



Children & Young People's Cabinet 2020

**Children and Young People's Cabinet meeting held
at Netherthird Community Centre**

13th February 2020



Children & Young
People's Cabinet

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COMMUNITIES



East Ayrshire Council
Comhairle Siorrachd Àir an Ear

In Attendance;

Heather McCormick, Community Worker YPS&D; Cllr Claire Leitch, Depute Provost and Children's Champion; Alannah Colvin-Muir, Snr Youth Worker YPS&D; Danielle Stewart, Assistant Activities Worker YPS&D; Liam Fowley MSYP; Liam Armstrong MSYP; Terri Brown; Sinead McBride; Kirsty Ewart; Ewan Carmichael; Elise White; Christine Clermont; Ryan Bartolo; Ryan Tait; Amanda Campbell; Blair Gormal; Jordan Orr; Sarah Barnes; Paige Holland; Cameron Sloan

Apologies;

Cllr Neil McGhee; Kerry Dair, Community Worker YPS&D; Louisa McEvoy Community Work Assistant YPS&D; Harris Hughes; Daniel Butcher; McAulay Renwick

EAST AYRSHIRE CHILDREN AND YOUNG PEOPLE'S CABINET

Meeting 13th February 2020

AGENDA

- | | |
|---------|---|
| 10.00am | Arrival and Refreshments |
| 10.15am | Welcome
Ryan Bartolo
Doon Academy Rep |
| 10.30am | Mental Health Toolkit Consultation
Liam Armstrong
MSYP Cumnock & Doon Valley |
| 12.15pm | Lunch Break and Refreshments |
| 1.00pm | Leadership Consultation
Liam Fowley
MSYP Kilmarnock and Irvine Valley |
| 1.30pm | #SYPREDUCEPOLLUTION
Action Day photocall
Liam Fowley
MSYP Kilmarnock and Irvine Valley |
| 2.00pm | THANK YOU AND CLOSE |

Intro and Welcome

Heather McCormick Community Worker addressed the room by explaining that all Children and Young People's Cabinet meetings will be more young person led starting from today and introduced Ryan Bartolo to go welcome everyone and go over general housekeeping rules.

Ryan Bartolo thanked everyone for attending and gave a brief outline of the Agenda. General Housekeeping rules were given to the attendees which showed the nearest Fire Exits, Muster Points and Toilet Facilities etc.

Mental Health Toolkit Consultation

Liam Armstrong; MSYP Cumnock and Doon Valley introduced the consultation of the mental health toolkit which East Ayrshire Council have successfully received funding to produce.

Liam gave an overview of the work that he, Terri Brown and Aimee Purdie have been putting in over the past year to gather evidence and ideas for the toolkit and take this forward.

Liam explain that the steering group has attended various different mental health workshops and conferences in order to gain a wide view of the issues impacting young people in regards to mental health and what subjects that would be best covered to help young people in East Ayrshire receive the support they need and want.

Feedback from MHT Consultation

Which supports are already in place?

1. Support Groups
2. Mental Health Nurses
3. Wellbeing Box – GIRFEC
4. Support Staff

What's missing?

1. Approachable guidance staff
2. No support groups in some schools
3. Lack of teachers having mental health first aid training
4. More pupil input needed

What should be in the toolkit?

1. Exercise aids
2. Mindfulness exercises
3. Accessibility for people of all abilities
4. How to deal with Adverse Childhood Experiences (ACES)
5. Guide for friends
6. Timeout passes
7. Subtle design
8. Webpage to complete physical box

Design ideas?

1. Design box for classrooms
2. Brightly coloured
3. Physical

What areas of mental health should the toolkit cover to support young people?

1. Anxiety and Depression
2. Eating Disorders
3. Body Image
4. Social Media
5. Bullying
6. Exam Stress
7. Peer and Parent pressure
8. Stress
9. OCD
10. Addiction

Liam thanked cabinet members for their participation and gave an overview of the feedback which will be made available to all cabinet members.

Leadership Consultation

Liam Fowley; MSYP Kilmarnock and Irvine Valley introduced the Leadership Consultation and spoke about areas for improvement in getting young people's voices heard for the better.

What is already in place?

1. Pupil Improvement Groups
2. Children and Young People's Cabinet
3. LGBT+ Youth Groups
4. Pupil Council

How to be heard in the community?

1. March
2. Protest
3. Community councils

How to improve being heard?

