

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



Gedling Youth Council

Agenda

Date: **Monday 21 November 2022**

Time: **5.30 pm**

Place: **Chappell Room**

For any further information please contact:

Jane Ansell

Community Investment Manager

0115 901 3698

Supported by:



Gedling Youth Council

Membership

Chair Muhammed Malik

Vice-Chair Halle Sibanda

Leyla Abass
Kadie Bullivant
Taylor Chaplin
Imogen Clunie
Chloe Dring
Lauren Eley
Sophie Fuller
Ruth Harding
Aimee Kimpton
Eleanor Lumb
Fatimah Malik
Dylan McDonald
Caitlin O'Connor
Stan Riley
Lilly Stevenson
Rhiannon Whitmore

Councillor Kathryn Fox - Portfolio Holder for Diverse Communities and Life Chances.

Councillor Viv McCrossen - Portfolio Holder for Young People and Equalities.

AGENDA

Page

1 **Welcome, apologies received: Muhammad Malik, Chair.**

Apologies for absence were received from Cllr Wheeler, Portfolio Holder for Lifestyles, Health and Wellbeing, who has a prior engagement.

Guests:

- **Mark Pengelly** – Leader, Corby Town Council
- **Leanne Buckingham** – Mayor, Corby Town Council
- **Sarah Bonney** – Child and Adolescent Mental Health Services (CAMHS)
- **Sarah Kinsey** – Child and Adolescent Mental Health Services (CAMHS)
- **Lucy Rychwalska-Brown** – ABL Health / Be U Notts

2 **Minutes of last meeting.**

5 - 8

3 **Group Chat discussions - any points raised by members?**

4 **Open discussion: Background to Gedling Youth Council: role, priorities and recent achievements.**

Guests from Corby Town Council are keen to learn from Gedling's approach to Young People's engagement and representation.

5 **Young People's Mental Health and Wellbeing**

- Overview of services provided by CAMHS and ABL Health/ Be U Notts
- Youth Council questions, feedback, comments and ideas

6 **Gedling Young People's Consultation and Action Plan updates.**

9 - 17

- Schools Policies review by Youth Council members – Bullying and Mental Health, Bullying Survey proposals (Amy Beckworth)
- Sophie Fuller Report – Communications with Young People – **Appendix 1**
- Gedling Leisure Instagram offer to YC Members – **Appendix 2**
- Feedback from Syrian 'Food for Life' Community Meal held on Wednesday 26th October, 11.00am – 3.00pm at Richard Herrod LC

7 **Next Youth Council meeting.**

Subjects for discussion and guest speakers: (Refer to proposals set out in the minutes of last meeting)

- 8 MYP and Countywide Youth Parliament Updates - Muhammad, Amy.**
- 9 Youth Council Away Day plans - Amy Beckworth.**
- 10 Future meeting dates: All 5:30 - 7:30pm in the Chappell Room, 1st floor, unless otherwise stated on the agenda:**
 - 20 February 2023
 - 24 April 2023

Minutes of the Gedling Youth Council Meeting held on Monday 4th July 2022

5.30 - 7.30pm in the Chappell Room, Civic Centre

1. Welcome, apologies received: Muhammad Malik, Chair

Apologies received: Cllr Viv McCrossen, Chloe Dring, Ruth Harding.

In Attendance: Muhammad Malik (Chair), Halle Sibanda, Fatimah Malik, Sophie Fuller, Caitlin O'Connor, Riley Kirton, Aimee Kimpton, Kieran Frankland, Leyla Abass, Sam Boulton, Cllr Kathryn Fox, Jane Ansell, Amy Beckworth.

Guest: Jacqueline Lockhart, Engagement Lead, Notts Police Violence Reduction Unit.

2. Group chat discussions – points raised by members

No items to report on this occasion, due to exam commitments.

