

**CHILDREN'S SERVICES PLANNING  
MINUTES OF MID ULSTER LOCALITY PARTNERSHIP**

**Friday 27th Jan 2023 AT 10.00AM  
Cookstown Community Centre**

**Attending:**

Ursula Marshall – (Chair)  
 Tara Gilkinson – Speedwell Trust  
 Jessica Richie – Family Support Hub  
 Sheena Morrison - AWARE  
 Anita Hurley – NICHI  
 Grainne Scullion – NICMA  
 Bernadette Viana – Step NI  
 Emma McGeehan - MUDC  
 Denise Doherty – CWSAN  
 Lee-Ann Wilson – Rise NI  
 Zoe Steele – NHSCT, F.S.I.T, Student Magherafelt  
 Wendy Stevenson – PSNI  
 Bronagh Anderson – NHSCT, F.S.I.T, Magherafelt  
 Lisa Conway – Health Visitor  
 Selina Hoey – NHSCT Health & Wellbeing Dept. (minute taker)  
 Emma McElhone – NHSCT Health & Wellbeing  
 Helena Quinn - NHSCT Health & Wellbeing

**Apologies:**

Charlotte Turner - BCM  
 Helen Currie-Simpson - BCM Housing Support for Young People  
 Melanie Singer – NHSCT Children's Disability

| <b>ITEM</b> | <b>DISCUSSION</b>  | <b>ACTION<br/>By Whom</b> |
|-------------|--|---------------------------|
| 1.          | <b>Welcome &amp; Apologies</b><br>Emma welcomed everyone to the meeting and apologies were noted. Helena was introduced to the group, taking over Emma's post.   |                           |
| 2.          | <b>Minutes of last meeting</b><br>The previous minutes were agreed as accurate.  |                           |
| 3.          | <b>Matters arising</b><br><b>Feedback on the 'Can We Talk' event</b><br>The 'Can We Talk' Event was briefly discussed and the beneficial partnership work with Dungannon CYPSP acknowledged. Members discussed the need to collaborate with Dungannon CYPSP moving forward |                           |

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|    | <p><b>Post meeting note</b> – The working group set up to help organise the ‘Can We Talk’ event is due to meet on Thursday 23<sup>rd</sup> March to reflect and discuss next steps.</p> <p><b>Preparation on Peace Plus</b><br/> Following Fergal O Donnell’s presentation to the group at the CYPSP meeting (Friday 25<sup>th</sup> November) on the Peaceplus consultation, it was suggested that a subgroup have a preliminary meeting and explore any future role of the group. Helena to request participation of members’ involvement in this working group and to send out a doodle poll to agree a meeting date. Emma Mc Geehan agreed to link in with Fergal with the aim of exploring PeacePlus.</p> <p>There was some discussion on the key issues faced by children and young people, with mental health of children and young people being identified as a key issue and the need to build up resilience. The need to involve or have representation from Education on the CYPSP group was discussed. Helena agreed to find out more about the Area Learning Partnerships with the aim of welcoming representatives to the CYPSP meeting</p> <p><b>Choose to Live Better Funding update</b><br/> Emma and Anita updated the group on the Choose to Live better funding. £6000 of funding was available from the Northern Healthy Lifestyles Partnership, working in partnership with Anita in CWSAN. Expressions of Interests were received and all 3 groups who applied were able to avail of the funding. This included Healthy eating support to a number of children’s groups, adult groups and child minders. 2 of the groups were requesting face to face training and a group for childminders is also to be facilitated online, to include healthy eating and benefits of slow cookers</p> | <b>Helena</b> |
| 4. | <p><b>Family Support Hub update</b><br/> <b>Jessica Ritchie – Family Support Hubs (Action for Children)</b><br/> Funded counselling has now ended and will not be renewed which leaves a significant gap in counselling across the NHSCT. This primarily affects Coleraine and Larne area however I wanted to highlight this.<br/> Meeting will be face to face with members in March 2023, to complete Annual Hub Evaluations, this will be a longer session with an additional hour needed to complete these.</p> <p>The Hubs will be stepping back from promotional events for a while due to increased volume of referrals and the impact this has on reported ‘unmet need’ due to lack of services.</p>  |               |

