

Civic Centre,
Arnot Hill Park,
Arnold,
Nottinghamshire,
NG5 6LU



Agenda

Date: **Monday 23 November 2020**

Time: **5.30 pm**

Place: **Virtual meeting**

For any further information please contact:

Jane Ansell

Community Investment Manager

Supported by:



Gedling Youth Council

Membership

Taylor Chaplin
Imogen Clunie
Elliot Eadie
Lauren Eley
Nia Everitt
Freya Fisher
Daniel Hanlon
Ruth Harding
Lucia Hughes
Abigail Hutchison
Eleanor Lumb
Fatima Malik
Muhammed Malik
Dylan McDonald
Joseph McFadden
Charlie Norwood
Caitlin O'Connor
Samuel Ojo
Stan Riley
Oliwia Sabuda
Halle Sibanda
Lilly Stevenson
Luke Stromberg
Ellie—Joy Todd
Joseph Warren
Rhiannon Whitmore

AGENDA

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- 1 **Welcome and introductions**
- 2 **Icebreaker**

Work Programme Update
- 3 **Youth Mayor appointment: Muhammad Malik**
- 4 **Gedling BC Young Peoples consultation - proposed questions** 5 - 6
- 5 **MH2K Young people led Mental Health Consultation outcomes presentation** 7 - 17
- 6 **National Mental Health of Children and Young People Survey**

<https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england>
- 7 **Lord Lieutenant of Nottinghamshire - Young People's Volunteering Award**
- 8 **Conservation - Guest speaker Amy and Ella Meeks: 'Kids Against Plastic' Charity - Expression of interest** 19 - 21
- 9 **Young People's Wellbeing - Guest Speaker Rebecca Winbow, 'Your Health Your Way' Expression of Interest** 23 - 26
- 10 **Children's Commissioner Takeover Challenge - GBC SLT meeting takeover - reschedule to Feb 2021 - present outcomes of consultation?**

11 **NCC Youth Service and MYP Updates - British Youth Council term extended**

12 **Make Your Mark 2020 update: Voting open now**

Make Your Mark is an opportunity for **11-18 year olds** across the UK to have their say and begin their democratic journey by voting on the policies they want to introduce or change. The issues you vote as the most important will be debated by Members of Youth Parliament. **Voting closes on the 30th November.**

Here is the link to vote: <https://www.ukparliamentweek.org/en/make-your-mark/>

13 **Any Other Business**

27 - 29

Agenda Item 4

1. What are the five things that concern you most out of the following (please order from 1 (most concerning) to 5)?

Bullying
Covid-19
Exams
School
Changing school
Anti-Social Behaviour
Drugs
Mental Health
Physical Health
Local transport options
The environment/climate change
Getting a job in the future
Being able to go to university
Getting a house in the future
Fitting in
Loneliness
Knife crime
Equalities and Diversity
Body image
Social media pressure

Further additions/taking out dependant on advice

2. Do you feel safe (boxes/choices to be added in respect of what area);
In the local area in the day?
In the local area at night?
On public transport (buses/trams)?
Travelling to school on public transport?
Travelling to school on foot?
Travelling to school in another form of transport?
At school?
Online?
At home?
3. Do you visit any of the following Parks and Open spaces and, if so, how satisfied are you with them?
List various areas/parks
4. How positive do you feel about;
Going to university in the future
Other educational opportunities in the future
Getting a job in the future
Getting a house in the future
5. How positive do you feel about;
Your physical health
Your mental health

6. How strong is your sense of belonging to;
Gedling?
Your local area?
Your local community?
A club or group you attend?
School?
7. Do you feel everyone is treated fairly due to their;
- Age
 - disability
 - gender reassignment
 - marriage and civil partnership
 - pregnancy and maternity
 - race
 - religion or belief
 - sex
8. What is missing in terms of services, facilitates, resources and support in
Gedling?
List to be discussed with YC and youth service

MH:2K Data Analysis on The impact of COVID-19 on Mental Health

Participant Demographic

Age

- ▶ 75.8% were aged between 14-17
- ▶ 13.7% were aged between 18-20
- ▶ 10.6% were aged between 21-25

Occupation

- ▶ 76.4% of participants said they were full time students
- ▶ 8.1% said they have a part time job
- ▶ 6.8% said they have a full-time job
- ▶ 5% said they are unemployed

