

**CHILDREN'S SERVICES PLANNING  
MINUTES OF BALLYMENA LOCALITY GROUP**

**THURSDAY 10<sup>TH</sup> DECEMBER 2015 AT 10.00AM  
NGAGE BALLYMENA**

<b>Attending:</b>	Gerry McVeigh	<i>Start360 (Chairperson)</i>
	Clare McFarlane	<i>Start360</i>
	Hector Deane	<i>Ballymena Learning Together</i>
	Jennifer Campbell	<i>Ballymena Surestart - AFC</i>
	John Clements	<i>Family Support Hubs - AFC</i>
	Patricia Harte	<i>Action Mental Health</i>
	Gemma Lutton	<i>CYPSP (Minute Taker)</i>
	Selena Ramsey	<i>CYPSP</i>
	Sandra Anderson	<i>CYPSP</i>
	Natasha McDonagh	<i>The Hope Centre</i>
<b>Apologies:</b>	Gemma Rainey	<i>NHSCT</i>
	Michelle Maguire	<i>EA NI Youth Service</i>
	Karen Moore	<i>PCSP</i>

**WELCOME AND INTRODUCTIONS**

Gerry welcomed the group to the meeting today and noted he hopes to continue to chair the Ballymena Locality Planning Group. A round of introductions took place and apologies were noted.

**MINUTES OF PREVIOUS MEETING**

The minutes were agreed as being a true and accurate recording of the previous meeting held on **Thursday 22<sup>nd</sup> October 2015**.

## **MATTERS ARISING**

No matters arising.

## **ACTION PLAN – FEEDBACK**

Discussions took place in relation to the 3 outcomes set within the action plan.

### Outcome One

Ballymena LPG will support a multi-agency approach to target areas of risk.

### Outcome Two

Young people from Ballymena are aware of services available for them.

### Outcome Three

Young People, Teachers and Youth Workers are confident in social media-risks and benefits.

Hector raised the point of a pastoral care meeting organised in January / February time and how it would be useful to have members have a stall at this. It would be useful for Teachers to know about what organisations are providing a service and available locally. Hector will coordinate this and put this proposal forward. An hour can be allocated for organisations at this. Gemma agreed to send information to try and get organisations to link into this when planned.

**ACTION: Hector / Gemma**

Selena reviewed earlier discussions around priorities. Selena provided information on the Antrim Teacher Development days that take place in Antrim. This year Simon Ward is the guest speaker and will take on emotional mental health and resilience. It would be good if a Professional Development Day could be replicated in this area for all teachers. In the past 600 teachers have been brought together. It was noted this could be discussed with teachers and they feel this would work. Selena noted to put Development Day on the agenda to discuss again.

**ACTION: Selena**

Information and further points under each outcome from today's meeting will be added to the action plan. For anyone wishing to receive a copy of the action plan email Gemma Lutton - [gemma.lutton@northerntrust.hscni.net](mailto:gemma.lutton@northerntrust.hscni.net)

## **PATRICIA HARTE – ACTION MENTAL HEALTH**

Patricia works for Action Mental Health for a project called MensSana which supports all ages in the area of mental health and emotional wellbeing through a range of activities tailored to suit group needs. This existed in Southern Trust for over 10 years before being introduced into the Northern area. AMH MensSana operates across all Northern Ireland. A range of training programmes can be delivered through Action Mental Health MensSana. These programmes include:

- Mindset – Mental and Emotional Health & Wellbeing Awareness programme
- Provoking Thought Workshop
- Healthy Me programme
- Mental Health First Aid
- Safetalk
- ASSIST

Patricia distributed a hand-out to the group with detailed information on these programmes. Patricia agreed to send Selena information to circulate to the group.

### Mindset

Patricia provided information on this programme which is a mental health and emotional wellbeing project to target Mindset. This is for community groups aged 14-17 years with the session time of 3.5 hours. This can be delivered in one session or split over a number of sessions. This is a 3 year funded project and aims to promote self-help/resilience techniques, raise awareness and signs and symptoms of mental ill health and highlights the mental health support organisations.

