1.0 Welcome and introductions

1.1 Mel welcomed the board members to the meeting and introductions were made. Mel noted that this board meeting will mainly involve looking at the draft action plans in groups, as well as a talk from Lynn Friel regarding the wellbeing workshops project.

2.0 Actions from February meeting

2.1 The minutes from the February meeting were reviewed and signed off as being correct. The actions were reviewed as follows:

Action point 3.8: Mel to continue to gather information from young people and feedback to Karl re sports provision.

Mel has not been able to do this as she has not received the draft strategy from Karl, and will chase up. (Action)

Action point 5.3: Mel to share quarter 2 report feedback with Tim at The Mathew Project.

Mel confirmed this action is complete, and the Young Commissioners are planning to QA the project next.

Action point 6.2: Neelam to query with Robin about November date for anti-bullying conference.

Mel is discussing this with Emma from the Broadland YAB.
### 3.0 Lynn Friel, Bridge into Community – Wellbeing weekends

3.1 Mel welcomed Lynn to the meeting, and reminded the board that Lynn (Bridge into Community) has been commissioned to carry out the wellbeing workshops as part of the 18/19 action plan.

3.2 Lynn gave an overview her background and of the proposed project:

- Lynn has been a youth worker for a very long time and is now a freelance youth worker with her own organisation ‘Bridge into Community’, a social group for young adults moving between services or ready to make changes in their lives.
- Lynn confirmed that she has all of the required policies, DBS checks, and insurances in place.
- The wellbeing workshops will take place in the beautiful setting of Holt Hall, with two taking place during the summer holidays and one in October.
- Each workshop will include 3 parts; a forest school session, cooking session and relaxation session.
- The target number of young people that the project hopes to reach is 90. Lynn asked how many places should be reserved for young commissioners, it was decided that two places should be reserved for each workshop, and these YC’s can take part in the sessions as well as carry out a QA.
- Each session will have professional leaders as well as 4/5 volunteers.
- Young people interested will be required to complete an application form, and will be contacted one week before, followed by a text message the day before.
- The board discussed which young people can benefit from the workshops, and suggested for Lynn to contact Norfolk home educators and young carers as well as schools.

### 4.0 Action Plan 19/20

4.1 The board reviewed the 19/20 draft action plan and gave feedback.

### 5.0 Date of next board meeting

5.1 There will be no board meeting in May, the next meeting will be on **Monday 10th June, 4.30 – 6pm, location and venue to be confirmed.**

### Summary of Actions

2.1 Mel to chase up Karl for the draft sports provision strategy. **Mel**