

JULY 22

YAB NEWS

News updates from the Norfolk Youth Advisory Boards (YABs)



BRECKLAND & WEST NORFOLK

Young people from Breckland and West Norfolk YAB embarked on the trip of a lifetime to California last week, developing skills to become the next generation of young leaders.

At an anti-bullying conference in Dublin before the pandemic, the young people from Breckland and West Norfolk YAB met All It Takes, an organisation specialising in the upskilling of young leaders who want to make a difference in their community.

Young people agreed to visit All it Takes but had to withstand several years of COVID lockdowns and raise significant funds to make that plan a reality.

Young people themselves led fundraising activities, applied for grants from local foundations, and won awards for their campaign work. They raised over £15,000 to fund their trip to California State University where they learned new skills to bring back to their communities.



Click the logos above to get in touch with a YAB

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THIS TRIP WAS A ONCE IN A LIFETIME OPPORTUNITY, WITH INSIGHT INTO WHAT MAKES A GOOD LEADER. I'VE LEARNT SO MUCH ABOUT HEALTHY COMMUNICATION SKILLS, THE IMPORTANCE OF VALUING YOURSELF AND YOUR SKILLSET, AND COMING TOGETHER WITH OTHERS TO ACHIEVE ANYTHING YOU WANT TO. IT WAS SO INTERESTING TO SEE THAT NO MATTER OUR GENDER, RACE, NATIONALITY OR AGE, WE COULD ALL RELATE TO EACH OTHER AND BE INSPIRED BY EACH OTHER'S STORIES. ”

- Ligija, 18

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[ON THE TRAINING, THE YOUNG PEOPLE SHOWED] GREAT COURAGE, RESILIENCE AND KINDNESS. I THINK THE WHOLE EXPERIENCE WILL STAY WITH THEM FOR A LONG TIME, HELPING THEM MOVE FORWARD TO LIFE'S NEXT CHAPTER. ”

-Senior youth worker,
Michelle Bibby

“

AS PARENTS WE WOULD LIKE TO THANK MAP FOR ALL THEY HAVE DONE IN HELPING THESE YOUNG PEOPLE GROW, NOT ONLY IN THE GOOD TIMES, BUT IN THE CHALLENGING ONES ALSO. YOU HAVE TAUGHT THEM NOT ONLY ABOUT THEMSELVES BUT ABOUT OTHERS AND HAVE ENABLED THEM TO HAVE A VOICE IN THINGS THAT REALLY MATTER. ”

-Parent of a young person



GREAT YARMOUTH YAB

Young people from Great Yarmouth YAB ventured south to the Houses of Parliament, where they learnt lots about the day-to-day running, debate, and decision-making of parliament.

Young people from the parliament trip left feeling excited about returning in the future, perhaps even to watch a live debate take place!



Later that month, the young commissioners teamed up with the Great Yarmouth Police and the Community Alcohol Partnership scheme to raise awareness of underage drinking. Seven of the young commissioners joined the police in Great Yarmouth town centre to work with local shopkeepers to help spread this message.

The Young Commissioners spray-painted awareness signs outside shops with the consent of the shopkeepers who were also keen to spread the message. This generated lots of interest from members of the public in the area that day, and will leave a lasting, positive impact on the area.



NORTH NORFOLK YAB

It's been a busy few weeks for the North Norfolk YAB! Two Young Commissioners attended 'The Big Bash' in North Walsham alongside youth workers Emma and Gill.

This was a fantastic opportunity to promote the YAB to local people, make connections with other local groups and companies, and the Young Commissioners even learnt how to knit! Along with all the other YABs, North Norfolk also attended an activity day at Hautbois Activity Centre. All of them had a fantastic time trying out a range of activities – from blindfolded obstacle courses to raft building.

They also really appreciated the opportunity to get involved with some of NCC's Youth Strategy work and to have their views and opinions heard.

One exciting piece of ongoing work from North Norfolk YAB is the 'self-soothe' bags, co-created with Young Commissioners during the pandemic in response to young people's concerns around mental health and a rise in self-harm. Young people who self-harm and the professionals who work with them, were consulted on the idea and the best items and tips to include.



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Young people who self-harm, and are ready to find a different way of coping with emotions, can access the bags through a key worker, pastoral worker, counsellor or other professional who is trained in self-harm support. The young person can decide which self-soothe items to try at moments of stress, and the bag will also feature a credit card sized leaflet with important sources of support numbers and websites. We are hoping to be able to send this out in September for the new school year.



