



SUMMER SPECIAL

SEPT 22

YAB NEWS

News updates from the Norfolk Youth Advisory Boards (YABs)



THE YABS HAVE HAD A BRILLIANT SUMMER PACKED FULL OF BEACH-TRIPS, CLIMBING, TRAVELLING ALL OVER NORFOLK AND FURTHER! ALL THE WHILE KEEPING UP THEIR COMMUNITY WORK AND LOOKING FOR WAYS TO MAKE CHANGES TO THE WORLD AROUND THEM.

North Norfolk YAB kicked off the summer with First Aid training in Sheringham, where Young Commissioners learnt emergency, life-saving skills and how to deal with emergency situations. We then all

took a lovely walk down to Sheringham beach to enjoy some ice-cream and talk about what we were looking forward to over the summer.

The following week we visited Sandringham House and Gardens. Not only was this an exciting opportunity to see the private residence of the Royal Family, it was also a

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chance for the Young Commissioners to work towards the Platinum Jubilee Award. We were also very fortunate to see the Platinum Jubilee Exhibition about the Queens reign; which was very poignant given the recent sad news.

For the third week of the Summer Holidays we teamed up with Youth in Mind, providing an opportunity to focus on wellbeing through writing, and time to explore the benefits of creative writing! Afterwards, we took out some buoyancy bikes in Wroxham. It was a beautiful day and a completely new experience for us all.



The following week, North Norfolk YAB visited Norwich. We started the day with some body language training from Youth in Mind, and the Young Commissioners helped with some Youth in Mind work. They then had the opportunity to explore Norwich, before heading down to Gravity and then Nandos.

The next stop on our tour of Norfolk was Great Yarmouth. We went to the beach to continue with some Youth in Mind work, enjoyed a picnic,



and then visited Pleasure Beach for the rest of the afternoon. There was plenty of time for rides – some Young Commissioners went on the log flume five times in a row!

In addition to all of this, each Thursday the North Norfolk YAB teamed up with Broadland YAB to work on our annual Action Plans at Hoveton Village Hall. Whilst each YAB focused on their individual plans, the Young Commissioners came together to play some intense games of Uno and enjoy the outside spaces that the village hall had to offer. The YAB have decided their new priorities for 2022-23 and we look forward to starting work on these from October.

The final trip of the summer was a four-day residential at Horstead Activity Centre, alongside Broadland YAB and some young people from Youth in Mind. The Young Commissioners had a fantastic few days, and for many it was their first time staying away from home – but they all did fantastically.



IT WAS THE BEST TRIP EVER!



Over the four days the Young Commissioners took part in a range of training, including resilience and public speaking, and a whole host of physical activities. These included: archery,



paddle boards, rock climbing, zip lining, and campfire cooking! It was an amazing few days, and a perfect way to end our packed program of summer activities and prepare for the new school year.

Furthermore the North Norfolk YAB has funded some amazing opportunities for young people over the summer, and during this time the Young Commissioners have been assessing the quality of these offers. In collaboration with

Sheringham Little Theatre, we put on free photography and SFX makeup workshops at Fakenham and Sheringham libraries. These were well attended by young people and the feedback was really positive.

We have also funded 250 free games of bowling at Fakenham Superbowl and 200 free games of golf with a free drink at Cromer Putting Green. These opportunities are running until the end of September.

West Norfolk and Breckland

YAB are working on a disability campaign to lobby for improved accessibility parks for all ages. As part of their research, they looked at parks in Norfolk and discovered there is very limited play equipment available, and in some areas of Norfolk there was none. This was a major cause for concern as it means families with a child who has disabilities cannot feel the joy of swinging



on a swing! They did however discover that there was an accessible park in Exeter. On the 23rd of August 2022 we went to Exeter so that we could visit the all-age all-ability park and meet Miriam Guard, who established and maintained the park for 10 years. Not only did we learn about her struggles, but we also gained feedback for our campaign. During this meeting we also got the opportunity to speak to a local Councillor named David Harvey and two Exeter City Council Officers named Cat and Paula, who gave us insight on funding a park in our area. David spoke about an additional park that was built based on the one we

visited as he was inspired and saw the benefits for families who use these parks. Based on the feedback we received we discovered that gaining a whole new park with inclusive play equipment may not be as achievable as we'd hoped so we're now looking to approach the local council to ask for them to replace old play equipment that's already in the park with accessible equipment instead. Next steps will be to use this feedback to make an informative leaflet and to contact the local council to find out who is in charge of the parks, in the hope that we can talk to them about changing the equipment and making the park more accessible so that all young people can play together.



Young Commissioners meeting with Miriam and Exeter Council

Over the Summer Holidays, Breckland and West Norfolk YABs came together for their summer holiday program. The Young Commissioners took part in public speaking and confidence-building training, as well as team-building and activities including paddleboarding, crate-stacking, air rifles, self defence and Chessington World of Adventures!

Young Commissioners from Breckland and West Norfolk were thrilled to be invited to the summer reception for the new Chair of NCC.



