

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

Tuesday 31st January 2023 at 2pm in Start 360 YES Offices, Ballymena or via Zoom

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
Eleanor Ellerslie	Somewhere For Us (VYP) Project Manager, CRUSE
John Maxwell	CAP
Alison Keenan	Peace Plus
Katie Stewart	Princes Trust
Paula McLaughlin	NICMA
Denise McVeigh	Development & Engagement Officer, NICMA
Zara Monteith	Administrative Pastor, Journey Community Church
Hannah Crawford	Women's Aid
Melanie Maxwell-McIlroy	Mid & East Antrim Co-ordinator Network Personnel
Chris Lindsay	EWO, Education Authority
Nigel Montgomery	Senior Youth Worker (Ballymena) Education Authority
Christina Scott	CFSP Family Mentor, Network Personnel
Lexi Scott	Ballymena Learning Together Co-Ordinator
Noel Gallagher	Senior Youth Worker (Antrim) Education Authority
Tina Gregg	Action for Children
Kyleigh Lough	Operations Manager, Mae Murray Foundation
Sheena Morrison	Community Outreach Worker, Aware NI
Amanda McNeilly	Communications & Information Support, Impact Network NI
Sheena Morrison	Aware NI
Eileen Maguire	Barnardo's

1. Welcome & Apologies

Gerry welcomed everyone.

Apologies:-

Lisa Montgomery – RISE Team, NHSCT

Leona Christie – Early Years

Sharon Caldwell – Home Start, Antrim

Christina O'Neill – ASD Teens

Claire Kelly – Family Support Hub
Karen Merwick – AN Community Hub
Christina Murray – Parenting NI
Nathan Lowry – Bytes
Lynn Kyle – Turning Point

2. Minutes of Last Meeting

Agreed as accurate.

3. Matters Arising

None

4. John Maxwell - CAP

John, Centre Manager from CAP Ballymena, brought us a very informative presentation regarding the organisation Christians Against Poverty (CAP).

CAP was commenced back in 1996 in Bradford by John Kirkby. Having had personal experience he wanted to help those burdened by debt to negotiate with creditors and set up budgeting systems. It has now grown to a widely spread organisation and most of Northern Ireland is covered. John mentioned that CAP website shows all of the areas covered.

John indicated that he became involved in CAP 11 years ago and helped set up the centre in Ballymena.

He advised that people aged 18 years plus should ring 0800 328 006 to arrange an appointment with a Debt Adviser. The first appointment is arranged via their headquarters in Bradford. Three visits are organised by a Befriender who will call with clients. On the second visit the client will be asked to produce paperwork and this is sent electronically to Bradford. If the debt can be paid off in five years they will set up a Debt Management Plan. The Befriender will be on hand throughout the process and offer as much help as possible.

Alison Keenan – PEACE PLUS

Alison Keenan of Peace Plus spoke to us about the programme which has been designed to support peace and prosperity across Northern Ireland and the border counties. As a result they have planned to engage with people in the Mid & East Antrim area as widely as possible.

Alison indicated that in order to thrive individuals need to have good relations with all. This translates as coming together and celebrating what has been achieved, having a pride in where people live and recognises the value of community spirit.

Priority Areas for Action

- Addressing Isolation.

- Changing attitudes and behaviour
- Cleaning & tidying towns & villages
- Raising aspirations especially for young people.
- Having facilities that are accessible and fit for purpose.
- Youth Workers

Alison asked the questions:-

“What does Peace Plan for Mid & East Antrim area mean for CYPSP”?

“Identify one project to include within the programme?”

It was indicated that as Ballymena and the surrounding area has a large migrant community it was important to establish how we can work together with the youth of all of the community.

It was indicated that we each need to know more about each other’s culture, identify what works and establish what common ground we have. More awareness is needed generally.

It was suggested that vacant shops in our towns and villages could be used as hubs for the youth. Another suggestion was for children and young people of different ethnicities to co-design Peace programmes.

Alison thanked the partners for their input and handed out sheets for individual partners ideas.

5. Family Support Hub Update – Claire Kelly

The Family Support Hubs had a busy Christmas and were able to support 5 families, with a total of 14 children, through the cares Christmas Appeal. We also supported families with our crisis fund providing food vouchers, gas, electric and home heating oil top ups.

Over recent months, the Family Support Hubs have been really busy and seen an increased demand for services in our areas. As always there continues to be a level of unmet need in the area, specifically within the areas of counselling and in home family support.

6. Member Updates

Lynsey McVitty – NHSCT

1. Autism Information Roadshows

In Larne, Carrick and Ballymena.

