

## **Communities In Transition**

**Area: East Belfast**

**Theme: Mental Health and Well Being**

**Date: 28.1.2019**

**Number of attendee's: 4**

**1. Proposed interventions discussed to address the issues identified in Phase 1 fieldwork?**

2 Stats 2 CVS.

Keen to highlight benefits of 'soft' points of entry to highly traumatised communities. Keen to develop processes of social prescribing currently used locally with the arts and accompanying 'courageous' conversations.

**2. Comments on current community capacity to address issues identified?**

All happy to promote their existing programme work, and developing networks and hubs. Keen to develop existing processes of social prescribing currently used locally with the arts and accompanying 'courageous' conversations.

All using or familiar with Take 5 framework. Existing therapeutic interventions and provisions in the area have long waiting lists.

Question whether there are adequate safe spaces outside of their own which some were keen to highlight as unproblematic.

**3. Outcomes that participants suggested these interventions would achieve?**

Aspirational long term outcomes were suggested to be behavioural and attitudinal:

Reduction in criminal activity

Growth in attendance at public meetings

Openness and transparency in giving opinions publically.

No suggestions made in relation to how they might be measured more creatively.

**4. How did participants suggest we will know if these projects/interventions have succeeded? (indicators/measures)**

Rebalancing of gendered representation in relation to the issues (tackling paramilitary activity, coercive control in communities) being addressed.

**5. Target beneficiaries/participants of the suggested interventions?**

It was proposed that all community would benefit particularly those for whom personal transition would trans-generally impact other family members including women.

**6. How did participants suggest these projects/interventions will build the capacity/capability in the community?**

'Stuckness' was a recurring theme for the participants. All reverted to highlighting the lack of conjoined projects despite a local multitude of hubs and forums and mentioned a desire for more collaborative working.

**7. How did participants suggest these projects/interventions will support the overall objectives of the Tackling Paramilitarism Executive Action Plan...?**

**e. Paramilitarism has no place.**

Legitimise the presence of the PSNI.

**f. Citizens and communities feel safe and confident.**

Improved access to PSNI.

**g. The public support and have increased confidence in the justice system.**

Increased awareness of the justice system should make residents feel more confident that a PSNI response to an issue will be proportional.

**h. Support is available for those who wish to move away from paramilitary activity and structures.**

n/a

**8. Any dependencies identified by participants?**

Engagement and involvement and sustaining individual and organisational interest in the face of monetary and pecuniary interests.

Discussion about diversity of paramilitary groups in area including split in UVF and ongoing engagement with Reach.

Consideration given to other projects, overlap and duplication including ones funded directly/indirectly by TEO and PSNI.

**9. Any risks identified by participants?**

Concern voiced about the risk of undoing existing good work including that of Family/Policy and Community Hubs. Concern voiced about counselling not being an easy sell, whereas the concept of coaching is more attractive. Acknowledgement of poor community representation at meeting which in turn might lead to further exclusion and self-exclusion from any projects.

**10. Any other comments made by participants?**

A time frame Lead partner/TEO would be welcome.

Preventative work welcome

Programme could be good for organisations wanting to provide signposting services.

**11. Is a further follow-up workshop required? Please provide details.**

No.