



The Voice Of The Future

Rotherham Youth Cabinet Meeting

Minutes

Thursday 20 November 2014

5 pm to 7.30 pm

Chair: Rebecca
Support: Emilia

Present:

Rebecca Parkin, Emilia Ashton, Jake Vickers, Oliver Blake, Josh Parker, Tom Jackson, Ashley Gregory, Toni Paxford

Also Present:

Ann Berridge (IYSS), Ruth Fletcher-Brown (RMBC Public Health), Paul Theaker (Commissioning), Janet Spurling (Scrutiny), Cllr Christine Beaumont, Cllr Simon Currie, Richard Glover (Clinical lead Rotherham CAMHS), Nigel Parks (Clinical Commissioning Group/CAMHS Commissioning), Sharon Cope (Healthwatch).

Apologies:

Paige Hobson, Alisha Wilson, Cllr Steele

Introductions: Everyone gave their name, age, school and what super power they would wish for.

Self Harm Review following Children's Commissioner Takeover Day 2013

Rebecca said that it was Children's Commissioner Takeover Day tomorrow and to celebrate this, they thought it would be appropriate to have a review on the Self Harm recommendations which were the theme of last year's Takeover Day.

Ruth Fletcher-Brown reminded the group about the work Youth Cabinet had done around Self Harm. The group had 10 recommendations and she said they can report back on 9 of them. The lead for the tenth recommendation is with schools so they can't report on that.

Recommendation 1 - That a consistent, concise and simple message is developed and disseminated for use by ALL organisations (including schools, health and social care, youth services, vol-comm sector) and Recommendation 8 - That the provision of information on self-harm to all schools and colleges is improved and standardised:

Ruth said they are still working on the self harm guidelines which will help workers understand what is self harm, why young people self harm, what to do if you come across people who are self harming and where do you go for more information. It should be out for consultation in December this year and she will come to Youth Cabinet for comments. They have also developed a Card – which has pull out information about self harm. There is one for front line workers and one for the general public. This has been put on a range of website. Richard said that they have got some pens which have simple straightforward guidelines for professionals.

Recommendation 2 - That agencies work together to develop clear, consistent referral routes that are shared with ALL relevant organisations:

There is work currently being undertaken through CAMHS looking at Pathways; how people get the help they need, looking at what currently happens, who young people can talk to and where they go for help and support. There are meetings happening with other organisations such as CAMHS, Youthstart, Rotherham and Barnsley MIND etc to discuss what currently happens if a young person is self harming and then going back to look at what it should look like to make improvements. Changes will be brought back to Youth Cabinet. Cllr Currie said that Youth Cabinet young people need to be fully involved and not just a report being brought back to them. Ruth said the work which Youth Cabinet did has already been incorporated within the Pathways and there is a lot of work currently happening around ICT, including the Youthi website. However information needs getting out to parents and carers. Ruth said that it was a big thing Youth Cabinet going to the Suicide Prevention conference and comments within the evaluation showed that people had took on board messages young people were giving and it was an excellent opportunity for people to hear what the group had been doing.

Recommendation 3 - In line with recommendations 1) and 2), ensure that resources/training/ support are available for schools, colleges, parents, young people etc:

Ann said that the IYSS annual conference theme was around health, including self harm and suicide prevention. Within the day all members of IYSS staff did the Make Every Contact count training, making sure that every time staff come into contact with young people they use the opportunity to look at the wider issues and use opportunities to support young people. Since then IYSS have been undertaking a review with staff on how people work one to one with young people. They are also looking at whether staff are using appropriate interventions and developing better health messages, ensuring professional development for staff around different health issues within their day to day work. Paul Theaker said Ruth and he were going to meet Safeguarding to discuss where they were at with the Mental Health Strategy and Pathways to help understand training needs of professionals.