3. Feedback from the Lord Lieutenant's Garden Party Saturday 25th June

Representatives Muhammad, Halle, Fatima along with Jane and Amy had attended the above event on behalf of the Gedling Youth Council, to receive the Lord Lieutenant's Youth Volunteering Award. Members were informed that the event was well attended by Gedling Voluntary Groups, all past winners of the award, and a wide range of Young People's groups and organisations from across Nottinghamshire received awards on the day. Gedling members spoke with Lord Lieutenant Sir John Peace, and invited him to attend a future meeting of the Gedling Youth Council. Youth Council members were also approached by a representative of the Magistrates Service, and offered the opportunity to join the service as Youth Magistrates, for which training is provided. The day was very successful and enjoyable.

Action: Muhammad will share the contact details for the Youth Magistrate opportunity in the group chat.

4. Appointment of incoming Vice Chair, Secretary and Treasurer

Nominees for roles as listed on the agenda each spoke about their suitability and experience for the role in question. Where there was more than one nominee, a secret ballot was held. Results were as follows:

Vice Chair: Halle Sibanda

Secretary: Caitlin O'Connor

Treasurer: Leyla Abass

5. MYP Manifesto pledges – feedback from Chair’s meeting Mon 27th June

Muhammad reported back on his MYP meeting with Jane and Amy held on 27th June, notes below:

New proposals going forward:

Setting priorities:

It was proposed that based on topics highlighted and the Chairs MYP campaign that the following topics become priorities for the Youth Council:

- **Mental Health-** i.e. Mental Health pop-up clinics
- **Public Transport** (Lead by MYP)
- **Bullying-** i.e. anti bullying consultation
- **Improvement in coms between councils and schools for different things-** i.e. question box or youth council newsletter
- **Diversity and inclusion in schools and across the borough,** i.e. refugee children from Ukraine, Syria, Afghanistan i.e. a community event

How are we going to work on these:

Going forward we are proposing a new meeting structure based on topics and group activity based discussions for the first half and the second half be focused on guest speakers and Q&A sessions from the same topics discussed in the first half or from previous meetings to ensure there is progress taking place. We are also proposing that as a youth council we take responsibility for the priorities and have 3 or 4 people for example assigned to each priority apart from Public transport which I will discuss later. This will require a group of youth councillors to plan and delegate responsibility to share resources to other youth councillors at meetings which they then take back to their schools and other extracurricular e.g. youth clubs. Together with this change it means those that are most passionate for their topic area can research and spread knowledge of activities and opportunities for the councillors to attend and share in the wider borough. The main aim of these changes is to encourage participation and make meetings more enjoyable and interesting for everyone.

The new meeting structure is difficult to describe but will make more sense in coming meetings when we do them.

MYP campaign:

As MYP I stood and was voted in to tackle rising public transport costs and safety on public transport. Although this can/would be a youth council priority and one from my campaign, it would be one I would work on independently due to resource limitation of it being a youth council wide project which could be focused elsewhere for example, Mental Health. This allows a level of separation but also a level of interest still connected to the youth council of my work and how that is creating change.

The Success of the Youth Council now depends on each and every single member’s contributions. The Impact you have as a council is in your hands.

Agreed actions

Action: Members to consider which of the above themes they would most like to engage with or lead on, based on their area of interest.

Transport theme

Muhammad will develop and scope the Transport theme, reviewing NCT Student Discount availability, Taxi services and other options with a view to advocating for safe, affordable transport for young people.

- **Action: Muhammad will take proposals to the Countywide Independent Board, Young People's Board and share updates in the group chat.**

Mental Health theme

Cllr Wheeler has offered to put members in contact with Children and Adolescent Mental Health Services (CAMHS).

- **Action:** Members to talk to their schools, identify and review existing plans for how schools currently address Mental Health, and also Anti Bullying protocols – share findings and discuss possible improvements
- **Action: Invite Cllr Wheeler, Sir John Peace and a representative of CAMHS to attend a future meeting. Discuss ideas for mobile pop up mental health clinics in Gedling.**
- **Action: Revisit the previous Bullying Survey using MENTI Youth Services platform.**

Jacqueline Lockhart suggested looking at 'contextual bullying' – whether online/social media, in school, out of school – what are the environmental factors?

