

Youth Voice Executive end of year report **July 2018**



In 2016, the Children's Trust Board recognised the need for the creation of a North Yorkshire Voice Executive, to enable young people's representatives from various groups the opportunity to come together, have a voice and to work with each other and key decision makers, to make a positive difference to their lives and those of their peers.

In February 2017 the first meeting of the Youth Voice Executive took place with representatives from - Young Carers, LGBT+, School Councils, Flying High, Young People's Council, Military Kids Clubs, Selby and Harrogate Youth Groups and members of the British Youth Parliament.

Since the first meeting, the group have met several times, twice with decision makers.

In 2018 we plan to have more groups in North Yorkshire nominate representatives to be part of the Executive and are inviting schools and local youth groups to take part.

Our activity this year

Mental Health Flow Chart

The Executive identified concerns about the limited availability of

information and guidance for children and young people concerned about their mental health. Working together with the help and support of a number of organisations, a flow

chart has been produced. With the help of Compass Reach we plan to distribute copies into as many schools as possible starting September 2018.

Are you a young person aged 11 - 18 who needs some help with your mental health?

Do you need some more information?

Talk to family, friends or an adult you trust.

Young Minds:
www.youngminds.org.uk

Teen Mental Health:
teenmentalhealth.org

NHS Mental Health Support Hub: www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx

Rethink Mental Health:
www.rethink.org/diagnosis-treatment

NHS Mood Self-Assessment Quiz:
www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment

Would you like to talk to someone?

Compass BUZZ US:
text 07520 631168

Text message support is available 9am-5pm Mon - Thurs, 9am-4.30pm Fridays

Book an appointment with your local GP

Childline: Call 0800 1111 to talk to anyone at any time for free
<https://childline.org.uk/get-support/1-2-1-counsellor-chat/> for confidential counselling

<https://www.childline.org.uk/get-support/message-boards/> talk to young people who may be feeling the same as you

5-19 Healthy Child Service - call 01609 780780 Press 2 and ask to speak to a Healthy Child Nurse

Mind Discussion Group:
www.mind.org.uk

The Mix: Call 0808 808 4994 for advice and support between 11am and 11pm

Do you need urgent support or help?

If there is immediate danger of serious harm or risk to life call 999

If you need someone to talk to and the problem isn't immediately life threatening call 111

HopeLine UK:
0800 068 41 41

Childline:
0808 808 4994

If you're over 18 you can call the Samaritans:
116 123

CAMHS Crisis Number (Child and Adolescent Mental Health Services): Hambleton and Richmondshire 0300 0132000 (Option 6), 7 days a week, 24 hours.

Whitby and Scarborough & Ryedale 01723 346502, 7 days a week, 10am-10pm.
Harrogate and Ripon 01423 544335, 7 days a week, 10am-10pm.
Craven 01274 221181, 7 days a week, 24 hours.
Selby 01904 615348, 7 days a week, 10am-10pm



Caring Cultures Award

Members of the group had a desire to develop an award system which recognised those schools that deliver good PHSCE to their pupils. To gain an award, the school will need to show that they deliver and offer support in three areas, Life Skills, Mental Health and Environment. Draft standards have been developed and the group are currently

working with Compass Reach and a colleague from Education and Skills to finalise these. We hope to build a Young Inspectors team from the Youth Voice Executive which will grade schools based on these standards. This student led form of evaluation will be used to supplement the healthy schools award.



British Youth Parliament

North Yorkshire has three places for Members of the British Youth Parliament (MYPs) the current MYPs were elected by the Executive. In November 2017 our MYPs took part in the Annual Debate in the House of Commons along with over 500 other young people from the United Kingdom, sharing the views of young people in North Yorkshire.

