

## READING BOROUGH COUNCIL

### REPORT BY DIRECTOR OF CHILDREN, EDUCATION & EARLY HELP SERVICES

TO:	HEALTH AND WELLBEING BOARD		
DATE:	18 <sup>TH</sup> MARCH 2016	AGENDA ITEM:	5
TITLE:	READING YOUTH CABINET UPDATE ON CAMPAIGN PROGRESS		
LEAD COUNCILLOR:	COUNCILLOR GAVIN	PORTFOLIO:	CHILDRENS SERVICES
SERVICE:	CHILDRENS SERVICES	WARDS:	BOROUGHWIDE
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#### 1. PURPOSE OF REPORT AND EXECUTIVE SUMMARY

- 1.1 Reading Youth Cabinet, an elected group of 11-19 year olds from across the Reading area representing the voice of young people, presented to the Health and Wellbeing Board at the July 2015 meeting about their campaigns on Mental Health and PSHE.
- 1.2 The Youth Cabinet were asked to return at a later date to update the board on the progress of their campaigns, and to identify opportunities for the board and youth-cabinet to work together to further their campaigns.
- 1.3 Members of the Reading Youth Cabinet will attend the meeting to present the update.

#### 2. RECOMMENDED ACTION

- 2.1 That the Board note the presentation and progress of the youth cabinet on their campaigns, and campaign plans for 2016
- 2.2 That the board identify opportunities where they and the youth cabinet can work together to further campaign aims and ultimately services for young people

#### 3. POLICY CONTEXT

- 3.1 Reading Youth Cabinet are an elected group of young people, established in 2007, to represent young people across the town. Each year, they identify the campaigns they would like to work towards, and do so with the support of the Participation Team.

The Childrens Services Vision - LEAP - states that we need to 'Listen to our Children, Young People and Families'.

Section 138 of the Local Government and Public Involvement in Health Act 2007 places a duty on local authorities to involve local representatives when carrying out "any of its functions" by providing information, consulting or "involving in another way".

#### 4. THE PROPOSAL

- 4.1 As set out in their presentation, the Youth Cabinet have sought to raise the profile of their campaigns within schools. This has included the relaunch of the Mental Health Treaty (see Annex 1) which has been sent to all schools in Reading, and the delivery of an event in November, to which all schools were invited.

Engagement from schools in these opportunities has been mixed, so there is a continuing need to better engage schools consistently in this work.

- 4.2 Mental Health has again been selected as a campaign for the youth-cabinet in 2016, for the fourth consecutive year. The other two campaigns are Anti-Discrimination (this was voted for by the participants at the November event), and Right to Self-Expression

Work this year on the Mental Health campaign will focus on identifying gaps in service provision, ensuring an awareness and accessibility to existing services, and supporting initiatives such as the School Link project to improve support within schools. This goes hand-in-hand with the continued work around the Mental Health Treaty.

## **5. CONTRIBUTION TO STRATEGIC AIMS**

- 5.1 The work of the youth-cabinet aims to ensure young people in Reading have the best start in life through education, early help and health living. The mental health campaign in particular is very closely aligned to this corporate priority.
- 5.2 The youth cabinet is reflective of the population of Reading, with participation from all areas of Reading. The mix of campaigns in 2016 will seek to further develop an accepting culture in the town for groups such as the LGBT community, challenge discrimination and improve support around mental health.

## **6. COMMUNITY ENGAGEMENT AND INFORMATION**

- 6.1 The Reading Youth Cabinet are elected from the population of young people in and around Reading. In the most recent elections, approx. 3,500 young people participated in these elections. The youth cabinet represent all areas of the town, and are drawn from eight schools and colleges in and around Reading.
- 6.2 The group work with young people in their schools and communities to ensure they are representative of the young people who have voted for them, undertaking regular surveys, working with school councils and holding events to gather a wide range of young people together.

## **7. EQUALITY IMPACT ASSESSMENT**

- 7.1 The Reading Youth Cabinet campaign seeks to improve mental health support to all young people in Reading, regardless of ethnicity, gender, sexuality, disability or religious beliefs.

## **8. LEGAL IMPLICATIONS**

None of this report

## **9. FINANCIAL IMPLICATIONS**

None of this report.

## **10. BACKGROUND PAPERS**

None



## Treaty of Mental Health

### We pledge to:

- Create and attend an annual review on Mental Health with the Youth Cabinet in order to see progress.\*
- Campaign for Mental Health to be incorporated into the PSHE curriculum with a focus of developing practical skills for young people.
  - How to help a friend with mental health problems
  - Advertising services available for mental health support
  - Types of mental health issues
  - Where to get counselling and support
- Improve the level of knowledge and education around mental health in order to reduce the stigma surrounding it.
- Improve communication between schools in Reading in order to reduce the gap of varying standards of Mental Health education, as to ensure a minimum satisfactory standard.

School:

Date:

Signed:

Head Teacher:

Chair of Governors:

RYC Representative:

Lead Councillor for Health:

A handwritten signature in black ink, appearing to read 'G. Hoag', is written over a horizontal line.

\*In the annual review the Youth Cabinet will consult the elected school representatives and also conduct a borough-wide survey