

# CHILDREN'S SERVICES OVERVIEW AND SCRUTINY COMMITTEE



Report subject	<b>Youth Parliament Member report</b>
Meeting date	28 July 2020
Status	Public Report
Executive summary	<p>The purpose of this report is update Members on the roles of MYP and to consider items being championed by the newly elected Youth Parliament members. These are:</p> <ul style="list-style-type: none"> <li>• Young People and Covid</li> <li>• Environment</li> <li>• Knife Crime</li> <li>• Mental Health</li> <li>• PHSE</li> </ul>
Recommendations	<p><b>It is RECOMMENDED that:</b></p> <p><b>For Overview and Scrutiny Committee to note the report and comment on progress to date.</b></p> <p><b>Children's Services Overview and Scrutiny Committee are asked to consider and approve the Youth Parliament Member's position as Co-opted Members on the Committee and welcome close work with them, their Deputies and the Chairman and Vice Chairman to help shape the Committee's Forward Plan.</b></p>
Reason for recommendations	It is important that Overview and Scrutiny Committee is updated on the role and development work of the Members of Youth Parliament for BCP and for the voices and views of young people to be represented in discussions.

Portfolio Holder(s):	Sandra Moore, Portfolio Holder for Children and Families
Corporate Director	Judith Ramsden, Corporate Director
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Wards	Council-wide
Classification	For information

## Background

1. United Kingdom Youth Parliament (UKYP) is a programme hosted nationally by the British Youth Council (BYC). It aims to provide young people with representation locally, regionally and nationally through a process aimed at replicating that of parliament.
2. Local Authorities who wish to deliver the programme enter into a service level agreement with the British Youth Council.
3. The number of Members of Youth Parliament is determined by the number of 11 – 18-year olds living within the area. To be eligible to stand as a candidate, and vote in the election, young people need to be aged 11– 18 and live and/or be educated in the area. The official start date for a term of office is 1 March. Members of Youth Parliament can serve a 1 – 2-year term. Historically this is decided by the local authority; however, in response to the current climate the British Youth Council are exploring the recommendation of all authorities adopting a two-year term.
4. BCP Council can elect two members of Youth Parliament due to the number of 11– 18-year olds within the conurbation. In July 2019, Children's Services Overview and Scrutiny Committee acknowledged the benefits of previously having the UK Youth Parliament representatives as co-opted members in Poole and expressed a desire to explore how young people were represented in BCPs Children's Services Overview and Scrutiny Committee.
5. For the term of office from 1 March 2020, the first as BCP Council, the decision was taken to adopt the model previously used within Poole Council and to pilot the programme for a year. This resulted in the selection of the

members of Youth Parliament to become the co-opted members on Children's Services Overview and Scrutiny Committee.

6. Following a BCP wide election process in early 2020 the following young people were elected,
  - Nathan Collins, Member of Youth Parliament
  - Sarah Lockard, Member of Youth Parliament
  - Georgia Grogan, Deputy Member of Youth Parliament
  - Adaya Brandon, Deputy Member of Youth Parliament

### **Update Position**

7. Since the 1 March, Members of Youth Parliament have identified their campaign priorities, developed their campaign ideas, refocused their workplan to respond to the Covid-19 pandemic and rethought their initial plans to adapt them within the restraints of the current situation. Below, MYP provide an update on their roles to date:
8. *We were elected just as the lockdown had started, which meant that we did not have a lot of time to familiarise ourselves to our role. However, we have used this time productively and created some great resources.*

#### ***Responding to Covid 19:***

9. *Both Georgia and Adaya produced a weekly newsletter<sup>1</sup> which was sent out to schools with information around mental health, staying active and keeping on top of schoolwork. We have had lots of positive feedback from both children and adults and so we will be continuing the newsletter on a monthly basis centred on other topics and our campaigns.*
10. *As well as this, we created videos describing the great work young people had done over the period in addition to personal ways in which we have coped with the situation. The videos were viewed around 2,000 times each and were also well received.*
11. *Finally, we set up an Instagram account so that we could reach more young people and ask for their help and opinions on issues. So far, we have gained 166 followers on the page.*

### **Personal Campaigns and Plans**

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<sup>1</sup> See appendix 1 for the newsletters

12. Over the lockdown period, the MYPs and the deputies have made steady progress on their campaigns. Using video calls, they have had around 2-3 meetings a week connecting with industry experts and decision makers to discuss our plans and gather support. So far, MYP have been working on the following projects:

Environment (Led by Sarah MYP):

- Attended a range of meetings and webinars with decision makers and experts in the area
- Planned a virtual youth assembly around the climate emergency over the summer holidays (17 – 20 August 2020)
- Developing BCP Green Schools Award with a view to launch late 2020 / early 2021
- Working with Stour Valley Way Project to provide the youth's opinion on how the area should be used.
- Supporting schools to set up environmental ambassador schemes / societies

Knife Crime (Led by Nathan MYP)

- Started discussions with Stu Pitman, Dorset Police lead on Knife Crime, around creating an education pack and presentation more targeted at younger ages.
- Joined the South West UK Youth Parliament Campaign group on this topic to seek out a collective plan.