- Carrick- Town Hall 31st Jan 6-9pm
- Ballymena- Harryville Com Centre 17th Feb 2-5pm

- Larne- Market Yard 25th March 2-5pm

2. Bereavement Comfort Call Volunteers

Usually 16+ Contact volunteer service in the Northern Trust.

3. 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

4. Marquees, tables and chairs

The Health and Wellbeing Team purchased five marquees to enable us to deliver outdoor sessions. These marquees are going to be housed within community networks. They will be able to use away at them obviously as well while they have them. They will be arriving next week. We may keep one in lockbox.

So if you are planning anything outdoors in summer and fear the rain just let us know and we can let you know where your closest marquee will be held. Marquees are 3mx6m. There are also tables and chairs available.

5. No Smoking Month in March

Resources available to borrow around no smoking- i.e. props and freebies- pens, pencils, tangle, stress balls, leaflets, posters, bookmarks. Vaping resources are also available- body board and some leaflets

6. Incredible Years Information and Training

Why Choose Incredible Years Introductory online Information Session, 21st Feb 11.30am-1pm

Free information session on 'Why Choose Incredible Years' event on 21st February. The Incredible Years is a series of programmes for Parents, children and teachers and is suitable for agencies, funders and commissioners interested in evidence based parenting and family support. Please see flyer attached for more information and to register interest.

Incredible Years Basic Parent Group Leader Training March 2023

This is an accredited 3 day face to face training workshop to become an Incredible Years certified Parent Group Leader. A few places still available. Please see flyer for further information or contact kate.mcdermott@northerntrust.hscni.net if any queries.

Within my role as a Child Support Worker (Antrim), I currently have eight children in my caseload who all have either witnessed or been affected by domestic abuse. I would do one to one therapeutic support work with them either in schools, the office or via video call.

In my other role in Women's Aid ABCLN as Voices Co-ordinator, covering Ballymena and Antrim, I have started Voices groups. Voices is a teen group for any young people aged 13 to 18. These groups will give teenagers the chance to socialise with others, learn new skills, complete various programmes and go on different trips. The aim would be to help build their confidence and self-esteem. They can go on to be a peer mentor and then could volunteer within Women's Aid ABCLN which would be great for their CVs/personal statements.

Our Voices groups ran before Covid but like everything else they stopped so this will be a brand new Voices group. As it is brand new we want the teens that come to tell us what they want to do or to learn about.

I have also been busy going into schools and various youth organisations delivering our Heading for Healthy Relationships programme, talking about domestic abuse and signs of a healthy and unhealthy relationship.

If anyone knows any young people that would like to join my Voices group, feel free to contact me. My email is hannah.crawford@womensaidabcln.org. Antrim Voices is on a Wednesday from 4pm to 6pm and Ballymena Voices is on a Thursday from 4pm to 6pm.

Katie Stewart – Princes Trust

Alongside our regular programmes, we have a couple of new personal development programmes starting in February and March – Get Started with Mindfulness and Get Started with the Fire Service. We also have a couple of new employability programmes – Get Into Health and Social Care and Get Into Hospitality with Hastings. These programmes are open to young people aged 18-30. We can also run closed group employability sessions if you are working with a group in this age range who are not in education or employment. For any more information on our programmes or if you have any questions, please feel free to email me at Katherine.Stewart@princes-trust.org.uk

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, Dealing with Emotions, 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

Feel Good February

- Networking Event 28th February 10am-1pm, Start360 Hub 2-6 Wellington Street Ballymena. To register contact: connections@ndact.info
- FREE online Fitness classes week beginning 13th February. To get pass contact: connections@ndact.info
- FREE online Cooking classes beginning Monday 20th February at 6pm. To register contact: connections@sdact.info

7. Action Plan Update

Past Actions

- Christmas Arts Booklets- 435 booklets were distributed to children in the Antrim and Ballymena area through AB CYPSP LPG members- thank you.
- 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.

Future Actions

- Cost of living crisis- poverty task and finish group. Cost of living event. Networking event in the morning with speakers and the afternoon will be an information fair for the public
 - Ballymena- 1st March, Ballymena Showgrounds
 - Antrim- 6th March, Dunsilly Hotel

8. AOB

PHA leaflets and resources are available from Health & Wellbeing Team. Email requests to: - healthandwellbeing.resources@northerntrust.hscni.net

9. Date, Time & Venue of next meeting.

Next Meeting -

Tuesday 21st March 2023 – 2pm in the offices of ASD Teens – All About Us Offices, Antrim or via Zoom.