Gender

- ▶ 80.1% said they identify as female
- ▶ 17.4% said they identify as male
- ▶ 1.9% said they identify as third gender

Ethnicity

- ▶ 85.5% said they are white British
- ▶ 14.4% said they are from a BAME background

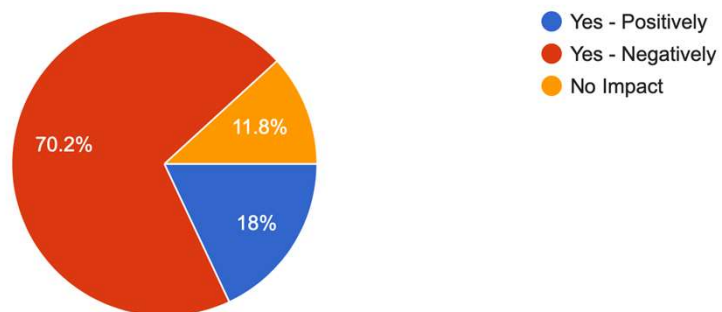
Participant Demographic

Areas Participants live in

- ▶ Nottingham city
- ▶ Mansfield
- ▶ Wollaton
- ▶ Beeston
- ▶ Arnold
- ▶ Ilkeston
- ▶ Long Eaton
- ▶ Broxtowe
- ▶ Seleston
- ▶ Newark
- ▶ Hucknall
- ▶ Billborough
- ▶ Chilwell
- ▶ West Bridgeford
- ▶ Heanor
- ▶ Notts East
- ▶ Cotgrave
- Gedling
- Top Valley
- Sutton in Ashfield
- Toton
- Bulwell
- Meadows
- Sandiacre
- Forest Fields
- Netherfield
- Southwell
- Woodthorpe
- Bramcote
- Nuthall
- Stapleford
- Carlton

Do you think your Mental Health has been impacted by the recent lockdown?

161 responses



When we asked participants why they believed their mental health has been impacted by the recent lockdown in a positive way, some of them said;

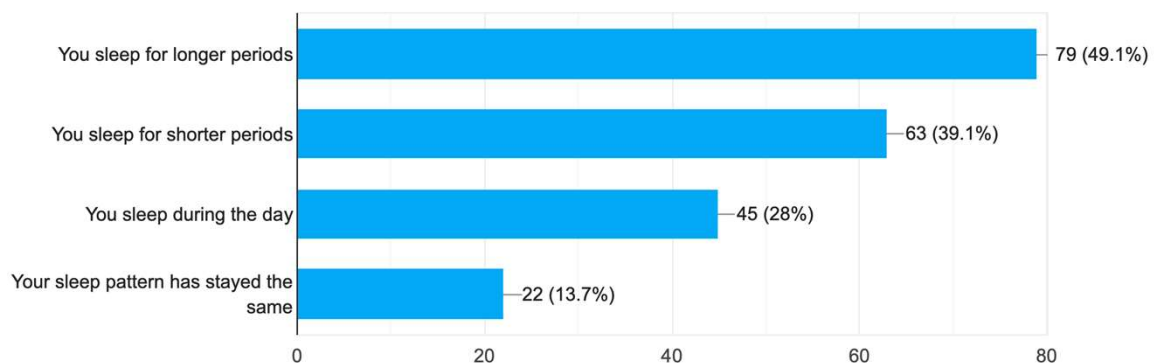
- ▶ *“Given me time to relax and see life differently. Feel more grateful for life. Given my OCD and panic attacks a break”*
- ▶ *“Improved a lot, to the point where I’m am no longer on medication”*
- ▶ *“Gave me independence and the chance to lead my education and daily routine”*

When we asked them how the lockdown has impacted their mental health in a negative we received an overwhelming amount of responses, some young people said;

- ▶ *“I’ve developed anorexia, refusal in treatment and not doing well”*
- ▶ *“I am more depressed and emotional”*
- ▶ *“Isolation/Loneliness and loss of purpose”*
- ▶ *“No access to CAMHS services for 10 weeks - crisis team: not always available - stuck inside : made my depression worse - health anxiety due to coronavirus and germs”*

