



Northern Health  
and Social Care Trust

# Causeway CYPSP LPG

Activities Funding 2023/ 2024

# Background

Causeway CYPSP Locality group aimed to improve the outcomes for the Children and Young People in the local area against the eight high level outcomes as set out in the Children's & Young Peoples plan.

Proposals were sought for projects/activities that aim to target any of the top 4 needs identified in our parents & young person's mental health survey:

- Mental health & emotional wellbeing
  - Physical activity
  - Education
  - General Health & Wellbeing including poverty
- 
- 6 projects were funded at £400 each

# Solas Circus Skills Workshop

## How much did we do? How well did we do it?

- Circus Skills Workshops for local primary schools
- Shared Education opportunity with 83 pupils from P3 (age 6-7)
- Identified benefits
  - greater mental health & wellbeing
  - Improved confidence & self esteem
  - Encouraged focus & will power
  - Developed gross motor skills and encouraged physical activity
- Helped develop relationships with others in the group and build resilience to master difficult tasks
- Teachers identified how valuable and rewarding it was to watch those that were not naturally 'sporty' or physically confident master physically challenging activities

# Is anyone better off?

## *Pupil comments:*

- 'I've never been to a circus before or seen any of these activities before!'
- 'I didn't give up and by the end, I could take 3 full strides on the silts.'
- 'I love it when we get to do fun things with our friends from the other school.'
- 'This was the best day the Circus Skills men were so funny!'

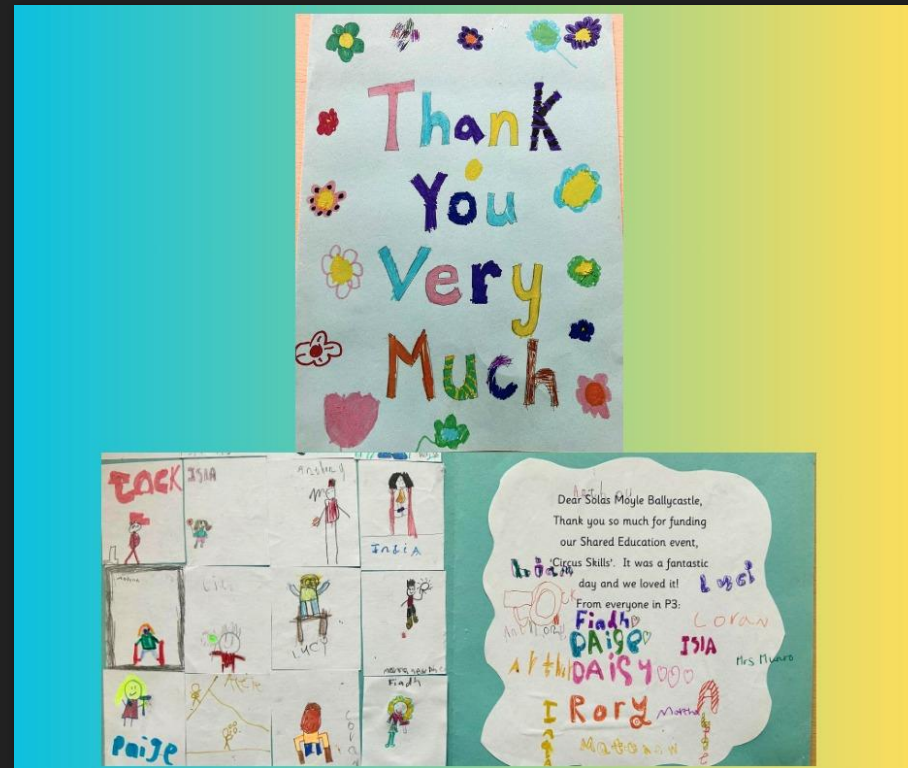
## *Parent feedback:*

- One parent approached the teacher to say a special word of thanks for the event. She said her child was buzzing and hadn't stopped talking about all the cool things they got to try

## *School feedback:*

- The school also passed on their thanks on behalf of their Shared Education Partnership

# Participants showed their gratitude with these lovely pictures



# CMUWA Art Therapy Project

## How much did we do? How well did we do it?

- Living in refuge can be difficult for children in refuge. Increasingly the children in refuge have additional and complex needs such as Autism, ADHD and impact of trauma, often presenting with anxiety.
- We applied for funding to provide art therapy to children in refuge to enhance their experience in refuge and to provide a therapy that would be fun and beneficial to the children.
- Total of 8 attended ages 14, 4, 12, 10, 5, 7
- The project encouraged peer interaction in a safe, fun environment.
- Helped build confidence and self-esteem through art and creativity
- Provided a space for children to improve their mental and emotional well-being.
- Gave children tools to express their thoughts and feelings which they find difficult to verbally articulate.
- At the end of the sessions, the art was exhibited in refuge and each child was awarded a certificate of achievement.