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|    | <p>Unmet need primarily surrounding behaviour and sleep support for children under age 10, in particular, children who are awaiting ADHD assessment and parents struggling to manage.</p> <p>There has been an expected increase in requests for financial support following on from Christmas.</p> <p>Over the Christmas period, I was able to support 15 children with our Cares at Christmas initiative, delivering both toys and food parcels to families who needed it most. I received such positive feedback that the parcels were more than expected and everyone was very grateful for this.</p>   |  |
| 5. | <p><b>Members update</b></p> <p><b>Grainne Scullion NICMA</b></p> <p>NICMA in collaboration with the MID Ulster Labour Market are delivering a registered childminding academy (25 spaces available)</p> <p>The criteria are:</p> <ul style="list-style-type: none"> <li>• Resident of Mid Ulster District Council Area,</li> <li>• Over the age of 18, are unemployed or under employed (working less than 16 hours per week)</li> <li>• Seeking career progression through upskilling or reskilling</li> <li>• At risk of redundancy.</li> </ul> <p>PANTS Makaton will be booked for March &amp; April and will be advertised regionally for childminders to attend.</p> <p>We are also hoping to have workshops, Cook it- how to use your slow cooker &amp; the Henry Programme.</p> <p><b>Sheena Morrison Aware NI</b></p> <p>We offer Peer Support groups across Northern Ireland welcoming adults living with depression, bi-polar and anxiety, as well as their family members or carers. These support groups are led by our fantastic volunteers who are fully trained to facilitate the meetings. To find a support group near you please visit <a href="https://aware-ni.org/support-groups/">https://aware-ni.org/support-groups/</a></p> <p>The groups provide an opportunity to connect with others who share similar experiences, support each other and share information. We also have an online support group which takes place via zoom.</p> <p>If you have any queries about attending a support group, please email <a href="mailto:info@aware-ni.org">info@aware-ni.org</a></p> <p>We also offer a support email service for people who have questions about depression or want more information about the illness. Please email <a href="mailto:info@aware-ni.org">info@aware-ni.org</a></p> <p>We also have a phone line available to access information and support. Please call 07548530931 or 07340488254 during operating hours of 11am-3pm, Mon-Fri.</p> <p>Support group Magherafelt 2<sup>nd</sup> Feb runs every fortnight.</p> |  |

**Wendy Stevenson – PSNI**

This was the first CYPSP meeting for Wendy. Wendy explained that occurrences of sextortion are increasing amongst the young people and recognised the crucial work needed to highlight this issue in schools and the need to educate post primary schools. The Police Service of Northern Ireland will be supporting the National Police Chiefs' Council Neighbourhood Policing Week of Action.

The NSPCC booklet, which is available for download was discussed. This download, which is a collaboration between O2 and NSPCC, is to help parents understand their kids' online world and how to keep them safe within it.

**Bernadette Viana – Step NI**

- Save the children – The Save the Children's Early Years Grant provides low-income families with young children essential items that will support their immediate basic needs. Support is available to assist families in the Southern and Northern Trust areas. Referrals are accepted from families struggling with rising costs of goods. Criteria includes - at least 1 child aged 0-6 years old.
- Families can receive up to a maximum of £340 vouchers. Consent form to be signed, family information leaflet and data protection leaflet given out, 1 parent full name required with address, postcode, email address, telephone number and DOB/1st name of each child under 18 along with a reason for hardship. E-vouchers are sent by email for parent's choice of shop Tesco's, Sainsbury's, Asda or Argos. For further information please contact Joanne or Bernadetta.
- Santa Claus Alert and Cash for Kids Toy appeal: Over 200 children living within Mid Ulster have received toys delivered to their homes pre-Christmas.
- We have been working closely with local SVP and Foodbanks to ensure that all families were safe over the Christmas period. Families received food/heating/electricity vouchers and food parcels.
- Incredible Years Parenting programme – Recently successfully completed 14 weeks IY Pre School-Basic Parenting Program. Programme supports parents with children aged 3–8-year-old to strengthen parent-child interactions and attachment, reducing harsh discipline and fostering parents' ability to promote children's social, emotional, and language development. Planning next program delivery for March '23.
- Peer Coaching - STEP is offering Peer Coaching to Incredible Years Parent Group Leaders within SHSCT and NHSCT. If your organization would like to avail of this

support for IY Group Leaders, please contact your local CDIC or STEP for further information.

- Baby Massage- We are currently delivering weekly Baby Massage to parents with babies, 0-1 year of age. Weekly session on Monday mornings from 11am – 12:30 pm. The programme has a range of benefits including helping mum and baby relax, improving positive interactions with babies and promoting bonding, reducing isolation.
- An Tearmann Traveller Women’s Group meeting every Tuesday from 10:30 – 12:30 at the Junction in Dungannon.
- Sustaining Tenancies Project – STEP is offering support to families and individuals with sustaining their tenancies. Dedicated one to one support worker provide advice and support to families living within Mid-Ulster Area. Eligibility criteria: Housing Executive tenants within Mid Ulster Area. Referral form shared.
- Keep Warm Packs funded by the PHA - STEP received a total of 65 adult and children’s winter warm packs to provide immediate, short-term support to help those most at risk to stay warmer at home during cold weather, distributed pre-Christmas.
- STEP Job opportunities– STEP has a number of vacancies available. If you are interested in any of the opportunities or to gain more information, please contact us via email to [maria.oliveira@stepni.org](mailto:maria.oliveira@stepni.org)
- Emerging Needs - Housing is an ongoing issue for families we are supporting. Shortages of social housing and very high rental cost in private rented accommodation are preventing families from accessing safe and suitable living conditions.
- Long waiting lists for ASD assessments. Increase referrals for families seeking support with managing children’s challenging behaviours.

