families (30 children) received financial assistance	Jan 2021
Poverty/ money management <u>Reducing poverty,</u> financial/ budgeting	Alleviate poverty of families in need Outcome 5 & 6	Secured funding through Save the Children (StC) Initiatives. Partnership set up with StC and Community Advice	Save the Children NHSCT Health and Wellbeing Manager for Children	Practical financial support was provided to vulnerable children, young people and families in need to alleviate the impact of poverty	386 families including 913 children received financial assistance across Northern area	Jan-April 2022

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training, education opportunities for money management		Service (CAS) Centres and councils. The funding assists with offering practical financial support for vulnerable families within all LPG areas through CAS, e.g. food vouchers, laptops for school work, fuel and household white goods up to £340.	Antrim/ Newtownabbey Council Community Advice Centres Mid and East Antrim council			
Poverty/ Money management Reducing poverty, <u>financial/ budgeting training, education opportunities for money management</u>	Train the trainer financial training to cascade to parents Parent financial training Outcome 5 & 6	Co-ordinate delivery of Talk, Learn, Do training	Reed in Partnership NHSCT Health and Wellbeing Officers Money and Pensions Advice Service	Greater financial awareness and more financial stability	6 LPG members attended training Number of parents attending training	May-June 2021
Poverty/ Money management	Financial training for members on	Offer all members training on Money Helper website	Reed in Partnership	Members more aware of financial products and assistance. Better able to	15 members attended the training	May 2022

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Reducing poverty, <u>financial/ budgeting training, education opportunities for money management</u>	Money Helper website		NHSCT Health and Wellbeing Officers Money and Pensions Advice Service	signpost their service users	OBA completed	
Poverty/ Money Management /Cost of Living						22-23
Online safety: focusing on parents	Internet safety training Outcome 1,2,4,7	Create and launch Digital Safeguarding Forum February 2022 during Safer Internet Week Social media campaign targeting teens 13-17 years (Facebook, google) and 28-43 years (Parents). Campaign	Northern Digital Safeguarding Forum NHSCT Health and Wellbeing Officers NHSCT Health and Wellbeing Manager for Children NHSCT Health and Wellbeing Mental Health lead	Greater awareness of parents and young people of online dangers and how children and young people can stay safe online	Launched in Safer Internet Week with themes of problematic sexual behaviour, anti-bullying and mental health Social media campaign ran with animated videos targeting teens and parents.	2022-23 Feb 2022 March-April 2022

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		<p>completes end of April. Results then collated.</p> <p>Plans to run core digital safeguarding training around cyberbullying and additional social media/mental health/problematic sexual behaviour.</p> <p>A short video to be made available for parents e.g. induction nights/year 8 open days etc.</p>				<p>May-June 2022</p> <p>June 2022</p>
ASD	<p>ASD training focusing on parents and staff</p> <p>Outcome 1 & 8</p>	<p>Autism NI Level 1 Fundamentals of Autism delivered online to staff and parents across Northern LPG's</p>	<p>NHSCT Health and Wellbeing Officers</p> <p>NHSCT Autism Lead</p> <p>Autism NI</p>	<p>Greater awareness amongst staff and parents how to support children with ASD</p>	<p>Training delivered to 20 people across Northern area</p>	<p>Dec 2021</p>