**Voices of the East**

**Friday 10th May**

**Meeting 3 – 13:30 – 14:30**

**In attendance**

Cambridgeshire

Luton

Suffolk

Norfolk

**Minutes**

Engagement competition – We have a short presentation about who has been involved in the group so far. Someone from Suffolk felt it was really important to tell your friends about voices of the east because not everyone has social media. She felt like you also make friends as part of this group.

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

* Learn about your own mental health.
* Make it cool.
* Think about what works for you.
* Know what’s out there.
* Information on how to get involved in groups like this and others that might focus on mental health.
* Calming techniques.
* Talk about your interests.
* Do some role play/drama.
* Video games.
* Understand more about mental health.
* Discuss feelings such as anger/stress.
* Go for a walk.
* Think about healthy food.
* Talk to others about your mental health.
* Celebrate people’s abilities.
* Thin about creative abilities.

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:

* Food & drinks.
* Puzzles.
* Games.
* Colouring.
* Slime.
* A chance to talk to others.
* A safe space.
* A social space.
* A Quiet space.
* Ice poles.
* A chance to move around.
* During school time.
* Bowling.
* Have a social lunch.
* Provide lanyards.
* Provide party bags.

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 using shorts, talking about mental health, kindness, talk about feelings, use breathing exercises, information about what’s good being involved in the network, good experiences of voices of the east, card tricks & other talents that young people have, something about space, real people involved, links to other films, good game reviews and something on animals.

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**](mailto: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**