



West Norfolk Youth Advisory Board (YAB)
Minutes of meeting: Thursday 17th January 2019
Fairstead Community Centre, Kings Lynn

In Attendance:

Aimee - Momentum
 Jade - Young Commissioner
 (Chair)
 Lucy - Young Commissioner
 Michael - Young Commissioner
 Olivia - Young Commissioner
 Rachael - Stories of Lynn
 Robin - Norfolk County Council
 Sarah - Young Commissioner
 Sophie - Young Commissioner

Also in attendance:

Alexandra - Clenchwarton and King's Lynn
 South
 Bob - MAP
 Laura Darby - The Harbour Centre
 Lucy - MAP (Minutes)
 Paul - MAP
 Rachel - Kick the Dust

Apologies:

Cathy - NHS
 Avril - Borough Council of Kings
 Lynn & West Norfolk
 Darryl - Norfolk Police
 Gary - Prospects
 Jaqueline -
 Jo - Norfolk Police
 Kerry – Norfolk County Council
 Lucy - NHS
 Lynn - Norfolk County Council
 Melanie - NHS
 Michelle - NHS
 Sarah - Norfolk County Council
 Tracy - NHS

<p>1.0 Welcome and Apologies</p> <p>1.1 Jade welcomed the board members to the meeting and introductions were made.</p>	
<p>2.0 Confidentiality training</p> <p>2.1 As part of a confidentiality training exercise, Rachael asked each board member to write down a piece of information they would not like anyone else in the room to know about, then fold the piece of paper into four and hold onto it.</p> <p>2.2 The board were asked how they felt doing this and why, which led to a discussion about the importance of maintaining confidentiality, and the principles behind it.</p>	
<p>3.0 Minutes of the last meeting acceptance and actions</p> <p>The actions from the previous meeting were reviewed as follows:</p> <p>Action point 3.1: Lucy to type up and laminate board meeting ground rules, and bring to next meeting. This action has been completed and the ground rules were displayed on the wall during the meeting.</p> <p>Action point 3.1: Bob to email Gina at the Matthew Project, to introduce Michelle from the NHS and discuss how they can link up in regards to the mental health and wellbeing project. Bob confirmed that he has contacted Gina to introduce Michelle.</p> <p>Action point 3.1: Any queries / questions from board members regarding the Matthew Project report should be emailed to Bob, who will collate and forward onto the Matthew</p>	

<p>Project. This action is complete and the Matthew Project were present at the meeting to discuss feedback.</p> <p>Action point: 4.1 Bob to contact the Matthew Project to request additional information regarding the resources and a breakdown of costs. Bob confirmed this action is complete.</p> <p>Action point: 4.1 Board to prepare questions for the Matthew Project at the next board meeting. This action is complete and the board were able to ask questions to Gina during today's meeting.</p> <p>Action point: 5.3 YC's to discuss ways in which the anti-bullying training can be improved / more young person friendly, and collate feedback to be discussed at a later date with Rita. Bob confirmed that this action has been completed.</p> <p>Action point: 10.1 Rachael to arrange for the Project Manager for the 'Kick the Dust' project to give a presentation to the YC's. This action is complete, and the Project Manager Rachel was present at today's meeting to introduce the project.</p> <p>Action point: 10.2 Bob to collate ideas from YC's for items that can be included in the libraries 'stress bags', and email to Kerry. This action remains outstanding.</p>	
<p>4.0 Meeting ground rules (refresher)</p> <p>4.1 Rachael referred to the board meeting ground rules, which will be displayed on the wall at each board meeting and gave a refresher of the main points.</p>	
<p>5.0 Matthew Project report – Gina Summerskill</p> <p>5.1 Gina from the Matthew Project gave an overview of the quarter one report for the 1-1 mental health support project, and highlighted the following:</p> <ul style="list-style-type: none"> • Referrals have been made from a mixture of setting such as GP surgeries, Norfolk Carers and Norfolk Early Help / Family Focus. • Due to a high number of referrals being made, there is currently a waiting list; which highlights the need for the service. • Initial assessments are made with the young people to establish their need, and onward referrals have been made to other agencies where appropriate. • The target number for the project was to reach 40 young people, and offer brief interventions to a further 20. The current caseload is at 25, which means the target should be achievable as the project is only 6 months in. 	
<p>6.0 Matthew Project discussion / finding</p> <p>6.1 The board discussed the findings of the report and the following comments / queries were raised:</p> <ul style="list-style-type: none"> • Bob reminded the board that this project was given additional money from the YAB, and questioned how the extra money will be used to further the project and ensure it's sustainability. • Gina confirmed that there will be a sufficient amount of data to prove the need for the service and source additional funding, such as statistics from outcome stars and 	

