****

**Voices of Hertfordshire Mixed meeting minutes West Herts**

**March 2025 10 – 1130am**

|  |  |  |
| --- | --- | --- |
| **Item** | **Discussion** | **Actions** |
| **Games to begin to help the young people get to know each other and feel relaxed in the new setting.**  | **Started with games in school groups on tables. Then moved to social experiment on how you feel if people say bad things about you and then reversed to compliments.**  | **Words for discussion:****Mental Health****Sadness** |
| * What is Mental Health?
* What helps you or your friend / sibling attend any mental health appointments?
* When you go somewhere new what helps you feel more comfortable?
* What makes you feel happy
 | **Children and young people created a number of art pieces, acrostic poems and other items to be included in the strategy. Others will follow Summer 2025.**  | [Tring Video – what is happiness](https://youtu.be/e6ImZ2CJyA4) |
| As first session for these schools also time to share about various diagnosis / explain pen friend and how the diagnosis impacts them |

Any questions please let Sarah know on sarah.stevens2@hertfordshire.gov.uk