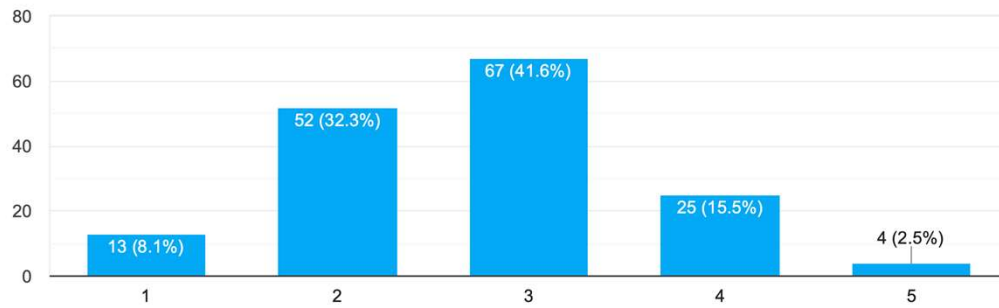
How has your sleep changed since lockdown? Tick any that apply

161 responses



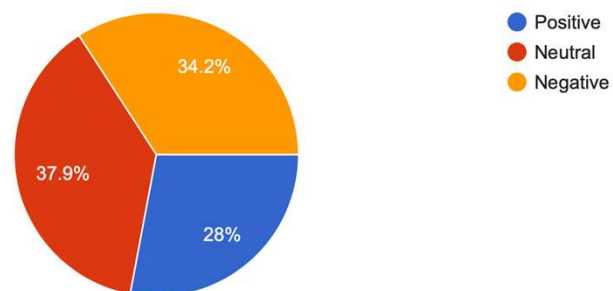
Between 1 to 5, how far do you agree that the government has been clear on its information regarding lockdown and restrictions?

161 responses



How do you feel regarding the easing of lockdown?

161 responses



When we asked young people to explain how they are feeling about the easing of lockdown we heard mixed responses;

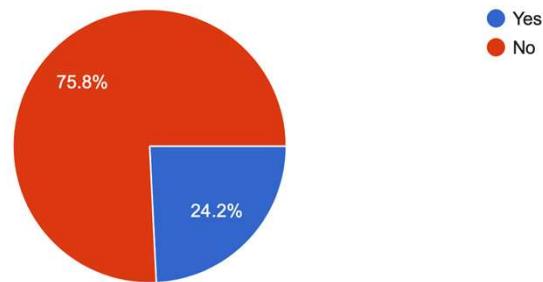
- ▶ *"I'm glad that more places are open but I'm not sure it was the right decision from the government"*
- ▶ *"My social anxiety is starting to get worse as I'm being exposed to the 'normal' world"*
- ▶ *"Well I really want to get back to normal and do the things that I love to do"*
- ▶ *"Life has to go on regardless"*
- ▶ *"It will allow me to socialise with my college friends which will really help me"*
- ▶ *"Allows me to return to CAMHS services -able to see close friends and family -able to get out the house more and socially interact"*

We asked young people if they have found anything that has helped their mental health and wellbeing and young people responded with some suggestions;

- ▶ *"Setting goals. Turning my phone off. Structure. Meditation. Reading. Hobbies. Going on a walk every day"*
- ▶ *"Staying as connected to what's important to me as possible E.G through social media, podcasts, phone calls etc and doing things that make me happy such as painting and riding my bike"*
- ▶ *"Colouring"*
- ▶ *"Listening to music"*
- ▶ *"writing poetry, experiencing nature"*
- ▶ *"My dog. It forces me to do exercise and cheers me up to have an animal around the house and I feel lucky that we got her before lockdown. Reading also takes me to another world where I'm not in lockdown"*

Have you accessed any services or resources for your Mental Health during lockdown?

