

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

Tuesday 8th November 2022 at 2pm in ASD Teens – All About Us Offices, Antrim or via Zoom:-

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| Gerry McVeigh | Co-Chair, Assistant Manager, YES Start 360 |
| Lynsey McVitty | Health and Wellbeing Officer (Antrim/Ballymena), NHSCT |
| Linda Wylie | Programme Support Officer (Antrim/Ballymena), NHSCT |
| Mervyn Rea | Co-Chair |
| Will McDowell | Tackling Deprivation Co-ordinator, Antrim & Newtownabbey Borough Council |
| Karen Bruce | Environmental Health Officer, Mid & East Antrim Borough Council |
| Claire Kelly | Family Support Practitioner, Family Support Hub |
| Jude Murphy | CFSP, Network Personnel |
| Christina O'Neill | Manager, All About Us |
| Shannon O'Neill | Volunteer, All About Us |
| Hannah Bowyer | Community Development Officer, Ballymena South Community Cluster |
| Lynn Kyle | Turning Point |
| Sharon Caldwell | Home Start, Antrim |
| Tina Gregg | Antrim & Ballymena Surestart |
| Karen Merwick | Deputy Manager, Community Advice, Antrim & Newtownabbey |
| Kate McDermott | Health & Wellbeing Manager, (Antrim/Ballymena), NHSCT |
| Laura McCaughey | Impact Network |
| Kiri McLaughlin | Fresh Minds Education |
| Hannah Crawford | Women's Aid |
| Lexie Scott | Co-ordinator Ballymena Learning Together |
| Katie Stewart | Princes Trust |
| Leona Christie | Toybox – Early Years |
| Paula McLaughlin | NICMA |
| Melanie Maxwell-McIlroy | Mid & East Antrim Co-ordinator Network Personnel |
| Nigel Montgomery | Education Authority NI |
| Veronica McKinley | NACN |
| David Caskey | Oasis |
| Christina Murray | Parenting NI |

1. Welcome & Apologies

Mervyn welcomed everyone.

Apologies:-

Lisa Montgomery – RISE Team, NHSCT

Stacey Myles – Antrim & Newtownabbey Borough Council

Pamela McClelland – Impact Network NI

Eileen Maguire – Barnardos

Noel Gallagher – Education Authority NI

Nathan Lowry – Bytes

Heidi Johnston – Youth Justice

2. Minutes of Last Meeting

Agreed as accurate.

3. Matters Arising

None

4. Will McDowell, Tackling Deprivation Coordinator, AN Council

Will brought us a very informative presentation on his work which he indicated falls within the Community Planning Team of Antrim & Newtownabbey Borough Council.

Will highlighted the work of Neighbourhood Renewal which is a part of his remit within Antrim & Newtownabbey Borough Council. There are two Neighbourhood Renewal Officers. Their aim is that people living in the neighbourhood renewal area have access to the best possible services and opportunities. He indicated the areas deemed most at risk within Antrim & Newtownabbey Borough Council are Monkstown, Carnmoney and Mossley. Local scheme and projects currently operating are School Uniform Re-Use Scheme, Social Supermarket Model, Christmas Toy Scheme, Winter Warm Activities, Period Poverty, Winter Coat Scheme, Oil Stamp Scheme, Slow Cooker Programme and Muddy Boots Programme.

They are currently in the process of planning four months of activities within the Antrim and Newtownabbey Area. Council events will all be free and information regarding same is available on their website. Warm Places areas will also be listed on their website which is now live.

Karen Bruce Environmental Health Office, MEA Council

Karen brought us a very informative presentation on the work of the Health & Wellbeing Team within Mid & East Antrim Borough Council.

Karen explained that as a result of home accidents 70,000 attend the Accident and Emergency Department each year with 17,000 admissions to hospital.

Risks regarding accidents at home are slips, trips and falls, burns and scalds, fire related accidents, Carbon Monoxide Poisoning, Hypothermia and Ingestion/poisoning.

Their Home Safety Service provide informal risk assessments of homes, free advice, information and equipment and onward referrals to other relevant schemes and services.

