

# Causeway LPG Activities Funding 2022/ 2023



# 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 3 needs identified in our parents & young person's survey:

Mental health & emotional wellbeing

Physical activity

Education

General Health & Wellbeing including poverty

4 projects were funded at £400 each



# Mae Murray Foundation All-Ability Christmas Event

Families and those who are most vulnerable in society were able to participate in a Christmas family event that might not otherwise have been available to them on account of cost, lack of accessibility, or lack of suitable facilities or expertise. Mae Murray Foundation covered the cost of the activities for families most in need and provided dignified toileting and support from staff and volunteers to ensure everyone could participate and have fun.

Families had the opportunity to connect, make friends or meet up with existing friends, resulting in improved mental wellbeing and decreased feelings of social isolation. This ensured our members, their families, people with complex disabilities, and carers felt part of a wider community.

# How much did we do?

This was an inclusive Christmas experience held at Portstewart Beach for people of all ages and abilities. Over 30 families attended.

The event 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

# How well did we do it?

## The event

- ▶ 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

# Is anyone better off?



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.”

# Rasharkin Primary School - Active Playtimes

This project was developed by the school council who presented a proposal for new equipment to help encourage children to be active at playtime, rather than standing stationary.

There had been a limited supply of playground equipment available which had caused issues at playtime. Since the introduction of the equipment children have found there is a better variety of activities and a happier playground overall.

# How much did we do?

- ▶ School council members (2 per year group = P4-7 2x4 = 8 pupils) were asked to discuss 'wish lists' with their classes and then the order was placed. The school councillors then surveyed classes to ask if the equipment had been a good purchase (see table below). All pupils felt the equipment had been a great addition to playtimes.
- ▶ By working with the school council members and external funding suppliers this helped give pupils a sense of community and a deep appreciation for those outside of school, willing to support our activities in school, by working in partnership. They had no previous experience of this.



# How well did we do it?

(Number of pupils surveyed)	P3 (10 pupils)	P4/5 (19 pupils)	P6/7 (20 pupils)
Do you like the new equipment?	10	19	20
Have you used the equipment?	10	19	20
Has it helped you enjoy playtime more + feel better?	10	19	20

# Is anyone better off?

- ▶ Children have more access to stimulating physical activity at playtime
- ▶ Children have got on better and there have been less playground disputes
- ▶ Children have had their voices heard and have increased their confidence as a result of this

# BRAKE Project - Fareshare @ CRUN

This project was developed out of a need to support young people in the current cost of living crisis with increased food costs and pressure on young people's already limited finances. Fareshare presented at CYPSP which led to the BRAKE project partnering with them for a pilot project. This funding allowed the purchase of a fridge to store the food for a longer time meaning more flexibility not limiting the times when YP could access the food and more scope for learning through cooking and practical sessions.

# How much did we do?

- ▶ Over 50 Young People took part aged 14 to 25 years
- ▶ The project took place over 3 months
- ▶ Numbers increased as time went on
- ▶ Various families were supported because their young person had accessed the service

# How well did we do it?

- ▶ The project helped to reduce food poverty for those involved
- ▶ The stigma around using a food bank was reduced
- ▶ More people had access to a balanced diet - fresh meat, fruit and veg
- ▶ Those who took part felt the mental and physical health benefits of a good diet
- ▶ Young people learned to cook and increased their knowledge on nutrition
- ▶ New people were welcomed into a non judgemental space

# Is anyone better off?

Over the Christmas period families involved stated that they had access to food they may not have been able to afford otherwise

New young people became involved in the BRAKE project as a result of the work therefore experiencing benefits beyond the provision of food

Young people gained knowledge on the benefits of healthy eating and learned new skills

Poverty was reduced for those involved

# Ballymoney High School - Thoughtful Thursdays

- ▶ The 'Thoughtful Thursday' Club is an exclusive weekly club for Year 8 pupils held at lunch time in school and supervised by two teachers and our Pupil Wellbeing Ambassadors. It offers a safe place for Year 8 pupils to chill out, relax, make new friends and play board games and carry out mindfulness activities. They can chat to wellbeing ambassadors about any stresses or worries they might have, complete craft activities that are seasonal and engage in special activities such as the bespoke Ballymoney 'Big Farming Quiz'.

# How much did we do?

- ▶ The group runs weekly on a Thursday at lunchtime with anywhere from 10 to 20 pupils taking part
- ▶ 2 staff members are present at all times
- ▶ The group is for year 8 (11 to 12) year olds
- ▶ 4 older school ambassadors also take part
- ▶ 10 calming 'Budda Boards' have been purchased and used
- ▶ The group is helping the school effort to become a 'Take 5' school



## How well did we do it?

- The group has allowed for extra support for year 8 pupils who are finding it hard to settle in
- New interests in art have been developed
- Pupils have formed friendships and have reported feeling more connected
- Pupils have reported a better knowledge of self care and how to increase their happiness

# Is anyone better off?

- ▶ The boards provide a zen like painting experience for individuals with depression, anxiety, autism and those who want to relax. These will be a welcome addition to the 'Thoughtful Thursday' Well-being Club for Year 8 pupils in Ballymoney High School.
- ▶ The school overall has benefitted from the focus on wellbeing and is in the process of becoming a 'Take 5' school