161 responses



We asked young people to explain their responses on whether they accessed services or resources for their mental health during the lockdown, the responses included;

- ▶ *"Emailed my therapist and read lots of helpful books and online websites"*
- ▶ *"I haven't accessed anything as I kept suppressing it and didn't think it was anything serious"*
- ▶ *"I'm part of CAMHS so every fortnight I receive a call from my therapist"*
- ▶ *"I wouldn't know how to"*
- ▶ *"I haven't accessed any because I don't know how"*
- ▶ *"I've been under mental health services on and off for years and haven't really found them too much help as they are heavily CBT focused which doesn't work for me. I wouldn't benefit from online or virtual therapy so it wouldn't be worth it"*
- ▶ *"Wellbeing page"*

When we asked young people on how they think their mental health could be supported at home, some suggestions included;

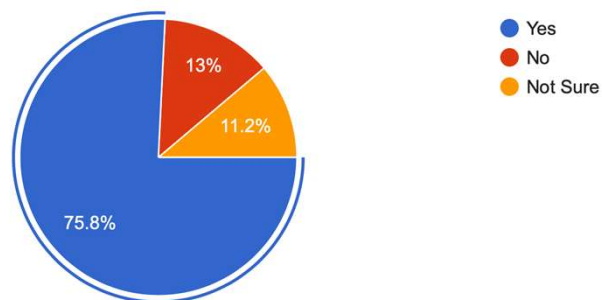
- ▶ *“More check ups”*
- ▶ *“Easy access resources for self help that can be done at home, encouragement from others”*
- ▶ *“More resources available and more advertisement of where to go for help”*
- ▶ *“Free resources with ideas of productive things to do and ways to feel happier”*
- ▶ *“More resources towards the beginning/middle of lockdown on how to stay active, motivated and maintain a good schedule”*
- ▶ *“Regular phone calls -leaflets/resources on self care and what to do at crisis point”*

And when we asked what type of resources that they would find helpful, the young people suggested;

- ▶ *“Alternative self care ideas, a template for a daily routine”*
- ▶ *“Support about going back in September, knowing exactly what will happen about everything including timetables and buses and knowing there is support for those who may find it stressful”*
- ▶ *“Wellbeing checks”*
- ▶ *“Group chats for individuals struggling”*
- ▶ *“Mental health first aid support from schools/ colleges”*

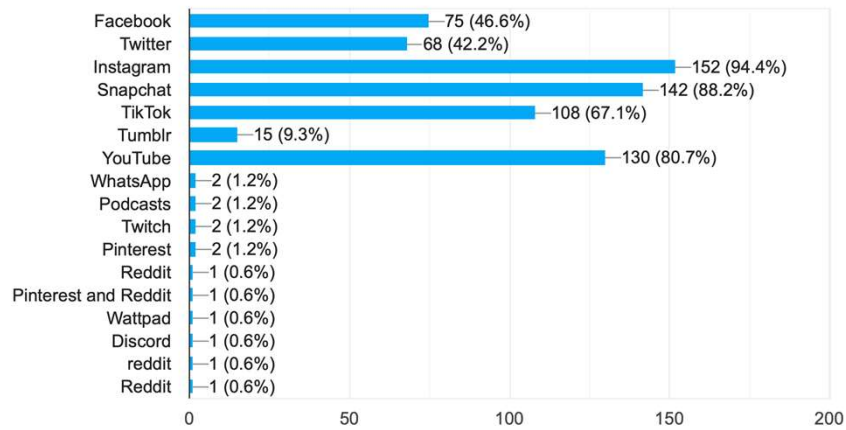
Have your social media habits changed since lockdown?

161 responses



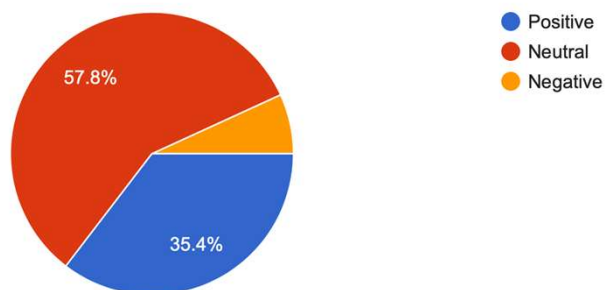
What social media platforms do you use? Tick any apply

161 responses



What do you think your overall experience is like with social media?

