

**Norfolk SEND Youth Forum**

**Wednesday 13th November 2024, 6:30pm – 7:30pm**

**Meeting Minutes**

**Attendees:**

Bridget Robinson (Norfolk SENDIASS)

Belinda Coxall (Norfolk SENDIASS)

Dawn Jones (Inclusion & SEND, NCC)

Gabriel

Alec

Isaac

Reece

Charlotte

Callum

Lily

**Apologies:** Katrina and Charlie

**Welcome and introductions**

Everyone introduced themselves and talked about their interests and what they had been doing.

**Professional Consultation:  University of Hertfordshire – A research project which focuses on food in Special Schools.**

Louica-Mai Brady, Lauren Denyer, Rebecca O’Connell and Andy Feltham were invited to the meeting to talk to the group about their research project. They are researchers at the University of Hertfordshire and University of Essex, the charity *School Food Matters* and people with personal experience of special educational needs and disability (SEND).

**The Project**

**What is the project about?**

* Being able to get healthy food at school is important to all children and young people.
* But not everyone can get the food they like and are able to eat at school, especially children with SEND.
* Some children and young people with SEND find eating difficult and may need help with this.

**Why are we talking to you?**

* We want to make sure we look at the things that matter to children with SEND, as well as parents and people who work in and with schools.
* We want to involve children and young people to help us make decisions about the project.

**Questions and answers from the Group**

**What do you like to eat at school?**

* Plain food
* Sandwiches
* Fried Chicken
* Pizza
* I eat everything so i don’t know what to put
* Always had a packed lunch at school
* I have ham sandwiches, tomatoes, fruit, cereal bar, mini cheddars
* Nothing with colour
* Fish fingers and chips
* Fish and chips
* Crispy chicken strips
* Burgers
* Fruit and vegetables

**What do you not like to eat at school?**

* One meal put me off meat from primary school as the roast beef was overcooked and rock hard
* Prefer food cooked on site as food bought in from companies not as good
* When schools don’t cook it properly and it makes it not very nice
* Fruit and vegetables
* I will try anything once
* I hate mayo in sandwiches

**Where do you sit to eat at school and what do you like about where you eat at school**?

* Nurture room
* Outside on a wall
* Quiet area
* Tables were always packed in school so would have to stand outside most times
* I sit in the inclusive learning and its nice and I forget to chat to others if things with phone are bothering me.  There is the area for people with SEND at my school so i go there because it is quiet
* In the Dining Hall where people are together

**What do you not like about where you eat at school?**

* The canteen is very loud, noisy and overwhelming
* Sitting in one room with other people
* Being with people I don’t know
* No quiet area

**Do you have lessons about food and cooking in school/college**

* Have cooking lessons at college
* In Year 7-9 had a cooking lesson once a week, and in Year 10-11, only did cooking if chose as a subject
* Only had cooking lessons in Year 7 and 8
* I have had a few cooking lessons on knife safety and recipes but it’s on hold now
* My food tech was fun but they only lasted two years unless I picked it for GCSE
* An hour a week isn't enough time for a cooking lesson (especially if you are cooking)

**What do you learn in these lessons?**

* Learnt about nutrition as well how to cook
* I cook at home – jacket potato with a sauce
* I helped mum made soda bread last month.
* I can cook a roast dinner

**How can we find out about the way children in special schools feel about the food they eat and how they learn about food in school and how can we make sure we understand everyone's thoughts, feelings and ideas?**

* Activity sheets
* Give questions out in advance as may get better feedback as difficult to think of answers on the spot
* Online survey – as may find it more comfortable than talking to someone about it
* If there is something on the menu, they don’t like they could ask if they can have it without. That is how it works at my school
* Ask the schools to help
* Maybe a bit of both – surveys and questions face to face?
* Use simple language

**We want to involve children and young people in deciding how we do this research. Do you have any ideas on how we could do this and what have other researchers done that worked well for you?**

* Need to involve all SEND schools and colleges
* Offer prizes
* Attend events such as SEND Fest
* Offering lots of choice on how to get the information
* Be clear there are no right or wrong answers

The guests thanked the group for all their contributions, and they will come back to update the group on the outcome of the survey.

Rebecca has been invited to Houses of Parliament to tell them about the project and will write a blog about the visit.

There are some other events being planned for the Spring and the group would be kept informed of these.

**Bridget & Lily to provide feedback from employment workshop (National Children’s Bureau) which they attended last month.**

Lily and Bridget attended the free workshop by Young National Children’s Bureau focusing on building skills for employment on 23rd October via Zoom**.**

A guest speaker with special needs who runs own business spoke about her experiences and Bridget and Lily found her very inspirational.

Lily took away the point about not being worried to talk about your disability to employers when applying for jobs. If they know employers will focus on you and not your disability and then they can make reasonable adjustments.

Bridget will share the resources from the workshop to the group.

**Any other business** **(AOB**)

**Practice Week 18th – 22nd November 2024**

Lily, Charlotte and Isaac are doing a presentation for Practice week on Thursday 21st November about Opportunity.

It was agreed there will be a practice run of the presentation on Tuesday 19th November at 6.30 p.m. via TEAMS.

**Norfolk & Suffolk Ambassadors Programme (SEND)**

Bridget talked about the Young Ambassadors Programme which provides a comprehensive training programme designed to support young people with Special Educational Needs and Disabilities (SEND) with the opportunity to gain vital skills and work experience in the creative industries.

The group were interested in this, and Alison Brain will be invited to talk about this opportunity at one of our meetings.

For more information click on the link: [**Sound Connections Activate: Ambassadors Programme - Norfolk & Suffolk Music Hub**](https://www.nmhub.co.uk/site/sound-connections-activate-ambassadors-programme/)

**Christmas Trip - Food Menus – Putt Putt Social or Burger House**

Belinda will send two menus to the group to choose where to eat on the Christmas Trip.

**First Aid Course, British Red Cross, Community Education**

Dawn said the British Red Cross have offered to do first aid training for the group and several members were interested in attending. More details to be sent out in the New Year.

**NCC - Youth Workshop Day – 31.10.24 - Postponed**

The Youth Voice Day workshops booked for October 31st, 2024, at The Jubilee Centre at Easton College on ‘Education and Learning’ was postponed. Bridget will let everyone know the new date and details when the workshop day is rescheduled.

**Thank you for all your contributions!**