Recommendation 4 - That young people are involved in developing user-friendly information/media messages (including new technology/social media):

Ann said that the Youthi website had now been launched and is promoted in a wide range of areas so people know it's there. There are a wide range of health messages with a section on self harm and a section on positive mental health; trying to promote people into looking after their own health. It includes two downloadable leaflets. The next step on the Youthi Website is to look at a section of Frequently Asked Questions. To help develop this

there will be an 'Ask Eric' where young people can anonymously ask a question and get an answer. Jayne Bowns is visiting Youth Cabinet next week to take this forward. Oliver asked how often the FAQ are checked and who it is run by. Ann said the site was checked every day and professionals will answer the questions on the day. There are two admin staff who are managing the site on daily basis and will look regularly at Q & A then will seek support for responses. Cllr Currie asked if there are links from School websites to the Youthi Website. Ann said it has been shared with schools through Kay Denton and via the Healthy Schools newsletter. Ruth referred to exams stress, and one of the things she has done with colleagues at Communications Department was to work with pupils at Wingfield Academy to review a leaflet on exam stress and asked them for comments. They are now working on this from the comments they received.

Recommendation 5 - That young people are involved in service design e.g. commissioning of school nurses:

Paul said he had brought the Commissioning Strategy to Youth Cabinet for comment. They have also set up an email address for people to contact Commissioning directly. Paul said they need to know how young people want to be involved in Commissioning. Ruth said that Anna Clack came to talk to Youth Cabinet about School Nurses Commissioning. School Nurses have been asked to promote their work and contact details so young people can get in contact with them. Not all schools offer this but it is now part of the Contract that School Nurses make themselves known to young people. Ruth said that they need young people to check out if this is working.

Recommendation 6 - That advice to young people on self-harm is available through drop-ins, one-to-one sessions as well as web-based materials:

Richard said that CAMHS were offering a drop in on Thursday afternoons at Youthstart and asked for feedback on this service. Paul added about the Mental Health strategy which will drive the Self Harm strategy. He said he needs to know how young people want to get involved in the strategy. The strategy talks about out of hours services and response to young people. A young person said he had accessed CAMHS and found the experience of the drop in satisfactory. However, later when accessing CAMHS through the Kimberworth base that the service was unsatisfactory. He found the system clinical but from young people's perspective this is not the best way. He said the service was inflexible as they don't go to youth centres, schools etc where young people are and feel comfortable. It is also hard to get to Kimberworth for many young people. He said that in his opinion, CAMHS don't always get it right. One young person said she had an appointment in her Youth Centre and felt this was much better for her and helped her open up as she felt comfortable. A further young person said there needed to be more of a push on the complaints process as it is not satisfactory. Cllr Currie said national research said CAMHS was not young people friendly or child centred and needs to be improved. Richard said they had set on new people and young people have a right to hold CAMHS into account. Richard said young people haven't said anything he doesn't agree with and complimented young people on their work and their honesty. He said they need to start listening to young people. He offered his contact details to members of Youth Cabinet. Janet said she works with Elected Members on the Health Select Committee and people from RDASH are coming in next week to do some work on this and how they can link with Youth Cabinet. Nigel said he would reinforce this. He works for the Clinical Commissioning

Group and his job is to commission CAMHS services and give CAMHS a hard time. He said they work well together they are encouraging RDASH/CAMHS to change.

Sharon Cope said she advocates for children and young people regarding NHS complaints and is still getting complaints. One example she gave are letters being sent home and not keeping to the young person's wishes of keeping it confidential from parents, ignoring a request for communication by email. Sharon offered to share this information from children and young people with CAMHS. She said young people are telling her CAMHS is not working. A young person said he had similar problem getting letters home and not through text or email. Some young people don't choose to tell parents and this is a huge issue. He also said that the Kimberworth place is an imposing building and not young people friendly. Also where young people have to wait is uncomfortable as they feel other people know why they are here. Another young person said that double booking and having to move straight out of the room is a problem if the appointment run over as they have to move out.

