

Meeting : Congleton Youth Forum – Meeting No.33

A sub group of The Congleton Partnership.

Date : Wednesday 8.6.16

Time: 3.30pm

Location: Congleton High School.

In attendance : Glen Williams (Chair), C.Eckersley & Michael Howell (Congleton High School) K.McIntyre & Rachel Pickels (Cheshire East Youth Support), Amie Gillett (PCSO Cheshire Police), H.Weeks(Cheshire Police) ,L.Whitaker (Visyon), S.Gurbuz (EBA), L.Alcock Cheshire East & M.Smith

Guest : Lana Nagle (Kooth) & Julia Pestell-Hassal (Cheshire East)

Item	Agenda Item / discussion	Action / comment
2.	Apologies: I.Bartley, J.Money, L.Minshull , U.Ashiq ,L.France, S.Foster ,M.Jones, K.Browning, E.Snyed & L.Malkin.	
1.	Welcome & Introductions. Glen welcomed everyone to the meeting. Round the table introductions carried out for new members attending. M.Howell,J.Pestell-Hassal, R.Pickles and guest L.Nagle.	
3.	Minutes of the last meeting (26.4.16) / Matters Arising. The minutes were accepted as a true and correct record of the meeting 26.4.16 Matters Arising. Item 6&7. Congleton Carnival & In Bloom Funding Support. Glen commented that he was a little disappointed by the lack of application around both the Carnival and In Bloom	

	<p>activity. Opportunity is still there if funding support is required. Please contact MS with plans/request.</p>	
<p>4.</p>	<p>Update from Mike Smith.</p> <p>MS – In Bloom & Carnival funding application forms</p> <p>E.Stanton (Cheshire Police) Safer Schools and Young Persons Partnership x 3 reports</p> <ul style="list-style-type: none"> - Cheshire Police Schools Competition 5th Sept to 4th Nov - 60 sec Radio Commercial On raising awareness around- - Legal Highs / Healthy Relationships / On-line safety - Key stage 2, year 6 & Key stage 3 year 8 - Winning commercials broadcast on local radio. <p>Visyon – Creative Space Programme (11 to 19 year olds)/ Photography Workshops (9th June for 6 weeks)</p> <p>MS – Sent out the Evolve Service Provision document (Legal Highs) CHS using them during their RE Day activity (Year 10 / July)</p> <p>Lisa / Cheshire East – Sexual Violence Support Services Awareness Workshops at Wilmslow and Crewe – Application forms included.</p> <p>MS – Food & Drink Fest 12th June, call out for volunteers. Contact Jo Money 07833742200</p> <p>D.Murphy – CAB (Citezens Advice Bureau) looking for young trustees and Readesmore Medical</p>	

	<p>Practice looking for 2 young people to serve on their Patient Panel (contact Denis denismurphy@tiscali.co.uk)</p>	
5.	<p>Mental Health / Substance Misuse.</p> <p>(a) Kooth.com –Lana Nagle</p> <p>Lana Took us through a presentation on Kooth and the services that are offered. They have a fab website kooth.com where young people can access support on a range of mental health issues, feeling low, bullying, eating disorders, relationships etc. They are commissioned by the local authority so any of our groups can get free support. They also have an online counselling service which is open in the evenings and over the weekends (M to F 12.00 to 10,00 and Weekends 6.00 to 10.00pm) and also an online forum which is monitored by trained counsellors. Live forum activities are carried M/W/F 7.30 to 9.00pm. All schools should / could be accessing KOOOTH and their materials they have to offer. They will also go into schools and do assemblies and workshops too. They have a wealth of knowledge and support, they can also offer posters and wallet sized cards to give to students. KOOOTH can support a young person in the interim (whilst waiting other services appointments) and offer support in the evenings and weekends and all from their smart phones or laptops.</p> <p>If you would like KOOOTH to come into your school, youth group or youth council committee then please let me know and I can pass her details onto you. Direct contact with Kooth/ Lana is :- lnagle@xenzone.com</p> <p>(b) Glens Paper – Project Proposals.</p> <p>Purposes:</p> <p>To raise awareness and reduce the stigma of mental health.</p> <p>To highlight the negative effects of substance misuse especially legal highs.</p> <p>To provide young people with details of a range of support available in relation to these issues.</p>	

Possible Solutions:

Presentations to school year groups and youth groups on mental health.

Substance misuse detached work with youth workers in known hot spot areas.

Production and distribution of essential helpline numbers and key facts.

Production of a play relating to the topics of mental health and substance misuse – link to Congleton Creative.

Health and wellbeing counsellor appointment to go into schools.

Mental health signs, what to look out for workshop – student leaders – what can be done, what support available?

Drug awareness day focussed around legal highs.

Video of someone who suffers mental health issues.

Access to wellbeing opportunities promotion – sports clubs, youth clubs, uniformed groups, healthy activities etc.

Discussions and Actions.

Look to get following on school assembly rotas for Sept term

* Kooth

*Evolve

*Cheshire Police / Jane Cummings

Put together a pamphlet local to Congleton re services / support etc – L.Alcock to action

Lisa to action pamphlet

	<p>Talk to Frank website programme www.talktofrank.com</p> <p>Lisa to contact Caroline McQuaker re what is happening in Congleton.</p> <p>Should schools contact all parents re issues around local highs</p> <p>Do we look to go out into the town with information around the issues eg a stand in Tesco's Foyer</p> <p>Lisa to speak to Dawn Clark to see if any funding available to support an initiative.</p> <p>Kooth to make a presentation to Congleton Youth Committee, MS talk to L.Minshull.</p>	<p>Lisa contact C.McQuaker</p> <p>Lisa talk to D.Clark.</p> <p>MS talk to L.Minshull.</p>
6.	<p>Future agenda items.</p> <p>Cheshire East Youth Parliament to be invited to our September meeting (14th Sept 3.30pm) Would like them to survey school pupils on what support they require.</p> <p>New mini bus - opportunity for youth groups</p> <p>Old saw Mill development – Youth Hub opportunity</p> <p>Twista Programme. Lisa to see if there is any money left in the pot for secondary schools</p>	<p>KM to arrange.</p> <p>Lisa check re Twista.</p>
7.	<p>A.O.B</p> <p>Post 16 NEETS – Rachel will now do this work for Kay. We have approx. 20NEETS locally.</p> <p>CELLS. Aimed at young people to stop them reoffending, talks by ex-offenders/ ex-prisoners. Kay to set up contacts for us.</p> <p>Visyon – Music Project – Tuesdays 11 to 18 year olds – good range of equipment available. Involved in Congleton Carnival both in the parade and park (photobooth)</p>	<p>KM set up CELLS contact.</p>

8.	Meeting Dates. Wednesday 14th September 2016, venue TBC.	