



MARCH 22

# YAB NEWS

News updates from the Norfolk Youth Advisory Boards (YABs)



## DESPITE THE WORLD'S CHALLENGES, GOOD THINGS ARE HAPPENING! LET'S KEEP THE POSITIVE NEWS FLOWING!

Coping with another major world event whilst coming out of a very difficult two years is a trying time for anyone. But once again young people are showing their strengths and resilience, and have been doing lots within their communities. There have been some great responses, lots of learning, broadening horizons, and connecting young people with support networks.

Youth Workers have continued to engage with young people and communities - delivering safe in-person sessions and planning for more events for spring and summer as the pandemic restrictions have lifted.

The YABs have adapted their working practices during the Covid-19 pandemic in order to offer support whilst keeping young people, families, and staff safe, and will continue to do so in line with our own safety policy restrictions and in line with National Youth Agency guidelines.

To contact any of the YABs click the logo below





# NORWICH YAB



'In February half term we took a group of young people from Norwich YAB and the Loudspeaker project to the city of Liverpool to explore the Scouse wonders.

From the rich historical museums, to nerf gun wars and the terrifying sights of Shiverpool's Ghost Tour, we had a wonderful time exploring everything Liverpool has to offer. Four museums later and after a tour of Liverpool's Guild of Students at The University of Liverpool, our young people had never felt so learned. But we can't forget the Cat Cafe. Young people said 'it was the purrfect way to have some fun.'

Y'etsha, Youth Worker

NORWICH YAB ARE ON THE TRAIN HOME, HAVING TAKEN 78,525 STEPS IN 4 DAYS - 35 MILES OF MUSEUMS, TOURS, BUBBLE TEA MISSIONS AND VISITING SITES OF DEMOCRATIC PROTEST. TIRED & INSPIRED BY OUR TRIP TO LIVERPOOL.



## GOOD NEWS FOR PREVIOUS YAB MEMBER KAHMAL SPENCER



We recently heard a good news story from a young person who previously participated in Norfolk's Youth Advisory Boards. Kahmal Spencer who was heavily involved in Norwich YAB from 2012-2015, became the face of this year's Walkers Christmas advert in partnership with Comic Relief to raise awareness of mental health and wellbeing issues.

Kahmal overcame multiple challenging life circumstances in his teenage years, and still credits his involvement in the YAB as a key factor in his progress, resilience and development. It really demonstrates the long-term impact of good participation and youth work.

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KAHMAL SAYS - "THE YAB GAVE ME A WEALTH OF OPPORTUNITIES TO BUILD MY CONFIDENCE AND WAS A 'HOME OUTSIDE HOME' WHILST I WAS GROWING UP AND WAS ALWAYS A SAFE SPACE I COULD ACCESS. I THINK YOUNG PEOPLE SHOULD JOIN THE YAB BECAUSE YOU BECOME PART OF SOMETHING BIGGER THAN YOURSELF AND THAT GENUINELY IMPROVES THE LIVES OF OTHER YOUNG PEOPLE AS WELL. THE YAB PUSHES YOU TO EXPERIENCE NEW THINGS AND GROW AS A PERSON. I EXPERIENCED SO MANY OPPORTUNITIES I WOULD NEVER OF HAD IF IT WASN'T FOR YAB."

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Kahmal is now hopeful for a successful career in acting! You can watch the ad here: [www.youtube.com/watch?v=ns4woyJgfk0](https://www.youtube.com/watch?v=ns4woyJgfk0)

WHAT AN AMAZING  
ACHIEVEMENT KAHMAL !





## WEST NORFOLK YAB

West and Breckland have taken part in a consultation with Health Watch Norfolk. The groups came together with representatives to discuss what early intervention and preventative measures they felt should be included in the new Health Watch strategy.

Young people discussed concerns around eating disorders, mental health and the impact of Covid. It was a very thought-provoking meeting.

## BRECKLAND YAB

Cup-o-T Wellness and Therapy service 'Build Together'



This month has seen the launch of our Breckland Build Together Project workshops in Attleborough and Swaffham areas. The workshops have been really well attended. The focus was on Listening (and really hearing). There was a mix of activities including lego as a communication game. It's tougher than it looks!

This Programme is jointly funded by Breckland Council and Breckland Youth Advisory Board and provides support for young people and parents who are suffering from poor mental health.







## Cherry Tree Farm - Farm Therapy

Breckland YAB are really excited to announce that their Farm Therapy sessions (facilitated by Cherry Tree Farm) are well into the planning stages and will be available for booking very soon. The sessions are designed for young people who are suffering from poor mental health and need a little support to get back out and about, particularly after Covid. Grooming, feeding, egg-collecting and goat-walking will be all incorporated in the session.

## Young Persons Award

After being recently nominated, Breckland YAB are very proud to announce that Young Commissioner Travis Sturman has won a 'TARA' award! The 'Thetford Award Recognising Achievement', was won for Youth Achievement. The award recognises people whose work, whether big or small, makes a positive difference to the town and it's people. Travis' Mum and Dad, Cllr Peter Wilkinson from the YAB board and Michelle Bibby, YAB lead, attended the amazing awards evening to watch Travis collect his award.



