

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

**TUESDAY 5th JUNE AT 2.00PM
IN HOMESTART ANTRIM**

Attending:	Chris Lindsay	<i>EA NI</i>
	Laura Crawford	<i>YJA</i>
	Natasha McDonagh	<i>Start 360 (Connections)</i>
	Beth Gibb	<i>AMH</i>
	Pamela McClelland	<i>SACN</i>
	Sandra Anderson	<i>CYPSP</i>
	Kelly Forsythe	<i>ANBC</i>
	Siobhan Murphy	<i>A safe space to be me</i>
	Clare McKay	<i>NICMA</i>
	Leeann Kelly	<i>Contact</i>
	Charlene McKeown	<i>Women's Aid ABCLN</i>
	Selena Ramsey	<i>CYPSP</i>
	Mervyn Rea	<i>A&NBC</i>
Apologies:	Peter Zudsky	<i>Parent Rep</i>
	Marie McCloy	<i>NRC</i>
	Noel Gallagher	<i>Youth Service</i>
	Nora McKnight	
	Jennifer Todd	<i>Oasis</i>
	Andrew Gamble	<i>PHA</i>
	Grace McCann	<i>NIACRO</i>

WELCOME AND INTRODUCTIONS

Mervyn welcomed the group to the meeting and apologies were noted. A round of introductions took place from all members present.

MINUTES OF PREVIOUS MEETING

The minutes were agreed as being a true and accurate recording of the previous meeting held on **Tuesday 27th March, 2018.**

MATTERS ARISING

None noted.

HEALTH ALLIANCE - PAMELA DAVIS

Pamela provided a background on the Health Alliance website.

- The Health Alliance provides an opportunity for communities, voluntary and statutory sectors to network, share information and best practice, engage in evidence based health improvement, access training and capacity building opportunities and contribute to sharing the health improvement agenda.
- The Health Alliance was developed within the Networks Involving Communities in Health Improvement (NICHI) project. The aim of the NICHI project is to support the involvement of communities in improving health and social wellbeing and reducing health inequalities.
- The NICHI project operates across the Northern Locality and is managed by the Community Support Networks.
- For a wide range of resources and support available to create healthier communities, log onto the Health Alliance website www.healthallianceni.com
- From programmes and events, to training and funding, you can keep in touch with the information that is most relevant to you and your local community.

Contact Details- South Antrim Community Network - Pamela Davis

Tel: 0289447 8645 pamela@southantrimcommunitynetwork.org

(Antrim, Carrickfergus and Newtownabbey)

SIOBHAN MURPHY- A SAFE SPACE TO BE ME

Education & Training

A 'Safe Space to be Me' is one of the provinces OCN registered centres. This means we can deliver recognised courses and qualifications to meet the needs of not only professionals but of the entire community.

We are excited to be currently in the process of having our Counselling courses approved by the National Counselling Society which will further validate them within the profession.

Courses to date

Introduction to Trauma

Introduction to Traumatic Bereavement

OCN level 1 in Counselling Skills

Counselling

Sometimes, we need an outlet to talk about the stuff that's going on for us. Family and friends can be great sources of support but at other times we need professional support.

At A Safe Space to be Me, we offer tailor-made therapies for our clients, working from integrative & energy models for a vast range of specialist areas such as –

Eating Disorders & Specialist

Weight Management Clinic

Anger Management

Anxiety

Depression Bereavement Stress

Gender Relationship issues (to name but a few)

All counsellors are members of the BACP or the NCS and work to the extremely high standards which is expected of being a professional member.

We also offer Supervision for counsellors in practice (contact for more information).

Life Coaching

Sometimes people need help moving forward with their lives and a supportive relationship can be the cornerstone of personal growth. Life coaching can provide that supportive relationship which will empower clients to move forward. Unlike

counselling the focus is solely on the future, setting goals and ways to achieve them. We are very lucky to have the commitment of a life coach in our organisation; clients love this alternative to counselling.

Family Support

Our Family support project is currently under development and will endeavor to offer key worker support to local families within the Crumlin Area initially.

Community Partnerships

Huge thanks to Clanmil, Comic Relief & the PHA for their funding support for our projects in Crumlin looking at Strengthening Relationships & promoting positive mental health.