161 responses

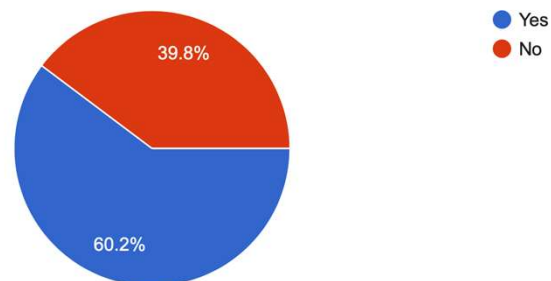


We asked young people who said they had a negative experience with social media to explain why they felt their experience was negative, some young people said;

- ▶ *“Platforms like TikTok and Instagram have developed into a mental health app where people glamorise mental health issues, with graphic pictures”*
- ▶ *“There are plenty of hateful and harmful people and material on social media platforms, it’s very easy to get sucked in... though without it I may have felt further isolation from reality”*
- ▶ *“Whenever I am on it it usually makes me upset because I don’t look a certain way or I see my friends having fun without me on their snapchat etc”*
- ▶ *“Negative parts include the excessive eating and then models posting them still being slim and fit”*

Would you like to see your local mental health services using, and communicating messages to you through social media?

161 responses



For young people who said yes, they would like to see local mental health services using social media, they gave the following suggestions;

- ▶ *“What the service does, how to contact them, encouragement and interactive posts. Any social media platforms would be good. The more the better!”*
- ▶ *“posts on Instagram or TikTok could be helpful, maybe posts to help with motivation and how to keep your mind healthy”*
- ▶ *“Twitter / Instagram, giving people tips for bettering their MH / positive messages, resources for help”*
- ▶ *“Things you can do to help your mental health at home - Instagram”*
- ▶ *“Links to information and resources, ways to be positive, healthy activities”*
- ▶ *“Online videos posted to watch anonymous chats and short snappy updates on places to go for help”*
- ▶ *“All social media platforms, there's never been enough support for online safety, bullying and general support. The buttons are there but they don't do much”*

The last question we asked young people was to see what they would search if looking for mental health services online, some suggestions included;

- ▶ Mental health services Tips on anxiety etc
- ▶ #mentalhealth
- ▶ #mentalhealthsupport #howtocopewithchange #adviceforautistics #adhdandcovid #actuallyautistic
- ▶ How can I improve my mental health into google
- ▶ Mental Health Clinics near me
- ▶ First Steps
- ▶ Nottingham Mental health, Nottinghamshire mental health, local mental health services, #mentalhealth #mentalhealthmatters
- ▶ CAMHS
- ▶ #MentalhealthNottingham #Nottsmentalhealth
- ▶ *“I would look at the NHS website, I would search up the problem I wanted to get help with and have a look through various websites to find one that was useful. I might also look at the Mind website”*



Any Questions ?

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Expression of Interest Application

Please ensure you have given six weeks' notice prior to the next meeting where you would like the project to be discussed.

Section 1 - Main contacts information

Name of applicant...Amy and Ella Meek.....

Organisation/DepartmentKids Against Plastic.....

Phone number.....Email.....

Section 2 – Target groups

Which group/s would you like to consult with:-

<input type="checkbox"/>	Gedling Borough Forum
<input type="checkbox"/>	Nottinghamshire Members of Youth Parliament
<input type="checkbox"/>	Gedling Youth Council

Project name:	Plastic Clever Schools: Gedling
Please fill in a brief description of the project. <ul style="list-style-type: none"> • What is the project? • What are the benefits for young people? • Why has this piece of work come about? • How do you want young people to be consulted? 	Kids Against Plastic are inviting Gedling Borough Council to become a Plastic Clever Schools Borough. The aim is to encourage over 50% on Gedling primary schools to register on the Plastic Clever Schools child-led initiative. The initiative helps schools eliminate their use of single-use plastics, inline with the Government's target of 2022, and the plan is to show Gedling Borough leading the way for what will hopefully see other boroughs become involved. The ultimate aim is for Nottingham to become a blueprint model for other counties to follow, and for the UK to achieve Plastic Clever Schools status. KAP wishes to reach out to young people (and their teachers) to encourage them to become involved.
What are the outcomes/aims for this piece of work/project?	As described above.
What resources can you provide? Taxi costs for young people, materials if needed, tutors etc.	KAP has a recognised programme (which has over 900 schools / settings in the UK and around the world) registered. The programme takes registrants through a step-by-step process, providing free resources (digital and physical) to all that register and complete the award and achieve Plastic Clever Status.

What are your timeframes for this piece of work/project?	KAP hope to work with as many boroughs across Nottinghamshire throughout the course of the current academic year.

How long would you need to present the project?30 minutes...