Ann said she would round up with positive information around the joint drop in at Youthstart. She said she had brought a breakdown of information to show how beneficial it has been. Since April, there had been 37 young people; 25 female and 12 male – aged between 12 to 17 years. Fourteen young people who presented had self harming or suicidal thoughts. Of the 37, a lot of them had multiple issues. . JP added that there are issues around the transition from Children's Mental Health Services to Adults Services. Richard said they had support workers to assist with this transition and they are listening to comments from young people

Ruth said this is the review about what has happened around Self Harm and some things they will keep coming back to Youth Cabinet about. Ruth said she thinks it is fantastic that young people are passionate about mental health and she said she had spoken at an event with people from other part of the country who are struggling to get young people involved in this issue. She said all credit to Youth Cabinet for doing this work. Josh said thanks to Ruth and Paul on behalf of Youth Cabinet for putting up with them and Ruth said it had been an absolute pleasure to work with them and hope to do more work in future with the group around this issue.

Councillor Currie said that on behalf of the Council, it was very refreshing that young people were so honest about mental health and can be a voice for other young people in Rotherham and that what we do in Rotherham is special and should be shared as an area of good practice.

Youth Cabinet Meeting Continued:

Minutes of Last Meeting

The group went through the Minutes of the last meeting. Rebecca asked if anyone fed back to the young person about exam stress. Lisa said she would get in touch with her. Tom said he liked that Sarah had put in the minutes that he was lonely on the Transport Users Group and needed someone else to join him

Manifesto Launch feedback & Evaluation

Emilia said she was very emotional at the Manifesto Launch and felt very welcomed and thanked everyone for a nice evening. Josh P said they have to say a special mention to Toni and a massive well done to keep going when she got emotional, he said it was a brilliant speech. Rebecca said a councillor from her school felt Toni's story was inspirational and Tom's teacher cried. Jake wants a copy of the manifesto. Oliver said he would send an electronic copy of the manifesto if people emailed him

Half Term Activities

Ashley said they took part in a training day around Mental Health and thanked Ann and Ruth. Ashley said he had learnt a lot about mental health and stigma and with Emotional Wellbeing being an aim it was very beneficial to have the training. Cllr Currie said that there are a couple of books - Sex Drugs and Northern Soul and one called Stigma – which had been written by someone he knows called Jason Tune, who had a bad time at school around mental health. There is also a new one called Recovery Discovery where he shares his experience.

White Ribbon Campaign

Josh said that Rotherham has been awarded White Ribbon status. This is a Real Man Campaign and Josh is in the Calendar. It is about men standing up against Violence to women and Domestic Violence. He invited everyone to an event which is Rock Against Domestic Abuse at Myplace 6 to 9pm on 27 November. Josh shared what was happening on the night. He gave out badges and read out the single statement to the group. Josh said he was doing a short film at school and is hoping to show it at the event. Cllr Currie said he supports the White Ribbon Campaign and talked about Rotherham becoming a White Ribbon Town. Josh reiterated what an important event this is. Jake said there should be a push to speak against it as people find it difficult to say they have been abused.

Publicity & Promotion Sub Group

Oliver promoted the group's Facebook and Twitter. Emilia asked about the video. Ashley said they were hoping to finish it on 3rd December at Sub Group. Sarah thanked the Publicity and Promotion group for all the work they have done and Sarah and Lisa have prioritised promoting youth Cabinet within schools to recruit more young people.

Transport Users Group

Tom said he went to the Transport Users Group meeting this morning. He said that school buses have a lack of funding so this could create more safety issues when young people are using school buses. He said the Tram-train from Parkgate to Rotherham and then Rotherham to Sheffield had been delayed due to re-wiring of the track. Transport to Meadhowhall is also delayed due to a lack of funding. In April they are building a walk-in centre at the hospital which could affect transport around this area. This should be built within 18 months.

Treasurer Update

Oliver said there was nothing to report from last meeting. Cllr Currie said he would be happy to give funding to LACC from Community Leadership Fund. Lisa is to contact Paul Griffiths and copy Cllr Currie in to get funding for LACC.

