



Sevenoaks Youth Council

Meeting of Sevenoaks Youth Council 10th July 2024 at 6.00pm

Sevenoaks Council Chamber,
Bradbourne Vale Road,
Sevenoaks,
TN13 3QG

Youth Council Members:

Aanya Sidhu- Chair	Maya Goodrich
Harry King- Vice-Chair	Bea Hayward
Simba Li- Treasurer	Cristian Hunter-Garcia
Aryanna Mahdavi Ardestani	Sharma Ishwar
Catherine Barden De Leon	Miko Keen
Rosie Blackmore	Madeleine Politzer
Dexter Buhmann	Elena Rozo-Navarro
Elena-Teodora Dragoi	Jospeh Soanes
Ayush Gautam	Aditya Vara

In attendance: Linda Larter, Town Clerk, Daren Mountain, Manager of House in the Basement Youth Café, Ieuan Chandler-Wilson, Committee Clerk

AGENDA

1.	Apologies for Absence To receive and note apologies for absence.	
2.	Minutes of Last Meeting To receive and adopt the minutes of the Youth Council meeting held on 15 th May 2024.	Attached (pages 03-05)
3.	Finance Report To note the balance of the Youth Council budget 2023/24.	Attached (page 06)
4.	Current Matters To receive and note the Current Matters report.	Attached (pages 07-09)

5.	House in the Basement [HiTB] Youth Café House in the Basement - Home (weebly.com) To receive and consider HiTB report	Attached (pages 10-13)
6.	Charity To suggest ideas to help promote the Charity “Friends for Family”.	
7. 7.1 7.2	Mental Health and Wellbeing Survey & Posters To suggest improvements to the Mental health and wellbeing survey. To suggest improvements to the Mental health and wellbeing posters.	Pages (12-15) Pages (16-17)
8.	Workshop ideas how to promote the Climate Change Youth Forum Discuss ideas on how to promote the Climate Change Youth Forum, Any topics around Climate Change you would be interested to hear about.	
9.	Date of Next Meetings To note the dates of future meetings: <ul style="list-style-type: none"> • Wednesday 11th September 2024 at the Town Council Chamber • Wednesday 13th November 2024 at House in The Basement • Wednesday 15th January 2025 at the Town Council Chamber • Wednesday 05th March 2025 at House in The Basement 	-

**Minutes of the meeting of the Sevenoaks Youth Council
Held on 15th May 2024**

at House in the Basement, Stag Community Arts Centre, London Road, Sevenoaks, TN13 1ZZ,

Meeting Commenced: 6.00 p.m.

Meeting Concluded: 6.43 p.m.

Present:

Youth Council Members:

Aanya Sidhu- Chair	Absent	Bea Hayward	Absent
- Vice-Chair		Cristian Hunter-Garcia	Present
Simba Li- Treasurer	Absent	Sharma Ishwar	Present
Aryanna Mahdavi Ardestani	Absent	Miko Keen	Apologies
Catherine Barden De Leon	Present	Harry King	Present
Rosie Blackmore	Apologies	Madeleine Politzer	Absent
Dexter Buhmann	Present	Elena Rozo-Navarro	Absent
Elena-Teodora Dragoi	Apologies	Jospeh Soanes	Absent
Ayush Gautam	Absent	Aditya Vara	Absent
Maya Goodrich	Absent		

In attendance: Georgina Jackson, Responsible Finance Officer & Deputy Town Clerk; Daren Mountain, Manager of House in the Basement Youth Café; Ieuan Chandler-Wilson, Youth Committee Clerk.

1. **In the absence of the Chair, Vice-Chair and Treasurer, Harry King was elected to Chair the meeting.**
2. **Apologies for Absence**
Received as shown above.
3. **Minutes of the Previous Meeting of the Youth Council held on 20th March 2024**
RESOLVED: To receive and adopt the minutes of the meeting of the Youth Council held on 20th March 2024.
4. **Finance Report**
It was noted that £1,720.10 had been carried over from the previous financial year 2023/24 and that the Youth Council had been allocated £500 at the start of this financial year 2024/25.

RESOLVED: To note that the current balance for 2024/25 was £2,220.10
5. **Vice-Chair**
It was noted that Niki Zhang had stood down as a Youth Councillor.
6. **Election of Vice-Chair**
The Youth Council held an election for the office of Vice-Chair, one Youth Councillor put their name forward.

RESOLVED: That Harry King be elected as Vice-Chair.

