

CYPSP Locality Planning Group

Tuesday 20th February 2024 10.30am Solas Studio Ballycastle

Present:

Lynsey McVitty NHSCT (Chair)
Bronagh McCrory NHSCT
Meghan Campbell Action for Children
Veronica McKinley Health Alliance
Anita Hurley Health Alliance
Stephanie McMullan Solas
Sheena Morrison Aware NI
Elaine Twaddle NHSCT MDT SW
Jonathan Ashe EANI
Áine Máire Mhic Neachtin Gaeil Ruairí Óg agus Gaeil na nGlinnti
Jane McAlister EANI
Pippa Campbell Mae Murray Foundation
Andrew Millar Start 360
Gill Young NHSCT Student Social Worker
Catriona Homestart

Apologies:

Paula McLaughlin NICMA
Stephanie McMullan
Elaine Donnelly Coleraine Surestart
Pippa Campbell Mae Murray Foundation
Deirdre Bradley EANI
Sharon Kirk Surestart
Stephanie Scott Causeway Coast and Glens Borough Council
Elizabeth Craig NHSCT Lead Social Worker
Bebhinn McKinley Causeway Coast and Glens Council
Rhonda McMullan Barndardos

1. Welcome and Introductions

Lynsey introduced herself and welcomed everyone, followed by a round of introductions.

2. Presentation – Jonathan Ashe Causeway Youth Voice

Jonathan introduced Causeway Youth Voice and shared information on a residential the group had taken part in and discussed the benefits for the YP that take part in terms of confidence and learning. The project is for Young People aged 15 to 21 and is being recruited to at present and

is almost full some capacity left for Moyle area. Link to apply to be sent out in CYPSP news
Action - Bronagh

3. Minutes of Last Meeting

Minutes of the December meeting agreed.

4. CYPSP Standards

CYPSP Standards were explained. Bronagh to send out again and to bring copies to the next meeting.

Action: Bronagh

5. CYPSP Activities Funding

6 applications were received for the funding (£400 per project), successful organisations included – Mae Murray Foundation – Christmas on the beach, Rasharkin Primary School Play Equipment, Homestart Group Funding, Women's Aid Play Therapy, Solas Circus Skills and ZGBTST Therapeutic Sessions. Additional funding was leveraged to support an extra project thought NHSCT arts and wellbeing funds. Additional funding to support Autism projects was also made available with was distributed to ZGBTST for a sibling support project and Gaeil Ruairí Óg agus Gaeil na nGlinnti for an event also supporting siblings of children with Autism. Bronagh thanked those who had offered meeting space and supported meetings.

6. Family Support Hub update

FSH were very busy over the Christmas period/ January due to the volume of referrals submitted and the earlier than usual Hub referral cut-off date.

Over December we supported families both financially and with Christmas toys/hampers.

There has been a noted increase this year for the whole of the Northern Trust for toy support. A large number of these families across the trust were requesting gifts for ages 8 + and a lot of teenage gifts which was difficult to fulfil, as donations are usually very focused on young children. This year we lost our support from 'Cares at Christmas' for toy donations, however, across all 5 Hub areas, we were able to individually source toy collections and fundraise which allowed us to support the families in need.

We offering Parenting programs throughout the Northern Trust which have are commencing

Parenting Childrens Challenging Behaviour programme-This six-session programme ran by Parenting NI, it aims to help parents understand and deal with their child's less positive behaviours through exploring their role in behaviour

management and offering tools to enhance the relationship between parent and child. The importance of sleep hygiene and its significance in relation to children's behaviour will also be explored. The programme is commencing on Monday 5th February from 7-9pm x 6 weeks via Zoom. I will be in touch with Zoom link closer to the time. (Parenting NI will set up the zoom and forward you the zoom link to be shared with parents that will be attending)

Parenting NI Mental Health and Wellbeing Zoom programmes for parents-

'Parents Emotional Health' will be held via Zoom on Monday 5th February 2024, 7pm-8.30pm. 'Children's Emotional Health' will be held via Zoom on Wednesday 7th February 2024, 7pm- 8.30pm. Parents can register by calling the support line on 08088010722.

Odyssey Parenting Your Teen Zoom programme- facilitated by Parenting NI. The programme will commence on Thursday 1st February 2024 and will be held every Thursday at 7pm-9pm for eight weeks. (1st February-21st March 24). Parents can call **08088010722** to register their place for this programme.

At our hub meetings the annual evaluations are being completed and there will be some changes stemming from feedback from this, I attended the Kids information fayre at the diamond in Coleraine on the 10th of February.

There will be a programme starting which is ran by them MDT Social Worker Kerry at Lodge Health, we are connecting with her through our partnership agreement with the hub. The programme is called Reflecting Families.

7. Member Updates

Jane – introduced her role working across 11 schools supporting children with emotional wellbeing needs. Keen to make links with group members and help out where possible.

Pippa – advertised Portrush Traditional music on the beach, open to all would like to see people taking part. Highlighted need for volunteers.

Veronica – spoke about March school sessions on food and nutrition. Having difficulty with getting dieticians that would be accepted by funder. This was picked up by chair to ask for support from NHSCOT on.

Anita – mentioned Health Alliance newsletter happy to promote members services on it, and highlighted it is a good way to find out about funding and training opportunities. Anita mentioned a vaping lesson plan available for schools to use.

Stephanie – talked about recruiting for their caring for carers project which has opportunities for young carers to take part in yoga and meditation. Difficult to get young carers to recognise their caring role. Bronagh suggested link to Barnardos.

Andrew – mentioned Drug & Alcohol awareness raising sessions and 'Spring into Wellness' campaign and Target Life Skills – one off session on Drug and Alcohol use.

Sheena – mentioned Aware NI's support group's held in the Lodge Hotel Coleraine at 7.30pm fortnightly next session Tuesday 27th Feb and Maghera 7.00pm fortnightly next session 22nd February. The also provide Mood Matters sessions which last two hours and groups for parent and baby and young people.

Catriona – Baby and toddler groups running in Coleraine, Garvagh, Ballymoney, Ballycastle. Mentioned the need for volunteers which other members also agreed with the need for.

8. Date and Time of Next Meeting

Sunlea Youth Centre (Social Café) on April 23rd at 10.30am.