Improved communication

Muhammad flagged the need to improve communication between the Youth Council and schools, and how we communicate to wider young people. Caitlin proposed focussing engagement on the top tier of student bodies, i.e. schools councils.

- **Action: A poster to be created detailing Gedling Youth Council priorities, giving a point of contact – Amy Beckworth to lead on promotion.**
- **Action: Members to research and collate mental health and other services to young people for populating Youth Service Instagram and sharing across Youth Service Social Media. Amy to act as conduit.**

Equalities

Cllr Fox informed members about Council's new Equalities Framework, Action Plan and Steering Group, which comprises of the Leader, Cllr McCrossen, Cllr Fox, Mike Hill, GBC Chief Executive, and cross party representation. Cllr Fox proposed that YC members feed in their ideas and suggestions to that process. A terms of reference is being developed. The aims are to raise awareness and develop good practice, offer training and engage with stakeholders and community groups to identify and address equalities issues, needs and concerns. The group will look at demographics and other data to inform developments and target services effectively.

- **Action: further details of the Equalities Framework and Action Plan to be tabled at the next meeting.**
- **Action: Engagement with Ukraine Refugee Young People**
Members considered a number of options for an informal social engagement

with hosted Ukraine Families. Due to challenging timescales, Jane informed the group that the Syrian Families are already currently working in partnership with GBC and, ideally, the Gedling Seniors Council and Youth Council, to host a meal at the Richard Herod Centre on Weds 26th October, to which Ukraine families and their hosts will be personally invited. The Gedling Play Forum will provide craft activities, and the Syrian families will prepare the meal.

- **Action: Youth Council members to attend and engage with Ukraine young people – identify representatives to join the Youth Council.**

6. Youth Council Members future focus, subjects for discussion and guest speakers:

- Request from young person to speak on Period Poverty – deferred to a future meeting.

7. GBC Updates: Gedling Young People's Consultation Action Plan

Jane gave feedback on the Holiday Activities and Food out of school activities programme, Council events, Public Protection engagement and support work with disengaged young people in Arnold area, the Climate Change Action Plan and Equalities Action Plan. Population of the County Youth Parliament Instagram was also discussed – see item 5 Improved Communication point.

Additionally, Sophie Fuller reported on her research into communication with young people to be produced during her Work Experience in the Communities Team 4th – 8th July. **Action: Sophie's report will be brought to the September meeting.**

8. Any Other Business

Jacqueline Lockhart, Engagement Lead, Notts Police Crime Reduction, advised members of her role, which is to engage partners in helping to reduce incidences of violent crime in the City. Work undertaken to address violent crime is informed both by data, and perspectives and experiences of people in the community. Jacqui introduced the Hope Collective, set up in response to the murder of 10 year old Damilola Taylor on 27 November 2000. The Hope Collective sets up regular 'Hope Hacks', where young people come together, hear well known, relevant guest speakers and participate in workshops, which feed into a 'Reimagined Report' that goes to Parliament.

Members were invited to attend an upcoming Hope Hack event taking place on 14th July at the Belgrave Theatre in Coventry. A coach with DBS certified supervision on board departs at 8.30am on the day and returns at 5.30pm. Jacqueline confirmed that letters for school absence can be provided.

Muhammad thanked Jacqueline, and advised members that he will round up interest and feed back to her names of any members wishing to attend.

Gedling (youth) council communications research

Communications:

Instagram:

71% of people aged between 18 and 29 say they have an instagram account. People process visual content 60,000 times faster than text-based content. Therefore, Pictures and video content attract more attention. On Instagram, you can quickly and easily get in touch with local people, address problems, and answer questions. It's just about letting people know that that service is out there. For example adding locations and tagging local businesses and perhaps partnership posts (joint posts) will allow the page to be presented through other local accounts and therefore more local people will be aware of the ongoing events in their community as well as the instagram page.

