

# Northampton Youth Forum

on Wednesday, 19 February 2014, at The Guildhall, Northampton.

## Agenda

1. **Welcomes, Introductions and Apologies**
2. **Minutes of the last meeting**
3. **Action Plans**
4. **Mental Health Awareness Month - Planning Our Work**
  - (A) Survey
  - (B) Poster
  - (C) Health Walks
5. **LUNCH 12:30-13:30**
6. **Becky Adams - Film Project**
7. **WW1 Memorial - Youth Forum Activity**
8. **International Youth Day - August 12th**
9. **AOB**

Map and directions at: [www.northampton.gov.uk/guildhall](http://www.northampton.gov.uk/guildhall)

For more information about this meeting please contact:  
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More information about the Forum generally is at: [www.northampton.gov.uk/forums](http://www.northampton.gov.uk/forums)



Facebook page: [www.northampton.gov.uk/pensionersforumonfacebook](http://www.northampton.gov.uk/pensionersforumonfacebook)

Please note that this Forum is supported and funded by Northampton Borough Council. The Forum may work in partnership and collaboration with other community groups, councils and local services from time to time. The views expressed and decisions taken by the Forum are not necessarily those of Northampton Borough Council.



# Agenda Item 2

## Attended:

Charlie (NSB)  
Cameron (NSB)  
Calum (NSB)  
Craig (Academy)  
Monica (NSG)  
Emily (NSG)  
Paige (Abbeyfield)  
Calumn (Abbeyfield)  
Chamique (Weston Favell)  
Anne (Weston Favell)  
Councillor Anna King  
Vicky (Community Development)  
Morcea (Co-Chair)  
Alice (Community Development Officer)

## Apologies:

Sami (NSG)  
Clayton (Thomas Becket)  
Leris (NSG)  
Billie  
Conrad (NSB)  
Nat (Northampton College)

## Job Roles

Representatives: Conrad and Calum

Co-Chairs: Emily, Paige and Charlie

Administrator: Cameron

Facebook: Cameron and Charlie will continue

## What do we want to do in the next coming year?

- 1) Design a poster/booklet - related to mental health
- 2) Engage with 'The Lowdown' - <http://thelowdown.info>
- 3) Research ideas / questions for an online survey regarding mental health and issues surrounding it.

## Mental Health:

- Taboo subject
- Awareness week (12<sup>th</sup>-18<sup>th</sup> May) -> schools, plan in meeting before hand, posters + video
- Jobs and unemployment issues
- Changing perceptions
- Ask Norman

## Cyber Bullying:

- Self-harm
- Focus on 'bullies themselves' – causes?
- Take a proactive rather than reactive approach
- Ronan Parke charity Single
- Depression

Key Focus Points:

- 1) Raise awareness of Mental Health issues in Northampton
  - 1) Changing public perceptions
  - 2) Erasing the stigma
  - 3) Ask people through online survey
- 2) Engaging with other groups and agencies to discover which are the most suitable
- 3) Inform young people of places and where they can get help online and in local area  
e.g.
  - Lowdown
  - Beat Bullying
  - Childline

**Holocaust Memorial Day**

Schools involved:

Secondary: Abbeyfield - Having main focus

Primary: Briar Hill (Yet to confirm)

- Mention Anne Frank awards which will take place at the carnival 2014 (10 Year Anniversary)

Northampton Borough Council – Community Forums - Action Plans 2013 – 2014

Forum Action Plan			
<b>Co-Chair/s:</b>	Emily, Paige and Charlie	<b>Responsible Forum:</b>	Northampton Youth Forum
<b>Outcomes identified within the Corporate Plan:</b>	<ul style="list-style-type: none"> <li>• Empowered local communities with a greater capacity to become involved in community life</li> <li>• Promote integration and cohesion</li> <li>• Appropriate support provided to those in most need</li> <li>• Services are fair, accessible and responsive to individual needs residents and customers feel informed and engaged in service quality and design</li> <li>• Future developments informed by the views of local people</li> <li>• Delivery of events to celebrate and enjoy the Town’s heritage and culture</li> </ul>		
<b>Objectives:</b>	Relaunch Stamp Out Hate Crime, focusing on reducing the stigma around mental health issues and tackling issues that young people experience		
<b>Actions:</b>	<ul style="list-style-type: none"> <li>- Poster</li> <li>- Survey</li> <li>- Healthwalks</li> </ul>		

ω	Action	Measure	Timescale	Owner	Activity	Last Updated
	Design poster for raising awareness in Mental Health Awareness Week	Designed and disseminated in time for MHAW (12-18th May)	Complete by May	All	All forum members to research ideas and bring to next meeting	03/01/14

Action	Measure	Timescale	Owner	Activity	Last Updated
Design an online survey around mental health issues	Survey disseminated during MHAW	Complete by May	All	Decide what the survey should find out - identify aims	
			Annie	Design a draft survey	01/02/14
			Anna/ Alice/ Vicki	Engage with Health Services and Lowdown and invite to next meeting	01/02/14
			Alice	Liaise with NBC Policy and Consultation Manager for advice around survey	
			Callum/ Charlie	Publicise survey using Social Media	

Action	Measure	Timescale	Owner	Activity	Last Updated
5 Set up Health Walks in Partnership with NLT focused on Mental Health	Timetable of walks created, and run in the town				