LACC Update

Lisa said they represented Rotherham at the Children In Care Conference in Nottingham which was around Mental Health and Emotional Wellbeing in regard to Looked After and Leaving Care Young people. They looked at what is happening in Rotherham around the Have your Say consultation and other authorities were taking this on within their own areas. None of other authorities did peer consultation and it was good for Rotherham to be sharing good practice. Lisa said it was good to share the training day with Youth Cabinet and work together. She said they also worked together on Remembrance Sunday where LACC, UKYP and Youth Cabinet went on the parade and laid wreaths on behalf of young people. Lisa said they had also been involved in revamping promotional materials and are hoping to get the Design Studio to support this if they can get funding. Youth Cabinet and LACC have a joint Christmas party together and LACC are going to the pantomime on 6 December. Lisa said that if there are spare tickets she will offer them to Youth Cabinet and UKYP.

The Other Person's Shoe

Toni explained that she had set up the project to help end prejudice and discrimination in finding out about other cultures. She said they had an Asian evening which was successful. They had also had a democracy session with Cllr Currie. Next week they are doing a Russian Jewish Evening and on 8th December Cllr Hussain is doing a session. Toni also shared what they were doing on sessions during January and February. They were having a celebration Event on Tuesday on 3rd March at the Town Hall at 6.30 pm. Ten people come to the group every week.

UKYP Update

Rotherham MYPs attended the House of Commons to debate on the National Campaign for the coming year from issues identified during Make your Mark Campaign. The national campaigns chosen were Mental Health and the Living Wage. Rotherham MYPs have emailed all Rotherham MPs, Elected Members and Chris Brodhurst-Brown to get support for their Campaigns. Sarah Champion MP, John Heeley MP, Cllr Christine Beaumont and Cllr John Doyle have all replied giving full support. Mental Health received 167 votes and the living wage 156 votes. There is a National Campaign day on 24 January 2015 for all Youth Voice Yorkshire and Humber and the group will try to arrange a meeting with the Council Leader and MPs to discuss the campaign around the Living Wage. Cllr Currie said Rotherham supported the Living Wage and suggestion meeting the new Director for Children and Young people and the Chief executive at same time to get their views.

Manifesto Aims –

a. Conference

Youth Cabinet discussed the Conference at their training day and will consult with young people about what they want from this event. It will be held on 31st March 2015 at Myplace. Oliver said he would have liked to invite William Hague to the conference as he is from Rotherham but he had emailed him and got a reply saying he can't come due to other commitments. Ashley said he still stands by his suggestion of the Chuckle Brothers as they are also from Rotherham. Lisa suggested The Beast off The Chase and Ashley said he will research looking at trying to find a celebrity to attend the conference and bring this back to the sub group. Ryan Sampson who is an actor in Plebs was also suggested. Rebecca said she will ask him.

b. Emotional Wellbeing/Exam Stress

John Healey had offered his support to Youth Cabinet and UKYP around mental Health and Emilia had emailed him around about exam stress and he is in full support with it. The question from him was what are the changes people would like to see and what will make a real difference. Josh P said a return to modular GCSE and A Level examinations. Emilia said she is the year that are the 'guinea pigs' and is feeling the stress already by sitting all exams in May. Jake discussed bringing in 8 GCSEs instead of five which adds more pressure. Emilia said that any other suggestions offered, she will take back to John Healey.

c. Poland Anti Fascism Work

The group have been planning what they are doing for Holocaust Memorial Day and have come up with issues to include issues such as problems in Palestine, Violence against women etc. The group had an 'all night Youth Club on Saturday night' with Youth Workers Sarah and Russell, and the group stayed up all night. He said it was a good night in spite of the lack of sleep. Some members of the group have been working on the World War One project and Josh compared an event at HMS Repulse Sarah gave certificates to young people who went to the imperial War Museum and the poppy installation at the Tower of London.

d. Politics Training – launch of 2014 CCTOD

There wasn't time to do the training planned during this session and Josh said he would happily come in to do this later. The group have decided that this would be the theme of Children's Commissioner Takeover Day for 2014 and will host an event in February 2015 following the launch today.

