

East Belfast LPG Planning Meeting

Thursday 29th January 2026
Knocknagoney Community Centre, 41a Knocknagoney Drive,
Belfast, BT4 2QF
10am

| Name | Organisation | Present | Apology |
|-------------------------|---|---------|---------|
| Ashleigh Harris | LPG Coordinator, BHSCT | ✓ | |
| Tracey Ripley-McElvogue | LPG Chairperson | ✓ | |
| Jennifer Heverin | LPG Administration | ✓ | |
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| Elise Smith | Outer South and East Family Support Hub | ✓ | |
| Lois Corbett | Family Connections, Barnardos | ✓ | |
| Josie Gibson | Health Visiting, BHSCT | ✓ | |
| Gail McLaughlin | Ark Housing Association | ✓ | |
| Meliosa Sturgeon | MACS NI | ✓ | |
| Alannah McMullan | Eastside Learning | ✓ | |
| Julia Hughes | Bryson Pathways | ✓ | |
| Roz McIlwaine | Changing Lives Initiative | ✓ | |
| Eilish Breslin | Changing Lives Initiative | ✓ | |
| Caoimhe McKenna | PAPYRUS | ✓ | |
| Rachel Davison | Walkway Community Association | ✓ | |
| Michelle Fullerton | Ledley Hall | ✓ | |
| Emma Shaw | Phoenix Education Centre | ✓ | |
| Colleen Boyle | EBCDA | ✓ | |
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| Aíne Mulvenna | BHSCT | | ✓ |
| Ben Webb | Extern | | ✓ |
| Carol Scullion | Action Mental Health | | ✓ |
| Gillian Hamilton | Eastside Partnership | | ✓ |
| Judith Thompson | Toybox, Early Years | | ✓ |
| Kathy Watters | Belfast City Council | | ✓ |
| Lucy Baxter | Cedar Foundation | | ✓ |
| Pamela Hughes | Kids Together | | ✓ |
| Tinya Parkes | Libraries NI | | ✓ |
| Laura Dan | Early Years | | ✓ |
| Rhonda McMullan | Barnardo's | | ✓ |
| Matthew Hill | King's Trust | | ✓ |
| Heather Dougherty | Oasis | | ✓ |
| Fiona McMahon | RAISE, Education Authority | | ✓ |

Summary of Actions:

| | Topic | Action | Responsibility |
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| | <p>1. Welcome and Apologies</p> <p>Tracey opened the meeting by welcoming the new Locality Planning Coordinator and facilitating a round of introductions.</p> <p>Tracey then gave a quick overview of Locality Planning, what it is and the aims as laid out in the Action Plan's 4 main priorities:</p> <ol style="list-style-type: none"> 1. Early Intervention Mental Health and Emotional Wellbeing 2. Early Intervention/Early Help Family Support 3. School Disruption 4. Poverty/Cost of Living |
| | <p>2. Previous Minutes</p> <p>The minutes from the last meeting on 6th November 2025 were read through and agreed as an accurate reflection of the discussion.</p> <p>In respect of the Actions regarding the Therapeutic Sub-Group feedback – this was not circulated due to absence with illness. It was suggested that the subgroup should be revisited and information gathered again.</p> |
| | <p>3. Presentation – Lucinda Vance, King's Trust</p> <p>King's Trust were unable to attend today's meeting.</p> |
| | <p>4. Presentation – Roz McIlwaine & Eilish Breslin, Changing Lives</p> <p>The aim if the Changing Lives project is to create and develop a support network for parents of children with ADHD and Autism, through workshops and programmes. A formal diagnosis isn't a requirement for participation. Workshops can be for any age group, but the primary focus is for 2-12 year olds. Families can self-refer or be signposted by practitioners/services.</p> <p>The main programmes carried out by Changing Lives are:</p> <p><i>Invest in Play Programme</i> This is a 12 week programme of group meetings for parents of children aged 2-12 years.</p> <p><i>Triple P – Group Stepping Stones Programme</i> This again has an Autism/ADHD focus and comprises of 9 sessions – first 6 in a group setting and last 3 are individual.</p> |

Parents Plus ADHD Programme

This is a 6 week programme for parents/carers of children aged 6-12 years. This course comprises of 3 elements:

- Support for the family
- Support for the child
- Self-Care

Incredible Years Programme

This is a longer course of 18-20 sessions which can be face to face or online. It is aimed at parent/carers of 3-7 year olds.

A further element of support delivered by Changing Lives are standalone 1 hour workshops:

- Thinking Outside the Box – how different brains learn and grow
- Social Smarts – helping the child build meaningful connections
- From Wobbles to Wins – coordination and control
- Attention HQ – staying tuned in and on track
- Calm and Connected – understanding and managing emotions
- Sensory SOS! – practical strategies for kids who feel everything
- Think! Stop! Act! – helping with self-control

The Changing Lives team include a teacher, an art therapist and speech and language therapist. Self-referral is available through the website:

www.changinglivesinitiative.com

4. FSH Updates

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| FSH Area: | Outer South & East Belfast |
| Timeframe: | 5 Nov 25 – 28 Jan 26 |
| Number of Service Requests Received in timeframe: | <i>81 Referrals</i> Nov – 23 Dec – 14 Jan – 44 |
| Number of Service Requests Received to date: | 173 |
| Source of Service Requests: | Self – 37 School – 23 Social Worker – 1 Education Welfare – 3 Rise – 1 GP – 3 HV – 3 Community – 4 CAMHS – 1 Nurse – Voluntary – 2 Speech & Language - 3 |
| Key Gaps identified: | <ul style="list-style-type: none"> • Support for under 4's outside Sure Start area. • Counselling and Therapeutic services • Awaiting ASD Support |
| Key Successes identified: | Sense family support service. Phoenix Education Centre for teen support. |
| AOB for Sharing: | <ul style="list-style-type: none"> • N/A |

Inner East were unable to attend; however, Mandy Kearns sent the following update:

“The majority of referrals, approx. 80% are regarding children waiting diagnosis for ASD, ADHD or are on a list for CAMHS, we are finding it hard to cover play therapy as at this time of the year waiting lists get longer or closed”.

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| | <p>6. Members Updates</p> <p><i>Caoimhe McKenna – Papyrus</i> Papyrus have secured funding for training in the community. Spot and Speak is suicide prevention training. Hope Box is aimed at younger children and is about creating a box they can go into when they're feeling down.</p> <p><i>Ark Housing – Gail McLaughlin</i> Ark are open for referrals. Not solely for Ark tenants can be for anyone facing homelessness.</p> |
| | <p>7. LPG Updates</p> <p><i>Vice Chair</i> No Vice Chair has yet been appointed.</p> |
| | <p>8. A.O.B</p> <p>No other business was discussed, and the meeting drew to a close with Tracey thanking everyone in attendance.</p> |

2025/26 Dates for East Belfast LPG Ordinary Meetings

| DATES | TIME | VENUES |
|--|-------------|-------------------------------|
| 9 th January | 10am | Knocknagoney Community Centre |
| 3 rd April | 10am | Knocknagoney Community Centre |
| 1 st May – Planning Meeting | 10am | Knocknagoney Community Centre |
| 3 rd July | 10am | Knocknagoney Community Centre |
| 4 th September | 10am | Knocknagoney Community Centre |
| 6 th November | 10am | Knocknagoney Community Centre |
| 29 th January | 10am | Knocknagoney Community Centre |
| 5 th March | 10am | Knocknagoney Community Centre |