Section 3 - Project Information

Which MYP or Nottinghamshire Children, Young People and Families Participation Strategy Priority campaign does this piece of work/project cover?	
<input type="checkbox"/> A Living Wage <input type="checkbox"/> Mental Health <input type="checkbox"/> A curriculum to prepare you for life (includes items such as Bullying, Sexual Health, Political education, and managing money.) <input type="checkbox"/> Health <input checked="" type="checkbox"/> Schools/Education <input type="checkbox"/> Youth Justice <input type="checkbox"/> Young Carers	<input type="checkbox"/> Disabled Young People and Children <input type="checkbox"/> Supporting Children, Young people and Families <input type="checkbox"/> Adoption <input type="checkbox"/> Looked after <input type="checkbox"/> Road safety <input checked="" type="checkbox"/> Services for young people <input checked="" type="checkbox"/> Other things that are important to us all <input type="checkbox"/> None
Please describe how?	
<p>The project supports the educational development of the young children that become active in the Plastic Clever Schools initiative, and supports key areas of the curriculum. It also encourages sustainability, environmental conservation and the engagement of young people in the issues that are key to their futures.</p> <p>It also supports and encourages the development of personal skills and confidences through youth empowerment and youth voice.</p> <p>The scheme empowers children to believe they have a voice, and that their voice is important and should be listened to. It will contribute towards the development of informed, aware and active agents of positive change.</p>	

Section 3 – To Be Completed By Young Peoples Group

***PLEASE DO NOT WRITE IN THE BOX BELOW**

Decision	Dates	Comments
Agreed	Date: Time: Venue:	
More information requested	By when?	

Declined	Will they be invited to reapply	
	YES/NO	

When was the pro-forma received:.....

When was the project reviewed:.....Date.....

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Expression of Interest Application

Please ensure you have given six weeks' notice prior to the next meeting where you would like the project to be discussed.

Section 1 - Main contacts information

Name of applicant: Rebecca Winbow

Organisation/Department: Your Health Your Way, Nottinghamshire Integrated Wellbeing Service

Expression of Interest meetings – Once the expression of interest application has been received, young people will attend a meeting to discuss where the project will be most beneficial and allocate the project to a specific group.

Section 2 – Target groups

Which group/s would you like to consult with:-

- ☒ Ashfield District Forum
- ☒ Bassetlaw District Forum
- ☒ Mansfield District Forum
- ☒ Gedling Borough Forum
- ☒ Newark and Sherwood District Forum
- ☒ Broxtowe Borough Forum
- ☒ Rushcliffe Forum
- ☒ Nottinghamshire Pioneers Young Disabled Peoples Forum
- ☒ Nottinghamshire Young People's Board
- ☒ Nottinghamshire Members of Youth Parliament

☐ Play consultation days - (four events a year)
ages 3 to 7 years

☐ Junior Sub Group - (six times a year) ages 8
to 12 years

☐ Seniors Sub Group - (six times a year) ages 13
to 18 years

☐ Leaving Care Sub Group - (six times a year)
ages 16 to 21 who live

☐ Semi-independently or independently

☐ No Labels

Please return this form via email to:

Helen.barrowcliff@nottscc.gov.uk

Project name:	
Please fill in a brief description of the project. <ul style="list-style-type: none"> • What is the project? • What are the benefits for young people? • Why has this piece of work come about? • How do you want young people to be consulted? 	<p>Your Health Your Way is the integrated wellbeing service in Nottinghamshire, and we aim to work with as many young people as possible to improve health and wellbeing. Previously we have done some work with Everyone Health and Youth Centres in a few districts delivering cooking sessions aimed to improve skills and knowledge around cooking healthy meals. These sessions were successful with feedback from those that took part being positive and expressing they wanted these to continue. This new health project will focus on more than just cooking. We would like to make a club that can offer a range of weight management support including nutrition advice, key talks on health-related topics such as sugar, cooking healthy meals, advice on smoking and physical activity. All the areas we can offer support in will benefit young people and their health. We can support their journey to a healthy, active lifestyle and look at how looking after your physical health can improve mental health.</p> <p>We would like to work with the young people attending youth centres to create a project derived from what they want. We aim to create a tailored project to each area we work in to compliment what is needed. To include young people, we would like to speak with people who regularly use the centres in each area to hear their ideas and barriers that may become apparent when developing the project. We would like to gain insight through focus groups, conversations with staff and those at the centres and online surveys to understand how we can best help.</p>
What are the outcomes/aims for this piece of work/project?	<ul style="list-style-type: none"> • To understand why it is important to look after your health and learn how to do this • To improve physical activity levels amongst young people • Improved self-confidence and self esteem
What resources can you provide? Taxi costs for young people, materials if needed, tutors etc.	<ul style="list-style-type: none"> • Food • Cooking equipment • Resources and handouts for information • Physical activity equipment • Free training for staff / young people • Health checks
What are your timeframes for this piece of work/project?	We would like to start working with young people ASAP to hear their ideas for the project and would like projects to be set up this year. We envisage the project being long term with no end date anytime soon.