### Healthy Me Programme

Patricia noted this is a project for primary schools and will be available to be delivered soon. The target group is 8-11 year olds within a primary school setting. This programme aims to improve the emotional and social wellbeing of children amongst other things and problem solving, coping skills, conflict management and managing feelings are covered during the session.

Patricia also noted the 'Together for You Project' will be coming to an end in March 2016 and will no longer be delivered at this point.

Discussions took place on the programmes that were explained. Patricia is keen to get programmes into all Schools. For further information on any programmes Patricia can be contacted by email at [pharte@amh.org.uk](mailto:pharte@amh.org.uk)

## **FEEDBACK AND NEXT STEPS – LIFE SKILLS SURVEY**

Sandra provided feedback on the life skills survey. Group members identified a need to find out about what additional support young people aged 14+ would benefit from in the aim to prepare young people for adulthood. A life skills survey was put together and Sandra linked with Hector who liaised with the local post primary schools in the Ballymena locality in order to get this completed. An online survey monkey was also available for completion.

364 Life Skills Surveys were completed by Year 11's at the recent Ballymena Youth Fair. This was a brilliant response rate and Sandra outlined the participating Schools. Results showed key priority areas young people feel they would benefit from further support on and these included:

- Interview preparation and having a part time job
- Confidence to make an appointment
- Paying bills and managing their money
- Managing stress techniques, resilience and mental health support

The next steps are to source funding to deliver identified support programmes to post primary schools in the Ballymena locality. Sandra agreed to circulate the results from the life skills survey.

**ACTION: Sandra**

## **UPDATE – BELIEVE IN YOUTH**

Selena provided an update on the Believe in Youth project. There is a new worker in post in place of Maurice and it was noted there have been challenges in Maurice's absence. Believe in Youth have secured an extension in funding. Peer educators have reduced in numbers and there are now opportunities for under 25 year olds to receive training and become a peer educator due to this. There are currently 2 peer educators in post and both work on projects in Ballymoney Schools. There is a

meeting next week to look at the future and how work could be delivered. Selena will be attending and can provide an update following this.

**ACTION: Selena**

## **UPDATE – BALLYMENA FAMILY SUPPORT HUB**

It is currently very busy with a number of information days taking place. Information days have been rolled out in The Dunanney Centre, ASDA Larne and ASDA in Ballyclare. It was surprising the number of families who engaged and didn't previously know about the service. It was noted funding is up to the end of March. No further information has been received regarding this. John feels it would be a shame to see the service end due to the high number of referrals. GP's, CAMHS, and self-referrals are all coming through. Clare McKay is the coordinator of the Family Support Hubs. John noted he covers Larne, Carrick, Newtownabbey and half of Ballymena and Antrim. There is a steady flow of referrals and needs are being met. It is lovely to see support being put to families who need it. John hoped for the service to be continued.

## **MEMBER UPDATES**

### Jennifer Campbell – Ballymena Surestart

Jennifer noted they are going through transition in terms of staff changes. They are also up skilling current staff to equip them with skills to cope with needs of families. Surestart now have a Family Practitioner working specifically with families. There is a lot of demand and visits are taking place. It was noted Chris Lindsay was a great support to young mums when in post. Little Acorns are running 'Bumps to Babies' specifically for young parents. Last month was the 1<sup>st</sup> programme and it was well attended. Volunteer Coordinator is doing a lot of work and Jennifer is noticing benefits as a result of the new worker. Attendance from males has increased which is positive. A breastfeeding class took place last week and 27 attended. A timetable of programmes for next quarter is available and can be circulated or viewed on the website.

### Clare McFarlane – Start360

Clare circulated information on all Start360 services available for the Northern Trust areas and provided further information on these programmes. Clare noted she would like to attend all locality groups to give info on services available and the gaps

were services are missing. Information can also be circulated on programmes for anyone wishing to get a copy.

#### **ANY OTHER BUSINESS**

Nothing noted.

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

It was agreed that the next meeting will be held on **Thursday 25<sup>th</sup> February 2016** at **10.00am** in **N-GAGE OFFICES**.