



**Voices of Hertfordshire**

**Voices of Hertfordshire Primary Meeting Minutes November 2024 10 – 1130am**

**North Herts 19<sup>th</sup> November 2024 – Lonsdale School**

<b><u>Agenda item</u></b>	<b><u>Discussion</u></b>	<b><u>Actions</u></b>
<p><b>Charlotte Sandford from Mental Health Schools Teams NHS visiting <b>Key question – ‘How can adults support your mental health?’</b></b></p>	<p>Began the conversation with Banjo as the young people are familiar with the mascot. Discussed how last time we spoke about how to advocate for hidden disabilities. Today focused on mental health, considered what mental health conditions there may be both short and long term. Charlotte will use the feedback from this session and others across Voices of Hertfordshire to consider how to change schools offer for mental health with their team.</p> <p><b>Key points were:</b>  <b>Concerns over being different to others addressed in this short video very well:</b>  <a href="https://youtu.be/A9tbtI6XmSs?si=54QQN4zQSq_wNMLj">https://youtu.be/A9tbtI6XmSs?si=54QQN4zQSq_wNMLj</a>  <b>Jealousy of those who do not have conditions / disability</b>  <b>Being given time out to discuss what they are worried about but not being spoken to when dysregulated.</b>  <b>Understanding that people need different things at different times e.g. headphones, dog therapy, time to ‘rage’, time alone, good sleep etc.</b></p> <p><b>The group decided as it is quite different for each young person that a checklist of possible support may be a good idea to be offered to young people at the start of therapy work. They then created these lists. These were handed to Charlotte for review by her team.</b></p>	<p>Charlotte to send details of changes made as a result of todays session back to <a href="#">Sarah Stevens</a> for feedback to young people on difference they have had on materials</p>
<p><b>Social media takeover day</b></p>	<p>Watched the experts by experience launch of the social media takeover day:  <a href="https://youtu.be/oDMFwziFtdc?si=GGNTMf-vN5Rnm_mf">https://youtu.be/oDMFwziFtdc?si=GGNTMf-vN5Rnm_mf</a>            Provided planning time.</p>	<p>Schools to use the takeover toolkit (attached) to develop content / questions for the takeover day            #sendtakeover2024</p>
<p><b>Next meeting date:</b>  <b>Tuesday 21st January 2024 - 10 – 1130am</b>            Lonsdale School, Brittain Way            Stevenage            Hertfordshire            SG2 8UT</p>		

Any questions please let Sarah know on [sarah.stevens2@hertfordshire.gov.uk](mailto:sarah.stevens2@hertfordshire.gov.uk)