# Is anyone better off?

## WHAT DIFFERENCE DID YOU MAKE? Is anyone better off?

- The session was thoroughly enjoyed by all who took part. The children interacted well with each other, the tutor, and the staff and 2 of the children who were new to the refuge, have since engaged more frequently in our Children's Project in the refuge.
- The session also gave mums an insight into the importance of joining the children in the playroom and the importance of enhancing learning through play and art activities. Staff have now introduced stay and play sessions for mums and children in refuge which are very popular, especially with children and mums who are new to refuge.
- All of the outcomes were achieved and in addition mums were facilitated to join in with their children which was reported as being beneficial and enjoyable.
- Evaluations completed by children in pictorial form and additional evaluations were completed by parent.



# Some examples of positive outcomes from the project -

- As a result of the project and due to feedback from mums, children's worker have incorporated stay and play sessions on a weekly basis. During these sessions, mums join their children in the refuge playroom on a weekly basis which has been very successful. Previous to this, mums left the children in the playroom for play sessions with the children & young people workers.
- We would hope to look at future funding streams to bring more such sessions to the refuge. Women in refuge have also expressed an interest in taking part in Art Therapy for adults which we will also examine funding for.



# Some of the artwork created -



# Active Playtimes Rasharkin P.S.

## How much did we do? How well did we do it?

- Purchase a play sand tray and associated resources
- To improve the mental health and well being and education of children by providing a safe and fun experience and to play together in the sand tray; experiment, build and create with sand.
- This equipment promoted and encouraged conversations and discussions about how the children are feeling. It also provided a situation where staff can talk about resilience and what to do if something doesn't work out. Staff were also able to use the experiences at the sand tray to talk about how to deal with these feelings and the importance of interacting with others to problem solve. Through sand play children practiced their social skills such as turn-taking and collaboration, but also using problem-solving and language skills. Achieving a goal together promotes self-esteem and confidence.
- The equipment also offered staff opportunities to implement P.A.C.E. (Playfulness, Acceptance, Curiosity and Empathy, Hughes). This allowed children to feel that staff have connected with the emotional part of their brain so they were then ready to engage in more thoughtful, or problem solving activities.
- Used daily with staff giving of their own time to play with the children during 'free choice' time.
- *Participants - Under 18s x 33*

# Is anyone better off?

- *children choosing to use the sand tray for play at times when they were feeling unregulated or disconnected from their peers were observed to be brought to a point of regulation much quicker than previously. Children were also encouraged to relate their learning about 'having a go' when using the play shells in the sand to a more formal learning task. Good friendship and a sense of belonging were developed amongst children as they played together and started interacting with their peers over their shared interest.*

# Evaluation Comments from the Children –

100% of children had used the sand pit and enjoyed it, it had helped everyone make new friends and felt happy playing in it. Pupils said 'it reminds me of being at the beach' and 'playing together is good teamwork.'

## Impact of Sand Tray

Please ask children for show of hands in response to questions below and indicate on sheet.

	Yes	No
Have you ever played in the new sand tray?	all 100% Yes	No
Do you like playing in the sand tray?	100% Yes	No
Has the new sand tray helped you make new friends?	100% Yes	No
Do you feel happy when you play in the sand tray?	100% Yes	No
Why is playing in the sand tray good?	<ul style="list-style-type: none"><li>• It reminds me of being at the beach.</li><li>• I like to build things like a house for my pet</li><li>• I learned how to build a Sand volcano.</li><li>• Playing together is good teamwork</li><li>• I like picking up the Sand and letting it go through my hands. It feels nice and soft.</li><li>• We make our own Sand challenges up.</li><li>• I like playing with the Sand because it is relaxing.</li><li>• I like the feeling of the sand.</li></ul> <ul style="list-style-type: none"><li>• It is really fun</li><li>• The Sand tray is my favourite choice in the playground.</li></ul>	



# Christmas at the Beach Mae Murray Foundation

## How much did we do? How well did we do it?

- Portstewart Inclusive Beach saw 208 people from the whole community enjoy the choir, alpacas, S'mores, sport and Santa. The project allowed families to enjoy an inclusive Christmas event without worry about accessibility. It also promoted the work of Mae Murray and encouraged new people to get involved and make the most of the services which they provide on local beaches.
- The term Inclusive Beach was coined by Mae Murray Foundation to describe a beach environment which has been carefully planned so that people of all ages and abilities can take part, have fun, and be included.
- Marshmallow toasting, Visit from Santa, Choir, Alpaca meet, greet, and feed, Provided adapted, inclusive beach equipment, Provided Changing Places toilets, Provided support from trained and experienced volunteers and staff members, Drumming, Sports and games

