

**CHILDREN'S SERVICES PLANNING  
MINUTES OF BALLYCLARE & RURAL NEWTOWNABBEY**

**THURSDAY 19<sup>TH</sup> FEBRUARY 2015 AT 2.00PM  
BALLYCLARE COMMUNITY CONCERNS**

<b>Attending:</b>	Anne Thompson	SACN
	Gemma Lutton	<i>CYPSP (Minute Taker)</i>
	Selena Ramsey	<i>CYPSP</i>
	Shirley Laughlin	<i>Public Health Nursing NHSC</i>
	Pamela Davis	<i>NHSC</i>
<b>Apologies:</b>	Adelyn Carr	<i>Ballyclare Family Focus</i>
	Claire Roper	<i>NHSC – School Nursing</i>
	Christine Craig	<i>ASDA Ballyclare</i>
	Hessie McMullan	<i>Network Personnel</i>
	Samantha Logan	<i>Early Years Organisation</i>
	Sandra Anderson	<i>CYPSP- Participation</i>

**WELCOME AND INTRODUCTIONS**

Selena welcomed everyone to the meeting today in Adelyn's absence and apologies were noted.

**MINUTES OF PREVIOUS MEETING**

The minutes were agreed as being a true and accurate recording of the meeting held on **Thursday 16<sup>th</sup> October 2014.**

**MATTERS ARISING**

No matters arising.

## **STRENGTHENING FAMILIES – INTRODUCTION**

Selena provided background information to the programme which is PHA funded. It is a programme for parents/carers and their children aged 10-14 years. This is an evidence based programme and skills are gained by those attending to help strengthen their family. The programme has been proven to be effective in prevention of alcohol and drug misuse. It is a 7 week programme taking place one night per week usually in the evening with a meal provided at the start of each night to all families attending.

Selena showed the Introductory DVD to the Strengthening Families Programme. The DVD highlighted benefits from families who have previously took part in the programme.

The aim is to run a Strengthening Families Programme in Ballyclare in April 2015. Funding for each programme includes money to cover a venue, catering and transport to families if required to eliminate any barriers for families to attend the programme.

A referral form will be circulated along with a flyer with dates set for April in Ballyclare. Anyone can make referrals to Emma McElhone if they know of any families who would benefit from this programme. Pamela noted that if Ballyclare Community Concerns is being used as the venue that the programme will have to be on a Tuesday or Wednesday as the venue is fully booked on other days.

Any queries on Strengthening Families contact Emma on 028 2563 6600 or [emma.mcelhone@northerntrust.hscni.net](mailto:emma.mcelhone@northerntrust.hscni.net)

## **UPDATE - AUTISM PROGRAMME**

Pamela provided information on an application she submitted for Northern Outcomes Funding. Pamela was successful in securing funding for an Autism Support Group. 4 four year olds and 4 eight year olds attend this support group and Balanceability has been running for 6 weeks.

Pamela also noted sensory equipment from Learning Space was ordered and received. After Balanceability takes place the group get food and do crafts for a short period and use the sensory equipment. There have been a brother and sister in the group and they have worked together to do the crafts which is positive.

Parents will be completing accredited training with Autism NI. 2 more spaces need filled before this is rolled out. Pamela noted these spaces will be advertised. Parents will get a certificate when they complete the training. This programme should run on a Thursday in the Community House and will run until the end of March. Pamela has secured additional funding from NEELB and has 2 workers to help with the support group. Pamela is also looking at different funding streams to secure further funding.

Pamela noted feedback from parents has been excellent. The difference the parents have noticed in children with balanceability is brilliant. Funding has been very positive as it has enabled this to take place. Pamela noted if more volunteers were recruited this could be opened up and offered to more children.

## **MEMBER UPDATES**

### Anne Thompson – SACN

Anne noted a number of events are coming up in conjunction with PHA. A resilience workshop will take place with Ed Sipler on Wednesday 11<sup>th</sup> March in Ballymena (venue to be confirmed). This will be an interactive workshop with 30 people attending. Places will be given to those working with young people and priority will be given to those in the voluntary and community sector. This will focus on risk taking behaviours and trying to link with other issues.

Another event focusing on Internet Safety has been organised for Wednesday 18<sup>th</sup> March in The Braid Centre Ballymena. Wayne Denner will be the guest speaker at this event. This will be for 70 people and priority will be given to those in community /voluntary organisations working with young people.

### Pamela Davis – NHST

The Autism programme is running as previously mentioned. A lifeskills project is also running within Ballyclare. The group were given Virtual Babies over Valentines week and the babies were programmed to wake every 3 hours. These babies were given to 14-19 year olds and they will be assessed and feedback will be provided to them from this.

### Shirley Laughlin – NHST Public Health Nursing

The New Mums group is continuing to run and baby massage is also running and is offered free of charge. A number of people have completed the training in The Beeches and enables them to deliver the Baby Massage programme. This training is to run again and another group of staff will be attending to complete the training. Alongside Baby Massage a health education topic is covered such as resuscitation choking, weaning etc. A breast feeding support group is also taking place twice a week and Shirley noted a good group attend this regularly.

### Selena Ramsey – CYPSP

Selena provided information on 2 Supporting Siblings events in Cookstown and Carrickfergus that have been organised. One will take place in Cookstown Leisure

Centre on Thursday 23<sup>rd</sup> April from 6pm – 8pm. Another date has been organised for Sunnylands Community Centre, Carrickfergus on Thursday 30<sup>th</sup> April from 6pm – 8pm. Please contact Sandra Anderson for any further details or to book a place. These events will give siblings who live in families where a brother or sister has an ASD diagnosis, a better understanding of the ASD diagnosis, and siblings will receive some top tips on how to cope better with difficult situations. Selena noted Parents have been very willing to attend.

### **ANY OTHER BUSINESS**

Nothing noted.

### **DATE AND TIME OF NEXT MEETING**

It was agreed that the next meeting would take place on **Thursday 16<sup>th</sup> April 2015 at 2.00pm in Ballyclare Community Concerns.**