



**Cyfarfod ar Y Cyd rhwng  
Grŵp Cefnogi Sefydliadau Gwirfoddol Gogledd Cymru a Grŵp Cyfnewid  
Gwybodaeth Hawliau Plant Gogledd Cymru**

***Joint meeting of  
North Wales Voluntary Organisations support Group and the  
North Wales Children's Rights Practice Exchange Group  
Dydd Mawrth/Tuesday 7 Gorffennaf/July 2009***

Comment [a1]:

**MINUTES**

**Present:** Anita Myfanwy (Chair), Allison Hughes (minutes), Ann Williams, MYM, Ann Westmoreland, CVSC; Kirsten Buchanan, Funky Dragon; Lynne Powell, WPPA; Lindy Duncalf, Ty Gobaith; Arwyn Roberts, Funky Dragon; Siwan Roberts, Funky Dragon; Rhian Hughes, Wales Co-Op; Violet Greaves, Home-Start; Yvonne Brookes, Afasic; Jennifer Jones, Women's Aid; Hawis Jones, WLGA; Ann Vaughan Jones, Mantell Gwynedd; Maggie Kelly, Wales PPA; Angharad Ab Iorwerth, Genesis Gwynedd; Cynthia Owen, MYM; Kevin Williams, Barnardo's.

**Speakers:** Anne Parry, Papyrus  
Hawis Jones, WLGA  
Gareth Thomas & Pat Doorbar, TJB Cymru

**1. Apologies:**

Judi Jones, WPPA; Wendy Roberts, Clybiau Plant Cymru; Siân Ap Dewi, NPHS; Holly Evans, CAF; Julie Edwards, CCW; Delyth Owen, Young People's Partnership Ynys Môn; Sheila Chapman, WPPA; Suzanne Bradley, DVSC; Pam Boyd, ContinYou.

**2. Minutes of the Last Meetings**

The minutes of the last meeting of the North Wales Voluntary Organisations Support Group were read and agreed as a true record.

Anita asked the group if everyone was aware of the Concluding Observations of the UNCRC and briefly went over how they came about. Anita stressed the importance of Policy Makers being aware of the Concluding Observations.

The minutes of the last meeting of the North Wales Children's Rights Practice Exchange Group were read and agreed as a true record with the following matters arising:

(4) Anita asked if everyone was aware of the Local Authority Child Poverty Pilots in Gwynedd, which will be coming to an end in September, but it is hoped that it will be rolled out to 3 further schools in Gwynedd will take part in the scheme.

### 3. Presentation on the work of Papyrus by Anne Parry

Anita introduced Anne and reminded the group that the Concluding Observations Committee on the UNCRC had drawn attention to the high number of young people committing suicide in the UK.

Anne began by thanking the group for the invitation to speak at the meeting. Papyrus is a voluntary organisation committed to the prevention of young suicide and was founded in 1997 by parents who had lost a son or daughter to suicide. 14 months after the charity was set up a grant was received and although it is a small charity it has gained a reputation for itself. The headquarters is in Burnley, it has 12 trustees and there is a helpline based in Swansea. Papyrus has many aims, one of those being to represent the people affected by suicide, not just parents.

Meetings are held with the Press Complaints Commission to minimise the impact of reporting on suicide, as "copycat" suicides can occur. Methods of suicide should never be published in the press and if such details are reported then Papyrus will make a complaint to the PCC. Although printed stories cannot be retracted, websites can be changed. Papyrus is also campaigning for the safe use of the internet.

There is a National Suicide Prevention Strategy in England, Scotland and Ireland and there is currently an action plan at a consultation document stage in Wales and many organisations are committed to it.

Anne told the group of her own personal experience, as she tragically lost her son to suicide. She explained that there is not usually a single reason why someone decides to take their own life, there are many contributing factors, what Anne calls a "lethal cocktail" of incidents that can lead up to this and that it is important to recognise the signs that are usually there.

Members of the group were given literature on Papyrus.

Papyrus have a website [www.papyrus-uk.org](http://www.papyrus-uk.org) containing information on publications, training packs, seminars and a helpline called HOPELineUK (tel: 0870 170 4000 or 01978 367333) which is open every day of the year.