The instagram for the gedling borough council is useful in conveying the messages of events going on through its linktree link. Overall with the instagram, if the aim is to get more people knowing about it, then things like joint posts and promoting through posters etc (eg adding the instagram onto the bottom of posters could be useful in letting people know that the service is there)

Twitter: only 11% of users are between the ages of 12 to 17. 42% aged 18 to 29. Instagram has a higher amount of monthly users despite twitter being older.

facebook/instagram/twitter: 68% of adults report using Facebook. Whereas, Twitter users are more likely to be university students/graduates and then Instagram users tend to be around that age or younger. Meta says 1 billion users are active on Facebook every month, and 500 million use Instagram every day.

Community organisations/youth groups within gedling(few examples):

Nottshelpyourself.org.uk: a very helpful website that lists youth groups as well as helpful services that are in Nottingham which can help people and family members. Ranging from the LGBTQIA+ community to children with autism as well as other groups like scouts, cadets, girlguiding and activity summer clubs.

Jigsaw youth club: Jigsaw is a youth club that provides activities for young people (aged 10-25) with Asperger's and High functioning autism. They do activities including life skills,sports, arts and crafts, music, cooking, computing, fundamental

skills, drama, team skills and gardening. (instagram, not regularly updated+twitter with nothing posted)

YMCA: just launched a creative academy for arts workshops after school and during summer holidays for 11-18 year olds (instagram+twitter)

Sport England(nation wide): over half of young people aren't getting the recommended 1 hour a day they need and so sport england has started a secondary teacher training program which is aimed to get all young people involved in sports. Their research shows that young people's attitudes to sport and physical activity are influenced heavily by their experiences at school and that having a bad experience of PE can put them off being active for life. This programme aims to address this by giving teachers the resources and training they need to engage all pupils in physical activity, regardless of sporting ability. (instagram+twitter)

Active notts(a-z of sport): the website gives you an a-z list of sports/physical activity/well being and when clicking on the sport it gives you an overview of what it is as well as the benefits the sport brings, the costs, involvement and equipment. Just underneath there's another feature that allows you to type in your address and how many miles you want to travel in order to get to a location that provides that particular sport. (instagram+twitter)

The list continues however Unless interested in a certain area for example sport or the arts there aren't particular places for young people to attend, however interest may not be particularly high (survey question?)

Mental Health:

Nottalone:

Offers local mental health advice to young people in Nottingham and Nottinghamshire - they also offer advice for parents/guardians and professionals. They tackle things from eating disorders to drug abuse, exam stress, grieving etc. They essentially cover most areas of mental health that young people could be dealing with in the modern age.

They have videos and links to other helpful websites that people may have never known about without this website. Eg on the eating disorder page it had a link to beat (the eating disorder charity) and then from their page it gave extra links to pages that can help LGBTQ+ members that may be struggling with eating disorders or other mental health conditions.

Once again it's just an issue of letting people know this service is available either through social media (they have a twitter, instagram and tiktok so it's pretty good

on that front) or leaflets/posters going out to schools however that may be more down to the organisation itself.

Wellness in mind website: gives the option to talk online, via the phone or face to face. It also gives a list of 11 other web pages that could be of help to the user. Wellness in Mind provides information, advice and support for anyone in Nottingham experiencing issues with their mental wellbeing. The service will help people understand mental health issues, and connect people to the services which may best support them and can help the family, friends and carers of people with mental health issues. They can also conduct a more thorough assessment and make a more specific referral to a specialist service on the person's behalf.

Inspire: they have many types of outlets towards young people within Nottinghamshire for example inspire arts and culture which includes 'youth arts' which is an award winning specialist creative team dedicated to producing high quality arts projects with young people across Nottinghamshire and beyond. They also do music lessons and provide library books and membership to young people and children.