Email: info@asafespacetobeme.co.uk

Mobile: 07484312120 or 07488299360

WOMEN'S AID - CHARLENE MCKEOWN

Charlene shared presentation on the Make It Better programme.

Make it Better- Ages 6-11 – homework club – referrals from social services to help support family first – meet weekly in each area – games, fun activities, trips, programs etc

Voices- Ages 12-18 – anyone can join- you don't have to have been affected by DV you may want to get involved to make a difference. Voices is very much led by the young people. Say when it is - specific to your area. Programs, teen issues, drop in vibe, young person led etc.

Homework Club- Ages 7-11 –referrals from social services to help support family first – meet weekly in each area – games, fun activities, trips, programs etc.

Charlene discussed other programmes available for children aged 7-11 including:

- Miss Tilly- Drama Therapy
- Bully Busters
- All About Change
- All About Me

Other programmes for 12-18 year olds include:

- Domestic Violence Awareness Multimedia Competition – 6 weeks to research Domestic Abuse and design a group presentation or video on the issue for either teen relationships or abuse at home.
- H4HR – DV awareness, consent, healthy and unhealthy relationships, self-care and coping strategies.
- All about Change - Discusses different trauma in life and how it affects us and it teaches young people new ways and coping strategies.
- SEBD – mental health, trauma, emotional wellbeing, self care and coping strategies and building resilience
- OCN COURSES –

Me, Myself and I

Domestic violence awareness

Employability and community project (fundraising)

Peer mentoring

Relationships and behaviours

For further details on how to book a programme contact Charlene:

manager@womensaidmib.org

MEMBER UPDATES

Laura Crawford- YJA

We are well underway with our delivery of CRN's (Community Resolution notices) for young people who offend for the first time, where it is related to drug and alcohol use. This provides opportunity for assessment and intervention/or referral on, at an early stage, whilst also giving the young people to avoid conviction.

Beth Gibb- Action Mental Health

www.northernareamhi.org.uk - Northern area MM Resilience initiative for 8-25 year olds. Resources for teachers/adults soon to be uploaded.

MM awareness self-esteem programme. Both above available throughout Northern area.

Pamela McClelland - SACN

Hosting event men's health week on Wednesday 13th June targeting fathers. We currently have 20 men registered.

Promoting mental health V suicide presentation small grants have now closed. The demand was extremely high.

Kelly Forsythe- Antrim & Newtownabbey Borough Council

- Taking referrals for home safety (families children of 5) and our energy efficiency service if people are living in a cold home.
- Still have 'keep warm packs' especially for toddlers 1-2 years.
- Infants - packs include baby grows, vests etc. to help them in the first year of their life.

Clare McKay- NICMA

Just finishing last of core training in June and will resume in September. Pre-registration sessions will run throughout the summer for those interested in becoming registered.

Leeann Kelly- ContactNI

- Continues to deliver ART - Aggression Related Trauma project. This project provides 1-2-1 creative art therapy and talk therapy to children and young people affected by trauma as a result of sexual abuse; physical abuse or emotional abuse. Clinics in Antrim, Coleraine, Ballymena, Magherafelt and Belfast. There is a waiting list of 4-6 months. Clients will receive long-term, weekly therapy.

Charlene McKeown- Women's Aid ABCLN

Currently running a homework support club 8-12 years old for children referred from social services or have experienced DV.

Voices group running 13-18 year olds giving young people a voice about DV but also other issues that impact their everyday life.

Delivering self-esteem, trauma sensitive, bullying, disclosure drama therapy programmes in primary schools in Antrim.

Delivering healthy relationships, consent, seating, DV awareness, SEBD support OCNs in peer monitoring, employability etc. to secondary school young people. Summer scheme and residential planned for the summer. 1-2-1 support also offered.

ANY OTHER BUSINESS

A discussion took place regarding inclusion of Newtownabbey into LPG. The group agreed they should move forward. Selena updated that the 'Thrive' project covers Newtownabbey and Antrim and will provide the locality function for the area in Newtownabbey. Selena will invite Claire to present at a future meeting.

Selena noted the inclusion of Newtownabbey will be discussed further at the next meeting.

ACTION: Selena

Selena to forward at Empower Summer Schemes to group.

ACTION: Selena

DATE OF NEXT MEETING

It was agreed for the next meeting to take place on **Tuesday 2nd October, 2018 at 2pm in Homestart, Antrim.**