



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

**Tuesday 17<sup>th</sup> September 2024 at 2pm**  
**Venue AMH Regional Office**  
**4a Steeple Road**  
**Antrim**  
**Co. Antrim**  
**BT41 1AF**

### **Attending**

<b>Mervyn Rea</b>	Chair
<b>Gerry McVeigh</b>	Co-Chair – Start 360
<b>Margaret Purdie</b>	Health and Wellbeing Officer (Antrim/Ballymena), NHSCT
<b>Sabrina Lynn</b>	NHSCT
<b>Linda Wylie</b>	Health and Wellbeing Programme Support Officer, NHSCT
<b>Paula McLaughlin</b>	NICMA
<b>Claire Reid</b>	Community Advice Antrim and Newtownabbey
<b>Nigel Montgomery</b>	Education Authority Youth Service
<b>Will McDowell</b>	ANBC
<b>Pamela McClelland</b>	Impact Network
<b>Sheena Morrison</b>	Aware NI
<b>Karen Brownlow</b>	Ballymena South Community Network
<b>Gerry McVeigh</b>	Start 360
<b>Caitriona Lennox</b>	Springboard Charity
<b>Lisa Edgar</b>	Bytes
<b>Sharon Caldwell</b>	Home-Start Antrim
<b>Noel McKee</b>	East Antrim Counselling
<b>Naibh Adams</b>	Action Mental Health

### **1. Welcome & Apologies**

Mervyn extended a warm welcome to everyone.

#### **Apologies:-**

**Maurice Nixon – Princes Trust**

**Daniel McCurdy – Mid & East Antrim Libraries NI**

**Siobhan Murphy – A Safe Space to be Me**  
**Claire Kelly - FSH**  
**Christine O'Neill – All About us Club**  
**Aine Wallace – Fresh Minds Education**  
**Kyleigh Lough – Mae Murray Foundation**  
**Katie Stewart – Princes Trust**  
**Veronica McKinley – NICHI**  
**Noel Gallagher – Education Authority**  
**Tara McAleese – Mid & East Antrim Borough Council**

## **2. Minutes of Last Meeting**

Agreed as accurate.

## **3. Matters Arising**

None

## **4. Speaker – Caitriona Lennox (Springboard) – New Member**

Caitriona brought us a presentation on the work of Springboard Charity, a UK wide charity which is privately funded.

There are two streams within same, Education and Employability. She explained that the Employability Stream specialises in promoting employment within the hospitality, tourism and leisure industries. They have a range of business partners including, Galgorm Group, Hilton and Sainsburys to name a few. Minimum age for attending same is 16 years. The charity runs face to face training courses and digital training courses are also available. These courses run between 2 to 6 weeks. Caitriona indicated that there is no issue with attendees not holding any formal academic qualifications.

Any member who wishes to find out more please get in touch.

## **Speaker - Noel McKee (Eat Antrim Counselling)**

Noel explained that he runs a Private Counselling Practice for children of Secondary School age onwards.

The big subject which he finds comes up more and more frequently is that of social media and the influence of an on-line presence. He explained this is obviously due to so many individuals and families spending their time not speaking or engaging with one another but instead spend time scrolling on their smart phones. This also raises a host of mental health issues with people comparing their lives to that of others when viewing posts.

A discussion ensued between members about how to best manage this rapidly emerging problem. All agreed that there needs to be a conscious decision by all to limit use of phone time.

Noel requested that anyone with any queries should make contact with him.

## **5. Family Support Hub update**

LPM – Ballymena, Antrim quieter now than summer.

Summer referrals have been lower than normal but expected due to school closures and programs stepping down and September referrals have already started to increase as anticipated.

FS hubs have started to plan for Christmas if anyone is aware of business we can approach for toy donations or any organisations that can help us support the delivery of this please contact us as soon as possible. Please be mindful without this support this year the FSH will not be in the position to provide the usual Christmas support.

Hub meetings will be face to face in Sept running bi monthly next face to face will be Nov . Sept meetings incorporated a networking event. Members had the opportunity to network and provide service updates.

Successful recruitment of 2 new staff members now have a family support practitioner attached to each of the 5 hub areas. We are keen to get out to individual teams to discuss the FSH please contact us if you are keen to discuss this opportunity this will also help to address the issue if inappropriate referrals and educate people on the hub processes .