Finally, the YAB have been working on a **Library Links project**. As part of this they ran a competition at North Walsham High School for students to create a mural to go on the side of North Walsham library. The Young Commissioners chose four winning designs which were put together by local artist Rebecca Lusher who was chosen by the Young Commissioners. Rebecca worked really hard to bring the designs to life and has created a vibrant, eye-catching mural.

The four students who were chosen by the YAB even came down with their assistant headteacher on Friday to take part in adding the finishing touches, and to receive some art supplies as a thank you for taking part. Members of the public kept stopping by to admire the work, and North Norfolk District Council even came down to film some of the work.

The mural is where the new bus hub in the town will be, so many people will be able to see this fantastic work.



SOUTH NORFOLK YAB

SNYAB has had a busy time leading up to the end of school term. Timing has been amazing with our regular Clinks Care Farm visits, as we have got to see so many animals, as well as bottle feed the lambs - such a great experience!

“**I REALLY ENJOYED THE SESSION, I TRIED NEW THINGS AND HELD A CHICKEN FOR THE FIRST TIME!**”

Harmony, not only a Young Commissioner, but a Young Carer too, has won South Norfolk Council's Young Hero Award - brilliant recognition of everything she does, and continues to do in her community. We are all very proud of her, and everything she has achieved.



Most of our time has been spent in schools, running promotional stands for all the summer activities coming up, as well as consulting with young people about the next plan for delivery from October onwards. Young people have been sharing what they think about our priorities, particularly mental health, and coping with their futures. Young people all agree that trusted adults play a really important role in their



lives, and they want "someone to talk to, who knows things, and who really listens". In the meantime, Young Commissioners have been evaluating the activities in the current plan, telling us what it is like to attend the Wellbeing and Social Sessions.

“**THERE ARE LOADS OF DIFFERENT ACTIVITIES, AND IT IS A PLACE WHERE YOU CAN GO TO RELAX. SOMETIMES WE GO FOR A WALK, AND YOU CAN SEE THE RIVER. THE WALKS CAN BE REALLY CALMING DUE TO THE FRESH AIR, AND YOU CAN SEE FLOWERS AND ANIMALS.**”

“**IT HELPS YOUR MIND TO RELAX, SO IF YOU ARE ANGRY, YOU CAN DESTRESS.**”

BROADLAND YAB

This month, Broadland Young Commissioners visited their commissioned project X-adventure in Horsford. They are running after school clubs on a Wednesday for young people who live or attend education in Broadland.

Young Commissioners were really impressed with how well the project is running, the number of young people interested and with the staff at the project.

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“IT WAS A GOOD NIGHT, THE YOUNG PEOPLE WERE ENJOYING THEMSELVES AND LEARNING NEW THINGS”

”

-Young Commissioner, aged 17

The YAB has decided to re-fund the project so that it will run in the next academic year. Young Commissioners enjoyed visiting the project they funded and seeing it in action. They even got to hold the resident chickens!

Broadland Young Commissioners joined the other Youth Advisory Boards for a day of adventure at Hautbois House. We took part in exciting team-building activities

including rope-climbing, obstacle courses and raft-building. Young Commissioners also took part in a participation activity with the Youth in Mind project, and a workshop with Norfolk County Council developing their new youth and participation strategy.

Broadland YAB have a new Youth Action Group in Aylsham! The group is for young people aged 11-19 (up to 25 with additional needs) who live or study in Broadland and would like to attend a weekly group in Aylsham. If you are interested in getting involved or know young people who might want to join please get in touch at broadlandyab@map.uk.net. There are always snacks, and transport is provided or refunded if needed.

Broadland YAB have an exciting Summer programme coming up! We will be celebrating Norwich Pride and learning about LGBTQ+ History in Norwich, creating our action plan for next year, taking part in training, and attending our first overnight residential since the Covid-19 pandemic began!



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



IF YOU'RE A YOUNG PERSON INVOLVED WITH A YAB, OR YOU'VE BEEN INVOLVED IN THE PAST, WE WANT TO HEAR FROM YOU!

We're undertaking an evaluation to understand how YABs help young people. You can complete a survey, or you could even have a one-to-one interview with a researcher. The main goal is to find out whether being involved with a YAB has an impact on young people's mental health and wellbeing.

[Click here to take the survey.](#)