LGBTQ+

Nottingham has a vibrant LGBTQ+ history, with the first officially licensed gay club, the first professor of Gay and Lesbian Studies, the first trade union LGBT support group and the first permanent rainbow crossing all based here.

Notts LGBT network: their service operates by phone, text, e-mail, letter or Instant Messaging (instagram+twitter)

They provide a free service and are a running charity that partake in

- Social groups: groups relating to various sports; book groups; writers' groups; walking groups; LGBT history; youth groups; Religious groups, Trans groups; women's groups; general social groups
- Commercial social venues: pubs, clubs, health clubs/saunas
- Legal issues
- Signposting to local sexual health services, counselling

They are also here for those who just need someone to talk to. For example issues like coming to terms with your sexuality, coming out etc.

The LGBT+ Service Nottinghamshire provides a range of specialist services for children and young people aged 11-25 who identify as LGBTQ+ or may be questioning it. They also provide training and consultancy services for professionals across the private, public and voluntary sector. (instagram)

Local schools/academies:

Redhill: little mental health/general advice on the website on where to get help if needed (under support with gcse's it only gives revision advice rather than any particular services) (instagram+twitter)

Personal experience: mental health and wellbeing isn't taken seriously enough (or at least taking a realistic approach) in schools. They do try to help and have offered more resources over the years, 100%, but there's still a stigma around it, especially in reaching out for help in schools and how the schools deal with particular issues in a professional yet reasonable way. For example, people don't feel comfortable talking to a teacher about their problems as they, in the past, have passed things on to parents when the person has directly asked them not to as they felt that they couldn't speak to a parent about the issue at the time.

Knife crime:

The Ben Kinsella trust: educate young people on the dangers of knife crime and help them to make positive choices to stay safe. Their workshops follow the journey of both the victim and the offender through a series of unique and immersive experiences to show young people how choices and consequences are linked. It changes young people's attitudes to knife crime; debunking the myth that carrying a knife will protect you. They strengthen values; ensuring young people give better advice to each other and challenge friends who are carrying (or thinking of carrying) a knife. They have primary and secondary school award winning workshops for a cost of £5 per student based in Nottingham, Essex and London. (instagram+twitter)

Tier one authorities:

Notts county council: on the front page of the website there's a link to 'emotional help for young people' which takes you directly to the nottalove website.

Nottingham city council: when you go onto the website there's no immediate link or anything along those lines in regards to young people and helping them in any particular way. However there is a search bar that when you type in 'mental health' for example it comes up with many options including CAMHS and other services.

Young people's centres in nottinghamshire: Acre Kirkby, Beeston, Bilsthorpe, Bircotes, Calverton, Cotgrave, Eastwood, Hucknall, Kimberley, Newstead, Redhill, West Bridgford etc. which all deliver a wide range of social and recreational activities. Provide music, dance arts, sports and adventure activities as well as usual youth club activities such as Pool, Table Tennis, Games, Coffee Bar. They also offer C-cards and advice and information from trained youth workers.

Tier two authorities:

Gedling borough council + other nottinghamshire district authorities: similar situation to the nottingham city council, nothing on the front page but a search bar is present and does come up with relevant results to what's been searched for. However this may not be an issue due to the fact it's still accessible but also because there's a sense that if people are searching for mental health help they may search it straight into google or other in person options opposed to going through the councils websites. (instagram+twitter)

Period poverty: is the extra effort being made to tackle this issue in order to keep girls in schools. Nottingham City Council said it hopes to eradicate 'period poverty' in the city by distributing free sanitary products to women and girls.

After a decision on November 12 2018, the authority said it will work to ensure free products are available in the city's schools, and will also encourage Nottingham businesses to offer them to staff.