7. Representatives of the Charity Friends for Families

The Youth Council heard from Claire Davison, the Treasurer of Friends for Families, that they are a small charity who work with Children's Services to help Families with day-to-day items, anything from helping with the weekly food shop to helping to obtain beds and white goods (Fridge, freezers washing machines and dryers). She mentioned that this tends to be through referral from Children's Services and all the requests they received go to the board of trustees to be agreed. It was noted that they had spent £92,000 helping families across Sevenoaks; Claire reflected that her favourite item so far that they have procured is a practice head for a NEET (Not in Education, Employment or Training) young person to practice hair dressing.

The Youth Council heard how the Charity had originally started as an appeal for Christmas presents led by Shona Campbell through her running courses; she later founded Friends for Families with Deborah Griffin in 2018.

Claire mentioned that the Charity would be delighted to receive any funds that the Youth Council could raise and mentioned the charity would be happy to give the Youth Council boxes with the charity name on for events. The Youth Council discussed the different ways they could raise money either through a raffle held during school or Sevenoaks Town Council events or doing cake sales or "Bake off" challenges at House in the Basement.

8. Current Matters Report

The Youth Council received a report that summarised all of the Current Matters suggested through the meetings since their election in November 2023.

RESOLVED: To accept the Current Matters Report.

9. House in the Basement Youth Café (HiTB), Manager's report:

The Youth Council heard from Daren Mountain that House in the Basement had started to plan their annual trip to the beach. Daren also wanted to reiterate the last paragraph of his report "Whilst sadly many Town, District & County councils reduce the amount of youth provision they give to their communities, we can be proud of the service Sevenoaks Town area receives."

10. Maze Wheel

RESOLVED: To defer this item to the next Youth Council Meeting.

11. Climate Change Youth Forum

The Youth Council received the Minutes of the Climate Change Youth Forum held on the 17th of April 2024.

RESOLVED: To note the Minutes of the Climate Change Youth Forum held on the 17th of April 2024.

12. Youth Council Mental Health Survey

The Youth Council received the draft Mental Health Survey. The Youth Council agreed they were happy with the questions placed on the survey.

RESOLVED: To receive and note that a Draft Survey had been created.

13. Youth Council Mental Health Poster

The Youth Council received the Draft Mental Health Posters.

RESOLVED: To receive and note a draft mental health poster had been created.

14. How to Promote the Youth Council

Youth Council members discussed ways in which they could raise awareness for both the Youth Council and their chosen charity. It was noted that while an Instagram account had been created by Youth Councillors there still had not been any posts made on the account; it was noted that this would be a good platform for promoting any future events or activities the Youth Council would like to do over their two-year term.

RESOLVED: To produce an Instagram post to promote the Youth Council.

15. Date of Next Meeting

RESOLVED: to note that the next meeting would be held on Wednesday 10th July 2024 at 6pm in the Town Council Chamber.

There being no further business the Chair closed the meeting.

2024/25

Agenda Item	Sevenoaks Town Council
3B	Youth Council Charity Income and Expenditure
	7555/43

6

Sevenoaks Town Council
Sevenoaks Youth Council- Wed 10th July 2024

Current matters Report:

Since the election of the Youth Council November 2023-2025:

New items or updates since the last Current Matters report are in [blue font](#).

Minute Number & Date	Action	Update/ Status
Priorities		
<u>11)- 1/11/2023</u>	After the Workshop the Youth Councillors discussed some of the ideas that had been suggested, it was noted that Mental Health was one of the key themes. It was also suggested that more can be done for the promotion of local sports clubs and mentoring schemes.	
<u>12)- 17/01/2024</u>	<p>Resolved: It was noted that the Youth Council agreed that the Environment should be their main Priority.</p> <p>Resolved: It was noted that the Youth Council agreed that Mental Health and Well-being should be their Second priority with Community being their third.</p>	
<u>9)- 20/03/2024</u>	<p>During the last meeting the Youth Council mentioned a Survey for young people to use for any mental health issues and to report incidents like bullying and to help sign post young people to where they can get help.</p> <p>It was suggested that a poster could be created for young people to have at school and the Town for them to know who to contact for help any issues be that at home or at school.</p>	A draft Survey and poster have been prepared.
<u>12)- 15/05/2024</u>	RESOLVED: To receive and note that a Draft Survey had been created.	
<u>13)- 15/05/2024</u>	RESOLVED: To receive and note a draft mental health poster had been created.	
Charity		

