



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

Minutes

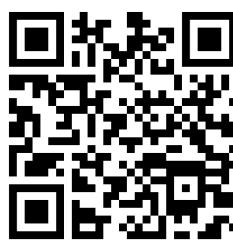
Present: Chair Danny Sinclair (SEHSCT)
Noelle Hollywood (SEHSCT), Amanda Armstrong SEHSCT; Linda McCallister (AANDBC) Ciara Collins (Uhub); Jonny Crymble (EANI) Fiona McMahon (EANI) Liam Miley (Belfast Central Mission) Sinead McCann (PSNI) Nicola Skillen (SEHSCT) Alison McClure (SEHSCT)

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 Clandyboye PS) Rachel McMillan Clandyboye 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); Beverely 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.	

	<p>The group last met in September 2025; Danny gave a brief summary of this special planning meeting hosted by Valerie Maxwell & Louise Dickson.</p>	
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></p> <p>EHWB in Schools weekly newsletter shared with members</p> <p>Changing Lives, Flourish & Thrive inititve 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></p> <p>RAISE, an EANI inititve tacking education atainment in Millise & Donaghadee, the group welcomed Fiona McMahon form EANI.</p> <p>CiNI Jonny (EANI) spoke of the importance of engagment with parents and young people. Danny onformed 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>	Ciara to share details Linda to share further information Noelle to attend steering group meeting & share details
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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	10 th March 2-4pm Ards Arena South St Newtownards	
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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