Mental Health (Led by Georgia DMYP)

- Numerous meetings with charities such as Dorset Mind and Wired, BCP's Educational Psychology Team and Dorset Healthcare's Mental Health in Schools Team around creating a resource to support both students and teachers during a panic attack situation.
- Held local focus groups with young people to develop the idea.
- Produced a timeframe for the project with a planned launch of the resource in April 2021.
- Series of summer sessions planned to create the pilot product.

PHSE Curriculum (Led by Adaya DMYP)

- Discussions started about what is needed in a more useful curriculum.
- Held a call around C-Cards which we are looking at supporting spreading awareness for. However, due to schools being closed this has been difficult to start.

- Meeting with Dorset Health Care's PSHE coordinator from the Sexual Health Team and plans for further exploration of the statutory duty schools will have from September around Health and relationships education.

13. All MYP have also met regularly online with Members and Officers including:

- Judith Ramsden, Director of Children's Services
- Cllr Sandra Moore, Portfolio holder for Children's Services
- Cllr Richard Burton, Chair of Children's Services Overview and Scrutiny
- Julian Radcliffe, Director of Inclusion and Family Services
- Kendra Bell, Service Manager – Early Help 2
- Taken part in the BCP online forums that have been held since April 2020 on a range of topics
- Attended regional meetings and webinars with the British Youth Council

MYP will hopefully continue use video calling and use the opportunity in meetings with councillors to represent the young people in the area.

### **Recommendation**

14. In previous years, MYP have been co-opted members of Overview and Scrutiny Committee, representing the voice and views of young people and contributing to discussions held. This has worked well and MYP have contributed and shared useful and helpful views. This matter has been raised and therefore we respectfully request that further consideration is given for this.

### **Summary of financial implications**

15. None

### **Summary of legal implications**

16. None.

### **Summary of human resources implications**

17. None

### **Summary of environmental impact**

18. None

## **Summary of public health implications**

19. None

## **Summary of equality implications**

20. None

## **Summary of risk assessment**

21. None

## **Background papers**

22. A series of Newsletters prepared by the MYP are included for the Committee's information and interest.

## **Appendices**

23. Appendix 1 - Newsletters

# TEEN'S GUIDE TO ISOLATION

MAY 2020



Recently, all of our lives have been turned upside down due to the social distancing measures the government have put in place due to coronavirus. We want to share some places to go for support, ways to pass the time, and general tips and tricks to make isolation easier. We have 4 weekly newsletters where each of the MYP's will introduce themselves, so you can get to know us better, and you can see how we are trying to make a positive difference for young people in the BCP area. Remember, stay home, save lives.



Hi, I'm Nathan Collins and I'm your MYP. I am a 17 year old student at Bournemouth School where I study Maths, Biology and Economics. I love playing sports such as football, rugby and cricket, and I love music. My aim is to help young people in the local area to realise their potential, as well as make BCP a place we are proud of. I am leading our campaign against knife crime.