Convention



In January 2018 the Yorkshire and Humber regional convention of Members of the British Youth Parliament (MYPs) was hosted in Northallerton. 90 young people who represent other authorities in the region met to share updates on their work. Our MYPs were

responsible for inviting local MPs to the event to enable them to take part in a question and answer session; both Andrew Jones (MP for Harrogate and Knaresborough) and Kevin Hollinrake (MP for Thirsk and Malton) attended and took part in a lively session which involved

a diverse range of questions. This Convention was the last in the annual series and recognised the work of the young people over the last year; our MYPs were able to share with Andrew Jones and Kevin Hollinrake details of the Executive and the work undertaken by them.



Carlton Lodge

The Youth Voice Executive hosted an event where groups could come together and have meetings in their specialised groups before taking part in a full group meeting, for example Young Carers from Harrogate,

Northallerton and Scarborough were able to share what they had been doing in their areas to raise awareness of Young Carers issues, experiences and concerns with each other. The day gave each of the group's time

to identify things that they would like to see improved for young people in North Yorkshire, the day ended with an artistic display shared with the whole group to allow everyone to see what they were saying.



**YOUTH
VOICE
EXECUTIVE!**



Conference

Pavilions in Harrogate was the venue for the annual conference, over 150 young people from secondary schools in North Yorkshire attended. The conference was supported by a number of organisations and over 20 market place stalls were on hand for young people to meet and hear about a wide range of services on offer in North Yorkshire. Those attending took part in a number of workshops such as Raising awareness of LGBTQ young people and reducing stigma, Strategies To Support Your Mental Health and Refugee Voices. Following the event we received lots of positive feedback, such as:

“Just wanted to send an email to say thank you for the event on Friday. All 5 of my student leaders really enjoyed themselves and walked onto the bus saying they'd learnt something new, which is great!”

“Our students and staff had a great time on Friday. They have returned with amazing energy about what they would like to achieve.”

“The Youth Voice Conference was great and appeared to be a huge success”

“Great conference really enjoyed it”



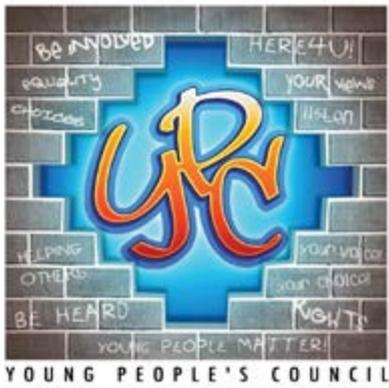
LGBT+ Regional Event, May 2018

In October 2017 the first Yorkshire and Humber Regional Event took place in Wakefield, this was the first event of its kind. The event was an opportunity for Young People from LGBT+ Youth Work Groups from across the region to get together and share their experiences and have fun. Members of the Executive from Northallerton, Selby and Scarborough

attended, whilst there they kindly offered to host the next event. The next event took place in May 2018, hosted by The North Yorkshire Youth Voice Executive, 64 people attended from across the region who took part in a number of activities sharing stories whilst at the same time being able to talk to others who were going through the

same challenges they faced. North Yorkshire Police were there to talk about Hate Crime and spent the whole day there getting to know the young people to help reassure them that they do want to hear about any instances of Hate Crime they may experience. The event was hailed as a success with Doncaster agreeing to host the next event in October 2018.





This group of care experienced young people from across North Yorkshire continue to meet monthly in York..

The YPC are celebrating their 10 year anniversary in 2018 and they are holding a joint event with the Flying High group who are also celebrating 10 years. This is a massive achievement for both of the groups and over this time they have seen many young people come and go, all stating they have enjoyed being part of these groups.

The YPC is supported by the Corporate Director for Children and Young Peoples' Service who is invited to every meeting. Senior decision makers also attend upon invitation and by their request.

Young People's Council (YPC)

The group has a 'You Said We Did' document which is updated on an annual basis. Membership of the group has been fairly static over the years with most members staying in the group for several years.

The YPC have a number of set things they do throughout the year:-

- Organising and running Consultation Days (C-Days) across the county. Feedback from young people is they enjoy the day, especially the fun activities on offer.
- Present at the fostering conferences. During the 2017 conference the YPC also ran a consultation session with 5 groups of young people who attended the conference.
- Twice a year the YPC update the LAC member group on what they have been doing.