Since the election of the Youth Council November 2023-2025:

Minute Number & Date	Action	Update/ Status
<u>7)- 17/01/2024</u> <u>7)- 15/05/2024</u>	<p>Resolved: The Youth Council agreed to support Friends for Families over their two-year term.</p> <p>Representatives from Friends for Families attend the Youth Council Meeting it was mentioned that the Chairty would be delighted to receive any funds that the Youth Council could raise and mentioned the charity would be happy to give the Youth Council boxes with the charity name on for events. The Youth Council discussed the different ways they could raise money either through a raffle held during school or Sevenoaks Town Council events or doing cake sales or “Bake off” challenges at House in the Basement</p>	Charity representative has been invited to the meeting on 15 th of May 2024.
<u>Summer Festival</u> <u>10)- 17/01/2024</u>	<p>Resolved: The Youth Council would like to be involved in conversations regarding events held during the festival for young people.</p>	
<u>Climate Change Youth Forum</u> <u>11)- 17/01/2024</u> <u>7)- 20/03/2024</u>	<p>Resolved: To note the first meeting of the Climate Change Youth Forum will be taking place on the 28th of February 2024 at 6pm.</p> <p>Resolved: To note the next meeting of the Climate Change Youth Forum, takes place on the 17th of April at 6pm with Guest speaker Trevor Kennet, Head of Direct Services at Sevenoaks District Council on “Recycling in Sevenoaks”.</p>	Trevor Kennet was unable to attend due to a bereavement. He will be invited to a future meeting.

Sevenoaks Town Council
Sevenoaks Youth Council- Wed 10th July 2024

Current matters Report:

Since the election of the Youth Council November 2023-2025:

New items or updates since the last Current Matters report are in [blue font](#).

Minute Number & Date	Action	Update/ Status
<u>Youth Council Promotion</u> <u>8)- 20/03/2024</u>	<p>It was noted The Youth Council would like a page in the Town Crier to promote Youth Council Activities such as their main priorities and any events they my wish to hold over their two-year term.</p> <p>The Youth Council noted that perhaps having a magazine similar to the Town Crier may also be useful to help promote Youth events in and around the Town as well as House in the Basement.</p>	<p>Youth Councillors have offered to promote via school magazines.</p>
<u>14)- 15/05/2024</u>	<p>RESOLVED: To produce an Instagram post to promote the Youth Council.</p>	

Sevenoaks Town Council
Youth Services Working Group- Wed 10th July 2024



House in the Basement Youth Café Manager: May 2024 - June 2024 report

May figures:

During May we saw 149 young people 12 of whom were new and the Youth Café was open for 17 days over the course of the month. We were also open for 4 SEN sessions and saw 21 young people attend.

- **NEET Project (First steps, Moving Forward)**

We were open for 3 sessions over May during which 10 young people attended the sessions.

Over the course of the month Daren and Ben Reynolds from West Kent Youth Services have also carried out 5 detached sessions around Sevenoaks Town.

May saw a slight drop off in numbers attending which is normal due to holidays & Exams.
The youth council met at HitB this month.

Kent Youth trust also visited & following the visit by the directors, the Kent Youth Trust were delighted to be able to approve the matching grant of £1000 towards the purchase of the 3 PCs for the Centre. Elaine and Shelagh were very impressed with what they saw, and we look forward to seeing the final installation.

June Figures:

During June we saw 127 young people 9 of whom were new. We also saw 18 SEN young people attend.

Numbers were down in June which isn't unusual with exams & June's weather showed extremes from colder & wetter than usual to much hotter than expected.

We are planning a summer trip to the coast in August & we were privileged to have Florence & perfect cuisine provide us with a free BBQ on Saturday 22nd June.

Numbers for our NEET project have been disappointing, but we have had some very positive feedback from some of the parents about the influence the sessions have had on their young people.

One of the parents has said that The NEET project & their transfer over to our SEN club has been a 'Lifesaver' in her words for not only the young person but also Mum as the young person has not only attended every week but has grown in confidence.