#### Questions/Comments:

- Hawis enquired as to whether there are any services available for children suffering from depression prior to puberty – **CAMHS are aware that young children suffer with depression.**
- Violet commented that there is a new mental health first aid course which may address some issues – **Mind Cymru has received lottery funding for Positive Choices Project. There will be a conference held at the Interchange on 6 October 2009, Colwyn Bay, and will be chaired by Anne.**

- Pat Doorbar stated that there is a high percentage of children depressed as young as 5 years of age. It is important to teach children how to deal with their feelings.
- Ann V. Jones informed the group that the NSPCC have released a report as funding for Childline is drying up and they are struggling to provide the service. **Anne is attending a meeting with the NSPCC tomorrow.**
- It was asked if Papyrus gives advice on how to explain situations to other members of the family – **yes.**

#### **4. A presentation on the work of the Partnership Support Unit to support the work of Children and Young People's Partnerships by Hawis Jones**

Hawis introduced herself to the group and explained that she works at The Partnership Support Unit (PSU) which is funded by WAG and hosted by the WLGA. It was established as a response to an identified need to support the implementation of the Children Act 2004 in Wales, strengthening partnership working and strategic planning for children and young people's services.

The purpose of the PSU is to help improve outcomes for children and young people by supporting partnership working and strategic planning. They work collaboratively with Wales's 22 Children and Young People's Partnerships and is a resource for all partner agencies including local authorities, health, voluntary sector, WAG officials and the WLGA. Their 5 work standards are as follows:

- Engaging with partners
- Information
- Special projects
- Events
- Administration and team management

An information pack is currently being developed on involving Voluntary Organisations in the commissioning process.

Events such as Children and Young People's Well-being (Core Aim3) with speakers from Online Protection are free of charge and will be evaluated.

The forward work programme includes developing the website [www.psucymru.org.uk](http://www.psucymru.org.uk) continuing support for CYP partnerships, performance management etc, results based accountability, workforce development, commissioning, participation and advocacy, child poverty, rural issues, evaluation by WAG. Members of the group were given a booklet.

#### **Questions/Comments**

- It was noted that not all partnerships have the same leadership and emphasis can vary from county to county.
- Results Based Accountability allows agencies to develop/evaluate their own performance. WAG are currently developing a self-assessment pack.

## 5. Presentation on Stressed Out! Teachers Pack by Gareth Thomas and Pat Doorbar

TJB Cymru was established in 2001 and is based in Penrhyndeudraeth. Following research carried out into Rural Conwy residents' perceptions of health and wellbeing issues TJB Cymru have produced a teacher's pack which enables children to learn about the causes of stress, what physical effects it has on the body and techniques to alleviate symptoms.

Recent work by TJB Cymru in two areas in North Wales has highlighted a number of factors that affect the wellbeing of children.

They:

- Are bullied
- Are isolated
- Feel under pressure due to school work
- Are worried about their parents , especially in these difficult financial times
- Are worried about gangs
- Are worried about drugs and alcohol

The teacher's pack includes:

- Lesson plans
- Materials – handouts, models and background information
- Instruction in techniques to deal with the physical symptoms of stress
- The rationale as to why these techniques are effective

TJB Cymru's other resources include: Stressed Out Young People!, Stressed Out Parents!, Stressed Out Families!, Stressed Out Staff! They also have a Stressed out Children course for childcare workers and all courses are available through the medium of Welsh. For more information e-mail Gareth at [gareth@tjbcym.net](mailto:gareth@tjbcym.net) Literature was handed out to the group.

### Questions/Comments:

- In a domestic abuse situation would there be a danger of children excusing the behaviour of the parents? – **No – boundaries are made clear and that issues such as this brought up by children will be dealt with in the sessions.**
- Has TJB Cymru spoken to all children in Dolgarrog? – **No years 5 & 6 have been targeted.**
- Who delivers courses to families? – **TJB Cymru.**
- How do you see the project developing? **TJB Cymru are looking to the group for ideas and would like information on how to roll out the packs and who to approach.**
- It was suggested that it might be a useful anti-bullying tool.

Gareth to e-mail information for Allison to circulate to the group.

## **6. Information Exchange**

- There is a proposal to alter the name of the Wales Pre-School Play Association to Wales Pre-School Providers Association. If this is agreed following consultation the name will change in November 2009.
- Mudiad Ysgolion Meithrin's AGM will take place on 03/10/09 at Glasdir, Llanrwst. They are also holding a conference at the Metropol, Llandrindod Wells on 01/10/09.
- CIW training Event – An Introduction to Children's Rights on 21/09/09 in Cardiff and on 19/11/09 in North Wales, venue to be confirmed.
- Child Poverty Bill
- Anita raised awareness about the Measuring Child Poverty & Social Exclusion in Wales, Bevan Foundation
- WLGA briefing – Hawis to forward to Allison for circulation to the group.
- The proposed Children and Families Measure has just entered its second stage.

## **7. Any Other Business**

There was no other business to discuss.

## **8. Date of Next meetings**

### **NWVOSG**

13/10/09  
12/01/10

### **NWCRPEG**

06/10/09  
19/01/10

Anita thanked the speakers for their valuable contributions and everyone in the group for attending.