1. Know how to use the Youth Cabinet as a platform to make your voice heard
2. Consult with Young People
3. Feedback

SYR REDUCE POLLUTION PHOTOCALL

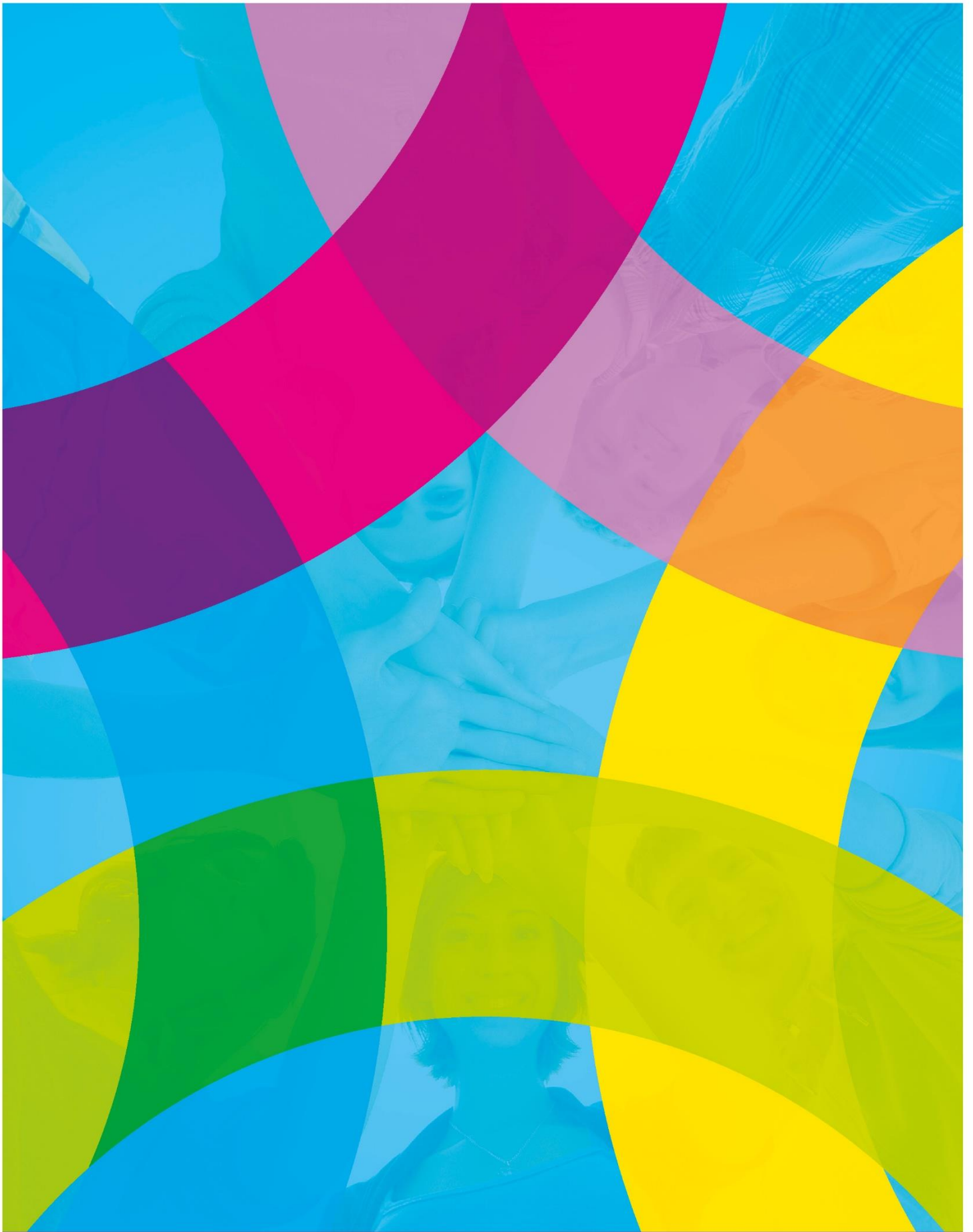
Liam Fowley; MSYP Kilmarnock and Irvine Valley spoke to cabinet members about the Scottish Youth Parliaments involvement in Climate Change Action Day.

Liam encouraged cabinet members to draw out pictures which spoke about their love for the environment and cabinet members got a picture taken to show their involvement on social media.

Thank You and Close

Heather McCormick brought the meeting to a close and fed back what the group had been discussing throughout the day.

Heather thanked all members for their attendance and participation.



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