Karen also highlighted the issue of Fuel Poverty in Northern Ireland. This occurs when people need to spend more than 10% of their income on heating/fuel costs. Two out of every five households are thought to be affected in Northern Ireland.

The Energy Efficiency Service offers free advice and guidance on home energy, condensation advice, onward referrals to Grant schemes and support services, home visits and energy efficiency equipment, e.g. radiator keys, chimney balloons etc.

Karen highlighted the Affordable Warmth Scheme which is available for home owners and private tenants and is eligible if gross income is below £23,000.00. Improvements can include wall and roof insulation, upgrade to heating system and replacement windows.

They also offer a Heating Lending Scheme which is for households with broken down boilers, those waiting on Grant approvals and unable to afford to pay for oil or gas.

Karen also mentioned the benefits of the Oil Stamp Scheme and Oil buying Clubs.

Karen highlighted Community Programmes which Mid & East Antrim Borough Council are running. These include Sew Energy Efficient which is a programme which lends sewing machines to various organisations to enable groups to learn how to sew. One of the items which participants will sew is a draft excluder.

Cook Slow Eat Well programme is another programme for Community groups highlighting the use of Slow Cookers which are a more efficient means of cooking. Karen mentioned that vulnerable groups can be provided with a Slow Cooker and a bag of ingredients. She asked members to contact her if the participation in this scheme is of benefit to their groups.

Karen also mentioned that she has a small number of Cooking with Toddlers resources packs available. She can also provide a Batch Cooking lending resource.

A Safe Warm Well-come. Karen highlighted this scheme which is a Mid & East Antrim Borough Council Grants programme which was released two weeks ago.

She also highlighted the Air Fryer Programme which is being run with the help of NHLP. A small number of households which will be identified via home visits will receive an Air Fryer and Cook Book. An Air Fryer has been proven to run using 10% less electricity than an oven.

Mervyn thanked Will and Karen for their presentations on what are very important issues for everyone and especially relevant in the middle of the current Cost of Living Crisis.

5. Family Support Hub update – Claire Kelly

Family Support Hubs have noted an increase in the referrals since schools returned and are noting large areas of unmet need. Unmet within the Ballymena /Antrim area is mainly in home support services for ASD, parenting and behavioural support and counselling for younger children under the age of 8 and befriending services for teens anxiety support group for teens. With the exception of NEISS in the Ballymena Area we have no in home support services currently. AFC choices have closed their waiting list for referrals due to a large waiting list.

I have been out at several networking events since our last meeting some of these being in local schools to discuss the FSH support with parents and the staff , some staff are aware of the hubs but do not fully understand what support we can offer and what to put on the referral form . I have a few more events lined up for early next year. I am as always keen to hear of any local events going out family days etc. particularly Christmas /Easter summer events.

In the run up to Christmas I have been linking in with the local foodbanks as they supported us last year with Christmas hampers which I delivered out to families. If anyone is running any Christmas hampers/support and would like to offer that support to hubs it would be greatly appreciated.

The hub cut off for Dec is earlier than usual (Dec 1st) to allow us to be out and deliver the toys and hampers to families. The hubs finish for Christmas on Friday 23rd Dec to Tuesday 3rd January.

Reminder the HUB meeting will be a face to face meeting in January.

6. Member Updates

Christina O'Neill- All About Us-ASD Teens

We are also finding a lot of people both within our group and the community are struggling with the cost-of-living crises. To help with this we have been able to secure funding from the Asda foundation and are running a free Winter Warmers project which is supplying a hot meal for take away or eat in Monday to Friday from 12.30-2pm for anyone who needs/wants it, it is a drop-in service.

In addition to this we have Lego based therapy being held on a Wednesday from 3.15-4.15 and an exploring our senses programme on Thursdays from 3.15-4.15.

Young people have begun their Social Enterprise level 1 qualification running on Wednesdays from 5pm - 6pm and the asdan qualifications in personal development and independent living levels 1-3 running on Tuesdays from 5-6pm.

We are planning in running the incredible year's parent support basic programme in the new year.

We are also due to hold our AGM in January (date to be confirmed) and are currently seeking new members to join our committee.

