



DEC 2022

# YAB NEWS

News updates from the Norfolk Youth Advisory Boards



## Young People Shout About The Positives of YABs!

Youth voices dominated the highly successful 'Youth Work Celebration' event recently, highlighting all of the work done by the Youth Advisory Boards along with partner youth services in MAP. The idea for the celebration event came from young people themselves, who wanted to show their appreciation for the hard work and caring support that MAP's youth workers provide year in, year out across Norfolk.

To contact any of the YABs click the logo below:



Leon giving a professional performance at Norwich Arts Centre



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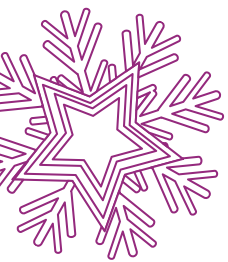
Young Commissioners took the mic and expressed how much they appreciated the work of the Norfolk Youth Advisory Boards. :)

“

BEING PART OF MAP HELPS ME HELP OTHER YOUNG PEOPLE LIKE MYSELF, THAT MAKES ME FEEL GOOD ”

“

YOUTH WORKERS HELPED ME WITH MY CONFIDENCE, NOW I CAN SPEAK UP LIKE THIS, IN FRONT OF ALL OF YOU ”



These are some of the inspirational comments from young people when we handed the mic out to the crowd of attendees at our recent Celebration of Youth Work at the Norwich Arts Centre. Professionals left the event feeling reinvigorated and committed to ensuring more good quality youth services in Norfolk.

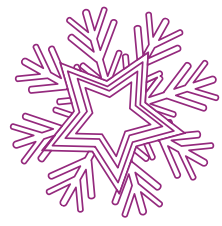


Young people and MAP staff took over the popular Norwich Arts Centre venue inspiring attendees with first hand accounts and demonstrations of their hard work, setting out their stalls showcasing diverse projects and stories demonstrating the quality of their work. Building on the strong community partnerships and changemaking platforms created by Youth Advisory Boards, MAP continues to deliver groups, targeted one-to-one support, offsite trips and activities, detached youth work in anti-social behaviour hotspots, mental health services, participation and other activism and campaigning opportunities all around Norfolk.



“IT WAS A LOVELY EVENING AND A GREAT OPPORTUNITY TO TELL PEOPLE ABOUT THE AMAZING WORK HAPPENING IN NORTH NORFOLK AND ABOUT OUR 2022-23 PRIORITIES. WE FOCUSED ON OUR ENVIRONMENTALISM PRIORITY WHEN IT CAME TO TABLE DECORATING – EVERYTHING ON THE TABLE WAS MADE FROM RECYCLED MATERIALS OR COULD BE RECYCLED!” (NORTH NORFOLK YAB)

”



**Check out some young people on the mic**

# Breckland YAB - Proving we are stronger together, the annual Youth Against Bullying Conference - NYAB was the best yet!



Designed by young people for young people and professionals, the conference shared best practice around anti-bullying work both in schools and in communities. There was a range of expert guest speakers, interactive workshops, Q & A sessions and space to share ideas all with the aim of enhancing anti-bullying work in Norfolk. All the Youth Advisory Boards joined together for Anti-Bullying Week to put on their annual 'Norfolk Youth Against Bullying' (NYAB) conference to raise awareness of bullying, and speak about what young people and others can do to tackle it. The conference, led by Breckland YAB, was a huge success, and young people left feeling encouraged and empowered to make a difference. This year's focus was on young people's experiences, as well as topics like neurodiversity, and questions around when bullying is a school's responsibility and where police could be involved.

THIS WONDERFUL IMAGE, DRAWN LIVE AT THE EVENT, HIGHLIGHTS THE TOP PRIORITIES FOR NORFOLK YABs, THEY TALKED ABOUT MENTAL HEALTH AND CAUSES OF BULLYING, INSIGHTS INTO RESEARCH, WHO IS RESPONSIBLE AND MUCH MORE!

ZOOM IN FOR A BETTER LOOK!