Key themes – unmet need etc

Asking for F2F ASD Support .

Lack of services due to w/l

Increase in the complexity of referrals made to fsh which has posed significant difficulty given the early intervention remit which we are given to work alongside limited service provision.

Eifss waiting list is closed

AFC Choices w/l is long

Lightwork – no funding

As it stands a lot of early intervention services are stretched to capacity.

## 6. Member Updates

### **Lisa Edgar - BYTES**

Within the Ballymena area Bytes are providing the Youth Start employability programme, Engage plus tackling paramilitary programme, Kells and Connor youth club on Thursday and Friday evenings – 6.15-9.45 and Dunclug Youth on Wednesday 6.15-8.30.

### **Sharon Caldwell – Home-Start Antrim District**

Thankfully we are very busy delivering our three areas of support –

1. One to one weekly home support for families – volunteers give approx. 2 hours a week providing friendship and emotional support for families with children under 5. This is usually for approximately 6-9 months.
2. Large weekly family group – We have currently 39 families registered and Wednesday mornings are about befriending parents in a group setting and providing an environment that nurtures friendship and belonging and encourages healthy child development.
3. Antrim Baby Bank – A team of committed volunteers provide two open sessions in the Castle Mall helping an average of 12-15 families per week with valuable baby essentials and resources.

We are a volunteer lead service and as always need some new parent volunteers.

Staff – Sharon Caldwell – full time manager – [sharon@homestartantrim.org.uk](mailto:sharon@homestartantrim.org.uk)  
Margaret Brennan – Part time Baby Bank Co Ordinator  
[babybank@homestartantrim.org.uk](mailto:babybank@homestartantrim.org.uk)

Annmarie Montgomery – Part time Administrator  
[info@homestartantrim.org.uk](mailto:info@homestartantrim.org.uk)

### **Kate Stewart – Prince's Trust**

Prince's Trust Update: Free Courses October 2024 – If you have any questions or would like further information on any of these programmes, please get in touch [Katherine.Stewart@princes-trust.org.uk](mailto:Katherine.Stewart@princes-trust.org.uk)

### **Claire Reid - Community Advice Antrim and Newtownabbey**

Covers Antrim & Newtownabbey Area and works with various partnerships.  
“Save the Children Project” – anyone can refer for children under 5 years.

## **Naibh Adams – Action Mental Health**

Action Mental Health is a regional service which works with children mostly in schools. Also available to talk with groups. They deliver PH Mental Health projects, Mindset programmes, Mindful Carers programme etc. Have been awarded Secretary School Counselling in Northern Trust Area.

## **Paula McLaughlin – NIMCA**

Paula mentioned the organisation is celebrating its 40<sup>th</sup> anniversary.

## **Nigel Montgomery – Education Authority Youth Service**

Youth clubs are up and running, Ballykeel, Waveney and rural projects. These are for children from P6 upwards. Highlighted Horizons Programme which is a youth leadership programme which aims to reduce educational under achievement and develop youth leadership within local communities. Please signpost.

## **Gerry McVeigh, Start 360**

**Start360: 2-6 Wellington Street, Ballymena BT43 6AE | Tel: 028 2568 9356**

Providing the following services 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, Energy Drinks.

**Youth Engagement Service** – Drop In for young people Tue/Thurs 3-5pm in Ballymena, Young Men's Football every Thursday 7-9pm Ballymena Showgrounds. Outreach to schools and youth groups with programmes. 1-1 Youth Work Mentoring.

**Connections service** – Drug & Alcohol Awareness sessions for young people and for adults/professionals, including sessions on Vaping.

**C Card Sexual Health service** - providing free condoms and lubrication for 16-25 year olds, providing sexual health information and signposting to services.

Contact [Gerry.McVeigh@Start360.org](mailto:Gerry.McVeigh@Start360.org) for any further information.

## **Pamela McClelland – Impact Network**

Pamela highlighted forthcoming conference in October in Tullyglass Hotel. She will share with group. Please check facebook page for details.