Hannah Bowyer – Ballymena South Community Cluster

Our Ballymena South Cluster Networking Event took place on 6th October with a number of support services and community groups attending. This was an informative day for everyone involved. Ballykeel Together Development Association are still going strong with their Bright Stars Youth Club that supports children with ASD and/or additional needs. EA's Ballymena South Youth Worker is working with a group in Ballee, meeting every Monday from 6:30-8pm. Reps from our Ballymena South community groups attended a meeting in which N. Esler presented the SMART Minds Programme, which is an early intervention method designed to work as a preventative model in developing children's understanding of mental health and well-being.

Lynn Kyle – Turning Point

Turning Point NI are running the #youmatter project which supports individuals presenting with suicidal ideation and mental ill health. We 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 interventions and prevention.

The services we offer include:

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

Kate McDermott – NHSCT

Solihull Two Day Foundation Training Update

NHSCT is currently running an in-person Two Day Foundation Training that was promoted via LPGs. Expressions of Interest for a further Two Day training will be promoted soon for early 2023.

What is the Solihull Approach©?

The Solihull approach is an evidenced based and widely recognised treatment programme developed for practitioners who work with children and families. The Solihull approach uses already established evidenced based theories i.e. child development, psychoanalytic and behaviourism in a programme approach to develop understanding of children's brain development, interactions and management.

Solihull 2-day foundation training

The Solihull 2-day foundation training is a comprehensive training package which covers the important elements of brain development, process of containment, reciprocity and behaviour for learning.

It is aimed specifically at those who are managing or working directly with and/or supporting children of 4 years and upwards. This may include teachers, social workers, nurses, non-statutory agencies and voluntary services etc.

Following attendance at both days (usually a week apart) attendees should attend 4 follow up practice sessions which last approx. 1-2 hours on a monthly basis.

Incredible Years Training

Opportunities exist for organisations that are interested in Incredible Years trainings or have members trained as IYs Parent Group leaders. There are a range of support programmes available as well as provision of resources. Please contact kate.mcdermott@northerntrust.hscni.net for further information.

Incredible Years is an evidence based programme series for parents, children and teachers based on social learning theory. It is supported by over 30 years of research, replication and new programme development and recommended by NICE guidelines for prevention o/reduction of conduct disorders.

Save the Children Family Support Programme

Save the Children in Northern Ireland is working in partnership with NHSCT, local councils and Community Advice Centres to provide support for families in financial need with at least 1 child under 6 years of age. Referrals are made through Community Advice to identify their needs and choose from a range of options which include supermarket and Argos vouchers, early learning packs, household products, toy bundles. ANBC have identified match funding with NHSCT and are up and running. For further information contact kate.mcdermott@northerntrust.hscni.net.

Kiri McLaughlin- Fresh Minds Education

It has been a busy time at Fresh Minds Education as we have just received **Charity status**.

Loss, Grief and Bereavement Service Launch

We have launched our Let's Grow Together service. This Tier 2-3 service is for children & families experiencing loss and grief; information about this new service and how to express an interest in using it can be found here:

<https://freshmindseducation.com/fresh-little-minds-lets-grow-together-overview/> We presently have availability to support children and families in the Antrim and Ballyclare area with immediate start – referrals can be made through the LGT expression of interest form.

Resilience & Mental Health for children and young people

The teams have also been developing and supporting the roll out of the new Fresh Little Minds programme in collaboration with NACN, NHSCT, Participatory Budgeting, DoH and CFNI. Training has been provided for teachers of the Glens area and community facilitators within the Northern Trust. Fresh Little Minds is a trauma informed, digital, play based programme to support children to develop their resilience and mental health.

Suicide Prevention

A Connections Suicide Prevention Training the Trainer event is being hosted in December for more information or to register interest email

hello@freshmindseducation.com

School Bag Appeal

Fresh Minds Education had a hugely successful School Bag Appeal where we were able to support 300 families in the Northern Trust in preparing their children for the return to Primary / Post Primary School in September.

