

*SUMMER  
Special*

SEPT 21

# YAB NEWS

News updates from the Norfolk Youth Advisory Boards (YABs)



## **YABS HAVE HAD A FANTASTIC SUMMER OF FUN, CAMPAIGNING AND SKILL BUILDING ACTIVITIES OUT AND ABOUT AFTER A LONG PERIOD SPENT TRAPPED ONLINE!**

You name it, they have been there! The response from the young people is a resounding "It's so good to be back in person"! As you can imagine the young commissioners were eager to get out and get stuck into lots of activities and campaigns and get back to some kind of normality after spending so long connecting online.

To contact any of the YABs click the logo below

The YABs have continued to adapt their working practices during the Covid-19 pandemic ensuring we can offer support whilst keeping young people, families, and staff safe and will continue to do so throughout any restrictions in line with Government and National Youth Agency guidelines.



## **DANNY WHITEHOUSE, Head of Youth Work Services, REFLECTS ON A TRANSFORMATIVE SUMMER OF YOUTH WORK**

This summer, young people have been expanding their comfort zones, catching up with friends and making new bonds. They tell us that it has eased their anxiety to be out and about again, and to talk about how things might be different now, in a COVID world. To some extent, they are inheriting a world that has been created by other generations of people. As much as possible, we want to help young people to shape and make that world better, now and in the future. This summer was the start of many of those conversations.



**PAINTING OUR FACES WITH CHARCOAL, TALKING ROUND THE FIRE, GIGGLING AND SHARING HOPES AND DREAMS, REMINDS US THAT THE ACTIVITY ITSELF IS THE LEAST IMPORTANT ASPECT OF OUR YOUTH WORK. IT'S ALL ABOUT THE RELATIONSHIPS WE FORM, THE NEW GOALS WE SET TOGETHER, THE MOMENTS WHEN YOUNG PEOPLE THINK ABOUT THEMSELVES DIFFERENTLY. IT'S A CHANCE FOR YOUNG PEOPLE TO FIGURE OUT THEIR PLACE IN THE WORLD. MANY OF OUR PROJECTS ARE ABOUT HELPING YOUNG PEOPLE TO CHANGE AND IMPROVE THE WORLD AROUND THEM. IN-BETWEEN THE ACTIVITIES, YOUNG PEOPLE PARTICIPATED IN DISCUSSIONS ABOUT WELLBEING AND HAD A CHANCE TO SHARE THEIR OPINIONS OF MENTAL HEALTH SERVICES.**





# NORWICH YAB SPEND TIME IN NATURE AND FACED SOME FEARS!

From the beaches of North Norfolk to the forests of Breckland, the young people of Norwich YAB have truly made the most of their summer by discovering their county's natural beauty.



“THE SUMMER ACTIVITIES HAVE BEEN SO FUN. THEY'RE A REALLY GREAT RESPITE TO A BUSY AND CONFUSING YEAR.” -UMA



“YAB HAS MADE THE ACTIVITIES I'VE BEEN ON SO FUN. I GOT OVER MY FEAR OF PUBLIC SPEAKING A BIT AND IT WAS REALLY FUN TO SPEAK TO SOME PEOPLE I DIDN'T KNOW. GOAPE HELPED ME ALSO FACE MY FEARS AND NOW I'M COMPLETELY FINE WITH HEIGHTS - I CAN'T WAIT FOR EVEN MORE ACTIVITIES!” - LAILA



# FANTASTICALLY BUSY SUMMER FOR BRECKLAND YAB



Breckland & West Norfolk YABs have taken part in a variety of activities including; Segway, adventure golf, Pleasure Beach, go karting, Go Ape Treetop Challenge, and Camel riding. Still to come is their farm visit, Banham Zoo and the end of summer picnic. It's been a fantastically busy summer of fun days out after a long period spent on Zoom due to COVID.

## YAB COLLABORATION CREATES EQUALITY CAMPAIGN



We have partnered together with West Norfolk and South Norfolk YABs to form a campaign around gaining equality for those with mental/physical/neurological needs.

This campaign has 3 main aims:

- Whole school communities will engage in ongoing education, to break the stigma around young people with disabilities, and to develop a full understanding of how different conditions affect us all.
- Young people with disabilities will have equality of opportunity to share in life experiences, which includes exploring attitudes, developing skills, and understanding information, enabling positive day-to-day choices.
- Communities will understand and respect the needs of the individual, while encouraging, supporting, and celebrating positive abilities within a culture of communication and confidence in relationships.



**"AS I DIDN'T HAVE MUCH PLANNED FOR THE SUMMER HOLIDAYS THE YAB ACTIVITIES NOT ONLY GAVE ME SOMETHING TO LOOK FORWARD TO EVERY WEEK BUT IT TOOK ME OUT OF MY COMFORT ZONE, AND I MADE MUCH BETTER FRIENDS WITH ALL THE OTHER YOUNG COMMISSIONERS THAT WITHOUT THE YAB I WOULD HAVE NEVER BEEN ABLE TO MEET UP WITH!"**



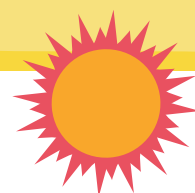


## NORTH NORFOLK YAB EMBRACE BEING TOGETHER ON THE BEACH



Young Commissioners from North Norfolk YAB had a fantastic day in Sheringham playing softball and frisbee on the beach. Before heading home, the young people ate a meal on the seafront, and reflected on their much needed day out after such a long time spent online.

## GETTING OUT AND ABOUT WITH GREAT YARMOUTH YAB



From beach days to paddleboarding, circus skills to zipwire, Great Yarmouth YAB provided a wide range of activities for young people over the summer holidays. It was fantastic to see how much the young people appreciated having new experiences!

