

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

**Tuesday 26th March, 2024 at 2.00 p.m.  
Fresh Minds Education, The Heart Space,  
Antrim Enterprise Park,  
58 Greystone Road, Antrim, BT41 4SP**

### **Attending**

<b>Mervyn Rea</b>	Co-Chair
<b>Margaret Purdie</b>	Health and Wellbeing Officer (Antrim/Ballymena), NHSCT
<b>Linda Wylie</b>	Health and Wellbeing Programme Support Officer, NHSCT
<b>Claire Cunningham</b>	Family Support Practitioner, Family Support Hub
<b>Catherine McColgan</b>	AWARE
<b>Kyleigh Lough</b>	Mae Murray Foundation
<b>Jane Adams</b>	Fresh Minds Education
<b>John McLeod</b>	Solihull Approach NI
<b>Denise McVeigh</b>	Mid East & Antrim Borough Council
<b>Maurice Nixon</b>	Prince's Trust

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

Mervyn extended a warm welcome to everyone.

### **2. Apologies**

Gerry McVeigh – Co-Chair, YES Start 360  
Christina Murray - Parenting NI  
Veronica McKinley - NICHI Project  
Siobhan Murphy - A Safe Space to be Me  
Katherine Stewart - Prince's Trust  
Paula McLaughlin – NICMA

### **3. Minutes of Last Meeting**

Agreed as accurate.

#### **4. Matters Arising**

None

#### **5. Speaker – John McLeod (Solihull Parenting programme)**

John explained that he would want to encourage an uptake of the currently free Solihull online resources for professionals and families. PHA have funded the Licence for another year. John showed us a short video with an overview of the programme. As well as Two Day Foundation Training which is coming up in June, Solihull also offers, workshops, Early Years Foundation Training, Whole School Training and Whole Team Training. School Resources are also available and a Toolkit has also been developed for Schools. John briefly mentioned two new training programmes on Understanding pre term and sick baby and Understanding your own trauma. He also mentioned an evidenced based ten week training programme for parents and carers currently underway in Magherafelt called Understanding your child.

#### **6. Family Support Hub update – Claire Kelly**

The Hubs have been extremely busy over the past few month's auctioning high levels of referrals.

Waiting lists for some services have now closed due to long waits. Still large Area of unmet need particularly with ASD support and play/art therapy.

LPM funding allowed 8 counselling sessions with Links via the FS.

#### **7. Update Presentation on successful Grants from organisations**

Fresh Minds Education, Mid & East Antrim Borough Council and Mae Murray Foundation brought us presentations on the programmes ran with the aid of CYPSP Grants.

##### **Fresh Minds Education – “Lost Voices Jamming Sessions” – Jane Adams**

The music sessions were organised for young people who have experiencing loss, bereavement or emotional distress and the young people were under the supervision of a Youth Leader and facilitated by a Musician.

Jane mentioned that friendships have blossomed. The young people have had conversations about bereavement and have made some short videos illustrating bereavement which comprise scenery, music, singing and the spoken word.

## **Mid & East Antrim Borough Council - “Natural Play” ECOS Nature Park, Ballymena – Denise McVeigh**

Denise explained this project involved two, two hour sessions of natural play in the outdoors which including learning den building, foraging and firecraft during February and March. The event was supported by the Council’s Play Development Officer and was extremely successful with around 30 children and adults attending with all ages enjoying the outdoors and assisting with den building.

## **MAE MURRAY FOUNDATION – “All Ability Music” – Kyleigh Lough**

This project enabled families of all abilities to take part in three online workshops which allowed everyone to take part from the comfort of their own homes. The project was facilitated by the Music Yard. Families all enjoyed taking part by singing, dancing and performing.

Kyleigh also mentioned the Inclusive Beaches project and showed a short video. This is a free resource for all organisations and can be booked as a group. They also maintain a resource library of equipment which families can avail of for a period of time and then return.

## **Member Updates**

### **Catherine McColgan - AWARE**

#### **1. Support Groups**

AWARE peer-led online 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 - Hosted every 2 weeks <https://aware-ni.org/co-antrim/carrickfergus>

Coleraine Hosted every 2 weeks <https://aware-ni.org/co-derry/coleraine>

Magherafelt - Hosted every 2 weeks <https://aware-ni.org/co-derry/magherafelt>

To register to attend any of the above please email [info@aware-ni.org](mailto:info@aware-ni.org)

#### **Online**

Hosted weekly Tuesday 2.30pm-3.30pm

Hosted weekly Wednesday 11am-12pm

To find out more visit <https://aware-ni.org/onlinegroups>

To register to attend please email [info@aware-ni.org](mailto:info@aware-ni.org)

#### **2. Education and Training Programmes**

**Mood Matters Young People and Adult Sessions**

AWARE have funding to continue to provide free mental health awareness sessions in post primary school / youth and adult community settings.

**Mood Matters Young People** – to learn more visit <https://aware-ni.org/MMYP> and to watch a promotional video visit <https://www.youtube.com/watch?v=k3IUMp--T48>

**Mood Matters Adult** – to learn more visit <https://aware-ni.org/mood-matters-for-adults>

To arrange workshops contact Catherine McColgan E: [catherine@aware-ni.org](mailto:catherine@aware-ni.org)

- i. **Mental Health First Aid Course 1:** 23 and 24 May in the Seamus Heaney Homeplace in Bellaghy.

**Course 2:** 26 and 27 September in the Seamus Heaney Homeplace in Bellaghy.

To register for a place, visit the AWARE website <https://aware-ni.org/mhfa-booking/>

**ii. Living Life to the Full**

AWARE have funding to continue to provide free delivery of this 6-week CBT life skills programme to adults in community settings.

To learn more about this programme visit <https://aware-ni.org/living-life-to-the-full>

And to arrange delivery contact Catherine McColgan E: [catherine@aware-ni.org](mailto:catherine@aware-ni.org)

**Note:**

To view all of the Education and Training programmes delivered by AWARE visit our website <https://aware-ni.org/be-aware> and contact our team on E: [training@aware-ni.org](mailto:training@aware-ni.org) to discuss.

**Maurice Nixon – Princes Trust**

Maurice brought along some resources which detailed events ran by the Princes Trust and has indicated:-

Our Get started planner for the next financial year is still needing dates assigned to potential programs.

So far:

Get Started with Makeup (Belfast): Taster Day 9<sup>th</sup> April, Program days: 15-19<sup>th</sup> April 2024

Get Started with NIFS (NI Fire Service) (Bangor): Taster Day: 14<sup>th</sup> May, Program Days: 20-24<sup>th</sup> May 2024

Get Started with Nails (Belfast): Taser Day: 4<sup>th</sup> June, Program Days: 10-14<sup>th</sup> June 2024

## **7. Any Other Business**

Margaret indicated that it had been suggested that we change the time of year when Grants become available going forward and this will be discussed in more detail at a future meeting.

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

Tuesday 21<sup>st</sup> May, 2024 at 2.00 p.m. Venue to be confirmed.