**A logo with two people

Description automatically generated**

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

**March 2025 10 – 1130am**

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| **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](mailto:sarah.stevens2@hertfordshire.gov.uk)