

Issue 1

Date: 3rd June 2017

Elected Members

Young people from across Essex have been elected by their peers onto the Young Essex Assembly



Since the current Young Essex Assembly (YEA) members were elected we have participated in a range of activities including a training residential, mental health workshop, fundraising activities and regular subgroups and whole YEA meetings. We have also run interviews for the new position of team leader which many people took part in.

YEA Subgroups

Philanthropy Board- Fundraises and decides where that money goes.

Budget- Controls how much money we can spend and allocates money throughout the YEA.

Communication- Spreading the word of the YEA out via newsletters and websites that are updated regularly.

Constitution- Creating guidelines for the YEA and decides how it's going to be run.

YEA Training residential-Kingswood West Runton

During the half term, a group of 45 Young Essex Assembly members travelled to Kingswood in Norfolk to embark on their training residential. After the initial shock of no Wi-Fi and a worrying lack of service, we took part in all kinds of activities from Jacobs Ladder to Laser tag to Caving, where we learnt about the importance of teamwork, communication and problem solving, both within the activities and in the YEA setting. These activities were interspersed between training sessions, helping us to develop key skills needed for our next 2 year term. For example, we debated topics such as compulsory voting and the banning of homework. We bandaged up our friends in order to demonstrate the link between mental and physical health and also made hats to show the different ways that people voice their opinions. Some key details of our new projects were decided such as where and when we will meet and who is working on venues, agenda and budget (eek!). The finale of the 4 day trip was the murder mystery where we found out about what antics went on at the manor and put our detective skills to the test. The Mid team had a great time meeting new people and can't wait to get started on their projects with the new team of young people.



What I thought about the Residential

The residential was an awesome experience for me because there were loads of fun activities and I got to make new friends from different areas that I would not normally meet or socialise with.

The main activity that I enjoyed was go karting it boosted my confidence and made me smile.

The whole point of the residential was for all the young people to meet and get to know each other as we would be working together for the next two years. Although at first I was really scared and wasn't looking forward to meeting other people I can safely say that by the time I was coming home I had made new friends and felt confident and happy.

The Kingswood staff and youth workers looking after us were amazing and I really got to know my link worker outside of the normal youth club setting.

I'm glad I did this and hope that there are more things like this I can do again.

By Thomas Marsh- YEA representative for North East Tendring



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Youth Voice Leadership Development Programme-April

The Young Essex Assembly has voted six of their Members onto the UK Youth Parliament (UKYP). These young people attended a training programme for all UKYP Members.



The trip gave us an opportunity to meet the other MYPs and various youth representatives from across the county and in particular those in East of England. We also learnt about our roles as MYPs (Members of Youth Parliament) and more information about how the Youth Parliament and BYC (British Youth Council) actually run. We also did activities to improve our communication, teamwork and time management skills, all centred around things we will actually do as MYPs, such as having meetings with and writing to councillors and officials. This trip provided us with experience and preparation for our new roles, as well as being lots of fun!

Written by Naman

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The Power of Positive Personal Wellbeing Workshop



Training by Julie Wilkinson on Saturday 22nd April 2017:

An essential life skills workshop, that provides a comprehensive solution focused approach to personal wellbeing. Improving self-esteem and positive self-identity will enhance assertiveness and leadership skills as life tools the future.

Young people got involved in role plays, quizzes and thought about their strengths and weaknesses.

In the afternoon, young people met for subgroup work:

- Youth Philanthropy Board – planning a talent show to raise money
- LGBTQ – planning a pilot club for a local school
- Comms group – reviewing website to update and identify their key objectives and responsibilities.

YEA Full Sittings

On the 1st April, the YEA met at Galleywood Youth Centre.

The YP lead an ice breaker activity where they also contributed one word to make a bigger sentence.

The constitution working task group read their amendments and the members voted to pass.

An individual shared something close to his heart and asked the other members if they would be interested in supporting his LGBTQ project group. The group is working on plans for an initial pilot group within a school. 39 voted in favour.

The catering group was represented by Tom, who discussed benefits of food. It was brought to attention some working groups are eating pizzas and some groups are bringing in their own lunch. - They discussed ways it could be fairer.

The members discussed ways they could start project groups and not duplicate work. Young people went off into groups of different areas of mental health that effect our wellbeing. The environment group had some project ideas, it was then decided the YP of Essex didn't highlight the environment as a factor of health they wanted change so they decided to link those project ideas with another aim.

The budget group asked the other working groups to share their bids for parts of the budget.

On the 13th May, the YEA met at Galleywood Youth Centre.

Subgroups fed back on their work. YEA members worked on the MINDfest project.

In The Future...

We plan to continue our work on MindFest and make the YEA known. We will also keep fundraising for Philanthropy and do our best for the young people. We are all looking forward to seeing our new team leader in the upcoming meetings!

Fareshare



YEA Members contacted FareShare. They have met with their staff and are now receiving surplus food for their meetings for free.

This company is organising for community groups to collect free surplus food for their projects. There is not a guarantee of what you will get, but you can request bakery, chilled, fruit/veg etc.

You can contact Jules Armour (Jules.Armour@fareshare.org.uk) for more information.

ECC youth groups can also apply. As long as the group is non-for-profit.

Please pass this information to all groups that we work with as they can benefit. Collections are

Contact Details

If you have any questions or would like more information:

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For more information on the YEA please visit: www.young-essex-assembly.org.uk