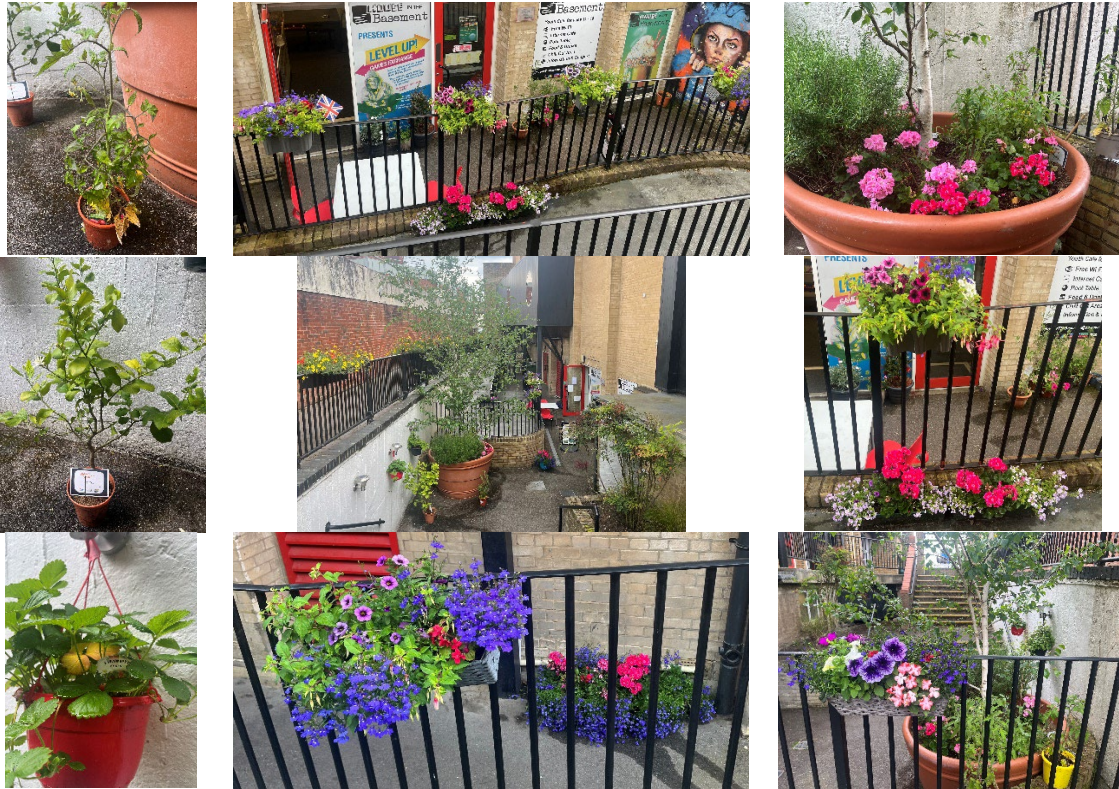
We have recently received a grant from Kent Youth Trust for £1000.00 which will be used to renew the old PC's at HitB.

We also have been able to fund the price of the coach for our beach trip with a grant from West Kent Housing, they have also funded some wellbeing workshops over the summer school holidays which will include Photography & Dance to be held at the Stag & HitB.

Sevenoaks Town Council
Youth Services Working Group- Wed 10th July 2024

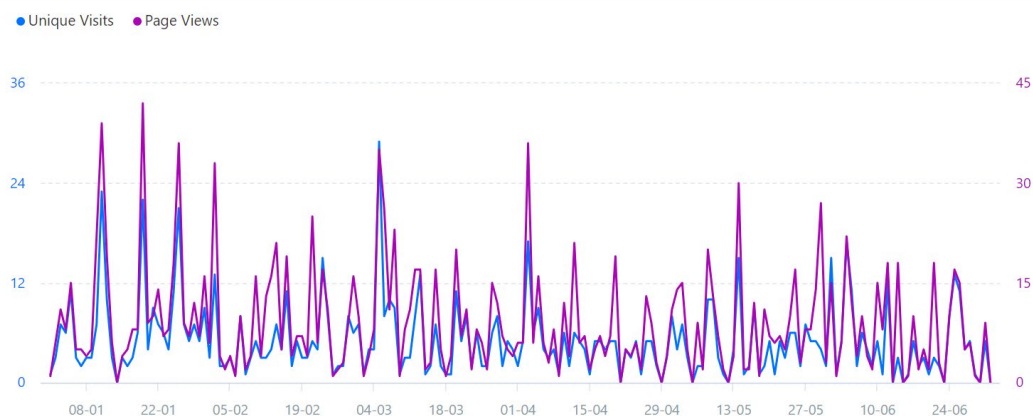
Our plants & fresh produce were entered into Britain in bloom again & we were judged on 28th June, we await the results.

