**Voices of the East**

**Thursday 28th March 2024**

**Meeting 2 – 13:30 – 14:30**

**In attendance**

Cambridgeshire

**Minutes**

Social media vote – With just one area represented within this meeting there was still some interesting views. Reps felt that we should be asking the young people within the group who are already part of other youth voice groups to utilise their **Instagram** pages. The area felt more young people were likely to follow this.

Mental health – The most popular suggestion on this list was more **lessons on** **mental health awareness.** The groups felt these would be particularly strong if they were designed with young people as they would help teachers, support staff and other adults to really understand what young people may be thinking.

In the second part of the mental health focus, we looked at feedback on why young people are feeling isolated or lonely, therefore having a negative effect on their mental health:

1. Bullying is happening in many ways. This group felt that young people with SEND were being particularly targeted.
2. There is a lot of exam stress on young people, so this does not help.
3. Moving schools is particularly difficult as it has an impact on friendships.

Regional awards – Finally we reviewed the comments on the display board about what type of awards we could introduce across the East of England. This helped highlight some key thoughts which will be shared in some of our follow up work.

**Next round of meetings – 9th May (6pm – 7pm)**

**10th May either 10:00 – 11:00 or 13:30 – 14:30**

**Throughout June or July there will be local in person meetings across local authorities.**