

Southend Youth Council June Meeting

Youth in attendance:

Edward Feddon (EF)- Youth Mayor
Nadia Ahmed (NA)- Deputy Youth Mayor
Isreal Genius (IJ)- MYP & Election Officer
Andy Wilkins (AW)- YEA Member & School Reps Co-Ordinator
James Finn (JF)- Junior 3rd Sector Officer
Saffron Reinecke (SR)- LGBT+ Officer
Felix Johnson (FJ)- Chancellor & 3rd Sector Officer
Maise Riley (MR)- Chase School Rep
Amy Cooke (AC)
James Sarsbrook (JS)
Theo Paphitis (TP)
Eugene Vlas (EV)
Lewis Crabb (LC)
Maya Cann (MC)
Kadie Douglas (KD)
Cat Letley (CL)
Jessica Chapman (JC)
Zia Mitha (ZM)
Madi Noakes (MN)
Matt England (ME)
Muhammad Ibrahim (MI)
Sam Fairless (SF)
Jack Jacobs (JJ2)
John Jenkins (JJ1)- Minute Taker
(Kelly Redston (KR) - Youth Worker)
Gemma Fitzgerald (GF) - Guest Speaker: EWMHS

Apologies:

Devang Thacker
Bertha Sibanda
Marco Mann
Joshua Naish
Yasmin Bey
Bayley Soper
Charlotte Fasey
Katie Chester
Helen Jones
Daisy Sampson
Iorath Bennett

Bolded - actions from meeting

The meeting was opened by Edward Feddon at 17:05

EF - Constitution has been re-written. 6 hours long standing committee meeting - 2500 words+. Went to Billy's Band orchestra performance at Palace Theatre - Nadia, Jack and Eddie. London professional orchestras involved with local schools - blues & classical music. Good fun and good promotion for Southend.

NA - Rethink Mental Illness 1 in 4 committee. Charity & organisations - world mental health day - 10th October. We have been offered stall in Southend Victoria. Asked for help on Q: What is best way to approach people 11-28?

IG - Same way you treat adults going to events.

MR - don't patronise

AW - don't make it too simple.

EF - Officer meetings taken place. There are currently no MPs so sending letters out to MPs is difficult! LGBT meetings been a success.

SR - What we want to do as a group & make it a community group that is accessible to all young people in Southend.

EF - New Mayor: Cllr Faye Evans new mayor. Cllr MacMahon stood down.

NA - Civic Service held on 18th June. What questions would you like to deliver to *First* about their service:

AW - Could buses please run on time? Why I have to pay high fee?

JF - Reducing fares may be an option. Consistent fares.

MR - Same fares across different firms

TP - Make bus fares free for people. Re-nationalise to stop corporate greed.

AW - More night time services for buses

EF - 4 places available at BYC event - 24th June. London - BYC annual meeting. Currently 4 places taken; 4 more to offer. Will go through safety procedures in place - KR will be in attendance. Anybody welcome **please ask if you are interested. Confirmation by Friday.**

IG - Officers' Meetings. Digital Steering Group (TBC) attended. Grand plans for Southend's Digital Strategy for next 12 years. Interesting event - need to advise council RE young people's needs.

Little progress made on campaigns. **Needs people's email addresses.** Will pick up after exams.

London events are interesting. Make new friends and learn about other YCs.

EF - Equality4Us update:

MR - Held at Amnesty Int'l last Wednesday - lack of understanding and education regarding minorities. White Northern Ireland town has never learnt about racism. Said things that would be deemed offensive at BYC events as was uneducated. Do not yell and shout, talk it through in a civil matter. Media portrayal of terrorism is pre-judgemental and leads to islamaphobia. It is not your duty to educate people about the community if you are not comfortable. Schools must create opportunity to discuss issues in order to bring people together. Teachers need training RE bullying, being careful not to 'out' people. Hate crime/bullying line is blurred - is subjective issue. Banter/crime confusion. Police procedures and trauma of re-accounting leads to hate crimes being under-reported.

Gemma Fitzgerald (EWMHS):

Mental health nurse and school nurse - not a manager, is a worker that works with young people. Here to take questions RE mental health.

Care Pathway Lead within service - EWMHS - psychologists, psychiatrists, doctors and administrators all work in service. You can access service - anxiety, low mood, body image issues, eating disorders, psychosis. Previously known as CAMS now known as EWMHS. Young people cannot access service due to high criteria. Mental health stretched to emotional health & early intervention and protection. Here to get ideas from YC and anybody who has had difficulties with service - we can come along on regular basis.

EF - Do you have reps in every school?

GF - Team is based in Alexandra Street. No school nurse per school. Need to refer yourself or be referred. Lengthy conversation around current difficulties. Is our service right for you? Parents/carers can be involved. Would be allocated a Care Co-ordinator to identify the best way forward. Groups running for anxiety, anger issues, challenging behaviours.

JJ1 - Why no specialist in all schools?

GF - Not sure - not a manager.

IG - Waiting lists need to be short & school needs to be careful to not publicise case by case.

GF - We looked at how to overcome long waiting lists by giving people the option to work in groups rather than individual.

MN - Average waiting time?

GF - Does not have information on me. **Will send factsheet through.**

IG - Are sessions held in school time? Where?

GF - Clinic has 7 rooms - varying sizes for different activities. Run anxiety group for those with autism. People prefer groups at HQ rather than in schools. Go out to lots of schools and do home visits. Can also see young people in GP surgeries. Can look at meeting people elsewhere when it

is looked at. Discretion with schools: work closely with schools. Confidentiality is high on agenda. Consent needs to be granted to share information with schools and social care.

IG - Referrals?

