

**MINUTES OF LARNE & CARRICKFERGUS CHILDREN AND YOUNG  
PEOPLE'S LOCALITY PLANNING GROUP MEETING**

**FRIDAY 19 JUNE AT 10AM  
ZOOM MEETING**

<b>Attending:</b> Roy Beggs (Chair)	MLA/BB/Horizon Surestart
Bernie McGarry	NHSCT
Karen Graham	Carrickfergus YMCA
Grace McCann	NIACRO
Janine Gaston	Impact Network NI
Lynn McKenzie	Streetreach
Paula Martin	Action for Children – Family Hubs
Alison Kane	Mid & East Antrim Borough Council
Andrew Millar	Start 360
Colette Slevin	Action Mental Health
Adam Wallace	Fresh Minds Education
Lynsey McVitty	NHSCT
Mairead Kane	NHSCT
Kate McDermott	NHSCT

**Apologies:**

Denise McVeigh	Mid & East Antrim Borough Council
David McAllister	Mid & East Antrim Borough Council
Catherine Black	Mid & East Antrim Borough Council
Valerie McKenzie	EA Youth
Aine Wallace	Fresh Minds Education

## **INTRODUCTIONS AND APOLOGIES**

The Chair, Roy Beggs, welcomed everyone to the first zoom meeting 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 24<sup>th</sup> January 2020 in Carrickfergus Town Hall.

## **MATTERS ARISING**

No Matters arising

## **MEMBER UPDATES**

### Roy Beggs, Chair

- BB has not been meeting since the pandemic
- Surestart – outreach work still going on using social media platforms and telephone support.
- Various issues have been highlighted recently re: home schooling without digital access. Some issues with children not wanting to engage with education. Roy is looking at trying to get some equipment to help some families.
- Attended a Carrick ROC meeting. Their Community event in March was cancelled. Issues re: social isolation has been identified and there may be an on-line seminar going forward.

### Paula Martin – Family Support Hubs (AFC)

The Family Support Hubs have been continuing to offer support to families and all hub staff are now working remotely from home. We have been providing telephone support, checking in with all families referred and having conversations about their needs. We are sending the hub tables out as normal as we are still processing all the referrals and making the relevant onward referrals to organisations despite the absence of the hub meetings.

As we are working from home we are now updating all our referrers and parents on the outcome of the hub referrals via email and telephone instead of our usual postal letter. We have also been able to help a number of families through our 'Emergency Fund Appeal' and to enable the purchase of essential items required including food, electricity, heating oil and outdoor toys and crafts. [Paula.Martin@actionforchildren.org.uk](mailto:Paula.Martin@actionforchildren.org.uk)

### Janine Gaston – Impact Network NI

- NICHI Health Alliance platform and website ongoing
- Impact Network, Caring Through COVID initiative ongoing

- Impact Network NI completed CV survey of needs
- Ongoing support to CV member groups and others during lockdown
- Continued partnership working within Northern Locality addressing support needs
- Impact Network NI will have provision of Fresh Minds Education Mood Boosting Boxes for children aged 5-11 years
- Take 5 for Schools partnership work ongoing
- PHA PMHSP Small Grants will be reconfigured to meet PHA need – hopefully coming very soon to CV groups in Northern Locality
- JG will continue to be Impact Network NI rep for foreseeable meetings  
[janine@impactnetworkni.org](mailto:janine@impactnetworkni.org)

#### Colette Slevin – Action Mental Health

We have now moved all workshops to online delivery. We deliver Healthy Me workshops across primary schools in NI for children aged 8-11 their parents and carers along with school staff. Provoking Thought programs which are for suitable for groups of young people aged 11—25 and their key adult contacts within post primary and community groups Aims to promote: Positive Mental and Emotional Health & Well-being and Resilience - Importance of looking after your own physical and mental health - Self-care & 5 Ways of Well-Being - Sources of support available locally & regionally and cover topics like social media/exam stress and bullying.

Our Mindset program which is funded by PHA, it is for adults and young people age 14-17. The workshop aims to:

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Well-being
- Raise awareness of signs and symptom of mental ill health
- Promote self-help/resilience techniques, along with self-care
- Provides information and resources on mental health support organisations available (locally and regionally)

We are offering open sessions for this workshop next week which can be signed up to using this link

<https://www.eventbrite.co.uk/e/open-mindset-sessions-2-parts-tickets-110256514202>

#### Grace McCann – NIACRO

NIACRO Family Links continues to provide support to families, including children, and friends of those in custody and is open to new referrals. We have had to adapt our face to face support to be delivered via virtual sessions or telephone calls instead of home visits but otherwise support continues as normal. Currently, there are no visits to prisons and the rules have changed around sending in clothing / money due to the pandemic, so we are working to provide additional emotional support and practical information to families dealing with this added layer of isolation and changes in routine.