## New Projects

The Young Commissioners have enjoyed getting back to face to face meetings. This half term they have been planning a Domestic Abuse Project. Young Commissioners are concerned that they have seen a rise in unhealthy relationships amongst their peers. They have chosen to put out a tender for a program that will be delivered in schools and youth groups.

**WATCH THIS SPACE FOR  
MORE DETAILS!**

## GREAT YARMOUTH YAB

During the last month, Great Yarmouth YAB have been working with James Paget Hospital, giving feedback about how the new building can be more young person friendly.

They have also done some in-house training around communication and active listening [image right].

We are also looking forward to the Doctor Who escape room this month in Norwich!

## BROADLAND YAB

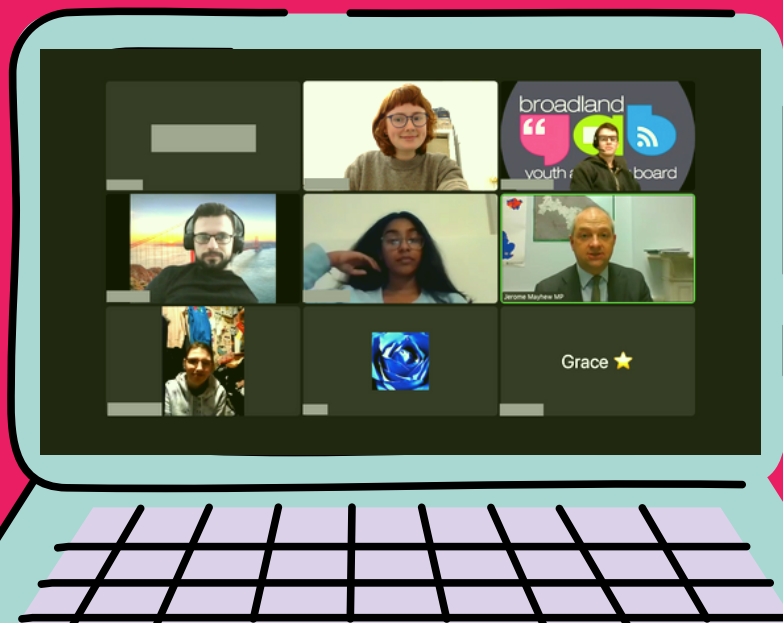
Broadland YAB have been doing lots of exciting wellbeing focused activities! Young people designed and painted mugs at Dotty Pottery, went trampolining, had a tasty lunch at Nandos, and had a fun afternoon of party food and games.

To recognise LGBTQ+ History month Broadland YAB visited an exhibition of self-portraits by LGBTQ+ artists from Norfolk, where we heard from the artists about their work and talked to the organisers of Norwich Pride.



Broadland Young Commissioners met with Broadland MP Jerome Mayhew over Zoom to talk about their work making changes for young people, and about their campaign priorities; young people's mental health and the climate crisis. They look forward to meeting with him in person soon to continue the discussion.

We are saying goodbye to Broadland YAB lead Colin this month, and wishing him all the best with his next adventure. Thank you for all your hard work for young people in Broadland, Colin! Welcome to new YAB lead Mel!





## SOUTH NORFOLK YAB

Young People in South Norfolk have been busy enjoying some great trips, including a visit to the Panto at Christmas, and they have really enjoyed getting back out and working with the local community again.

Unfortunately the Intergenerational Christmas Lunch was cancelled, but this didn't stop young people creating Goody Bags full of homemade decorations, cards, biscuits, treats and other delights, that they then delivered to all the special guests who would have attended the lunch. After an enthusiastic version of 'We Wish You a Merry Christmas', the festive gifts were handed over to many smiling faces. It definitely was the true spirit of Christmas!



Other SNYAB projects are all up and running, and Children's Mental Health Week showed just how many support opportunities there are. On top of the usual Wellbeing sessions including Clinks Care Farm and Quaker Wood; SNYAB workers were back in schools delivering Wellbeing Programmes to students, improving their own mental health, as well as developing skills to support others. Wymondham College now have nine Year 10 students who are now Peer Mentors after completing the Wellbeing Life Skills Development Programme run by South Norfolk YAB. All of them were really pleased to be involved and felt that they had learnt a lot, as well as gained confidence.

GIVING OUT THE GIFT BAGS WAS REALLY GREAT, AND THE FACES OF THE ELDERLY MADE MY DAY EVEN MORE.



## SOUTH NORFOLK YAB

Half term was fun with Young Commissioners getting together to plan and deliver an Activity and Social Session for other young people from the area. The group did lots of different things including creating individual personalised keyring bundles, making cheese straws, decorating cupcakes and playing lots of energetic games. A great time was had by all.

Half term was also a time for achievement! Nine young people passed their First Aid Course, and three got their Food Hygiene Certificate. Well done to all.



IT WAS GREAT TO SEE EVERYONE REACT WITH EACH OTHER AT THE SOCIAL DAY. THE ATMOSPHERE WAS GREAT IN A CALM WAY.



**AFTER FOUR MUSEUMS AND A TOUR OF THE GUILD OF STUDENTS AT THE UNIVERSITY OF LIVERPOOL, OUR YOUNG PEOPLE HAD NEVER FELT SO LEARNED.**



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