House in the Basement has been entered in the “It’s your Neighbourhood” for the Southeast in Bloom competition, below shows some of the wonderful preparation work Daren and the Team put together ahead of the judging on the 28th of June 2024.



House in the Basement Website report:

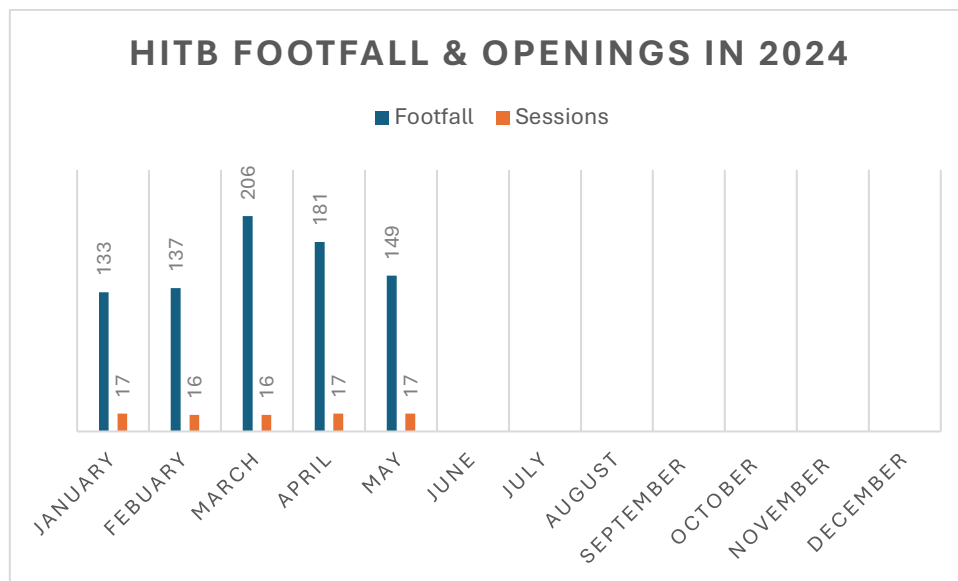
Page views since 1st of January to 2nd July 2024:



Sevenoaks Town Council
Youth Services Working Group- Wed 10th July 2024



House in the Basement footfall and number of sessions from January-May 2024





Sevenoaks Youth Council

Young Peoples Mental Health Survey

Hello! The Sevenoaks Youth Council is reaching out to gather valuable insights on the mental health of young people. If you're between the ages of 11 and 18, your input is incredibly important to us. Please take a moment to complete this brief survey.

1. Age

- ☐ 11-12
- ☐ 13-14
- ☐ 15-16
- ☐ 17-18

2. On a scale of 1 to 5, how would you rate your mental well-being currently? (1 being very poor and 5 being excellent)

1 ☐ ☐ ☐ ☐ ☐ 5 ☐

3. What are some things that negatively impact your mental health?

4. How comfortable are you talking about your Mental Health?

- ☐ Not Comfortable
- ☐ Somewhat Comfortable
- ☐ Very Comfortable

5. On a scale of 1 to 5 how stressed are you generally? (1 being not stressed at all and 5 being extremely stressed)

1 5

☐ ☐ ☐ ☐ ☐

6. Do you feel you have a good school-life balance?

- ☐ Yes
- ☐ No
- ☐ Do not know

7. Do you practice any of the following to cope with stress/ promote well-being?

- ☐ Hobbies/ Creative outlets
- ☐ Meditation/ Mindfulness
- ☐ Walks in local parks
- ☐ Exercise/ Clubs
- ☐ Other

8. Do you know where to go for help?

- ☐ Yes
- ☐ No

9. What could your school do to support students mental well-being?

10. What Could be done in your community to raise awareness about mental health?

See our Privacy Policy for information on how your data may be treated-
https://www.sevenoakstown.gov.uk/General_Data_Protection_Regulation_GDPR_21380.aspx

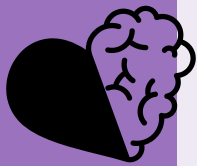
YOUR MENTAL HEALTH MATTERS



**Need Someone to
talk to?**

**Your Mind
Matters!**

**Support is available for you using the
contacts below:**



These posters have been organised by

Sevenoaks Youth Council

www.sevenoaksyouthcouncil.weebly.com/

Instagram: sevenoaksyouthcouncil

**Scan the QR Code
for more information**

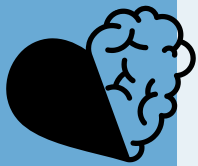
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