Lynsey McVitty – NHSCT

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 Mental Health and Wellbeing courses

The Recovery College provides educational workshops to anyone 16+ who has an interest in their own Health and Wellbeing ✨ All courses are free and available to all. Courses focus on mental health and will be via Zoom. To contact the Recovery College call 028 9441 3449 or email recovery.college@northerntrust.hscni.net

Walk in Covid vaccinations for people 5+ are still available at the Seven Towers leisure centre. 1st, 2nd and booster doses available. Open from 9.30am. Eligibility criteria for COVID-19 Booster Programme:

- Frontline Health & Social Care Workers
- Pregnant Women
- 5 -17 years of age in clinical at risk groups
- 5 -17 years of age who are household contact of anyone who is immunosuppressed
- 16 -17 years of age who are a carer

- Non frontline HSC workers who are 50 plus or 18-49 in a clinical risk group

Fostering- Trust looking more foster carers

As a foster carer, you will receive comprehensive training, financial allowances and ongoing social work support. To find out more call HSC NI Foster Care on 0800 0720 137 or visit <https://crowd.in/u43rx4>

Gerry McVeigh – Start 360

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

- **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. Outreach to schools and youth groups with programmes
- **Connections service** – Drug & Alcohol Awareness sessions for young people and for adults/professionals
- **Health & Wellbeing** - Tuesday & Wednesday 12-2pm anyone can call into Start360 in Ballymena for support, guidance, signposting on emotional health & wellbeing. No appointment necessary
- **Guitar lessons** for young people aged 11-25 Tuesdays 4-5.30pm. £3 per half hour session
- **Wednesday Wellbeing Yoga** programme Wednesday’s 6-6.45pm open to anyone aged 18 or over.
- **Dry January/Feel good February** – can get Promotion Packs with information and goodies etc. for staff or those you work with. Conference being planned for 18th January in Cookstown on the Impact & Influence of Alcohol with speakers, information stands and wellbeing sessions. Contact Catriona.Fitzsimons@Start360.org for more information.

Hannah Crawford – Women’s Aid ABCLN

I am from Women’s Aid ABCLN and I have two roles within the organisation. I am a Community Based Children’s Support Worker base in Antrim. Currently I have 7 children in my caseload and I see them on a 121 basis in their school or in the office. The children I do my 121 sessions with have witnessed domestic abuse within the home. I do various programmes with them to work on their self-esteem and confidence. Within this job role I also go into primary schools and deliver our

programme called All About Me. This is a 4 week programme based on self-esteem and confidence building. I am currently in Round Tower Primary school in their Primary 5 class.

As of Monday past I am now also the Voices Co-ordinator for the Ballymena and Antrim area. I will be organising Voices groups in both of these areas really soon. In these groups teens can come and socialise with other teens, take part in different courses like OCNs, leading to them possibly becoming a peer mentor. This is great for their CVs/personal statements. I will be making some posters and if they could be shared on the newsletter that would be great. Within this role I also go into secondary schools and other youth organisations and do our Heading for Healthy Relationships programme. This is a 4 week interactive programme talking about important matters such as consent, domestic violence and healthy and unhealthy relationships.

Katie Stewart – The Princes’ Trust

The Prince’s Trust offers programmes to young people aged 16-30 to help them develop the skills and confidence to move into education, training or employment. We have programmes focussed on personal development, programmes with employment opportunities and our enterprise programme. Information on our upcoming courses can be found on the Prince’s Trust Northern Ireland social media pages.

Christina Murray - Parenting NI

I work for Parenting NI and facilitate the delivery of the ‘Families Together Programme’, based in 3 primary schools within Antrim town. My role involves, engaging with parents and families, delivering parenting programmes and maintaining contact with existing families as well as generating new contacts. I am pleased to be involved with the Locality group and look forward to getting to know everyone.

7. Action Plan Update

Future Actions

- Cost of living crisis- poverty sub group
- 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. PANTS Schools week
- Cost of living crisis- poverty sub group

8. AOB

PHA leaflets and resources are available from Health & Wellbeing Team. Please e-mail requests to:-
healthandwellbeing.resources@northerntrust.hscni.net or contact Lynsey directly.

Free Cookie cutters are available for any interested groups.
Thanks to All About Us – ASD Teens for providing the venue

9. Date, Time & Venue of next meeting.

It was agreed to continue with hybrid meetings. Next Meeting -
Tuesday 10th January 2023 – 2 - 4pm in the offices of Start 360, Ballymena or
via Zoom.