Contact: [grace.mccann@niacro.co.uk](mailto:grace.mccann@niacro.co.uk) or 07980711209

### Karen Graham – Carrick YMCA

Digital youth work continues through zoom and social media feeds providing: 1 2 1 support & referral, Small group work, On-line engagements. Engagement has been very good but staff have noticed a decline since lock down easing. Movement toward engaging face to face outside, however waiting for EA approval.

PAKT family work continues to engage with children and parents through organised activities. Activities include: fitness, educational & fun family activities.

Funding from CINI has allowed a weekly cookery programme for 40 families across Carrickfergus, providing ingredients, recipe and photo of finished meals.

### Andrew Millar – Start 360

Start360 have moved all their services online. Daisy and Start360 are still taking referrals.

This week is alcohol awareness week and we have put together a video for this. It is available to use on our Facebook page.

### Lynn McKenzie – Streetreach

The planned event has been cancelled due to Covid19. Lynn is unsure about the future of the project.

### Adam Wallace – Fresh Minds Education

They have been working on a children's resilience project.

Putting together positive emotional wellbeing boxes for children during lockdown.

### Alison Kane – Mid & East Antrim BC, DEA Officer (Carrick Castle)

#### **1. Mental Health Boxes for teenagers and Quick Growing Salad Kits for Older People**

On behalf of Mid and East Antrim Loneliness Network I have been involved in distributing 125 teenager mental health packs to vulnerable young people and also 50 Quick Growing Salad Kits to older people.

The boxes, with 7 days of fun activities and resources, are made by locally based company Fresh Minds Education based in Antrim who develop emotional wellbeing resources, products and evidence-based training programmes & workshops.

These boxes have been distributed by Mid and East Antrim Loneliness Network to those aged between 14 and 25; while older people in the community have taken delivery of Quick Salad Growing kits, in the hope that they will 'cultivate while they isolate' during the Coronavirus crisis.

Both initiatives are being funded by the Northern Health and Social Care Trust, the Mid and East Antrim Loneliness Network and CYPSP and are part of a campaign to break the stigmas attached to loneliness and encourage people to speak openly about how they are feeling.

## **2. Tender for Early intervention and Diversionary and Diversionary Youth Work project**

I am currently working to finalise the tender specification for the PCSP Detached Youth Work project. Our previous contract with Bytes ended in March 2020 and we are now advertising for detached youth work project for the next 3 years.

The PCSP will be advertising for quotations and proposals from suitably qualified and competent suppliers for the design and delivery of an Early Intervention & Diversionary Youth Work Project to operate in the Mid and East Antrim Borough Council area. The PCSP is also keen that this programme involves education and awareness work in relation to drugs and alcohol and Good Relations. The aims of the project is to :-

### **Increase the engagement with young people through a diversionary and prevention based youth project**

The key activities are:-

- Increase the engagement with young people through a diversionary and prevention based youth project
- Procure and deliver an Early Intervention & Diversionary based Youth Work Project

Promote project to hotspot areas across all DEAs Including seasonal interventions and diversionary activities

## **Apologies sent with an update to be included in the minutes**

### Denise McVeigh - Mid & East Antrim Borough Council, Play Development

I have prepared some online activities for July and August

- Park Week activities will be on Mid and East Antrim social media channels from Monday 20 July, everything from Grow your own, forage session to an interactive storytelling activity.
- National Play Day on Wednesday 5 August again online activities associated with Play, from a Forest School Session to messy play – follow the Mid and East Antrim Borough Council Facebook page

### Valerie McKenzie – EA

- At the moment I'm busy and it's every Friday working on Eat Well Live Well initiative.
- As a Youth Service we have been able to identify 700 vulnerable young people in the Newtownabbey/Antrim, Mid & East Antrim and Causeway Coast and Glens areas. We pack breakfast/lunch boxes each Friday which are distributed each Tuesday/Wednesday around the areas. The boxes have a substantial amount of food: mixed breakfast cereal, fruit juices, noodle pots, tuna, wraps, tins of soup/beans, Mug Shots, Fresh fruit, Eggs
- The last boxes will be delivered Tuesday 30<sup>th</sup> June /Wednesday 1<sup>st</sup> July. What is planned for the summer has not been finalised.

