

APRIL 22

YAB NEWS

News updates from the Norfolk Youth Advisory Boards (YABs)



GREAT YARMOUTH YAB

Level Up!

At the start of April, Great Yarmouth YAB hosted Level Up, a wellbeing focused gaming festival for young people, and it was a huge success! The festival, hosted at **Out There Arts**, brought in young people from across the community, and provided a full, free day of arcade games brought to life, food, new friends, and the chance to make connections with youth workers and focus on wellbeing in a series of meditative workshops.

100% of the young people who

attended said they enjoyed it and felt safe there, and over 96% of young people said they got the chance to try something new!

Great Yarmouth YAB has also been busy collaborating with the **ConneCTogether** group at MAP to produce an animation about issues of loneliness and bullying faced by young people. The research, storyboarding and script were all led by young people, and we are pleased to announce that the video has now been released and **can be viewed here!**



Click the logos above to get in touch with a YAB

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100% OF YOUNG PEOPLE
THAT ATTENDED LEVEL
UP SAID THEY ENJOYED
THE EVENT AND FELT
SAFE THERE



NORTH NORFOLK YAB

Platinum Jubilee Celebrations!

A few weeks ago we met with Patrick Peal, co-founder of the East Anglian Air Ambulance, to discuss Platinum Jubilee celebrations for Norfolk this summer. The Young Commissioners were really excited about the Platinum Jubilee Challenge Awards, which they will receive a badge and certificate for taking part in! Currently they are planning a 'Royal Road Trip' which will meet all the outcomes for the award (including doing a litter pick and visiting a historical site) and may even involve some Royal fancy dress!

Heritage Action Zone

Our North Walsham YAG also met with the Heritage Action Zone for a consultation about the local area and ideas of activities that the Young Commissioners would like to see happen. We discussed everything from plant pots to local food and music festivals! There are exciting plans in the pipeline which YAB young people have really taken ownership of.



A New Group at Fakenham Academy

We have also recently started a new weekly lunchtime group at Fakenham Academy, focusing on training and wellbeing, and will soon be joining the North Norfolk Cadets on a monthly basis!

Escape Rooms

Over the Easter break we also took the opportunity to bring our three YAGs (North Walsham, Fakenham and Sheringham) together to socialise and work as a team. We visited Fakenham Escape Rooms, everyone demonstrated excellent patience and teamwork and we managed to escape both rooms – phew! We also went bowling and played arcade games in North Walsham. Everyone was so supportive of each other and it was a great opportunity for some of the new Young Commissioners to come and meet the rest of the groups.



BROADLAND YAB

Exam Stress - An Advice Podcast

Broadland YAB's campaign group has launched a podcast! The podcast will focus on the impact of the pandemic on young people's mental health. Young Commissioners have recorded the first episode, which is all about exam stress. As many school students are about to sit GCSE or A Level exams, they collected and shared young people's tips for managing stress around exams, and discussed how the pandemic may have increased the pressure young people are feeling around taking exams this year. Follow us on social media to be the first to hear it!



Team-Building and Easter Holiday Fun

Broadland Young Commissioners had an Easter Holiday packed full of training and team building fun! We went rock climbing at Eaton Vale, working together to learn how to belay and supporting each other to be brave and tackle challenging routes. We learned about the YAB Commissioning Cycle at our training day, and shared our thoughts and experiences of the issues affecting young people in Norfolk with Norfolk County Council.





**I LOVED THE CLIMBING, ABSEILING
AND ZIP WIRE! I LIKE SPENDING
TIME WITH NEW PEOPLE AND
STAFF!**



NORWICH YAB



**I HAD LOADS OF FUN ON
THE BEACH AND ON THE
ZIP WIRE!**



Norwich YAB recently attended a wellbeing residential retreat for young people hosted by Youth In Mind. We're pleased to say that over 30 young people were in attendance! The YAB spent two nights at the Kingswood site in West Runton, where young people were able to participate in a range of outdoor activities, wellbeing sessions, and had some well-deserved time for a bit of rest and relaxation!



SOUTH NORFOLK YAB

South Norfolk YAB has been enjoying the warmer weather with lots of events and activities for young people in the area. Apart from the usual *Wellbeing; Conservation & Care Farm* sessions, there was also lots on offer over Easter. Young people enjoyed some social time, visiting the Hippodrome in Great Yarmouth.

Young people also used their leisure time to gain First Aid and Food Hygiene certificates too.

Feeling Confident!

Young Commissioners invited SNYAB members to an Adventure Golf session, so that they could all get to know each other in an informal way. The session finished up with tea and cake, and meeting others. It was a great way to break the ice for new members.

FROM BEING INVOLVED IN THE YAB, I HAVE GAINED A LOT OF KNOWLEDGE IN REGARD TO HOW YOUTH SERVICES AND COMMISSIONING WORKS. I HAVE ALSO BEEN ABLE TO GAIN CONFIDENCE IN PUBLIC SPEAKING AND GROUP CONTRIBUTION, AND IN DOING NEW THINGS WITH PEOPLE THAT I HAVE NEVER MET!





**IT WAS NICE TO HAVE
INTERACTIONS WITH
DIFFERENT TYPES OF
PEOPLE. I LIKED
HELPING OUT A LOT. I
PUT MY FOOD HYGIENE
CERTIFICATE TO USE
PREPARING THE EGGS.**



An Intergenerational Lunch

Young people gave up their time to run an 'Intergenerational Lunch.' Nineteen guests came to an Easter event containing a delicious two-course meal, followed by a hot drink and a hot-cross cookie – all home-cooked!



And The Award Goes To...

One of our Young Commissioners had their amazing voluntary work recognised at the Diss Annual Town Meeting. Plamena received the Diss Junior Citizen Award for all her hard work with SNYAB, Reuse Orbit, and many other projects, both locally and nationally. We congratulate her on this brilliant achievement, and thank her for continued contributions.



WEST NORFOLK YAB

A Warm Welcome!

This month we're welcoming a new staff member to the team, Eloise Riches-Birt! Eloise is joining us as a Participation Youth Worker at West Norfolk YAB, and will be working alongside Paul Baum, Community Youth Worker. We'd like to give Eloise a warm welcome and wish her the best in her new role with West Norfolk YAB!



EMMA - PARTICIPATION
YOUTH WORKER



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