<p>the Rosenberg self esteem scale, which are both carried out by participants before and after the 1-1 sessions.</p> <ul style="list-style-type: none"> • Robin questioned whether Gina has had any referrals from Methwold, which Gina confirmed she has not and suggested that she would be happy to speak with schools in that area. Robin also suggested linking up with Prospects and make onward referrals to their service. 	
<p>7.0 Kick the Dust Introduction – Rachel Duffield</p> <p>7.1 Rachel, Project Manager for Kick the Dust was welcomed to the board meeting and gave an overview of the ‘Kick the Dust’ project:</p> <ul style="list-style-type: none"> • The project aims to get young people involved in heritage sites across Norfolk, including Gressenhall Farm and Workhouse, Time & Tide Museum, The Lynn Museum and Norwich Castle. • It encourages new ideas and creative thinking, giving young people the opportunity to shape the Heritage sites. • The project is free to attend and offers young people the chance to learn new skills and gain experience in working within a Museum setting, which young people can then include on their CV. • Regular fun and informative meetings are held during the year, as well as five events which the young people can help to create. <p>7.2 Bob suggested inviting Rachel to attend the YAB / NCC meeting on 11th February to give an overview of the project to the YAB workers. (Action)</p> <p>7.3 Bob also suggested for Young Commissioners to carry out a QA before the projects engagement with young people, and afterwards to see the impact of the project. (Action)</p>	<p>Bob</p> <p>Bob</p>
<p>8.0 Cllr. Alexandra Kemp West Lynn</p> <p>8.1 Cllr. Alexandra Kemp was welcomed to the board meeting, and spoke about issues in West Lynn, such as a high level of anti-social behaviour, un-reliable transport, and the lack of things to do for young people. Alexandra went onto to say how West Lynn is a very deprived area and action needs to be taken for the young people living in the area, backing this up with statistics.</p> <p>8.2 A venue in West Lynn has offered a free space to run a youth club on a weekly basis to help tackle the issues in the area, however there is currently no funding available for staff to run the youth club. The YMCA have provided a cost of £6300, providing 2 hours a week and have offered to fund 50% of this if the YAB are able to fund the remaining half. There are also volunteers already in place that are willing to assist with running the youth club.</p>	
<p>9.0 West Lynn discussion</p> <p>9.0 The board discussed this proposal, however Bob confirmed that the YAB does not currently have any funds available as this year’s action plan is already allocated. Bob offered to work the group and help them to gain young people’s views on what the youth club should involve. Aimee also offered Momentums services to look at costs and help source funding.</p>	

<p>10.0 Independent sexual violence advisor – Laura Derby / Questions & Answers</p> <p>10.1 Laura Derby from The Harbour Centre was welcomed to the board meeting, and gave an overview of the service:</p> <ul style="list-style-type: none"> • The Harbour centre, based in Norwich is a sexual assault referral centre and provides a one-stop shop location, offering medical care and emotional support to victims of rape and serious sexual assault 24/7. • There are two parts of the service, one part offers forensic medical examinations by a specially trained nurse, and the second part offers support work / Independent Sexual Violence Advisors. • Referral forms for professionals can be found on the website. • There is no pressure to report the assault to the police, and visits can be made to the individual’s home. • Gina will be working closely with the YAB going forward, as Young People have said that they do not get enough information about this topic. • Paul suggested inviting Gina to the next YAB meeting on 11th February to inform the other YAB’s about the service. <p>Action: Bob to invite Gina to the YAB meeting on 11th February to talk about the Harbour Centres service.</p>	<p>Bob</p>
<p>11.0 Questionnaire report from Downham Market 6th form representative</p> <p>11.1 Jade gave an update on the consultation surveys, which the YC’s have been handing out at their sixth form. The results have been positive, with many useful comments being made on the surveys. Young People taking part have had passionate discussions around the issue of transport costs and wages for young people.</p>	
<p>12.0 Action plan review</p> <p>12.1 Bob suggested that he would email the board with details of the action plan review, and any queries should be directed to him by email.</p> <p>12.2 Paul noted that going forward, action plans should be tied up to the financial year to avoid any underspend.</p>	
<p>13.0 Plans for debate</p> <p>13.1 Bob reminded the board about the debating project, which was initially awarded to the College of West Anglia however this did not work out and the project remains outstanding.</p> <p>13.2 Bob has started to approach sixth forms in West Norfolk / Kings Lynn to ask them if they would be interested in hosting the debating sessions. It is hoped that there will be four different debating groups, each in a different location. A further update will be given at the next board meeting.</p>	

<p>14.0 Future events and dates of meetings</p> <p>14.1 The next board meeting was due to take place on 21st February, however this date clashes with the YAB celebration event.</p> <p>14.2 It was decided that the next board meeting will be re-scheduled to Monday 18th February, 5-7pm at Fairstead Community centre.</p>	
<p>15.0 AOB</p> <p>15.1 Rachael informed the board about the ‘Teenage History club’ in Thetford, who will be running tours of the Lynn Museum on Friday 22nd February at 2pm and 3.30pm (free to attend and no booking required). The tours will highlight items in the collection relating to Queer History.</p> <p>15.2 Paul invited the board to attend the annual YAB celebration event, ‘YAB Conference 2019’, #YABCON19, which will take place on Thursday 21st February at the Abbey Conference centre, Norwich, NR1, 2DD. An official invitation will be sent round shortly by email, and places will need to be booked via Eventbrite. There will be presentations from each Youth Advisory Board, it is free to attend and includes lunch. There is an opportunity for a Young Commissioner to co-host the event, and suggested for YC’s to contact Bob if they are interested.</p> <p>15.3 Paul also invited Young Commissioners to attend a consultation survey data entry session on Sunday 27th January, at the Woolgate Court office in Norwich. There are 14 spaces available, and Young Commissioners will be rewarded with vouchers of their choice. Should YC’s from West Norfolk be interested, travel costs will be reimbursed.</p> <p>15.4 Bob mentioned the music themed social group run by Mind, which takes place every Monday between 11am – 2pm.</p> <p>15.5 Robin told the Young Commissioners about an opportunity for them to participate with police training sessions, in collaboration with Norfolk County Council. Robin asked YC’s to contact him if they are interested in taking part.</p>	
<p>Summary of Actions</p> <p>7.2 Bob to invite Rachel (Project Manager, Kick the Dust) to the YAB / NCC meeting on 11th February to give an overview of the project to the YAB workers.</p> <p>7.3 Bob also suggested for Young Commissioners to carry out a QA before the projects engagement with young people, and afterwards to see the impact of the project.</p> <p>10.1 Bob to invite Gina to the YAB meeting on 11th February to talk about the Harbour Centres service.</p>	<p>Bob</p> <p>Bob</p> <p>Bob</p>