

Cotswold Youth Network	
Our Youth In The Cotswolds	

1 Information is power - how Cotswold Youth Network is helping how young people to make their views known, connect with their peers and be further along the road to being informed and inspired adults.

2 New youth clubs, along with new resilience and wellbeing groups plus silent discos, are just one aspect of what's going on for young people and youth groups in the Cotswolds. Raising awareness of support for Mental Health, Wellbeing, Education, Training and Employment also plays a key role in boosting young people's life chances and aspirations.

3 **Inspire to Aspire Update**

It's been a busy time recently at Inspire to Aspire. We launched Stow youth club and have been fully booked each week. We are delivering five resilience and wellbeing groups this term, one online and four in schools, reaching 46 young people!

Bourton on the Water Junior club launched on Monday 31st of May at 6:00 PM with a colour festival.

For more information you can email hello@inspiretoaspire.club or text/phone 07 768 875 377.

4 **CYN Roadshow**

During half term the Cotswold Youth Network visited 13 towns and villages across the Cotswolds. The events featured some fun activities, including a "silent disco" and provided a great opportunity for young people to share their views about what matters to them most, and hear about opportunities in their communities. Everyone who attended was given useful information on where they can get support and a goodie bag.

The events were supported by organisations including World Jungle, Young Gloucestershire, Inspire to Aspire, The Door Youth Project, Prospects and Cotswold District Council. Over the week we met with nearly 200 young people and heard directly from them about the challenges of living in the Cotswolds and how they felt about their life. A full report on the roadshow will be available shortly.

5 **HAF Programme**

Sarah and Jacqui at Cotswold DC have been tasked with pulling together a Holidays and Food programme in partnership with Gloucestershire County

Council and youth organisations in the Cotswolds which aims to provide Holiday activities and food for children on free school meals across the summer holidays. This programme also aims to be accessible to other children and young people not on free school meals. Fingers crossed there will be lots of fun activities for children to take part in this summer. FMI: Contact Sarah Clifton Gough.

6 **Spotlight on Young People**

14-year-old Aliya joined Cirencester Markets on the 5th of June to fundraise for a once in a lifetime opportunity expedition to Namibia. She made some beautiful health accessories which she sold at the Saturday Market.

7 **Green Space Strategy**

Residents are invited to contribute and work with Cotswold District Council on their Green Infrastructure Strategy, which will aim to boost green and open spaces as part of the Council priority to respond to the climate and ecological emergency and produce a plan for the future of the Cotswolds that is green to the core. Details can be found at news.cotswold.gov.uk.

The new strategy outlines a number of key recommendations that could be taken to benefit the district as a whole, as well as focusing on the 17 settlements where major development is most likely to happen.

Members of the public and key stakeholders are now invited to share their views on the strategy, which will go out to consultation until the 26th of July.

8 **Future Me Resources**

Future Me are a team of young people from across Gloucestershire - They came together as Future Me Youth Representatives in August 2020 to be representative of young people across the county, but more importantly to connect with other young people to allow them to share their views and experiences of growing up in the county. Information is power, and we want to transform the way young people aged 14 - 25 years access information and inspiration to help them on the road to becoming adults.

Their mission is that Future Me Gloucestershire is for young people, about young people and by young people.

As Youth Representatives, we are producing interactive resource packs designed to share information and links to helpful support, resources and information on a range of topics, such as: Mental Health and Wellbeing and Education, Training and Employment, which can be found on the following website: www.gloucestershire.gov.uk.

9 **Suicide Prevention**

Nicky Maunder coordinates the Gloucestershire Suicide Prevention Partnership, which is a multi-agency group working to prevent suicide in the county. Led

by Public Health, she provides regular updates which includes national and local policy updates, useful information, partner updates and training information on free online suicide prevention training and information on how to access funded more in-depth training [eligibility criteria apply]. As part of the response to Covid, the council has commissioned some wellbeing and mental health services, which have been extended into another year of provision.

Qwell - online digital platform, provides anyone in Gloucestershire aged 18 years and above to access self-care resources, information, peer support and access to trained counsellors. It is open to anyone experiencing issues with their emotional wellbeing, such a stress or anxiety and there is no need to be referred.

Kooth - online digital platform, for anyone aged between 11 - 18 years in Gloucestershire to access self-care resources, information, peer support and access to trained counsellors. This too is open to anyone experiencing issues with their emotional wellbeing, such as stress or anxiety and there is no need to be referred.

TIC+ - provided an anonymous, one-to-one telephone/online counselling chat drop-in service for children and young people aged between 9 - 21 years struggling with their mental health, and a helpline for parents.

Gloucestershire Self Harm Helpline offers non-judgmental listening support for people who self-harm, their families and carers.

If anyone has any questions regarding the above, please email Nicky.

Contact: Cotswold Youth Network
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