How long would you need to present the project? 15 – 20 minutes

Section 3 – please select what method of engagement, this project is aiming to operate in.

- ☒ Participation
- ☒ Consultation
- ☒ Information giving

Please return this form via email to:

[Helen.barrowcliff@nottscg.gov.uk](mailto:Helen.barrowcliff@nottscg.nottscg.gov.uk)

Section 4 - Project Information

Which Nottinghamshire MYP Campaign Participation Strategy Priority and children and young people in care promise does this piece of work/project cover?

<input type="checkbox"/> A Living Wage <input checked="" type="checkbox"/> Including Everyone <input checked="" type="checkbox"/> Mental Health <input type="checkbox"/> A curriculum to prepare you for life (includes items such as Bullying, Sexual Health, Political education, and managing money.) <input checked="" type="checkbox"/> Health and wellbeing <input type="checkbox"/> Schools/Education <input type="checkbox"/> Youth Justice <input type="checkbox"/> Young Carers <input type="checkbox"/> Vote 16	<input type="checkbox"/> Disabled Young People and Children <input checked="" type="checkbox"/> Supporting Children, Young people and Families <input type="checkbox"/> Adoption <input type="checkbox"/> Looked after, Joining in and life in care <input type="checkbox"/> Where we live, our environment and Road safety <input type="checkbox"/> Services for young people <input type="checkbox"/> Other things that are important to us all <input type="checkbox"/> Leaving Care <input type="checkbox"/> LGBTQ+ <input type="checkbox"/> None
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Please describe how?

This project will be accessible to everyone who attends the youth centre and would like some advice and support around health and wellbeing. By looking after physical health through what we eat and being active, we can look after our mental health. Adaptations can be made to suit anyone who has a physical barrier to being active. This will also be reflected in advice given when trying to be more active.

The project will aim to give young people the knowledge and support they need to be in charge of their own actions to improve their health. We will look at factors that affect mental health such as sleep, diet, activity levels, stress etc and how we can learn to control these for improved mental wellbeing. The advice and resources given are aimed at helping young people, but these messages can be taken home to help their families.

Section 5 – Costs and Incentives

Please note that your expression of interest may incur charges for our service.

What Incentives can you offer for the Young People's Participation i.e. Service time (Shadowing, Work Experience), Vouchers, Travel Expenses

- Health champions

Section 6 – To Be Completed By Young Peoples Group

***PLEASE DO NOT WRITE IN THE BOX BELOW**

Decision	Dates	Comments
Agreed	Date: Time: Venue:	

Please return this form via email to:

Helen.barrowcliff@nottsc.gov.uk

More information requested	By when?	
Declined	Will they be invited to reapply YES/NO	

When was the pro-forma received:.....

When was the project reviewed:.....

Name of Chair assessing the application.....

Signed by chairperson.....

Confidential Parental and Photo Consent Form (YC 466) February 2016

Locality Team and Unit: **Countywide Teams (Participation and Young People Looked After)**

1. Consent for participation in the visit / activity / programme

Visit / activity / programme: Various meetings and activities throughout the year which are non-adventures. This may include using public transport, staff cars with relevant insurance and mini buses. Activities can be out of county as well as in county. Any residential or adventures activities will need a separate consent form. Meetings/activities may take place online which will be facilitated by a member of staff using communication and collaboration platforms such as, Microsoft Teams.