## **YOUTH FAIR UPDATE**

Bernie thanked all those who attended and helped in any way to organise the Carrickfergus Youth Fair.

The Larne Youth Fair was organised with Larne Grammar for the beginning of June. Unfortunately due to the ongoing pandemic this had to be cancelled.

Bernie presented the evaluation results from the Carrickfergus Youth Fair and will share these with the database. Almost 400 pupils from the 3 Post Primary Schools in Carrickfergus attended with 317 completing the Youth Passport. 78% of children felt they knew more/lots more about groups in the area, 68% are likely/very likely to approach a service for information/advice if needed and 51% are likely/very likely to take part in a local event.

We also asked teachers and exhibitors for some feedback and we found that 100% of teachers and 95% of exhibitors agreed/strongly agreed that being in attendance increased their knowledge about the availability of services in the area. 84% of teachers and 87% of exhibitors agreed/strongly agreed that being in attendance has increased the likelihood of improved outcomes for young people in Carrickfergus.

Janine Gaston said that she thought the Youth Passport was a good idea as it encouraged pupils to visit each stand and engage with each organisation.

## **SAFEGUARDING IN A DIGITAL WORLD**

Bernie presented the evaluation results from the event and will share this with the wider database.

## **ACTION PLAN – GOING FORWARD**

### **a. Consultation with Children and Young People**

Bernie explained how she and her LPG coordinator counterparts are planning to carry out a survey of our young people, looking at what their needs are and how they would like these addressed. They would like to use this information to inform our Action Plan. They hope to send this out in July and keep it open until mid-September and share the results at our next meeting.

Bernie asked if everyone would be happy to share the survey with those that they work with, no one objected.

Bernie asked for 2 volunteers to have a look at the survey to give some feedback. Roy Beggs and Janine Gaston said they were willing.

Karen Graham said that there may be some difficulty getting the young people to fill in the surveys and they may need to be persuaded. She feels they have been consulted a lot recently. Bernie said she and her colleagues would bear this in mind.

Roy suggested sending the survey to schools who might agree to use their digital platform. Karen Graham suggested the Youth Service and Janine suggested FLARE and FME.

### **b. Positive Emotional Wellbeing Boxes**

Bernie updated the group on the plans for the boxes. CYPSP, Local Council Loneliness Networks and NHSCT have contributed to the purchase of Emotional Wellbeing boxes for teenagers aged 14+. The boxes are available to local organisations working with vulnerable young people who are isolated as a result of COVID 19.

This will allow 125 boxes to be provided per council area. The promotion of these will be through the LPG networks to ensure that the most vulnerable are reached. These boxes are being put together by Fresh Minds Education.

Adam Wallace from Fresh Minds Education gave an overview of the background and concept of the boxes.

Roy asked how the group can access these. Bernie is to send an email later this afternoon with the application form to be filled in.

### **c. PANTS**

NSPCC's "Underwear Rule" campaign- also known as the PANTS campaign – has been supporting and encouraging parents to talk to children aged between 4-8 about staying safe from sexual abuse. The PANTS tools and resources give adults clear and simple ways to open these conversations in a clear and child-friendly way. The key messages for children are:

- P** – Privates are privates.
- A** – Always remember your body belongs to you.
- N** – No means no.
- T** – Talk about secrets that upset you.
- S** – Speak up, someone can help.

Bernie and her colleagues are working with the Sexual Health Promotion Lead, Florence Hand, to roll this out and will be in touch with each group to promote some training.

Karen Graham said they have a group this would work well with. Bernie will be in touch end of August/start September with more details.

## **ANY OTHER BUSINESS**

### **a. School attendance figures**

Roy presented some school attendance figures that he obtained through assembly questions. They highlight some concerning levels of absence from school in the Larne area. Roy noted that the Ballyloran ward showed 43% of post primary pupils with less than 85% attendance. This is the highest level of absenteeism in NI. He also indicated the higher absenteeism trends were evident, in some wards, at Primary School.

Roy agreed to share the papers with the group via email.

### **b. Webinar – Supporting the return to school after COVID19**

Free Webinar developed by Trauma Informed Schools UK to address supporting our children and young people as they return to school following the pandemic. Wednesday 24<sup>th</sup> June at 9.30am - 12.30pm, and places can be booked via Eventbrite. This course would be of particular interest to education settings but also available to those from a voluntary and community settings.

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

Next meeting via Zoom was provisionally set for Carrick and Laon  
Wednesday 30th September 2020 @10.30am