## **Sheena Morrison – Aware NI**

### **Upcoming courses**

#### **Mindfulness for Parents (Zoom)**

11<sup>th</sup> November for 6 weeks

#### **Mood Matters Parent and Baby**

Mood Matters for Dads (Zoom) Tuesday 19th November 2024 between 7pm-9pm (ET-4165)

#### **Mental Health First Aid**

20+27 Feb-9.30pm-4.30pm @ Girls Brigade Antrim BT41 4LZ Ref 3918.  
(Eligibility-deliver service(s) within the community, voluntary & statutory settings in the Northern Trust with a focus on mental health, emotional wellbeing & suicide prevention

#### **Mood Matters in the Workplace**

For further information and to find out how to book this course, please contact our Education and Training Team by emailing [training@aware-ni.org](mailto:training@aware-ni.org)

#### **PawsB**

Paws b is a six-session mindfulness course for primary schools. It's ideally taught to 7–11 year olds and is adapted from the .b mindfulness curriculum for secondary schools, as well as influenced by adult mindfulness courses such as MBSR and MBCT.– If interested for your school email [sharon@aware-ni.org](mailto:sharon@aware-ni.org)

#### **breathe**

A four-lesson curriculum to give pupils a taste of mindfulness and support them. .breathe is for young people aged 9-14.

If interested in your school email [sharon@aware-ni.org](mailto:sharon@aware-ni.org)

### **Peer led Support Groups**

AWARE peer-led support groups are for anyone over 18 with experience of depression, anxiety or bipolar disorder. The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

### **Face to face options**

**Carrickfergus** – Fortnightly: Thursdays at 6.30 pm <https://aware-ni.org/co-antrim/carrickfergus>

31 Lancastrian Street, Carrickfergus

### **Tara McAleese – Mid & East Antrim Borough Council**

#### **JAN/FEB**

**Wildwalk Adventures – Natural Play Sessions** 3<sup>rd</sup> Feb 2024 funded by CYPSP

#### **FEB/MARCH**

**Finding Your Feet Event - CYPSP funding**– ran over 5 weeks Feb-March 2024 funded by The Loneliness Network – Aimed at New mums with babies, engaging in physical and mental wellbeing activities including nutrition and tips.

**Wildwalk Adventures – Natural Play Sessions** funded by CYPSP

### **Karen Brownlow – Ballymena South Community Network**

A link has been made with Ballymena South Community Cluster and Castle Tower Senior School. A number of the community groups are keen to work alongside the teachers and pupils to provide work placements in a variety of settings. Work has commenced with the volunteers from Scullery O'Tullagh allotments with the pupils to enhance their knowledge of horticulture.

### **Will McDowell – Antrim & Newtownabbey Borough Council**

The Christmas Toy Scheme is due to take place on Tuesday 3<sup>rd</sup> December from 10am to 1pm in Muckamore Community Centre.

The plan is to expand this event and invite along agencies/organisations who could provide support or advice in relation to the cost of living crisis.

### **Margaret Purdie – NHSCT**

Welcomed members back after summer break explained that most updates are on the agenda under other points.

Attending NRC Ballymena Fresher's student health promotion fair on Wednesday 18<sup>th</sup> September main focus on sexual health, stop smoking and vaping service.

## **7. Review of Membership**

26 people have responded to date. If you have not responded please do asap and Margaret will also send out the link again to all members.

#### **8. NAOG Action Plan update 2024-2027**

Once finalised Margaret will share.

Northern Area Outcomes Group Priorities – 2024 – 2027 – Early Intervention /Early Help Family Support, Children with disabilities. Early Intervention mental health & emotional wellbeing. School Disruption. Poverty / cost of living.

#### **9. Planning budget/Small Grants timeframe 2024/2025**

Members can apply for funding (approximately £400.00) for a specific project. End of November is approximate time for issue. All in agreement as regards this timeframe. Criteria – Projects/ activities that aim to target any of the 4 areas of need highlighted in our action plan and member has attended at least one meeting in the last year.

#### **10. Any Other Business**

Decided to not invite speakers and use our next meeting in November as a brainstorming session for the Action Plan. Will meet from 1.30 p.m.

Any suggestions for future speakers please let Margaret know.

#### **11. Date, time and venue of next Meeting**

Tuesday 5<sup>th</sup> November, 2024 at 1.30 p.m. Venue to be confirmed?