Date(s)/Times **From:** 1st April 2020 **To:** 31st March 2021

I agree to.....(Name) my son / daughter / myself/ young person in my care taking part in the above-mentioned visit and, having read the information provided, agree to his / her / my participation in any or all of the activities described. I acknowledge the need for obedience and responsible behaviour on his / her / my part. I understand that there is some level of risk in every activity but that this visit will be managed to minimise the risks involved. I understand the extent and limitations of the insurance cover provided. I understand that as part of the planned transport arrangements, or in emergency, it may be necessary for participants to be transported in staff vehicles.

a) If there are any activities in which your child cannot participate, please give details: - OR any other relevant information staff need to be aware of when working with your child.

.....

b) I give permission for my child / young person in my care name to be included in the collective passport to be held by the group leader:

YES/NO/NOT APPLICABLE

c) If water activities are involved, is your child / are you confident in water?

YES/NO/NOT APPLICABLE

2. Medical information, declarations and consent

a) Young person's date of birth: _____ **Age:** _____

b) Does your child/ young person in your care / do you suffer from any conditions of which the Visit Leader should be aware: **YES/NO**

If YES, please give details of anything the leader needs to know about e.g. illness, travel sickness, allergies, night-time tendencies (sleepwalking, nightmares, bed-wetting) etc: _____

c) Details of any medication

Name of medication	Dosage	Times of day or circumstances to be given	Method of administration

Any special precautions, side effects of medication etc: _____

I give my consent ** for a member of staff to administer the above medication which I will deliver to the visit leader before the visit. I understand the staff leading the visit are not qualified medical practitioners but that they will take reasonable care in the administration of the medication and will endeavour to respond appropriately should emergency treatment be required.

I give my consent ** for my child / young person in my care to self-administer the above drugs.

**** delete if not applicable**

- d) To the best of your knowledge, has your son / daughter / young person in your care / yourself been in contact with any contagious or infectious diseases or suffered from anything in the last four weeks that may be, or become, contagious or infectious? **YES/NO**
If **YES**, please give brief details: _____

- e) Is your child / young person in your care / yourself allergic to any medication: **YES/NO**
If **YES**, please specify _____

- f) When did your child / young person in your care / yourself last receive a tetanus injection? _____
- g) Please outline any special dietary requirements of your child / young person in your care / yourself: _____

- h) **I undertake** to inform the visit leader as soon as possible of any change in the medical or other circumstances between now and the commencement of the visit / activity / programme.
- i) **I agree** to my child / young person in my care / myself receiving emergency medical treatment, including anaesthetic and blood transfusion, as considered necessary by the medical authorities present.

3. Photo Consent

As part of the visit / activity / programme we may also take a photograph/image to use in its/partnership publicity.
Do you consent to your child / young person in your care / your own photo being taken?

YES/NO

Do you consent to your child / young person in your care to participate in online meetings/activities?

YES/NO

By selecting yes you:

- Give Nottinghamshire County Council and close partner organisations your permission to use your image in any publicity for any purpose. This may include, among others, advertising, promotion, marketing, web publishing and packaging for any product or service and all media whether broadcast, digital, electronic or print
- Agree that the images may be combined with other images, text and graphics, and cropped, altered, modified or edited in any way Nottinghamshire County Council deems appropriate
- Agree that all rights to the images (including but not limited to all intellectual property rights) belong to Nottinghamshire County Council
- Confirm that you are at least 16 years of age or that you agree to your child's image(s) being used.

The County Council will not disclose personal e-mail, postal addresses, telephone or fax numbers in any of our publicity or share them with third parties. However we may state, for example, 'John Smith (33) from Newark' alongside the image.

4. Contact numbers

- a) *I may be contacted by telephoning the following numbers:*

Work: _____ Home: _____ Mobile: _____

My home address is: _____

- b) If I am not available, please contact:

Name: _____ Telephone Numbers: _____

Address: _____

- c) Name, address and telephone number of family doctor: _____

5 Any other relevant information (for example, please provide NHS number if known and/or home postcode so that medical records can be found quickly on hospital systems if this became necessary).

Date: _____

Signed (parent/guardian/ self* see note below): _____

Full name (capitals): _____

Please Note:

- These details should be available to the back up contact for the visit.
- A copy of this form should be taken by leader on the visit
- Young People can provide consent, when they are 18 years old, or from the age of 16 if they are living independently*.

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