ATTENDING THE NCC CHAIR GALA WAS SO INSPIRING. FOR A YOUNG PERSON TO BE INCLUDED IN MATURE DISCUSSIONS AND HAVE THE OPPORTUNITY TO SPEAK OUT IN FRONT OF HUNDREDS OF INFLUENTIAL ADULTS FROM ACROSS NORFOLK – IT WAS TRULY AN HONOUR



-ALFIE, WEST NORFOLK

The Young Commissioners who attended had never had the opportunity to wear their prom suits or dresses due to Covid, the summer reception provided the perfect opportunity! The Chair, Cllr Karen Vincent, spoke about the importance of young people having a voice in Norfolk. Cllr Karen Vincent presented the Young Commissioners with certificates thanking them for all their hard

work on the **FLOURISH** ambition project.



Norwich YAB took part in loads of activities this summer including paddleboarding, Quasar, the cinema, roller-skating, and a trip to the sea at Great Yarmouth! They also attended the Summerhill Festival of Childhood as part of their ongoing research around education. As part of the Young Commissioner development program, they also took part in 'confidence training', as well as working on their action plan for next year.

Broadland YAB campaign group organised a summer program recognising Norwich Pride and exploring LGBTQ+ History in Norfolk. Young Commissioners attended the Beyond the Flag exhibition at the Assembly House, organised by Norwich Queer Contemporaries, to view an exhibition of work by local LGBTQ+ artists. They had the opportunity to speak to several artists about their work, including cartoonist David Shenton. Young Commissioners then created their own placards, which were displayed outside the Assembly House during Norwich Pride. Both Norwich and Broadland YAB attended Norwich Pride and marched in solidarity with trans & non-binary youth group Evolve.



Young Commissioners visited the LGBTQ+ History exhibit at the Museum of Norwich, and took part in their community art project. They also visited the LGBTQ+ History Archives and took part in a zine workshop at the Millenium Library.

Broadland YAB also took part in a campaign training session where they learned about different methods of campaigning, planned their own campaigns, and then visited Norwich VR to play some virtual reality games!

Throughout the summer, Broadland YAB met to work on their action plan, deciding their priority areas for making positive change for young people in Broadland over the next year.

Broadland YAB, North Norfolk YAB, and Youth in Mind ended the summer with a four-day residential stay at The Horstead Centre. Young people took part in training in

resilience, public speaking and more. They had the opportunity to take part in arts and crafts or outdoor and adventure activities.

Activities included wild camp cooking, climbing, archery, paddleboarding, jewelry making, rock painting – to name just a few. Young people also had the option to attend nightly meditation and relaxation sessions, and to watch films and play board games.



Great Yarmouth YAB

attended a three-day residential this summer at Norfolk Lakes and had a fantastic time. From aero-ball and climbing, to team-building and public speaking, the Young Commissioners really pushed themselves to try something new.



South Norfolk has had a lovely summer with lots going on! The holiday program kept everyone busy with all sorts of opportunities on offer. Young people from across South Norfolk enjoyed two trips to Whitlingham Adventure for watersports and archery.

Everyone said it was a great day, they had an amazing time, and others really felt that they had faced some fears and were so proud of trying something different. There was also a trip to Pleasurewood Hills, somewhere that was new to a lot of young people, with fun on the rides, and making decisions about what to go on next! Several young people achieved their First Aid and Food Hygiene certificates, attending courses to get fully trained.



IT WAS VERY HELPFUL BECAUSE
IT TEACHES YOU HOW TO DO
THINGS IN THE KITCHEN
CORRECTLY



Young people volunteered their time at the Intergenerational Lunch, cooking quiches, making salads, chatting with guests, and playing games. Young people learnt new practical skills in the kitchen, and how to set up an event.



IT WAS FUN TO COMMUNICATE WITH THE OLDER PEOPLE. THEY TOLD ME STORIES ABOUT THEIR LIVES.



Young Commissioners expanded their skills by offering an Activity Session for other young people in the area, designing and practicing a program, laying out the room, and preparing their resources. Young people enjoyed arts and crafts, biscuit decorating and chatting with the Young Commissioners about SNYAB.

They also enjoyed a day of different training workshops, including safeguarding, drug awareness and LGBTQ+ awareness. They found the day really informative, and were pleased to have the chance to discuss the topics in depth.

The Autumn Term brings the usual activities including Clinks Farm, Quaker Wood, and Wellbeing sessions, and we are looking forward to a busy half term in October too.



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



IF YOU'RE A YOUNG PERSON INVOLVED WITH A YAB, OR YOU'VE BEEN INVOLVED IN THE PAST, WE WANT TO HEAR FROM YOU!

We're undertaking an evaluation to understand how YABs help young people. You can complete a survey, or you could even have a one-to-one interview with a researcher. The main goal is to find out whether being involved with a YAB has an impact on young people's mental health and wellbeing.

[Click here to take the survey.](#)