The free period Nottingham is an organisation founded in 2018, The Free Period Nottingham collects donations of period products and distributes them to organisations across the county. Similarly food banks also collect and distribute sanitary products to women and young girls who may be in need of them. (twitter)

Physical health:

ABL your health your way: your health your way helps people within Nottinghamshire get more active, eat healthier, manage weight, drink less alcohol and stop smoking. They have an instagram and twitter making them accessible to a wide range of people as well as their website. (instagram+twitter)

Gedling Leisure: Anyone aged 14-17 can take out an Xtreme DNA membership, which gives access to lots of activities with swimming and roller discos, as well as unlimited access to 3 gyms and fitness classes +much more. You can also pay as you go with a gedling leisure card if you're not a member. You can also order a Free Three Day Pass where you'll get three consecutive days of free access to facilities at all of the gedling leisure centres. (instagram+twitter)

Environmental groups:

Uk youth climate coalition: they run a workshop for schools and youth groups(14-18) across the country which aims to help empower more young people to take action on climate change. Their values include amplifying youth voices, systemic change, non-violence, transparency, anti-oppression, inclusivity, diversity and independence. (instagram+twitter)

Uk student climate network(ukscn): its a student led organisation which is mainly made up of under 18 year olds. Operating in places like the south east, midlands, wales etc they've been a part of the Youth Strike 4 Climate movement, with the ambition of getting the Government to take action on the climate crisis. (instagram+twitter)

Green Social Prescribing Programme for Nottingham and Nottinghamshire.

Greenspace, the two-year programme looks to improve the mental health and wellbeing of communities hardest hit by the Covid-19 pandemic, by connecting local people with nature-based activities and green community projects and initiatives in the city and county.

National trust: 50 things to do before you're 11 and 3/4 scheme.

(instagram+twitter)

Holme pierrepont: just 10 mins from nottingham city centre- multitude of water sports as well as a crazy golf course, sky trail, archery etc (instagram)

Retail and young people and town centres:online shopping

blue social prescribing:

Black and ethnic inclusion: culture

Disabilities:

M8s Youth Club is for children from 5 to 18 years old with a range of learning disabilities

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OPPORTUNITY FOR YOUNG PEOPLE – GEDLING LEISURE SERVICES

Who are we?

DNA fitness membership – is a multi-site non-contract membership offer of gym, swim, group exercise, body composition measurement & virtual exercise instruction. Priced in-between budget and high end, offering the personal touch with no hidden charges. Includes, gym programmes & Motiv8 sessions, use of 25 metre swimming pools, 100+ group exercise classes, free swimming for members children 5 yrs. and under. Offering reduced pricing for unemployed, disabled, young and older members and offering a wide range of specialist sessions for people who have ongoing health conditions and a health suite (sauna and steam room) at one of the facilities.

The 4 leisure facilities that fall under Gedling Borough Council are located in Arnold, Calverton, Carlton and Redhill.

We are on the lookout for some willing participants who would like to experience some of the fitness type activities on offer across all of the sites and are comfortable posting messages via social media channels on a regular basis based on their experiences positive or negative (hopefully positive!).

DNA fitness is a strong well-known brand however, we realise we are being left behind with regards social media and influencer marketing as we are all a bit long in the tooth and out of touch with this side of things.

We would like to offer each person who would like to take on this challenge a free all-inclusive 3 month fitness membership that would give them access to using 3 gyms, 3 swimming pools, 100+ group exercise classes including Spinning, Yoga, aqua fitness, Pilates, circuit training, kettle bells and studio strength for example. For this membership we would like at least 2 social media snippets being posted per week but there would be no limit on how many and the 3 month period can be reduced or extended depending on what would be best!

If you know of anyone who would be interested in this opportunity then please ask them to contact me to discuss further. We have no limit on how many of these arrangements we set up so please spread the word through your channels.

I look forward to hearing back from you. Many thanks

Johann

Johann Polak
Fitness Promotions Officer
Gedling Borough Council

Appendix 2

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