"THE ACTIVITIES HAVE HELPED IMPROVE MY ANXIETY AS I AM DOING NEW THINGS"  
YOUNG COMMISSIONER



## **SOUTH NORFOLK YAB LEARN VALUABLE NEW SKILLS AND GET TOGETHER TO HAVE SOME MUCH NEEDED FUN!**

While young people have been engaged in our in-person activities, our online activity programme has continued throughout the summer as well. We've hosted cook-along, craft sessions, relaxation activities, and a 'How to Draw' event. These half-day events have given young people the opportunity to meet new people, as well as learning a wide range of valuable new skills.

Young people have also been amongst nature this summer visiting various places of beauty such as a natural wooded area with meadow and pond areas, participating in 'conservation tasks'. They've been cutting back hedges for paths, creating protected areas for wildlife, and helping out at a Community Open Day.

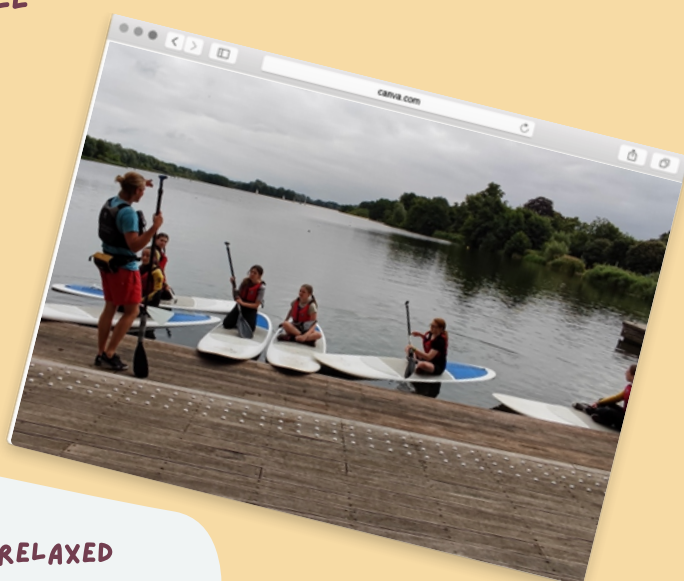
As they had not seen each other in person for such a long time, the Young Commissioners met up at Congo Rapids Adventure Golf to catch up and had a great day out.



**"I THOUGHT IT WAS A GREAT WAY TO SEE EACH OTHER AGAIN, AND HAVE A LAUGH WHILST PLAYING MINI GOLF. WOULD TOTALLY DO IT ALL AGAIN! FANTASTIC DAY OUT." YOUNG COMMISSIONER**



**"IT MADE ME FEEL RELAXED AND IT HAS HELPED ME A LOT"  
"ALL OF IT WAS REALLY FUN"  
YOUNG COMMISSIONER**





## BROADLAND YAB WORKING AS A TEAM

To recognise Norwich Pride, Broadland Young Commissioners visited an exhibition at the Circle Space Gallery, showcasing art by LGBTQIA+ artists in Norfolk. Young Commissioners spent some time looking at the art and choosing a piece they were particularly interested in, and then took part in a creative workshop. As the physical Norwich Pride march was unable to go ahead this year due to the ongoing Covid-19 pandemic, they created a 'mini Pride march' – they designed mini flags, placards and costumes and discussed the history of Pride marches and the fight for LGBTQIA+ rights.



As part of their focus on young people's wellbeing during the Covid-19 pandemic Broadland YAB teamed up with the Benjamin Foundation to host a four-week programme of adventure activities at Hautbois House. These activities were open to young people who live or study in Broadland. After a difficult year of lockdowns and online learning, young people had the opportunity to make new friends, have fun, and take part in exciting outdoor activities including monkey climbing, zip lining, canoeing, and bushcraft! Young people also took part in wellbeing workshops lead by Youth Mental Health practitioners from Youth in Mind.



**BROADLAND WORKING TOGETHER TO BUILD A CAMPFIRE IN TRICKY CONDITIONS. TEAMWORK, INGENUITY AND CAMARADERIE PREVAILED TO ENSURE ALL TEAMS MANAGED TO LIGHT A FIRE AND MAINTAIN IT**

**SARAH HUDIS, YOUTH WORKER**



ALL OF THE YOUTH ADVISORY BOARDS HOPE YOU HAVE STAYED  
SAFE AND HAD A FANTASTIC SUMMER  
THANK YOU FOR YOUR CONTINUED SUPPORT.

DO GET IN TOUCH IF YOU KNOW OF ANY YOUNG PEOPLE THAT ARE  
INTERESTED IN JOINING A GROUP

FOR MORE INFORMATION ON YOUTH IN  
MIND - A SERVICE TRANSFORMING  
YOUNG PEOPLE'S MENTAL HEALTH  
SERVICES - PLEASE CLICK HERE

**YOUTH**  
**in mind**

Shaping mental health  
services in Norfolk  
and Waveney

IF YOU WOULD LIKE ANY  
FURTHER DETAILS ABOUT ANY  
OF THE CONTENT OR HAVE ANY  
FEEDBACK DO GET IN TOUCH!  
WE ♥ FEEDBACK!

[ANITASTAFF@MAP.UKNET](mailto:ANITASTAFF@MAP.UKNET)



ORGANISING IT ALL WASN'T  
WITHOUT DIFFICULTY, BUT  
THROUGH GRIT AND  
CREATIVITY, WE MANAGED TO  
AVOID HAVING TO CANCEL A  
SINGLE ACTIVITY DUE TO  
COVID. ENSURING THAT WE  
KEPT ALL OF OUR PROMISES  
TO YOUNG PEOPLE.  
DANNY WHITEHOUSE

