



CYPSP Ards North Down Locality Planning Group
Ards Arena
South Street
16th December 2025

Minutes



Present: Chair Danny Sinclair (SEHSCT)
Noelle Hollywood (SEHSCT), Amanda Armstrong SEHSCT; Linda McCallister (AANDBC) Ciara Collins (Uhub); Jonny Crymble (EANI) Fiona McMahon (EANI) Liam Miley (Belfast Central Mission) Sinead McCann (PSNI) Nicola Skillen (SEHSCT) Alison McClure (SEHSCT)

Guest speakers; Jay Martin & Emma Flowers; Inspire Wellbeing 'Peace of Mind'

Apologies: Lynda Vladeanu (SEHSCT) Rachel Duncan (GP MDT) Karen Hamilton (ANDBC) Roz McIlwaine, (Changing Lives) Shiela Bailie (PHL) , Shauneen Wilson (Changing Lives)
Paula Mulhull (Ards Sure Start) Patricia Macky (AANDBC) Helen McBrier (Neurodiversity uk) Cathy Polley (Ards Community Network;) Nicola Dorrian (AANDBC) Catherine Shipman (SERC) J Thomas (EA Clandyboy PS) Rachel McMillan Clandyboy PS, Karen Collins Aware NI; Donna Mackay AANDBC; Louise Spence NDCN ; Kathie Corrigan (Barnardos); I Buick (SERC); Rosemary Burke (SEHSCT) Joanne Garrett (SEHSCT); Bronwyn Nesbitt (Homestart); Janet Tayler (SEHSCT); Helen Brown (Bryson Pathways), Nicky Flavelle (Womens Aid); Beverly Skillen (ANDBC); Mandy Morrison (SEHSCT); Denise Rodgers (Bangor SureStart) ; Pamela Williamson (Street Pastors) Maralyn Toogood (Street Pastors); Ken Scott (Bangor Foodbank) Lyndsey Freeburn (Bryson Family Support) ; Gillian McCarrol AMH

Agenda Item	Brief Description	Action
1. Welcome and Introductions	Danny opened the meeting and welcomed the members of Ards & North Down Locality Planning Group, and speakers Jay and Emma from Inspire Wellbeing.	

	The group last met in September 2025; Danny gave a brief summary of this special planning meeting hosted by Valerie Maxwell & Louise Dickson.	
2. Presentation from Inspire Wellbeing	<p>Jay & Emma gave a comprehensive over view of the Peace of Mind programme provided to 11–25-year-olds in the Ards Locality.</p> <p>Key focus areas;</p> <ul style="list-style-type: none"> • Getting to Know You: Exploring identity, who we are and celebrating ourselves. • Coping Skills: Learning practical strategies to manage life's challenges and protect our mental wellbeing. • Building Resilience: Adapting to change, recognising our purpose and improving self esteem. • Building Relationships: Importance of connection, building meaningful and safe relationships, exploring our circle of influence and support. • Social Media: how to create a safe space for online presence, influence and activity. Exploring harm reduction and informed choice to manage risk. • Moving Forward: How do we take our learning forward to maintain ownership of our emotional wellbeing beyond the programme. What is there after this? <p>To make a referral email contact peaceofmind@inspirewellbeing.org for an application form</p> <p>There followed a discussion on consent from parents for Children and Young People attending emotional health & wellbeing groups.</p>	Noelle to attach presentation to notes
3. Discussion on the Priorities for AAND LPG	<p>Danny (SEHSCT) opened the discussion on the priorities for action, for the AAND LPG;-</p> <p>1.Dental health, as an indicator of inequalities in health, dental hygiene, healthy diet and regular check up with dentist are recommended, especially for Children with neurodiversity & additional needs.</p>	Noelle to approach SERC to scope

	<p>There was a suggestion to produce a local health promotion leaflet that could be shared with partners eg food bank.</p> <p>2. Emotional Health & Wellbeing The group acknowledged that there were a number of services to support WHWB in the locality;</p> <p>Ed Sipler- a number of courses;-</p>  <p>EHWB in Schools weekly newsletter shared with members</p> <p>Changing Lives, Flourish & Thrive initiative to make a referral search Changing Lives</p> <p>Our Generation in partnership with Action Mental Health, for more information search www.ourgeneration-cyp.com</p> <p>Digital library free apps search HSCNI;</p>  <p>RAISE, an EANI initiative tackling education attainment in Millise & Donaghadee, the group welcomed Fiona McMahon from EANI.</p> <p>CiNI Jonny (EANI) spoke of the importance of engagement with parents and young people. Danny informed the group about CiNI who run a Parent Participation service. For more information search; www.ci-ni.org.uk</p>	<p>interest from Health & Social care Students to craft a leaflet.</p> <p>Noelle to share weekly</p> <p>Fiona McMahon to update the group</p> <p>Noelle to contact CiNI PP service</p>
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	<p>Uhub Ciara Collins informed the meeting about a pilot peer support group</p> <p>CYPSP Parenting Programmes Amanda informed the group of the Calander of free Parenting Programmes found on the CYPSP website. Search; www.cypsp.hscni.net</p> <p>Family Support Hub Amanda (SEHSCT) encouraged members to join Family Support Hub as associate members, to sign up. https://www.familysupportni.gov.uk/General/55/get-included</p> <p>Cost of living support in AAND; AANDBC Here2Help app AANDBC The Big Guide Social Supermarkets at Kilcooley & Molly Browns (South St)</p> <p>Neurodiversity; Linda Mc Allister (AANDBC) informed the group of an event to support families with Neurodiversity on 11th February 2026 at Queens Hall</p> <p>Next AAND LPG Neuro Café planned for late Spring, date to be confirmed</p>	<p>Ciara to share details</p> <p>Linda to share further information</p> <p>Noelle to attend steering group meeting & share details</p>
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4. Update from Family Support Hub	<p>Amanda Armstrong gave a brief update on the Family Support Hub service and the reasons for referral;</p> <ul style="list-style-type: none"> • Emotional & Behavioural Difficulties in primary school children, • Parenting programmes/ support, • Emotional & Behavioural Difficulties in post primary school children, • 1 to 1 support for adolescents, • Childcare support, • Emotional & Behavioural Difficulties in pre-school children. 	
5. AOB	<p><u>Chair :</u></p> <p>This was discussed at the last meeting and it was agreed that members would forward any nominations to Lynda and a vote would then take place via email. It was agreed that a representative from SE Trust will be interim chair until chair appointed</p> <p>The chair would be supported by SE Trust and will be expected to chair 4 meetings a year, agree agenda and minutes and facilitate any other meetings /workshops as required</p> <p>It was agreed that each member organisation would present a short presentation on the work and referral pathway into their programmes/ initiatives.</p> <p>Danny closed the meeting, with season's greetings, thanking all members for their support.</p>	
6. Date of next meeting	<p>10th March 2-4pm Ards Arena South St Newtownards</p>	
7. The purpose of Locality Planning Groups	<p><u>The purpose of Locality Planning Groups;</u></p> <ul style="list-style-type: none"> • Develop shared information, knowledge base and expertise about the local area. 	

	<ul style="list-style-type: none"> • Identifying opportunities to improve outcomes for children and young people by working better together • Build a commitment to early intervention • Build an effective partnership. <p>The Locality Planning group membership is open to all organisations at practitioner level, providing services to Children & Young People.</p> <p>Seeking membership from EA,SERC. Youth Justice, & Libraries NI</p>	
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