**Voices of the East**

**Friday 10th May**

**Meeting 2 – 10:00 – 11:00**

**In attendance**

Essex

Cambridgeshire

Luton

Suffolk

Southend

**Minutes**

Engagement competition – As a group we looked at who had been involved so far across the east of England. Great to see some new areas at this meeting, no questions from the group on this.

Mental health lessons – The group shared ideas on what type of things should be included within more mental health lessons for young people:

* A chance to walk.
* Use some colouring.
* Think about ways to relax.
* Include some mindfulness yoga.
* Meditation.
* Do some running.
* Think about how food & drink can support positive mental health.
* Different ways to express your emotions.
* Importance of being outside.
* Watch some videos.
* Importance of animals.
* Think about some coping skills.
* Camping and outdoor activities.
* Links for further help.
* Look at good v negative mental health.
* Make sure lessons aren’t political.
* Talk about autism.

Conference planning – Next up was a conversation about planning a conference for 2025 that is for young people to come together. The voices of the east group really want to come together in person. Thoughts and ideas for this included:

* Get different speakers.
* Do some team building.
* Provide some good food.
* Some kind of games.
* Ice breaker games.
* Keep things chilled.
* Something linked to the beach.
* Include something interactive.
* In and outdoor space if possible.
* Have a picnic.
* A chance to meet with other young people.
* Have some kind of art.
* Lego.
* Make sure it’s long enough to meet everyone.
* Get some business’s there who could share information.
* Opportunity to write some stories.
* Have some music or radio options.

Video competition – Voices of the east will be launching a YouTube Channel in the summer. The idea is to start a competition that young people can get involved with & share awareness of this group. Ideas for this included the history of ASD, day in the life of (this idea was added to with a day in the life of someone with visual impairments), some stop motion videos, challenges for young people, different special educational needs topics, link to a podcast (idea being developed over the summer), disabilities that aren’t visible, ADHD and the impact of medication, something around gaming, mental health/keeping active, how to join the group.

AOB

* The YouTube channel could be called something like Voices of the east young voices or join our voices or the 7 kingdoms.

**The next meetings in June & July will be local area meetings hosted by two local authorities coming together. If you are a young person/professional/group and are unsure of what might be happening in your local area email the person who sent you this meeting link/invitation to ask. If you are still unsure of who that came from, please email** **Kierran.pearce@essex.gov.uk** **who will direct you.**

**On the agenda for the June & July meetings we will be planning out the mental health lessons, creating some posters/leaflets that can share the work of voices of the east, record some videos/audio recordings about this work using some of the suggestions above.**

**Next virtual meetings: Monday 16th September 10:00, 13:30 & 18:00**