



KENT YOUTH VOICE

February
2021

GET INVOLVED

Building Emotional Resilience group

This group have decided to invite guests to speak at meetings about their experiences and ideas around building emotional resilience. These will include previous KYV members, families, workers and other practitioners. Our resilience boardgame is in it's final stages of development and we are looking forward to sharing it with the wider KYV community.



Curriculum for Life campaign group

The group are currently working on a series of interviews with professional for social media. The first interview will be with Sally Marlow, a research scientist from Kings College, London about mental health.

CALL FOR ACTION—Do you know anyone who would be good to interview and teach us about lifestyles let us know.

Environmental Awareness campaign group

Over the coming year the group will be working on two projects—one to focus on an 'unplug it' campaign, including focus on WWF Earth Hour on the 27th of March at 8:30pm. This first campaign focuses on switching off all lights and other electrical appliances to reduce our carbon footprint.

The 2nd project, would focus on sustainable lifestyle choices and promote ways to live sustainable. We would love for any further involvement from KYCC participants and feel that this is a campaign that everyone should be committed to. Together, Kent can help tackle climate change and encourage sustainability.



Mental Health campaign group

The group are continuing with their work from last year on raising awareness and producing a booklet which will inform people about different mental health conditions. The Mental Health Friends and Ambassadors training programme looks to help young people identify what they can do to be a better friend to someone with a Mental Health Condition. Not only this but we are looking to continue working with Mental Health Organisations to help develop our own knowledge. Look out for our question and answer sessions surrounding mental health.

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Other Youth Voice news...

Kent Youth Voice annual awards

At our final Kent Youth Voice meeting of 2020 on 16th December we presented certificates to our members that have held Chair or Vice Chair positions in the last year to thank them for their hard work. We also presented awards to members, that had been voted for by the full council, for titles including Hardest working member, Best newcomer, Most professional member, Most dedicated to a cause and special recognition awards.



A big congratulations to all those who achieved awards and thank you for your hard work in the last year. You should all have received your certificates in the post now.

Try Angle Awards

Just under 400 nominations were received for the current Try Angle awards and following the district judging all category winners are being contacted to receive their awards. The winners of these district awards have now been re-judged to find winners in each of the 8 categories for the whole of the county and these winners will take part in a celebration of the county wide Spirit of Try Angle award. One of these 8 young people will be awarded the final Spirit of Try Angle trophy. To celebrate the Spirit of Try Angle awards filming is currently taking place with our winners to create a awards event. We also have 3 young people doing the presenting on this awards event. Well done to George, Lacie & Max for taking up this opportunity.

A huge congratulations to all nominees and winners. It has been heart warming and amazing to hear about all the wonderful ways in which the young people of Kent have been challenging themselves to achieve, developing their skills and really trying hard, you should be very proud of yourselves. We hope to show pictures of our winners on the KCC website soon.



New KYCC members

At our January and February meetings we have welcomed 23 new members that we have recruited during lockdown from across Kent. We hope you all feel welcome and get involved in our campaigns and projects across the year. Hopefully before the end of the year we can all meet together in County Hall, Maidstone rather than just virtually. We also elected new Chairs and Vice Chairs for campaign groups new KYCC chair and Vice in our February meeting— congratulations to all those elected.

Claim Your Resilience Awards

Have you learnt a new skill recently, supported a friend or family member with their mental health, been a great friend or improved your own resilience to help you to return to education? If so we want to hear from you and you could earn yourself some resilience award certificates and badges.

Visit **Mood Spark's Resilience Awards** to find out how you can start collecting awards



For more information on Kent Youth Voice or Kent Youth County Council contact:

Web: www.kent.gov.uk/youthvoice

Email: kycc@kent.gov.uk

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