

# CULLOMPTON YOUTH FORUM

2ND MEETING - MONDAY 2ND DECEMBER 2019



## INTRODUCTIONS....

**Young People**— 3 'Wellbeing Ambassadors' & current CCC students

**Education**—St Andrews Primary School, Cullompton Community College, Uffculme School

**Statutory & Vol Sector**—Families Connecting / MDFT, YMCA Dulverton, Cullompton Town Council Youth Services Group

**Health**—School Nurses, Mid Devon PHN T, GPs, Nurse Practitioner, Practice Manager (College Surgery)

Dr Daisy Robinson, GP & Ruth Tucker, Community Builder & Social Prescribing Link Worker—College Surgery

## WHAT ARE OUR STRENGTHS?

- Wellbeing Wednesdays @CCC – WB Ambassadors drop in, peer support and signposting. School Pastors valued.
- Primary age Family Craft Workshops at St Andrews— great to engage parents & provide quiet space.
- CHAT (School Nurse advice SMS service), 9-5 M-F, respond within 24 hrs + Kooth for online 1-1 support

## WHAT NEEDS DO OUR CYP HAVE?

- Wellbeing & Mental Health Support – e.g. Youth Boxing Club sees many seeking informal support
- A quiet space - primary age upwards, especially if home life chaotic
- Sexual Health service 14-16 yr olds – accessible via school

## CHALLENGES & BARRIERS

⇒ **Limited public transport** - CYP & family activities & groups not accessible if rural.

*Potential to use lifts e.g. Cullompton Carshare via DCC*

⇒ **'Stigma' of targeted / themed days for youth drop ins.**

*Could be overcome by universal drop in/ Youth Café*

⇒ **How to engage those who are least likely to participate?**

*Need to find something they are interested in, to tag on to any social activity, a 'reason' to go. Need to share with parents who can often 'nudge' out the door.*

## CYP VIEWS

**What do we value?** – Hayridge Library: good book selection, lots of reading sections). Volunteering at Memory café : increases our wellbeing. YMCA Youth Clubs / Friday Youth Socials: helps people who are quieter at school 'come out of their shells'

## What are our hopes for change?

- 1) Better advertising of activities available –school letters or leaflets for parents, social media
- 2) Anonymous services/advice. Exam support from outside school. Access to Wellbeing Apps
- 3) 'People you can start conversations with' in / out of school, about 'out of school' issues
- 4) More involvement in Youth Parliament
- 5) **A Quiet Space**— Somewhere safe and quiet to hang out, out of the house
- 6) **Volunteering Opportunities** – More volunteering opportunities & ways to get involved in community
- 7) **Outdoor Social Connections**—Outside activities in nature, not always sport – to allow us to talk and start conversations

## NEXT STEPS....

### WHAT COULD WE DEVELOP FURTHER?

Continue to map current provision & gaps, and link with CTC Youth Strategy (DKR/RT/CTC)

Engage with vol. sector to create bank of youth vol. opportunities esp. inter-generational to gain practical skills, work experience and references e.g. Knit & Natter, Men in Sheds. (RT/KN)

Primary Schools Group (Willowbank, Clyst Hydon, Kentisbeare etc) to explore garden-based education, healthy eating initiatives, cooking workshops to engage parents +- (SN/DKR)

Explore Integrated Health Centre concept at CCC, co-designed by pupils (**Budehaven visit booked for 10.30 – 12.30 Wed 25<sup>th</sup> March 2020**)

### LONG TERM GOALS & ASPIRATIONS...?

A 'Tapestry of Opportunities' and 'reason to go' activities for CYP to: make connections, build social network & access informal support

A Youth Café in Cullompton – run jointly with CYP and volunteer support

## QUICK WINS'

'**Ideas Box**' at Wellbeing Wednesdays to gather CYP views. (RT/WBA)

'**Ideas Café**' – community event to identify champions & volunteers with ideas to contribute – (CTC/DKR/RT)

'**Quiet Space**' 5-6pm Youth Drop In Clinic at College Surgery with GP/Nurse & a Youth Wellbeing Library (DKR/ST)

## THINGS TO CONSIDER...

How can we link in with local population data to make sure we are meeting needs of CYP?

How can we ensure governance and safeguarding through larger VCS organisation support?

How can we embed continuous learning and how will we measure success?

