

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.

At the Banbridge Locality Group meeting in August 2017, attendees agreed to undertake a training session run by Barnardos NOVA project, to identify Top Tips in dealing with stress and to equip workers with tools to share these tips with children, young people and families.

Barnardos NOVA Project co-facilitated a training session with South Armagh Rural Women's Network on Wednesday 29th November at The Old Town Hall, Banbridge. The Top Tips for Looking After Yourself Programme was funded through the Victim and Survivor Service in Northern Ireland.

Outcomes 1 & 2 (SAOG Plan 2014-17)

- All Children and Young People are Healthy



How much did we do?

- 2 hour training session involving 12 professionals and 2 trainers
- 9 different services/agencies represented amongst participants
- Activities included sharing tips on managing stress, signposting to relevant services and helping children, young people and their families access information and specialist support to help manage stress

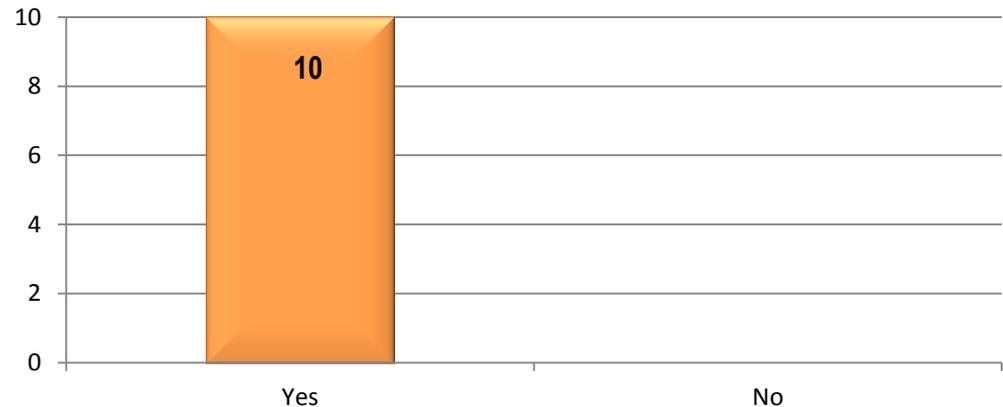
How well did we do It?

- 10 completed evaluation forms at the end of the session
- Low cost training: part of the remit of Barnardos NOVA Project

Is anyone better off?

- 100% of respondents agreed they found the programme interesting
- 100% of respondents rated the location, length, organisation and venue for the training as very good
- 100% of respondents rated the amount of detail provided, ease of understanding, presentation and relevance of the training as very good
- 8 respondents (80%) stated they had learnt new information on the day

Do you think as a result of today's awareness programme you will be better prepared to look after your own emotional wellbeing?



What new information did you learn?

- Breathing exercise for going to sleep
- How to cope with sleeping problems
- lots of information on various services available
- Very useful to be reminded of the messages as “common sense doesn’t always mean common practice”.
- 7/11 breathing: a tool I will use!

How will you be better prepared to look after your own mental health and wellbeing?

- To manage my thoughts better
- Take 5
- I will learn/practice mindfulness and sleep better
- Will start my walking again!
- Take a bit more time
- Set a goal
- Raised awareness of recognising stress in myself/life

TELL US WHAT YOU THINK

What did you find most helpful?

“Taking time out to think about my own stressors and coping mechanisms”

“Learning from other people”

“Useful quotes to aid thinking about how I respond to stress”

“Facilitators’ personal examples of how they behave when stressed and what they do to destress”

“Recognising stress”

“Everything was very helpful”

“ALL OF IT”

“Easy, relaxing atmosphere, plenty of opportunity to give feedback! Well delivered”

“Well presented, informal, good examples/good materials to signpost for young people and parents who might need help”

“Nice atmosphere”

“The shared recognition of how prevalent stress is amongst people
Common issues and examples shared by group”