# Is anyone better off?

- Allowed families to get in the Christmas/festive spirit
- Gave people an opportunity to participate in an event they may not have been able to attend without Mae Murray Support
- Provided dignified toileting for everyone
- Had age-appropriate activities for all attendees
- Broke down barriers to participation
- Gave people a sense of community and tackled loneliness in the festive period
- Provided respite, socialisation, and fun for the entire family unit

# Families had great things to say -

- One family said, “This event really got us in the festive spirit. Most outdoor Santa experiences are not suited to my family and this usually means we miss out. This event really took our needs into account - Changing Places toilets on site, support from volunteers, activities suited to all and much more! It was a joy to see other families and for the children to meet their friends outside of school.”



# Music Therapy ZGBTST

## How much did we do? How well did we do it?

- Two participants took part in a 6 week music mentoring programme. The outcomes were better emotional regulation for participants, reduced anxiety and improved communication skills.
- Some features of the sessions included - Singing a “hello song” The opening helps transition the client to the music therapy “space” and helps set up the tone for the session. This provides familiarity and builds trust. Each intervention is designed to target a specific therapeutic goal and objective. Performing/Playing/Composing/Improvising Receiving/Listening. Singing a “good bye song”

# Is anyone better off?

- Music Therapy was shown to improve emotional regulation in the young people and reduce some of the anxiety and stress. It also had a impact on their resilience and communication skills.
- Two young people attended all 6 sessions each and we received positive feedback from both the young people and their parents/carers.
- Self-confidence and independence was improved following the sessions
- Self-awareness and awareness of others and attention was also improved.

# Some comments from participants

*"Everyone we have communicated with so far has been kind, understanding and professional. After each session our child had left in better form than they were when they arrived - so you're definitely doing something right"*

*"Amy was very accommodating with organising the best day and time to suit"*

*"Even though my child was unsure about engaging with music mentoring. Claudia's gentle, respectful and encouraging personality won them over. On days where my child wasn't in a great mood on the way there, they always came back in a better mood"*

*"This is an amazing service that provides much needed help and support for young people. We both felt very welcome and supported"*

*"The whole experience has been great for my child and they have engaged and loved every session"*

# Home Start Mother and Toddler Sessions

## How much did we do? How well did we do it?

- Groups took place in Ballymoney, Coleraine and Garvagh
- There was provision for 6 to 10 families
- Over 24 people attended
- Each area had both a baby group and a toddler group
- The groups focussed on helping the babies and toddlers develop their language skills
- There was also a focus on interaction and support for the parents
- Groups included structured activities led by a facilitator
- The groups led to increased social interaction, learning and development. The coordinator was able to offer support during the sessions, find out the needs of the group and plan for the next session. Some dads also attended. Following the sessions participants felt less isolated and more connected.

# Is anyone better off?

- Parents demonstrated a better understanding of language development and the importance of it from a young age
- Many parents formed relationships within the group and a peer support network
- Children got enjoyment from the structured activity and got used to the structure
- Both babies and toddlers interacted with each other and they along with their parents got enjoyment from this
- Homestart are seeking funding to continue the sessions due to the success of the programme



# 2023/2024 ACTIVITIES

01

49  
CYPSP  
Newsletters sent

1 x Smoking Cessation  
Specialist  
in post  
1 x Smoking Cessation Midwife  
in post

## Projects Funded x 6 @ £400

Christmas on the Beach  
Sand Pit Project  
Music Therapy  
Circus Skills  
Art Therapy  
Mums and Tots

02

Reports -  
1 x YP Mental Health  
and Emotional Wellbeing  
1 x CYPSP Standards  
Report  
4 x Action Lead Reports

03

463  
Children's  
Creativity Art Booklets

## Meetings & Events

5 x Meetings held  
54 attendees  
5 x Guest speakers  
1 x PANTS Celebration event  
5 x CYP Fair / Freshers  
1 x Youth Voice Project Board

# PANTS FORTNIGHT 23'

01

Rasharkin ps - 70  
St Johns Ps - 130  
St Brigids PS - 200

"Pantosaurus' visit brought the  
messages to life for the children"  
"The resources are great, especially  
Pantosaurus. The story is a great  
way to get an important message  
across"

# SAVE THE CHILDREN FUNDING 2023

01

£23, 370 of funding  
allocated in total

Partnership project between Save  
the Children, NHSCT, Causeway  
Coast and Glens Council and  
Community Advice Causeway to  
financially support the most  
vulnerable families.