



Norfolk SEND Youth Forum

Wednesday 14th February 2024, 6:30pm – 7:30pm

Meeting Minutes

Attendees:

Bridget Robinson (Norfolk SENDIASS)
Dawn Jones (SEND & Inclusion, NCC)
Belinda Coxall (Norfolk SENDIASS)
Jo Thompson (Norfolk SENDIASS)
Laura Back (Norfolk SENDIASS)
Charlotte
Gabriel
Lewis
Katrina
Isaac
Reece
Callum

Apologies:

Charlie

Introductions

Jo and Laura, the new Engagement and Advice Workers introduced themselves to the group.

Flourish Pledge 1

Dawn talked about Flourish

What is Flourish

- Flourish means to grow well – be healthy and happy.
- It is an ambition (which means something you want to do or achieve).
- We want Norfolk to be a county where all children and young people can flourish.

Flourish is based on the things that young people have told us are most important to them:

- **Family** and friends
- Access to **learning**
- The **opportunity** to lead a good life
- Being **understood**
- Building **resilience** (**resilience** means to bounce back and recover and manage things when they are difficult)
- Respect for their **individuality**
- Feeling **safe**
- Being **healthy**

Video link [Flourish - Norfolk County Council](#) for more information

The first pledge of Flourish is **Family** and Friends:-

- children and young people are safe, connected and supported through positive relationships and networks

Dawn asked how the Youth Forum has helped **you** to Flourish?

The group's responses:-

- Get to be with people who understand me
- Youth forum helps me feel less alone and less isolated and it gives me a purpose even from my home
- Meet people like myself
- Gives me sense of achievement and involvement
- I did not know any one of you before I started
- Made me more confident
- I don't feel judged

Dawn asked what else could we do:-

- To have activity days – have a healthy relationship and interact with other young people e.g. sport activities
- Try and get more people involved so the group is bigger
- Help make more friends
- Have more in-person meetings and events
- Be ambassadors to the group

Bridget said that Laura and Jo will visit schools and recruit new members. They will also be looking at other groups around Norfolk to work with us.

Bridget talked about being ambassadors and the Youth Forum members could promote the group and make us more well known. The ambassadors would be given training to build their skills to help them do this.

The group talked about the Youth Forum being more involved and work with people/groups on projects such as Right to Play.

Dawn and Bridget are going to an event called Making the Most of Participation and they will look at the Youth Forum being more involved and working with other groups. Bridget will update the group at the next meeting.

Jo offered to contact Active Norfolk about working with the Youth Forum on things like play areas and the group agreed that Jo could do this.

Dawn thanked the Youth Forum for their input and the Flourish plan will be looked at again in other meetings.

March Outing

After the last meeting the group chose an outing to a Gaming café on 9th March 2024.

Bridget had contacted three gaming cafes in Norwich and asked the group which café they would like to go to. The links for the cafes could not be shared due to internet problems so Belinda will email the information. When the responses are back Belinda will book the gaming café and let everyone know which one was chosen.

SENFEST

Bridget asked if any of the older members would like to be ambassadors at SENFEST and if they wanted to do this to let Bridget know.

The group asked some questions about quiet days and streaming. These questions will be answered when Max comes to another meeting to talk about SENFEST.

Discussion on Training

Bridget asked the group to think about what training they would be interested in:-

- to help you with the role within the Youth Forum? (for example, speaking in public, becoming a mentor etc)

- what kind of training to develop skills in employability (getting paid work or improving your CV).

Suggestions:-

- Childcare course
- First Aid course

Bridget asked if anyone has any more ideas on training to email the suggestions to Belinda.

AOB

Bridget will ask Charlie to talk about the FYI Launch at the next meeting as Charlie was could not come to the meeting as had something else on.

Bridget said that Charlotte and Isaac were interested in the opportunity to be included in the East of England CYP network.

The meeting ended with a game of Scavengers, and everyone was asked to find an item connected to an animal.

Thank you for all your contributions!