AOB

The Vision for CYPS from Ian Thomas who is the new Strategic Director of CYPS was shared with the group and comments from Youth Cabinet members were asked for. Cllr Currie said a Vision statement is usually something that is not achievable and he said the group need to see a Mission Statement and Strategies of how to get there. Josh P said he would like to see a Mission Statement as there are some things out of Ian Thomas's control ie number of young people entering Care. Oliver said he wishes Ian Thomas all the

best in his role and Josh P said he would like to meet him. Lisa asked if Youth Cabinet would like to invite him to a meeting and the group voted in favour. It was also suggested to ask new interim Chief Executive to meet the group.

ACTION: Invites to be sent when date and time arranged.

Sharon Cope gave out a draft engagement strategy for Children and Young People. Her work covers young people from aged 3 to 16 plus, and the strategy details what she wants to do in Rotherham. She would like some feedback from the group to say if they think it will work or not. She is also looking to create a Young Healthwatch group and asked the group to think about what it should be called – it doesn't need to include 'Health Watch'. She suggested that maybe it could tie in to Youthi? Rebecca suggested the group read the document and feed back to Sarah.

ACTION: Youth Cabinet members read the strategy and let Sarah have comments.

Tom said his school (Thrybergh) was renewing its website and the Head Teacher wants Rotherham Youth Cabinet to have full support and they are going to help with manifesto aims. She had asked for permission to blog about Youth Cabinet meetings so young people in school can see what the group do. They could include a featured article and a link on the school website to Youthi.

Emilia said she wanted to take publicity into school as people don't know what she does. Sarah said that she is working on packs to take into all schools in Rotherham and will pass on this to Emilia for Wath. Cllr Currie suggested contacting the Advertiser and maybe a young person could do a piece about Youth Cabinet.

ACTION: Publicity and Promotion Group to contact Advertiser and try to take this forward.

Rebecca is doing some work putting together a presentation for her school about Youth Cabinet and wants to put the video the group are developing on presentation. Ashley asked for copy of the presentation she is making.

Ashley said he has been contacted by someone from NHS blood and transplant asking if there was anything we could do to get young people to donate blood and sign up for organ donors.

The age range is 17 to 24 year olds. Ashley asked if it is something the group would want to take forward. Sharon Cope said that if Ashley forwarded this information to her she will get involved and any promotional material can pass to her to promote youth cabinet.

ACTION: Ashley to forward email and information to Sharon Cope
Sarah to send Ashley Sharon's email address.

Sarah said that there was a 'Standing Together against CSE' event on Monday at New York Stadium and the Deputy Leader of the Council had invited members of Youth Cabinet to attend. Sarah asked for anyone who could attend to let her know.

Sarah reminded people that the Youth Cabinet Christmas party will be a joint event with LACC and asked for people to let Sarah know if they wanted to attend. It is on 17th December.

Josh P said this was his last meeting at Youth Cabinet as he was standing a Chair of Young Labour. He said he was very proud of being part of this group and was very proud of everyone. When he first joined Youth Cabinet it was a lot bigger group but there was a lot of division. When the group got smaller he made forever friends and is very grateful and said he wanted them to remain in his life.

Josh said to keep bringing people like Cllr Currie to these meetings and Rotherham Youth Cabinet are guiding what Youth Policy is in Rotherham. He wished the group good luck and said it had been a pleasure working with everyone. Emilia says that she was sure this won't be the last we hear from Josh Parker and that it will probably be quieter in meetings – but not in a negative way as Josh has made such a difference to the group. Tom thanked Josh for making him the person he is today.

Debates

There wasn't time for the debates.

Date of Next Meeting: Thursday 22 January 2015