GF - CAMS to EWMHS - you can self-refer. Can go to GP. Must go on website and **will send that over**. Central email address can be used for referrals. Telephone can be used. Cover Thurrock to Colchester. Easy access.

JJ1 - How can you get message out?

GF - People did not know what EWMHS was originally. We are coming to YCs to spread the word and receive feedback. We use Twitter & social media. Am going into schools for talks about service. Working on these issues with colleagues. Primary and secondary along with conferences & talks.

NA - Great that you're getting word out. What can we do, as students, to help those on waiting list?

GF - If they are in crisis and waiting to be seen - there is a crisis team. Out of hours & crisis team do exist also - **number sent out: 07300 300 1600**. Southend - Option 1, Option 3. If you call after 5, you will be given an out of hours number. If in crisis and need urgent support - visit A&E and call ambulance. Call police if in danger. Put through to crisis mental health practitioner.

FJ - Can someone refer a friend?

GF - Not at moment. We need young people to be able to engage with the service without coercing. Talk to friends about benefit of accessing support. Mentor/Pastoral support at schools can be used for discussion. Schools may not know about EWMHS, but word is being spread.

MN - Crisis team phone wait can be long - over 1 hour.

GF - 1 Southend team. Have outreach workers for Southend & Thundersleigh. May have to wait on phone. Does not have solution for this at the moment. If you need someone urgently, call 999. A&E can be inappropriate in terms of dealing with mental health. Can take feedback back to managers. Can meet with people in schools if you are interested for a conversation. Meetings can take place in Civic Centre to connect young people with EWMHS. Chase, Belfairs, Shoebury, junior schools all aware of EWMHS. We are guardians of sharing this information.

IG - Plan to mitigate fear of parental involvement?

GF - Current area of investigation. Looking at why people may not want carers/parents involved. If someone is high risk, they will need extra support - will explore options for support outside of those sessions. Parents/support networks will need to be involved. 16+ - conversations around parental involvement. <16 parents' must be involved. Service would need to involve others if there is a potential threat - legal requirement. If an onward referral is needed, there would be a conversation prior to this. If parents aware, we would not be filling them in in detail after each session - only if there is concern/risk of any type.

MC - Different teams for areas of mental health?

GF - Different branches - mood & anxiety, neurodevelopment - autism & self esteem, complex pathways - difficult to cope in community - multiple issues, behavioural & conduct - difficult at school.

IG - will EWMHS inform young people's parent. If conservation was had about serious risks with parents, could they withdraw from service?

GF - If there are heavy concerns, I must report to Child Protection Lead. Prevent Agenda - acts of terrorism. Laws are in place for all support services.

IG - Concerned about family members.

GF - Parents would be called as there is a duty of care for protection. Accountability lies with EWMHS, we must inform parents. If, for example, someone is a victim of abuse and parent is involved, EWMHS would have to tell someone else in family.

MR - If someone agreed to have parents told, what would happen?

GF - Case by case basis. Depends on level of risk in each scenario. Would be no surprises after parent is spoken to. Would always tell the young person, who we would be talking to. Open & honest relationship is needed.

NA - Main outcomes for somebody within service?

GF - Goal based outcomes for each individual. Have to work with young person RE what they want to achieve. Complaints/compliments department deal with feedback from young people.

KR - Service commissioner mental health has stepped away from mental health 'issues' and become about wellbeing of individuals. EW comes before MH in EWMHS.

GF - Was a school nurse RE mental health but not with EWMHS. There should be mental health specialist in all schools. There is a need for early intervention/prevention - allowing young people to have platform for discussion is important. YC mental health campaign is very important - young people in area hear about in and get involved.

KD - age range?

GF - 0-18. If someone have special educational need, can work with people up to age of 25. Work closely with adult mental health services for smooth transition.

IG - Follow-on. Support on education offered to parents?

GF - When young people referred, offered different approaches. Workshop offered around EWMHS to parents/carers to discuss anxiety, low mood, depression etc. Free to discuss issues that concern them. Run parenting groups about mood, anxiety, behaviour and conduct. If parents visit initial assessment, and want more support, they will be able to receive information/advice.

NA - Up until 18th birthday?

GF - 18th birthday, transition to adult mental health team. Transition lasts 6 months. GP is also informed of transition.

NA - Any posters/leaflets?

GF - Currently under review. Info about Big White Wall has been brought along. App being developed - MyMind App. Can get developer to visit SYC as EWMHS has had little involvement within app.

KR - young people one-off advice?

GF - Can call service & have a conversation. Utilise support network in school - counsellors and nurses. School nurse drop-ins?

3 people are aware of drop-ins.

Email address to be kept confidential when given out.

EF - Information will be passed out, tell your school and take it upon ourselves to pass out info to School Councils.

GF - Can come along and visit school councils and school meetings.

EF - 15 mins break until 18:30.

EF - Introduced officer updates

AW - Not much. Have managed to work on external partnership with King Edmunds.

JF - Response from previous email. Working on a response to be finalised.

FJ - **Launch next Wednesday**. £464 left until Next April including campaigns, trains. Radical plan: Proposal: Meet with new CEO. Motion to present new business case for £1000. Unanimously agree by **next two months**.

AOB:

AW - Hello hello hello. Work with Wakering. **All school reps to speak to me before September**. My job is to set up all local partnerships.

NA - Volunteers needed for stall in Priory Park on 2nd August to promote the Youth Council. 11-4 on 02/08/17. FJ, MR, SR, SF, IG, EV, TP all interested - **will be contacted** with more info.

Big Health Day next Saturday 29th July - EV, FK, ZM, JC interested.

EF - Cards need to be signed for Jenni and Justine. Both have been vital to YC and it would be nice for us to sign cards.

DEBATE

EF - Interesting debate. Meeting closed at 19:02.