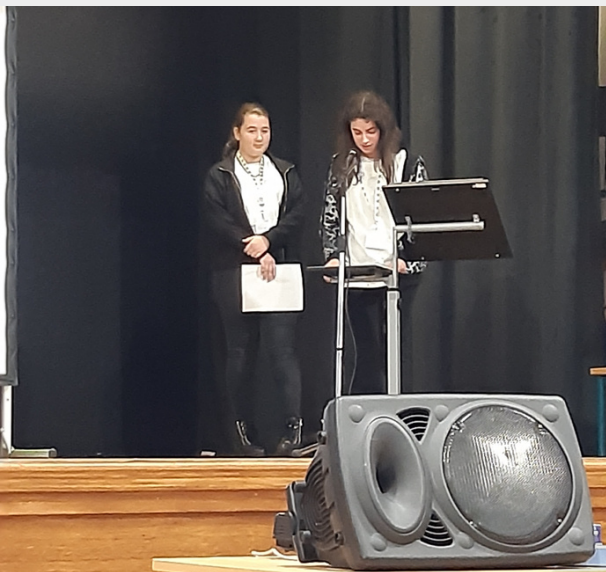


GOODY BAGS WERE GIVEN OUT  
FULL OF USEFUL INFORMATION

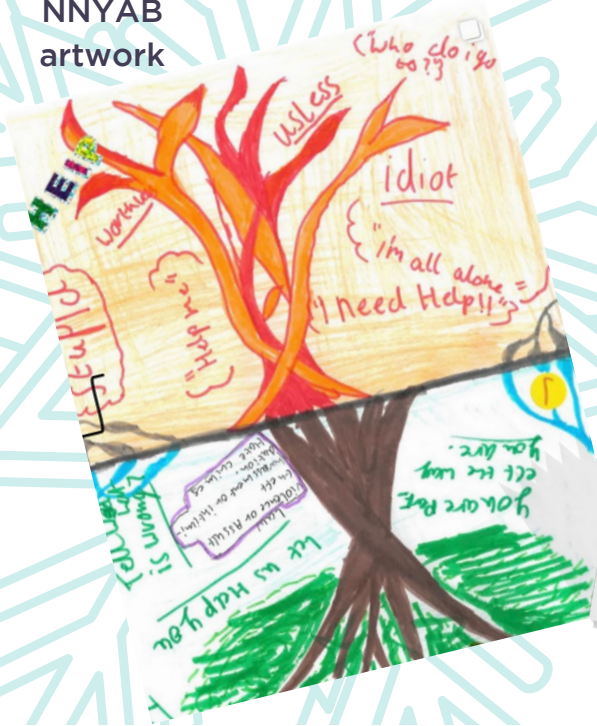


"THERE WAS SOME REALLY  
POWERFUL POETRY AND  
YOUNG PEOPLE  
MADE ART TO REPRESENT  
HOW THEY FELT"

MAP Youth Worker



NNYAB  
artwork





Breckland Young Commissioners at the NYAB conference



As well as the NYAB Conference, Breckland YAB have commissioned Tender Education and Arts (TEA) to deliver creative workshops addressing sexual and domestic violence amongst young people. Members of the YAB sat with the facilitators and went through the workshop to understand and help support how it will be delivered to other young people in the Breckland area, making sure the service will be inclusive to all as well as reaching a diverse cohort of young people.



# Breckland & West Norfolk share challenges and face fears

Breckland & West Norfolk young people spent the weekend, team building, climbing trees and walls, zip lining, archery, canoeing, jumping from platforms and lots of team building tasks, many were faced with fears but were supported by their peers to try overcoming it. Trust and bonds were built while engaging in fun active tasks. Not only was this residential good for our young people to challenge themselves, support their peers, it was also good for their health both mentally and physically. The evenings ended with gathering firewood, nice walks and then sitting telling riddles and stories by the campfire.





The YABs got together in October half term at X-Adventure in Horsford and took part in team building activities and survival skills. The Young Commissioners also took part in workshops about the Holiday Activity Fund led by Active Norfolk and the Norfolk Youth Award led by NCC. All the young people had a great time, mixing with other YABs and developing lots of new skills.

Two Young Commissioners from the Aylsham Youth Action group had a stand at the Reepham Community Day organised by the local Community Focus Officers in the October half term. The Young Commissioners took the opportunity to let the local community know all about the YAB and how to get involved. They also ran an activity asking people to pledge their support for Black History Month and to celebrate and embrace diversity in Norfolk.



Young Commissioners from the Sprowston Youth Action group celebrated World Mental Health day by organising a session full of activities to promote positive wellbeing. This included board games, drawing & colouring, painting and keyring making. The session was advertised to other young people in Broadland to attend and all attendees were given a goody bag to take home with them.



# South Norfolk Recruit New Young Commissioners!

South Norfolk YAB has been busy, focusing on promoting the work of the YAB, which has resulted in new young people joining as Young Commissioners. They have been getting together on a regular basis, to get to know each other, and really benefited from the all YAB activity day at X-Adventure. There have been lots of promotional stands in schools at lunchtimes and at Futures Events, which also helped to get young people signed up for the October half term activity programme.



