**Tendring MSC Share Zone**

**Holland Haven**

**5th March 2025**

**Attending**

Spring Meadow

Millfields

Holland Haven

Elmstead Primary

Shorefields

**Apologies:** Chase Lane, Alton Park, Holland Park

A bright morning and some bright faces as everyone was on time to get the meeting underway! We started with an activity which included young people sharing their favourite hobbies. The first question focused on what would encourage young people to attend school:

* Involved young people more in deciding what we are learning about
* Plans about what’s going to be happening
* More golden time
* More trips
* Quite spaces – rooms where young people can come into first if feeling unsettled
* More breaks
* Science clubs
* Food
* Being able to wear our own clothes
* Variety on the timetable
* More after school clubs
* Have responsibility like running our own tuck shops
* Sport competitions
* More outside learning
* Therapy dogs
* Attendance certificates but not just 100% - coming in if difficult too
* Longer break and lunches
* Fun things like a ‘mud run’

We will be collecting views across Essex about this and looking at what could be done.

Lots of work ideas went into this and the activity beforehand so we stopped here for a break and a chance to get outside and enjoy the bright day!

After our break the group discussed feeling safe online. This is a topic that created a lot of conversation last year and we wanted to hear some more specific things that could be done. Young people suggested:

* Making sure some video’s are private
* **Don’t add your location**
* Have a clear report button on any communication technology
* Educate about negative language when gaming
* Have a teacher in each school who is responsible for online safety
* Make sure we are speaking to adults
* Colour code apps and social media with danger strength
* Remind young people about ages of using things
* Better promote kindness online

Lots of strong ideas that we will again be looking at as a team to see how we can spread this awareness across Essex.

Our final item was one of our focus areas until July 2027, ADHD awareness. We asked the group in two parts what they wanted to know about ADHD but also what would help to improve awareness. This resulted in lots of questions:

* How can we support you?
* How does ADHD affect your body?
* Is there a cure?
* What do ADHD tablets do?
* Can you get it at any age?
* Are there different types?
* Is ADHD the same as autism?
* Do you have ADHD forever?

The group also said we need to be educating that it’s not a bad thing just a difference, that we should be talking to other children about what it is and we need to be working on helping young people to feel included. We currently run ADHD awareness sessions in schools and it will help us to reflect on how this looks moving forwards as well as continue our focus on ADHD.

Wonderful ideas as always from always but our star of this meeting was Connie from Spring Meadow for her constant ideas especially in her openness about getting more young people in school. Well done!

**Next meeting – Wednesday 18th June, Holland Haven, 10am – 11:30am**