**Tara- Speedwell Trust**

- Project currently running until March 23 as funding application is still pending.
- Events upcoming: Family Wellbeing retreat 16<sup>th</sup> Feb, Parents Wellbeing morning 23<sup>rd</sup> Feb, Partnership family event with AUsome Kids & Sunflower group 4<sup>th</sup> March **(flyers attached)**



- Woodland wellbeing, Stronger me & Wild Weans mental health programmes with schools still ongoing (no new schools accepted at this time)

- Behaviour Support programmes are running both online & community based throughout Feb & March (**see flyer for dates & locations**) - This element of the project will run until June 23 (contact [Maryam@speedwelltrust.com](mailto:Maryam@speedwelltrust.com) directly)



Behaviour support.png

- We have a limited amount of child / family counselling spaces remaining for children aged 4-12 years and their families (please note that this is for Tier 2 early intervention level where specialist mental health support is required these would not be suitable i.e., Self-harm / risk of harm to self or others)
- The Programmes team are also running a nature nurture programme over half term (currently full) however schools can still book on for education, shared education & nature based programmes contact [stephen@speedwelltrust.com](mailto:stephen@speedwelltrust.com) for details.

#### **Emma Mc Geehan – MUDC**

Emma has been tasked with helping with Peaceplus for the Local Authority Action Plan. Fergal O Donnell is involved with this, who previously presented to the group. Council have a range of grants open – check website for further details. The group were made aware that Margaret Mc Cammon is the Community Development Officer for Mid Ulster Council.

#### **Denise Doherty – CWSAN**

2 upcoming workshops on 2<sup>nd</sup> February & 8<sup>th</sup> February Autism and self-harm. A rise in self-harm was noted. CYPSP news will promote these events in their weekly news.

#### **Lee-Ann Wilson – Rise NI**

Rise continue to be busy in schools, mainly primary schools, very little uptake in the number of preschools signing up for the services. Rise deliver a number of programmes such as Relax Kids and Yoga. There has been an increase in the number of autism referrals and those with speech difficulties, the wearing of masks during covid being a possible issue.

#### **Bronagh Anderson – NHSCT, F.S.I.T Magherafelt**

Bronagh is just new in post and is currently researching what services are available locally.

**Anita Hurley – NICHI**

- Turn 2 US organisation – This is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services. A benefits calculator is accessible
- Family Benefits Advice Service - providing free, impartial and confidential advice to parents, carers, childcare providers and employers.
- Could You Foster leaflet - attended wedding shows, targeting the parents with the possibility of a spare room if their own kids have flown the nest.
- Capacitor International – a lot of videos on these. Resource booklet, for families as well, download over 35 languages free.
- Health Alliance updates – You can obtain these by scanning the QR code or logging on to the website.

**Josie Mc Guckin – Empower**

- The Empower Project a funded through the National Lottery Community Fund Supporting Families Programme has been running now for 7 years and is due to end in August 2023. During the lifetime of the Project 14000 people have been helped and supported. We all know that the need for this support is increasing on a daily basis due to long waiting lists for diagnosis and intervention.
- The Empower Project has been a Social Enterprise for the last 2 years where a small fee was put in place for those who registered for webinars, information sessions, children's sessions.
- Ebooks, short videos and presentations slides from previous webinars are available on the Empower website: [www.empowernetwork.co.uk](http://www.empowernetwork.co.uk)  
Weekly newsletters are sent via email every week.
- We now offer Balance ability classes as one of our activities for children. Balanceability is a learn to cycle programme for children aged over 4 years of age. The programme consists of structured fun activities that builds confidence, spatial-awareness and dynamic balance skills enabling young children to cycle without needing stabilisers. So far 95% of children who have attended Balance ability since August 2022 are able to ride a pedal bike at the end of the programme.
- If anyone would like to get in touch with the Empower Project, contact the office on 02879301606 or email at [info@empowernetwork.co.uk](mailto:info@empowernetwork.co.uk)

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|    | <b>Nichola Simpson – Causeway and Mid Ulster Women’s Aid</b><br>Provide support and accommodation to women children and young people who have experienced domestic and sexual violence. |  |
| 6. | <b>Any Other Business</b><br>None to report   |  |
| 7. | <b>Date &amp; time of next meeting</b><br>Friday 31 <sup>st</sup> March 2023 at 10am in Magherafelt Youth Centre  |  |