

Broxbourne Youth Council

13 January 2021

Via Microsoft Teams

Attendees: Ethan Yardley, Adesola Adewale, Gabbie Newallo-Ragbir, Enrique Pereira Grosso, Tegan, Tate Lambie,

Apologies: Lloyd Evans

Facilitators: Linton Sutherland (YCH Services for Young People) and Oliver Brady (YCH Services for Young People) Emma Elsafty (Broxbourne Borough Council)

1. Welcome & Introductions

2. Quiz

3. Feeling Good Week

The application for FGW (Feel Good Week) has been sent in on time. We applied for the full amount of £500. The lead in the poster competition will be Ethan. Youth council members are allowed to take part but they will not be included in the competition as they will be judging.

Ethan is going to write a brief of the competition that will include details of how to submit entry's what FGW is and other information about the project.

Action- Ethan Planning to have a draft by next meeting

The youth council plan to promote the project by distributing flyers through the schools, parks, websites, mental health support groups (MIND) Broxbourne council, YCH Services for Young People, The Ollie Foundation, Hospitals/ Doctors surgeries. This will be decided on the 20th of January at the next youth council meeting.

The prize for the poster competition will be also be decided at the next week when the project budget has been confirmed.

NEXT MEETING

- Decide what must be included in the poster (competition one)
- Chose a prize for the winners
- Give final dates for deadline and announcement of winners

Physical Sessions: Yoga & Boxercise (1 hour, online)

**ACTION: Contact Growga (Grow Cheshunt) to confirm a booking.
Enrique to contact boxing coach Adam Davidson.**

ACTION- Linton to call Enrique after school to give specific details

The youth council agreed the details for the online boxing sessions would be 2 sessions, 1 hour duration and Adam Davidson to developed session plan.

Enrique needs to find out what Adam is thinking of doing so we have an idea on what to advertise and include in the poster.

The youth council acknowledge it is important for the boxing session to be advertised as sporting fun and not lessons for self-defence.

The youth council would like to Mental Health Session, Beginners Guide to Wellbeing. The idea is to focus on how to promote positive mental health through workshops and aim our sessions towards emotional wellbeing coping strategies and educating on how to deal with issue specific to young people.

Next week

- Decide who to deliver it
- Hertfordshire Mind
- YCH Staff Members
- Decide when it is going to be
- Contact the people who are going to deliver

Decide what we want the session to include;

- Bullying
- Hygiene
- How to use health services/signposting
- Exam stress/ school work

4. Litter Pick

Agenda differed to next meeting

5. Social Media Cabinet Introductions

Agenda differed to next meeting

6. My Star

Agenda differed to next meeting

7. AOB

The youth council twitter account has currently been restricted but this should be fixed by next week.

The youth council agreed next meeting will be at a longer time of 7pm - 8.30pm to support covering all agenda items.