

## Northampton Borough Council

### Northampton Youth Forum

Wednesday, 19 February 2014

**Present:** Cameron (NSB), Charlie (NSB), Calum (NSB), Sami (NSG), Paige (Abbeyfield), Annie (Weston Favell), Emily Haddon (NSG), Monica (NSG), Leris (CCS), Alice (NBC), Morcea, Vicki (NBC), Anna (Cllr, NBC), Tendai (NHFT).

#### 1. WELCOMES, INTRODUCTIONS AND APOLOGIES

Apologies received from Craig (Academy), Billie (Academy) and Eisha (Kingsthorpe College).

Thanks were given to all that attended and helped with the Holocaust Memorial Day Event.

#### ACTION PLANS

##### MENTAL HEALTH AWARENESS MONTH - PLANNING OUR WORK

##### **SURVEY**

It was agreed that a survey would be created via survey monkey so that they are anonymous, and so people do not feel so pressured to answering questions which would be considered personal in a face to face situation.

Do the youth/people know what services are out there and how to gain access to this help which can be provided?

##### **Questionnaire**

At the start of the questionnaire

- What would you consider to be mental health? [List of options]
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Survey Questions:

- 1) **Definition** (How would you describe Mental Health?)
- 2) Info Sheet
- 3) **Situation** (Your friend/child is suffering from a mental disorder, do you know who to contact for help and support? [YES] / [NO])

If yes, what is the company's name you would seek help from?)

- 4) Question condensed into one.
- 5) **Check Awareness** (Have you heard of any of these? [List of mental health problems that affect the youth])
- 6) Info Sheet
- 7) Removed
- 8) Info Sheet
- 9) Info Sheet

- 10) Where would you like to see information? What format would you like this to be presented?
- 11) What are your biggest unanswered questions involving mental disorders?

Info sheet – What is mental health?

It's as dangerous to overthink as it is to under-think about diagnosing yourself with a mental health issue.

#### Question Order

- 1) How would you describe Mental Health?
- 2) Question from Tendai re; what mental health is
- 3) Do you know where to go to get support? If yes, where?
- 4) Have you heard of any of these services? [List of services – from Tendai]
- 5) How and where would you like this information to be presented? [Leaflets/Booklets, Posters, Social Networks, School, Public Transport, GPs, Leisure Centres, Youth Clubs, Shopping Centre, Places of worship, other]
- 6) Have you ever had any personal experience with mental health? If yes, tick the appropriate boxes [Myself, Friend, Family Member]

#### **POSTER**

This will be discussed in further detail at the next meeting, once the survey results have been collected.

#### **HEALTH WALKS**

Our Health walk Leader training will be held on Wednesday 16<sup>th</sup> April.

#### **5. GUEST - HEALTHWATCH, GRACIE OKUSANYA**

They check if services are working well and as they should.  
Try to get public views on the services that are available.

Don't have a forum for young people but want to add that in the future.

They want to produce a video with the youth of Northampton.

Want to find some young advocates which would be volunteering for Health Watch – They would like to build a system whereby the advocates engage groups of people and young people with support and get feedback from the public. They would be consulting with the group – training, etc will be provided.

Structure – Collect data (via consulting) -> Forward information to new services -> Gives information to the relevant people to ensure that the services are running as well as they can.

They want use to tell Health Watch what problems with their services and the gaps in knowledge.

#### **LUNCH 12:30-13:30**

#### **7. BECKY ADAMS - FILM PROJECT**

- ❖ Watched a 5 min film regarding young having access to film workshops
- ❖ Linked to the Northampton academy and run workshops showing how subjects at school can relate to the real world with Film making being the highlight.
- ❖ To make it appealing to the wider audience it needs to be relevant. Must be able to work around exam pressure etc, and how the pressures of school could limit the access to the workshops
- ❖ Aimed at a wider age group whereby cohesion between different age groups and different schools would be a good thing.
- ❖ Choose an area to specialise in and then learn about it for a few months
- ❖ Transferable skills which are not just focused on film based ideas. They're focused so that no matter what career you want to go into in the future.
- ❖ A great idea to add to your CV

## **8. WW1 MEMORIAL - YOUTH FORUM ACTIVITY**

- ❖ 100 years since WW1
- ❖ Intergenerational project to learn more about the World War I
- ❖ History project – ties in with Northampton Heritage
- ❖ Tidy up the memorials – using funding that we can tie into
- ❖ Northampton School for Boys – huge heritage and they may want to link in
- ❖ Work with the old peoples forum
- ❖ Paired up with pensioner and get an exhibition ready for the 12<sup>th</sup> August and then present it on the heritage open day.

## **9. INTERNATIONAL YOUTH DAY - AUGUST 12TH**

Will be discussed in further detail at the next meeting.

## **10. AOB**

### **NAYC**

Northampton South work area: 50-60 youth groups. Support, help, runs residential, forum etc. Run activity centres – Shropshire, Staffordshire. Market Street – Thursday 20<sup>th</sup> February – Quad area – activities + games [Taster Sessions] (Ages: 10-16)

If we become affiliated with NAYC they can provide us with the course - Emerging Leaders

Websites:

[www.nayc.org](http://www.nayc.org)

<https://www.facebook.com/nayc.northampton>

There are also discounts available when using the centres at various meetings.

- ❖ Last meeting for Nathaniel and Leris
- ❖ Sad to see them go. They have both been excellent members of the forum!