■ Some members of the YPC went to London to meet with the Children's commissioner to be consulted on the stability index and went again to meet with her and the Children's Minister.

■ The YPC were invited by York University to be consulted on mental health. Following their engagement, one member was approached to go to the Netherlands to present a conference. The YPC were also consulted on by the department for education to tell them about social worker training.

The Chair of the YPC and others sit on the North Yorkshire Youth Voice Executive.

North Yorkshire Youth Voice Executive – Next steps

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1 Members of the Executive will attend a residential in August 2018, one of the main tasks at the event will see the Executive to debate the topics highlighted by those who took part in a consultation in February. Following this, members will vote on the topic which will inform the work of the Executive for 2018/19.

2 Elect a Chair and Vice Chair – elections for these posts will take place at the residential.



This group of young adults with SEND meet during the school holiday's.

The assistant Director for Inclusion attends most of the meetings and other managers are invited.

Members of Flying High have undertaken the following work over the last year:

- Supported the Children Resource Centres (CRC's) to consult with their young people on developing video clips of the CRC's.
- Involved in planning and developing SEND consultation questions for events with other young people.
- Spoke to Special School

Flying High

- Heads about CSE for young people with SEND
- Ran 3 disability awareness workshops for schools at the Children's Voice conference in July 2017
- Transport, the group identified a number of concerns they came across when using public transport, in particular buses, they have made an animated film which they hope to use when they deliver training sessions to staff from the transport companies in North Yorkshire.
- They have worked on an NYCC Passport document about the skills young people have at different stages of their school / college life with NYCC staff
- Continued to be involved with Local Offer and it's accessibility for young people with SEND
- Spoke to Assistant Director SEND about EHCP plans and the importance of having maintaining friendships included in EHCP's
- Involved in feeding back Preparation for adulthood issues – getting paid employment, access to health including mental health for young people with SEND, independent living
- Planning 3 campaigns for 2018 – mental health accessibility, transport, paid employment
- Transport animation completed and planning launch with NYCC for bus companies in NYorks and wider.

The Chair of Flying High and others sit on the North Yorkshire Youth Voice Executive.

- 3 Distribute and raise awareness of the Mental Health Flowchart – Compass Reach have already kindly agreed to work with the Executive to make this happen and our plan is to get this information into every secondary school in North Yorkshire by July 2019.
- 4 Support the review of "The Promise" by undertaking consultations with interested parties to ensure it is fit for purpose.
- 5 Finalise and launch the '**Caring Cultures Award**' to recognise those schools that deliver good PHSCE to their pupils, to do this schools will need to show that they deliver and offer support in three areas, Life Skills, Mental Health and Environment.
- 6 Work to engage more schools, youth groups and under-represented young people to take part in, and to have an active involvement with the North Yorkshire Youth Voice Executive.



In 2017, a total of 954,766 young people from every corner of the country took part in the annual Make Your Mark ballot. The ballot decided what Members of the UK Youth Parliament should debate and vote on to be their campaign for in 2018.



In North Yorkshire, 7,500 (12%) of the young people eligible to vote took part, this was the highest turnout in North Yorkshire since before 2011.

The top five campaign issues voted by young people in North Yorkshire were:

- **A Curriculum to prepare us for life.** Schools should cover topics like finance, sex and relationship education and politics.
- **Work Experience hubs for 11-18 year olds.** Knowing where to find work experience can be challenging. Government should create an online space to help young people with this
- **Transport.** Make public transport cheaper, better and accessible for all
- **Mental health.** Services should be improved with young people's help.
- **Protect LGBT+ People.** Lesbian, Gay, Bisexual and Transgender+ young people deserve to be treated the same as everyone else; discrimination needs to be challenged.

The 2018 vote will commence in August with the top five campaign topics being voted on in the House of Commons by Members of the Youth Parliament, we hope to see more young people in North Yorkshire taking part in the vote.

Contact us

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T: 01609 780 780 (Monday to Friday 8.00am - 5.30pm closed weekends and bank holidays)

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