Young people enjoyed different opportunities, including paddleboarding at Whitlingham, feeding donkeys at Clinks Care Farm, and maintaining dead hedges at Quaker Wood. Everyone was able to have fun outdoors in the good weather, and really appreciated how this boosted their mental health. The Wellbeing Group walked to the river, and got creative with a camera - taking photos through bubbles, as well as noticing the beautiful nature all around them.

*"IT'S NICE TO HAVE AN OPPORTUNITY TO HELP THE COMMUNITY, AND THAT WE CAN VISUALLY SEE THE DIFFERENCE WE HAVE MADE TO THE WOODLAND."*

Young people also successfully passed their First Aid Certificate, setting them up with this qualification for three years, and others achieved their Food Hygiene Certificate, particularly enjoying the practical element of cooking a bacon, lettuce and tomato sandwich for their lunch!

Plans are now being made for the Intergenerational Christmas Lunch, where everybody is looking forward to some festive fun!



# Great Yarmouth Enjoy Learning New Skills

The GY Young Commissioners visited the Winter Gardens to do a QA Visit during October. They discussed the development plans for the building and gave their input into what they think would benefit the town.



They also joined the other YAB's on an Away Day at X-Adventure which included Campfire building, Wilderness training and Team Building challenges



THROUGHOUT THE YEAR, YOUNG COMMISSIONERS AND PARTNER ORGANISATIONS GIVE US SOME WONDERFUL FEEDBACK SO WE THOUGHT WE WOULD SHARE SOME WITH YOU!

THEY SAID IT!

“BRECKLAND YAB DOES FANTASTIC WORK TO SUPPORT LOCAL YOUNG PEOPLE AND I AM PROUD OF OUR LONG-STANDING PARTNERSHIP. THE GROUP HELPS TO SHINE A LIGHT ON THE KEY ISSUES WHICH ARE HAVING AN IMPACT ON SOME OF THE YOUNGEST MEMBERS OF OUR COMMUNITY.”

“IT'S EMPOWERING KNOWING I'M PART OF A TEAM OF PEOPLE MAKING CHANGES IN OUR COMMUNITIES.”

“THE YAB HAS HELPED ME DISCOVER MYSELF AND HAVE MORE CONFIDENCE WITH TALKING TO NEW PEOPLE.”

“ WE HAVE DONE FIRST AID TRAINING, GONE ON INCLUSIVE RESIDENTIALS, AND HAVE HELPED FUND LOTS OF PROJECTS AND ACTIVITIES ACROSS THE DISTRICT – INCLUDING THE SMILE PROJECT BY LOLA STAFFORD, SUPPORTING FREE OPPORTUNITIES WITH LOCAL BUSINESSES AND SHARING FREE BOOKS, AND CREATING MURALS FOR OUR LIBRARIES!! ”

“ I NOW HAVE A PURPOSE. I'M HELPING MAKE A CHANGE. IT'S AN OPPORTUNITY TO MAKE A DIFFERENCE, IT MAKES ME FEEL VALUED AND APPRECIATED ”

IT GIVES ME A SENSE OF COMMUNITY AND PURPOSE.

“ IT'S ONE BIG SUPPORTIVE COMMUNITY. SOMEWHERE YOU CAN EXPRESS YOURSELF. A SAFE PLACE WHERE YOU CAN GO AND NOT WORRY ABOUT SCHOOL OR HOME. ”

AT MAP, IT'S YOUNG PEOPLE LEADING WITH THE PLANNING AND COMMISSIONING, IT'S YOUNG PEOPLE SETTING THE AGENDA FOR THE CHANGE THEY WANT TO SEE IN THE WORLD AROUND THEM AND WE CONTINUE TO BE BLOWN AWAY BY THEIR RESILIENCE AND CARE THEY SHOW FOR THEIR COMMUNITIES AND PEOPLE AROUND THEM.

WE WOULD LIKE TO THANK ALL OF OUR CONTRIBUTORS AND PARTNERS AND WISH YOU A VERY WARM AND HAPPY FESTIVE PERIOD!

IF YOU WOULD LIKE ANY FURTHER DETAILS ABOUT ANY OF THE CONTENT OR HAVE ANY FEEDBACK DO GET IN TOUCH! WE ♥ FEEDBACK!  
COMMS@MAP.UKNET

