

Background

Banbridge Locality Planning Group (LPG) was established in 2012. Membership of the group include a range of community, statutory and voluntary organisations with a remit for children and young people in the area. The group aims to improve the well-being of children and young people through a multiagency planning approach.

The group set it's priority areas for 2015-2017; with one of the priorities to improve mental and physical health of children, young people and young parents.

The LPG agreed to work in partnership for a Lads & Dads event in Banbridge Leisure Centre on 16th September 2017, in order to promote positive mental health and wellbeing and to promote resilience amongst young men and parents. Through statistical evidence and qualitative data from the LPG members, they agreed that support for lads and dads was important to inform on local support services and to try new activities. Attendees also had the chance to identify further activities or programmes to help shape local services in their area.



Outcomes 1 & 2 (SAOG Plan 2014-17)

- All Children and Young People are Healthy
- All Children and Young People Enjoy, Learn and Achieve

How much did we do?

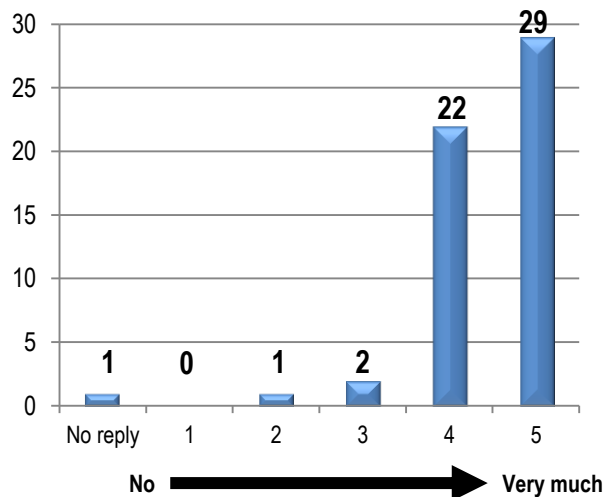
- 2 hour activity session held at Banbridge Leisure Centre from 12-2pm, ending with lunch
- 20 services/organisations set up information stalls relevant to the health and well being of young men in the Banbridge locality area
- Activities included archery, bouncy castle, climbing wall, drumming, talks by PIPS and special guest Pat McKibbin, Q&A with Pat, Lego Walk, PSNI motorbike, health checks and smoothie making on Sustrans bicycle

How well did we do It?

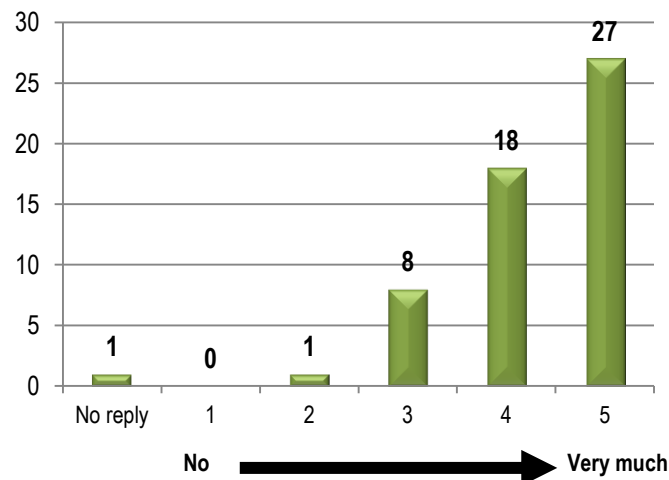
- Partnership of 8 services/organisations in the Locality Planning Group
- 180 attendees at the event
- 7 full body health checks carried out
- 74 smoothies made on the Sustrans bicycle
- 55 completed evaluation forms

Is anyone better off?

Do you feel more informed about how to maintain good mental health?



Do you have a greater awareness of the mental health support organisations in the Banbridge area?



- 55% of respondents agreed they were likely or very much more likely to join activities/programmes in the area which can maintain or improve good mental health
- 80% of respondents felt they were more informed to refer themselves or a friend to get help from a mental health organisation.

Can you tell us one thing you have learnt about maintaining good mental health from today's event?

Be active/get involved
(8 replies)

How to keep well
(7 replies)

What mental health is/it's importance
(5 replies)

Talk
(3 replies)

Try new things
(1 reply)

Excellent event
(2 replies)

Very informative

Enjoyed Pat's chat!

"Tell us what you think!"

Drum guy was fantastic



Well done!

The info stalls were impressive!

Drumming was brilliant

The kids loved the Lego!

Skittles have a lot of sugar!