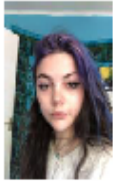
## WEBSITES AND LINKS

<p><b>Kooth</b></p> <p>Kooth offers free, safe and anonymous online support for young people, in the form of chatting to counsellors and reading articles written by people going through the same thing as you.</p>	<p><b>Up in Poole</b></p> <p>Up in Poole is a gateway of information for 12-19 year olds, from advice, support, things to do, health, your future, and finding a voice.</p>	<p><b>The Mix</b></p> <p>The Mix is the UK's leading support service for under 25's. They can help with any challenge, from mental health, money, break-ups and drugs. You can reach out online or via their confidential helpline.</p>	<p><b>Dorset Mind Your Head</b></p> <p>Dorset Mind offer counselling services via Zoom, phone or Facetime, as well as online support groups and a crisis phone line.</p>
<p><b>Childline</b></p> <p>Childline offers support for children up to the age of 19. Their services include 1-2-1 counselling on phone or live chat, message boards, advice videos, calming activities and advice about coping with lockdown.</p>	<p><b>Samaritans</b></p> <p>You can reach out to Samaritans on the phone, by email, or by writing a letter. They offer general support with whatever you may be going through. They also have tips explaining what to do if you are worried about a friend or family member.</p>	<p><b>ChatHealth</b></p> <p>ChatHealth is a confidential text messaging service which allows young people, aged 11-19, to contact their local public health team. The website also offers a range of advice, from growing up to sexual health.</p>	<p><b>Shout</b></p> <p>Shout provide support for anyone in crisis, at any time. They are run by a team of volunteers on a 24/7 text service. Text 'shout' to 85258.</p>
<p><b>Nightstop</b></p> <p>Nightstop provides emergency overnight accommodation for young homeless people who are facing a night on the streets or sleeping in an unsafe place.</p>	<p><b>The Listening Ear</b></p> <p>TLE are a local charity who are providing young people ages 10-19 counselling sessions on the app Zoom. The sessions are a safe space to discuss and understand the issues that are on your mind.</p>	<p><b>Talk to Frank</b></p> <p>Frank gives honest information about drugs, as well as help and advice for anyone struggling with drug related issues. You may feel you have no one to talk to about this during isolation, so make sure to utilise the live chat and call service.</p>	<p><b>Adfam</b></p> <p>Adfam focuses on improving life for families affected by drugs or alcohol. They provide support and help widen the understanding of people who are living with people suffering from addiction.</p>
<p><b>CAMHS Dorset</b></p> <p>CAMHS Dorset are currently offering Covid-19 support and information, a 24/7 helpline, and general advice for issues such as low moods, anxiety and eating disorders.</p>	<p><b>Dorset For You</b></p> <p>Dorset Council are offering support for young carers during the Coronavirus emergency. This can be through phone, skype or messaging.</p>	<p><b>NHS Dorset Online</b></p> <p>The NHS has an app, as well as the chance to book an e-consult session with a health professional. They are offering video consultations online so you can still address any health concerns during lockdown.</p>	<p><b>HM Government advice</b></p> <p>It's really important to keep up to date with the latest government guidelines so you know you are following them as you should be. Their website also has a range of information on topics such as stress and how to look after your mental health.</p>





## TEEN'S GUIDE TO ISOLATION - WEEK 2



Hi, my name is Sarah Lockard, I am 17 and currently studying history, biology and music A-levels at The Bourne Academy. I am a member of youth parliament for the BCP area and I am leading our campaign on the environment and climate change. I am interested in music, politics and travel, and I have a passion for living more sustainably – we only have one planet, so we need to look after it! I strongly believe young people should have a voice and I am making sure your opinions are heard.

## SCHOOL WORK

Some of you may be bombarded with warning emails from teachers urging you to send in overdue work or have multiple overdue tasks on Hegarty or MyMaths. You may be thinking how on earth am I meant to keep on top of school when at home? Here are a few helpful tips to keep the teachers satisfied and the schoolwork managed.

**Keep a routine:** Use the tips above on keeping a routine.

**Night before:** The night before your lessons for the next day check what lessons you have and write a checklist of everything you going to need to complete the next day. Additionally, have any worksheets/ tasks printed off and get all the links/ powerpoints up on your phone or laptop the night before. This will make you more organised and ready for lessons the next day and makes you more likely to complete them because you already have all the resources ready that are needed.

**Get rid of distractions:** Unless you have the self-control of a saint and can overcome all the distractions that await us on technology, put the distractions elsewhere (for example put your phone in another room or turn it off, unplug the Xbox/ps4 - that is a tough one, log out of Netflix) or if your using your phone get rid on the distractions on it (for example log out of social media, mute your notifications for games/ socials).

**Good working environment:** When doing schoolwork to maximise productivity it's important to have a good working environment. To do this the area where you are doing your schoolwork should be a clear/ clean workspace. With access to all the resources you need. Make sure it is at a proper surface, table/desk, and no, a bed doesn't qualify. Depending on the person music in the background might help with staying focused like lo-fi hip hop or jazz music, preferably instrumental as lyrics can be distracting. Aim to be in a secluded, quiet area of the house free from distractions.

**Find out what type of learner you are:** When doing schoolwork its important you know what type of learner you are to help you complete and understand schoolwork. There are 3 types of learners.

**1. Visual Learner:** Learn best by reading/ seeing pictures by understanding and remembering things by sight. You can picture what you are learning in your head so videos, flashcards, diagrams and colour coding work best for you.

**2. Auditory learner:** Learn best from listening. So, audios/ videos or discussing a topic work best for you. Use flashcards that you read aloud or listen to recording of information.

**3. Kinesthetic (physical) Learner:** Learn best when physically active or engaged. Plenty of examples when writing notes, flashcards, can find it hard to stay focused to listening to music while studying can help, study in short blocks.

[This test](#) will help you find out what type of learner you are and depending which one you are customise your schoolwork to your learning style, for example if you're an auditory learner you're your set revision to take notes from a textbook you could find a video on youtube of that topic because you learn best from listening.

**Time Management:** A method that can be used to help with completing tasks can be the *Pomodoro Technique* consisting of 25 min focused work then 5 min break repeated 4x then a longer break.

### The Pomodoro Technique:

