

# Sevenoaks Youth Council



## Meeting of Sevenoaks Youth Council 13<sup>th</sup> November 2024 at 6.00 pm

House in The Basement,  
In the Basement of the Stag Community Arts Centre,  
London Road,  
Sevenoaks,  
TN13 1ZZ

### Youth Council Members:

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

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

### AGENDA

1.	<b>Apologies for Absence</b> To receive and note apologies for absence.	
2.	<b>Election of the Chair</b>	
3.	<b>Election of the Vice-Chair</b>	
4.	<b>Election of the Treasurer</b>	
5.	<b>Minutes of Last Meeting</b> To receive and adopt the minutes of the Youth Council meeting held on 11 <sup>th</sup> September 2024.	Attached (pages 03-05)

6.	<b>Finance Report</b> To note the balance of the Youth Council budget 2024/25.	Attached (page 06)
7.	<b>Current Matters</b> To receive and note the Current Matters report.	Attached (pages 07-09)
8.	<b>Introduction from PCSO Tim Darling</b> They will be talking about their roles and their team in Kent Police, and the work that they do with young people in the Sevenoaks district.	
9.	<b>House in the Basement [HiTB] Youth Café</b> <a href="https://www.houseinthebasement.co.uk/">House in the Basement - Home (weebly.com)</a> To receive and consider the HitB managers' report	Attached (pages 10-13)
10.	<b>Craft Resources for House in the Basement</b> To receive and consider the request to purchase Craft Resources for House in the Basement.	Attached (page 14)
11.	<b>Mental Health Survey</b> To receive the current results from the ongoing Mental Health Survey.	Attached (pages 15-31)
12.	<b>Vote 16</b>	
13.	<b>Sevenoaks Christmas Lights Switch-on</b> To note that the Christmas Lights Switch on event will be taking place on Saturday the 1 <sup>st</sup> of November starting at 3:00 pm till 5:30 pm.	
14.	<b>Ideas for Instagram posts</b> To suggest ideas for Instagram posts.	
15.	<b>Date of Next Meetings</b> To note the dates of future meetings: <ul style="list-style-type: none"> <li>Wednesday 15<sup>th</sup> January 2025 at the Town Council Chamber</li> <li>Wednesday 05<sup>th</sup> March 2025 at House in The Basement</li> </ul>	-

**Minutes of the meeting of the Sevenoaks Youth Council**  
**Held on 11<sup>th</sup> September 2024**

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

**Meeting Commenced:** 6.00 p.m.

**Meeting Concluded:** 6.35 p.m.

**Present:**

**Youth Council Members:**

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

In attendance: Linda Larter, Town Clerk; Daren Mountain, Manager of House in the Basement Youth Café; Ieuan Chandler-Wilson, Youth Committee Clerk. Cllr Gustard, Cllr Canet and Shelley Williams, Engagement lead for Kooth and Qwell.

**1. In the absence of the Chair and Vice Chair Aryanna was Chair of the meeting**

**2. Apologies for Absence**

Received as shown above.

**3. Minutes of the Previous Meeting of the Youth Council held on 10<sup>th</sup> July 2024**

**RESOLVED:** To receive and adopt the minutes of the meeting of the Youth Council held on 10<sup>th</sup> July 2024.

**4. Finance Report**

**RESOLVED:** To note that the current balance for 2024/25 was £2,220.10.

**5. Current Matters Report**

The Youth Councillors noted that in the previous meeting, they had suggested holding a bake sale at House in the Basement one Saturday in September to raise money for their chosen charity. It was noted that they may get more foot traffic if they had a stall at an event. It was suggested that the Youth Council could have a stall at the Sevenoaks Bike Festival on the 21<sup>st</sup> of September from 10 am.

**RESOLVED:**

- i) **To accept the Current Matters Report.**
- ii) **All Youth Councillors where possible to help with donation of cakes and selling them at event to raise funds for Charity.**

## 6. **Kooth Mental Health**

The Youth Council received a talk from Kelley Williams the Engagement Manager for Kooth. Before the talk the Youth, Council was asked how many had heard of Kooth, just over half raised their hands but noted that they had heard of the name from posters around their schools, it was also mentioned that Kooth had been into a few of their schools.

Kelley explained that Kooth was set up as an NHS support resource and is free for anyone to use, you would need to sign up via their website. Kelley reported there are a few different ways that Kooth can work for you once you have signed up, you can request a drop-in session where you would be able to speak to 1 of 150 councillors, though she did note that there have been waiting times of up to 48 hours before a councillor is available. It was noted that there are regular sessions that you can sign up to, during these the first 3 sessions are figuring out who the best councillor would be to pair you with and then you would have regular meetings with them.

It was also noted that on the site there are a number of articles written by the users of Kooth to help young people with their mental health, Kelley also mentioned that if you find these articles useful and leave a comment the comments are received by the young person who wrote the article. It was noted that there were discussion boards for young people to write and talk to others. It was reported that there are specialised discussion boards for SEN young people to use. Kelley noted that the site is fully moderated to protect users. It was mentioned that last year they had over one million young people signing up for the resource.

## 7. **House in the Basement Youth Café (HiTB), Managers report:**

The Youth Council heard from Daren Mountain, Manager of House in the Basement that during the summer holidays, they had seen fewer young people attending, Daren reported that this was normal for this time of year. It was noted that over the holidays a series of events had taken place including Photograph and Street Dance Sessions hosted by West Kent Housing, as well as a coach trip to Broadstairs. Daren also reported they had received new PCs via match funding from Kent Youth Trust.

## 8. **Summer Youth Provision Report**

The Youth Council received and noted the Summer Youth Provision report.

## 9. **Halloween Disco**

The Youth Council received two different poster designs for a Halloween Disco. Daren reported that in the past these events have not been very well attended despite the number of tickets being booked through the ticket system Eventbrite. It was noted that if the Youth Council did wish to do this again it would be best to charge a minimal fee to try and secure people coming to the event with the money from the ticket sale going to their chosen charity. It was reported that adding incentives like one free drink or snack with the purchase of a ticket might also help to entice young people to attend. The Youth Council mentioned that having a QR code or What 3 Words link on the poster to a map of where the event is might also attract young people to the event.

**RESOLVED: To hold as a charity fund raising event, £3 per Ticket. All Youth Councillors to help promote.**

## 10. **Date of Next Meeting**

**RESOLVED:**

- Wednesday 13<sup>th</sup> November 2024 at 6 pm at House in The Basement

- Wednesday 15<sup>th</sup> January 2025 at 6 pm in the Town Council Chamber
- Wednesday 05<sup>th</sup> March 2025 at 6 pm at House in The Basement

There being no further business the Chair closed the meeting.

DRAFT

## 2024/25

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

6

**Sevenoaks Town Council**  
**Youth Council Meeting – 13<sup>th</sup> November 2024**

**Current Matters****NB: Updates are shown in red.**

Item	Minute No	Item	Status	Latest update
	<a href="#">11)- 1/11/2023</a>	Priorities	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.	A draft Survey and poster have been prepared.
	<a href="#">12)- 17/01/2024</a>		<p><b>Resolved:</b> It was noted that the Youth Council agreed that the Environment should be their main Priority.</p> <p><b>Resolved:</b> 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>	
	<a href="#">9)- 20/03/2024</a>		<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. 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 href="#">12)- 15/05/2024</a>		<p><b>RESOLVED:</b> To receive and note that a Draft Survey had been created.</p>	
	<a href="#">13)- 15/05/2024</a>		<p><b>RESOLVED:</b> To receive and note a draft mental health poster had been created.</p>	
	<a href="#">08)- 10/07/2024</a>		<p><b>RESOLVED:</b> The mental health posters and surveys are to be sent to schools at the start of the new school year in September</p>	

**Sevenoaks Town Council**  
**Youth Council Meeting – 13<sup>th</sup> November 2024**

Item	Minute No	Item	Status	Latest update
			2024 with a completion deadline of the end of September.	The deadline has been extended to Wednesday 13 <sup>th</sup> of November.
	<a href="#">7)- 17/01/2024</a>  <a href="#">7)- 15/05/2024</a>  <a href="#">7)- 10/07/2024</a>	<b>Youth Council Charity</b>	<p><b>Resolved:</b> The Youth Council agreed to support <b>Friends for Families</b> 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> <p><b>RESOLVED:</b></p> <ol style="list-style-type: none"> <li>1. To hold a fundraising cake sale in September</li> <li>2. To hold a fundraising Halloween Disco and Fancy-Dress Competition in October.</li> </ol>	<p>Charity representative has been invited to the meeting on 15<sup>th</sup> of May 2024.</p> <p>Youth Council attend the first Sevenoaks Bike Festival, they raised £18 for their chosen charity. Halloween Disco has been cancelled.</p>
	<a href="#">11)- 17/01/2024</a>  <a href="#">7)- 20/03/2024</a>  <a href="#">11)- 15/05/2024</a>	<b>Climate Change Youth Forum</b>	<p><b>Resolved:</b> To note the first meeting of the Climate Change Youth Forum will be taking place on the 28<sup>th</sup> of February 2024 at 6pm.</p> <p><b>Resolved:</b> To note the next meeting of the Climate Change Youth Forum, takes place on the 17<sup>th</sup> of April at 6pm with Guest speaker Trevor Kennet, Head of Direct Services at Sevenoaks District Council on “<i>Recycling in Sevenoaks</i>”.</p> <p><b>RESOLVED:</b> To note the Minutes of the Climate Change Youth</p>	<p>Trevor Kennet was unable to attend due to a bereavement. He will be invited to a future meeting.</p>



**Sevenoaks Town Council**  
**Youth Council Meeting – 13<sup>th</sup> November 2024**

[illegible]

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Sevenoaks Town Council  
Youth Council- Wed 13<sup>th</sup> September 2024

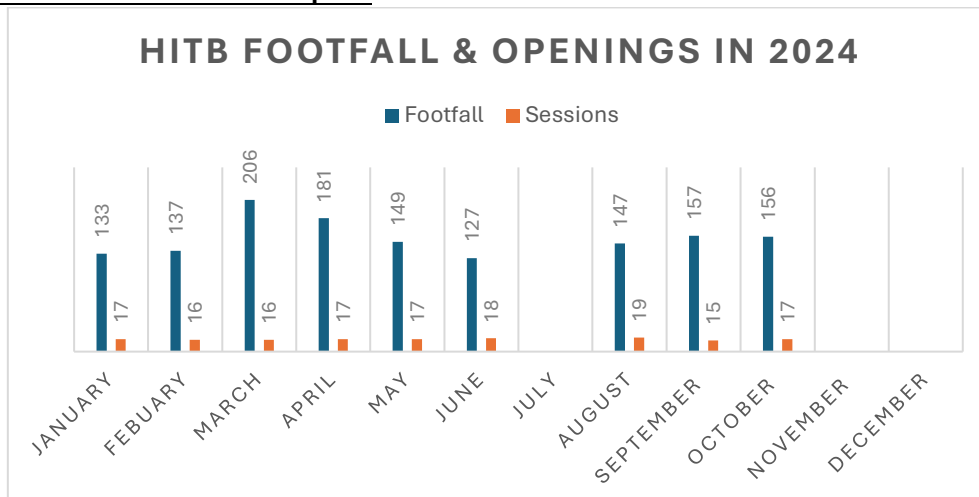
Our new Nail art tech has been popular and since the last meeting the Cricut has been ordered with the young people excited to turn their ideas into printed physical items from cards to stickers, below is an example of some of the amazing creations the young people have come up with.



October 31<sup>st</sup> saw the return of the Open Mic Nights at House in the Basement. The event was very well attended with a range of talented young musicians taking to the stage. We had 12 performers on the night with a crowd of over 30 people. We currently have arranged for two more of the Open Mic Nights to take place, one on Friday 13<sup>th</sup> of December and another on Friday the 31<sup>st</sup> of January 2025. Below are some images from the event:



**House in the Basement Footfall report:**



**Sevenoaks Town Council  
Youth Council- Wed 13<sup>th</sup> September 2024**

**House in the Basement Website**

**Number of times a page has been viewed over a month:**

<b>Title of Web Page Viewed</b>	<b>Jan</b>	<b>Feb</b>	<b>March</b>	<b>April</b>	<b>May</b>	<b>June</b>	<b>July</b>	<b>Aug</b>	<b>Sep</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>
Home							275	179	253	231		
Contact us							17	8	7	14		
Youth Events							19	7	23	30		
Facilities							10	7	35	41		
Hiring the venue							10	7	7	24		
HitB over time							1	3	2	4		
Meet the team							64	45	49	39		
Menu							8	6	23	18		
Our objectives							9	7	34	38		
Sevenoaks Youth Council							2	1	3	5		
Support							2	3	2	3		
Survey							1	1	2	2		
Volunteer programme							4	6	8	7		
<b>Month Total:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>422</b>	<b>280</b>	<b>448</b>	<b>456</b>	<b>0</b>	<b>0</b>

**Sevenoaks Town Council**  
**Youth Council- Wed 13<sup>th</sup> September 2024**

**Number of times House in the Basement has been searched via a source site I.e. Google.**

<b>Name of the Source site</b>	<b>Jan</b>	<b>Feb</b>	<b>March</b>	<b>April</b>	<b>May</b>	<b>June</b>	<b>July</b>	<b>Aug</b>	<b>Sep</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>
<a href="http://www.google.com">www.google.com</a>							70	35	44	55		
<a href="http://www.google.co.uk">www.google.co.uk</a>							8	6	6	6		
<a href="http://www.bing.com">www.bing.com</a>							7	3	3	1		
<a href="http://www.sevenoakstown.gov.uk">www.sevenoakstown.gov.uk</a>							2	5	6	9		
<a href="http://www.sevenoaks.gov.uk">www.sevenoaks.gov.uk</a>							2	0	1	0		
duckduckgo.com							1	0	0	0		
local.kent.gov.uk							1	2	5	9		
<a href="http://www.sevenoaksmums.com">www.sevenoaksmums.com</a>							1	0	0	0		
urlsand.esvalabs.com							0	2	0	0		
<a href="http://www.Ecocia.org">www.Ecocia.org</a>									1	3		
<a href="https://lm.facebook.com">lm.facebook.com</a>										6		
<a href="http://www.facebook.com">www.facebook.com</a>										1		
<a href="http://thefamilygrapevine.co.uk">thefamilygrapevine.co.uk</a>										2		
<a href="http://Sevenoaksyouthcouncil.weebly.com">Sevenoaksyouthcouncil.weebly.com</a>										2		
<b>Month Total:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>92</b>	<b>53</b>	<b>66</b>	<b>94</b>	<b>0</b>	<b>0</b>
Yearly Total:	305											

**Sevenoaks Town Council  
Youth Council- Wed 13<sup>th</sup> November 2024**

**Funding for craft resources for House in the Basement**

One of the many activities that has proven popular among the young people who attend House in the Basement is crafts.

As such we purchased a Cricut Joy, a compact smart cutting machine for young people to use. This device allows them to use a Computer Aided Design (CAD) system which is accessible via phone or computer to create a design and cut it out of any material to create custom items such as stickers, labels or patches for clothing.

Since the purchase of this item, it has been used to create a number of fantastic different designs. Some examples are shown below:



We would like to ask the Youth Council if they would consider funding additional resources for the Cricut Joy, we would like to purchase a pack of 79 adhesive vinyl sheets. The cost of this is £28.99 via Amazon through the link below:

[Huaxing Permanent Vinyl for Cricut \(Pack of 79, 12" X 12"\), Self Adhesive Vinyl Sheets - 38 Assorted Colors Premium Adhesive Craft Vinyl for Decor Sticker, Party Decoration, DIY Project : Amazon.co.uk: Stationery & Office Supplies](#)

We would also like to purchase a pack of 30 insert cards for £20.99 and 13ft by 75ft of transfer tape for £27.00

[Cricut Insert Cards | Glitz and Glam | 12.1 cm x 16.8 cm \(Cricut size R40\) | Pack of 30 | For use with Cricut card mat : Amazon.co.uk](#)

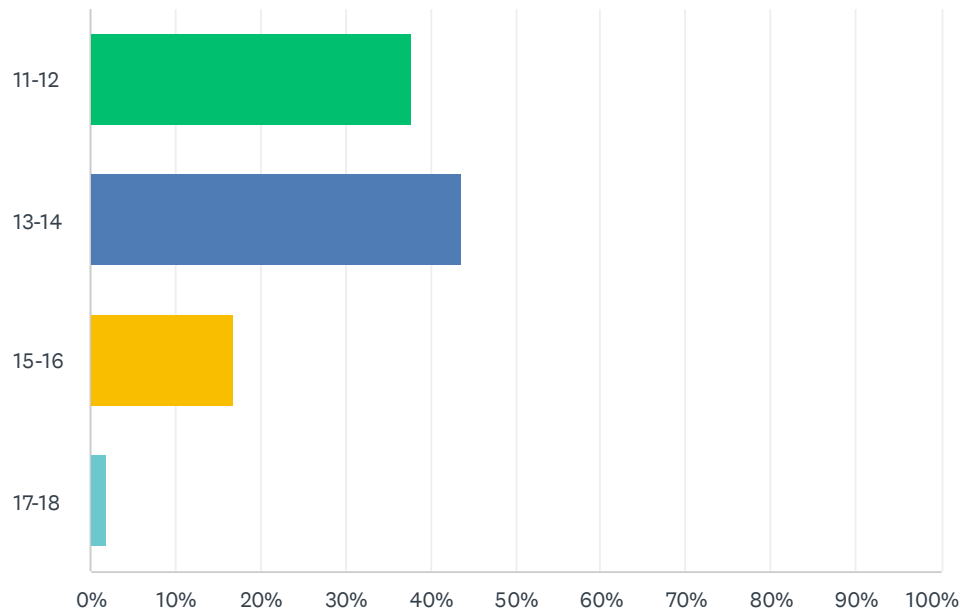
[Cricut Transfer Tape, 75ft : Amazon.co.uk: Home & Kitchen](#)

The total amount of funding requested is: £76.98

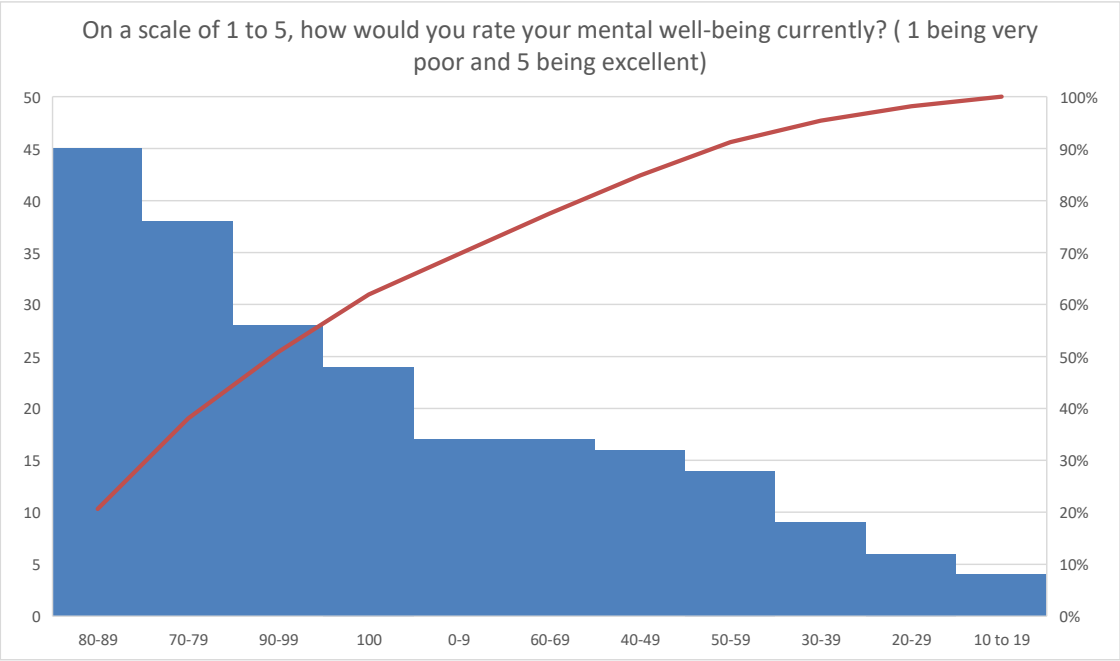
**RECOMMENDATION:** To identify the funding for the craft equipment.

## Q1 Age

Answered: 220 Skipped: 1



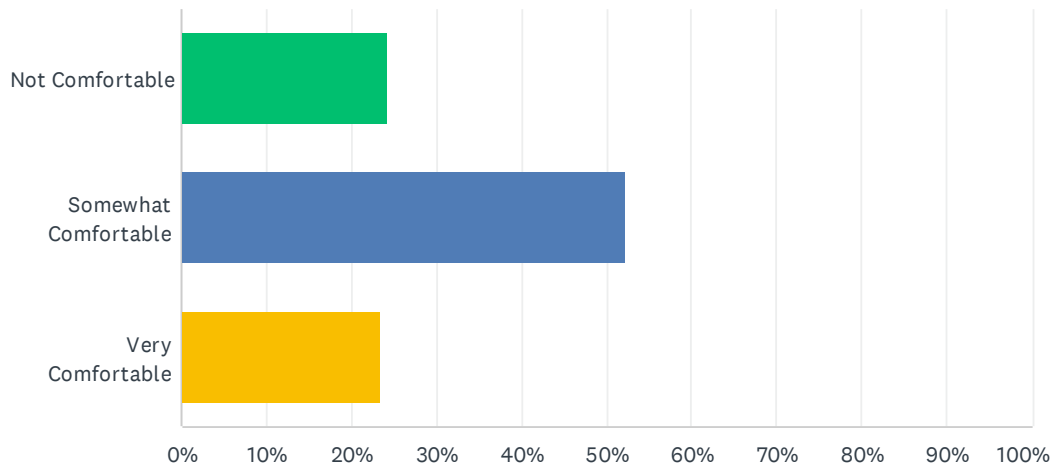
ANSWER CHOICES	RESPONSES	
11-12	37.73%	83
13-14	43.64%	96
15-16	16.82%	37
17-18	1.82%	4
TOTAL		220



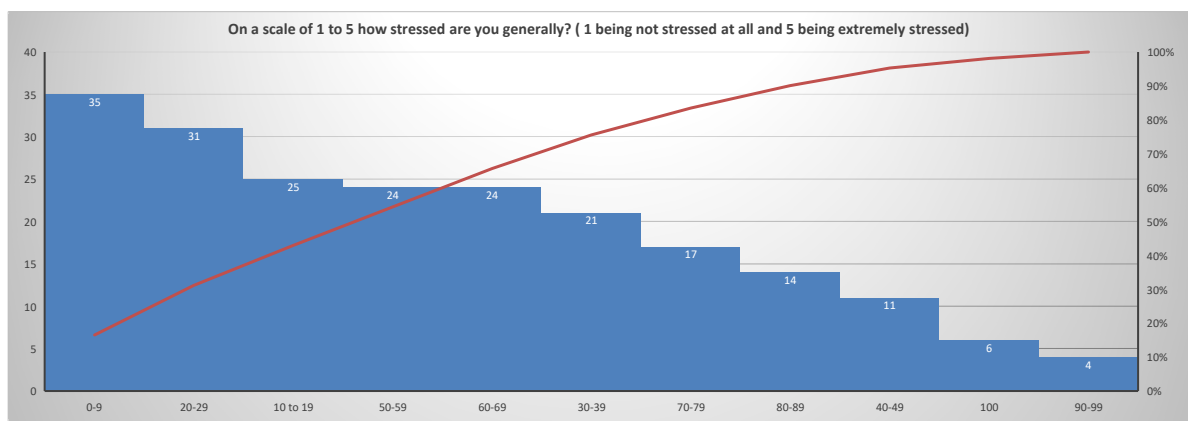


## Q4 How comfortable are you talking about your Mental Health?

Answered: 218 Skipped: 3

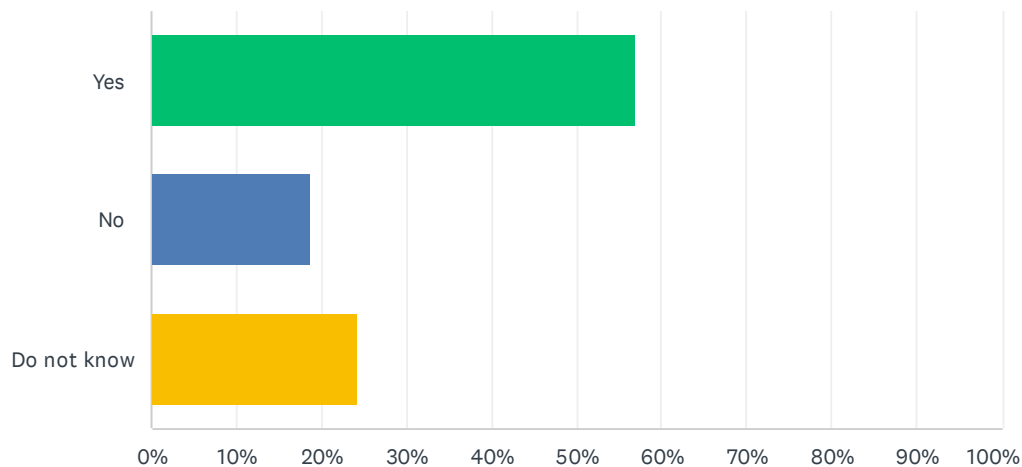


ANSWER CHOICES	RESPONSES	
Not Comfortable	24.31%	53
Somewhat Comfortable	52.29%	114
Very Comfortable	23.39%	51
TOTAL		218



## Q6 Do you feel you have a good school-life balance?

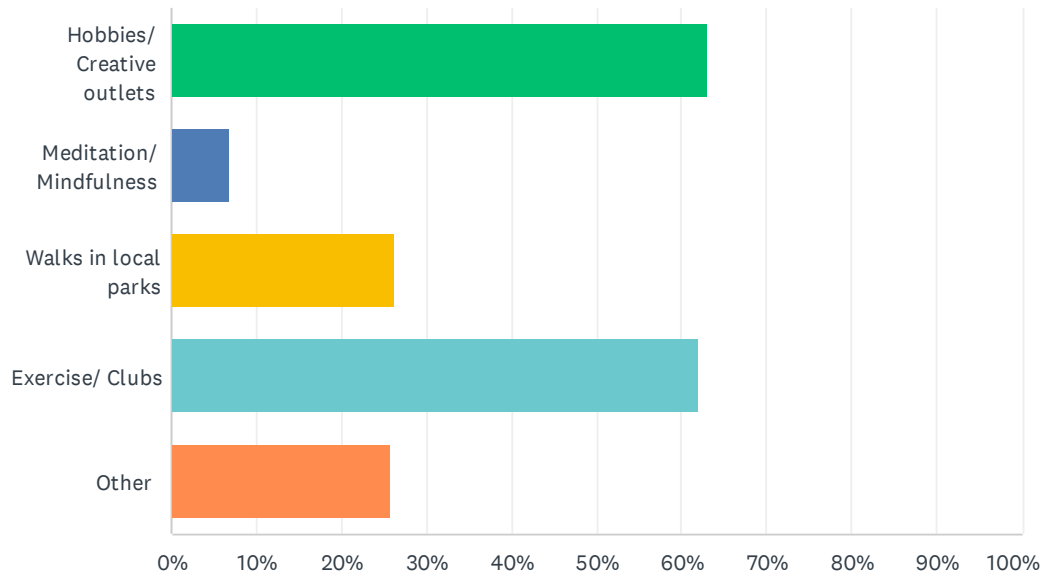
Answered: 218 Skipped: 3



ANSWER CHOICES	RESPONSES	
Yes	56.88%	124
No	18.81%	41
Do not know	24.31%	53
TOTAL		218

## Q7 Do you practice any of the following to cope with stress/ promote well-being?

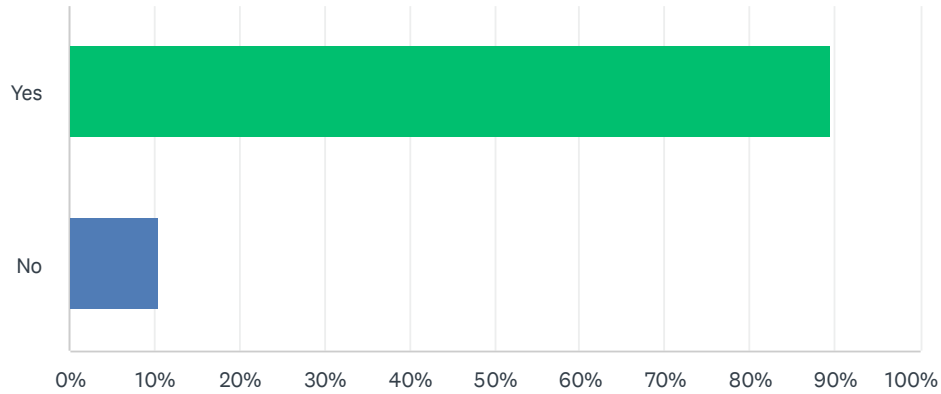
Answered: 206 Skipped: 15



ANSWER CHOICES	RESPONSES	
Hobbies/ Creative outlets	63.11%	130
Meditation/ Mindfulness	6.80%	14
Walks in local parks	26.21%	54
Exercise/ Clubs	62.14%	128
Other	25.73%	53
Total Respondents: 206		

## Q8 Do you know where to go for help?

Answered: 218 Skipped: 3



ANSWER CHOICES	RESPONSES	
Yes	89.45%	195
No	10.55%	23
TOTAL		218

## Q9 What could your school do to support students mental well-being?

Answered: 165 Skipped: 56

#	RESPONSES	DATE
1	its good enough already	11/5/2024 12:29 PM
2	I think it does a very good job already as there are many different things at school that positively contribute to my mental health.	11/5/2024 11:29 AM
3	Get a qualified therapist or physiologist that is actually decent instead of rubbish school councillor.	11/5/2024 9:57 AM
4	Less GCSEs you have to take	11/5/2024 8:46 AM
5	I think that the school does well already, there are clubs to support you and you can always talk to a teacher about it.	11/5/2024 8:46 AM
6	mental health day	11/5/2024 8:45 AM
7	put less stress on people	11/5/2024 8:45 AM
8	Poster	11/5/2024 8:45 AM
9	Offer sessions where pupils can share their experiences regarding mental health together	11/5/2024 8:45 AM
10	Be more understanding about our work load.	11/5/2024 8:44 AM
11	Stop stressing about irrelevant things ( detentions for the wrong socks)	11/5/2024 8:43 AM
12	Let us talk	11/5/2024 8:43 AM
13	More creative /hobby activities	11/5/2024 8:42 AM
14	Late starts on mondays	11/5/2024 8:42 AM
15	late start on mondays	11/5/2024 8:42 AM
16	less homework	11/5/2024 8:41 AM
17	Set less science tests	11/5/2024 8:40 AM
18	mindfulness club	11/5/2024 8:40 AM
19	?	11/5/2024 8:40 AM
20	N/A	11/5/2024 8:39 AM
21	N/A	11/5/2024 8:39 AM
22	Not give homework	11/5/2024 8:39 AM
23	Teachers being more aware of other homework amounts. Easier communication without pressure	11/4/2024 9:54 PM
24	lighten work load	11/4/2024 9:44 PM
25	less homework	11/4/2024 6:40 PM
26	I wish I could talk to someone about my mental health without them telling my parents.	11/4/2024 5:13 PM
27	Mindfulness	11/4/2024 5:12 PM
28	Actually help out	10/28/2024 9:35 AM
29	Actually do something to help.	10/28/2024 9:33 AM
30	I don't know	10/28/2024 9:30 AM
31	Make safe places for people struggling to go to if they aren't comfortable to talk.	10/28/2024 9:29 AM
32	Not make me go to morning form.	10/28/2024 9:25 AM
33	??? don't know ???	10/21/2024 7:33 PM

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34	Nothing really	10/21/2024 8:49 AM
35	Ask students to speak out	10/21/2024 8:20 AM
36	More people to talk to.	10/21/2024 7:57 AM
37	Reduce homework	10/21/2024 7:39 AM
38	Have a designated person to speak to for specific problems	10/20/2024 11:11 PM
39	???	10/20/2024 7:34 PM
40	Ask the students about it	10/20/2024 6:43 PM
41	Idk	10/20/2024 6:05 PM
42	Check if they are ok if they are feeling down.	10/20/2024 5:49 PM
43	You could go to the hub	10/20/2024 4:23 PM
44	I don't know	10/20/2024 2:31 PM
45	More acceptance and lessons	10/20/2024 2:29 PM
46	nothing else	10/20/2024 2:28 PM
47	Don't know	10/20/2024 12:45 PM
48	Nothing more	10/20/2024 12:39 PM
49	I dont know	10/20/2024 12:18 PM
50	I don't know	10/20/2024 11:44 AM
51	More assemblies	10/20/2024 9:27 AM
52	The teachers are boring and angry	10/20/2024 9:04 AM
53	Explain what it means ,to teach us about it and how to help it	10/20/2024 8:41 AM
54	Open a safe space	10/20/2024 7:54 AM
55	Mental health teachers	10/19/2024 7:41 PM
56	Check in on everyone	10/19/2024 6:04 PM
57	get rid of maths	10/19/2024 5:43 PM
58	I don't know	10/19/2024 4:19 PM
59	More sessions	10/19/2024 4:04 PM
60	Have lots of mental well-being departments to help mentally unstable people.	10/19/2024 3:53 PM
61	no homework	10/19/2024 12:35 PM
62	Tell them to exercise instead	10/19/2024 11:48 AM
63	not sure	10/19/2024 11:40 AM
64	Offer them to talk about it	10/19/2024 11:30 AM
65	I don't need them to do anything.	10/19/2024 10:57 AM
66	Encourage talking about it to people who are professional if they think or have a problem	10/19/2024 10:31 AM
67	They do enough normally	10/19/2024 10:15 AM
68	a place of mindfulness or a space to reflect	10/19/2024 9:55 AM
69	More range of activities during break and lunch	10/19/2024 9:46 AM
70	They are already good	10/19/2024 9:37 AM
71	Don't know	10/19/2024 8:05 AM
72	Help more	10/18/2024 8:20 PM
73	Nothing	10/18/2024 7:00 PM
74	Have more PHSE lessons or put poster around the school	10/18/2024 4:35 PM

# Sevenoaks Youth Council

75	Making food more healthy but same items	10/18/2024 3:54 PM
76	Give us places to go to talk to someone	10/18/2024 8:04 AM
77	Discourage bad/ impolite behaviour and language	10/18/2024 7:33 AM
78	Make clubs and other things to interact with students and help them with the things they need.	10/18/2024 7:25 AM
79	Talk Tuah Podcast	10/17/2024 10:26 PM
80	Nothing	10/17/2024 9:44 PM
81	Have a special room that you can go to talk in private. Worry box.	10/17/2024 9:30 PM
82	Improve overall positive mentality.	10/17/2024 6:31 PM
83	Have a mental well being club.	10/17/2024 6:24 PM
84	Nothing	10/17/2024 6:20 PM
85	Activities when we can practice mindfulness.	10/17/2024 6:13 PM
86	less pressure	10/17/2024 5:45 PM
87	Have someone check that they have been okay every term.	10/17/2024 5:10 PM
88	Talk to them and ask how they can help the person in need.	10/17/2024 4:52 PM
89	Maybe a one on one session with a teacher to help you	10/17/2024 4:26 PM
90	not give homework	10/17/2024 1:05 PM
91	Have a mental awareness assembly	10/17/2024 8:03 AM
92	check up on students	10/16/2024 9:24 PM
93	Nothing it's a great system 👍	10/16/2024 8:11 PM
94	none	10/16/2024 7:38 PM
95	I don't know	10/16/2024 7:28 PM
96	award students for good behaviour more frequently and provide students who are anxious with someone to talk to.	10/16/2024 6:34 PM
97	They do it pretty good I mean if you ask they'll do a pretty good job at trying to help	10/16/2024 6:17 PM
98	Lessen the load/stress of homework	10/16/2024 6:11 PM
99	Have more clubs	10/16/2024 6:04 PM
100	I don't know	10/16/2024 5:28 PM
101	send messages to other schools with notices about kindness in a serious manner	10/16/2024 4:52 PM
102	What it is already doing	10/16/2024 4:20 PM
103	yes	10/16/2024 4:16 PM
104	Mindfulness sessions	10/16/2024 4:03 PM
105	let us sleep in	10/16/2024 3:56 PM
106	Less shouting	10/16/2024 7:45 AM
107	Create a zone-out area to chill Allow more free time/breaks to have enough time to eat, prepare and wind down	10/15/2024 9:07 PM
108	No comment	10/15/2024 8:08 PM
109	One to one help	10/15/2024 7:45 PM
110	give advise for certain situations	10/15/2024 6:34 PM
111	Have no homework for a week every 2 terms	10/15/2024 6:30 PM
112	not sure	10/15/2024 6:23 PM
113	Make a club that you talk about your worries or put them in a box.	10/15/2024 5:55 PM



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114	Get a school therapist or just let them go in a quiet space like the library.	10/15/2024 5:28 PM
115	provide a room where you can just relax if you are stressed	10/15/2024 5:25 PM
116	They could give you some time to your self	10/15/2024 5:15 PM
117	Do sessions to help people be calm	10/15/2024 5:06 PM
118	Open out more	10/15/2024 4:41 PM
119	Less homework	10/15/2024 4:28 PM
120	Bring in people to do talks on it.	10/15/2024 4:10 PM
121	I don't know	10/15/2024 3:54 PM
122	be more aware of bullying	10/15/2024 9:39 AM
123	Have more days of or less homework	10/14/2024 8:49 PM
124	Nothing it is good already	10/14/2024 8:45 PM
125	Stop teaching phisics	10/14/2024 8:45 PM
126	Publicise it more	10/14/2024 8:34 PM
127	Not set homework	10/14/2024 8:19 PM
128	Less homework and less strict rules	10/14/2024 8:17 PM
129	Do more pshe lessons	10/14/2024 8:02 PM
130	Help around and provide more reasoning to those and help in lessons.	10/14/2024 7:26 PM
131	Nothing much, the school does a good job at making sure everyone's mental wellbeing is positive.	10/14/2024 7:24 PM
132	How to control workload.	10/14/2024 6:47 PM
133	n/a	10/14/2024 6:01 PM
134	Nothing they have done well, but don't feel comfortable to talk to any one except from a teacher called Mrs Ingham in Student Services	10/14/2024 5:58 PM
135	?	10/14/2024 5:38 PM
136	Have a quiet area just for calming down	10/14/2024 5:32 PM
137	Be more harsh on troublemakers	10/14/2024 5:24 PM
138	Stress me out less	10/14/2024 5:19 PM
139	Nothing	10/14/2024 5:16 PM
140	I don't know	10/14/2024 5:11 PM
141	Check in with every student to make sure they are ok	10/14/2024 5:10 PM
142	wellbeing awarness week - phisical activities insted of art and non interactive presentations	10/14/2024 4:40 PM
143	Assemblys	10/14/2024 4:40 PM
144	Talk through the issues and help with suggestions and advice on what too do to overcome the problems	10/14/2024 4:37 PM
145	i don't know	10/14/2024 4:34 PM
146	Recognise well-being as something just as important as physical wellness.	10/14/2024 4:33 PM
147	Have safe spaces to talk about it and possibly a peer support/program	10/14/2024 4:31 PM
148	Do assemblies about it	10/14/2024 4:29 PM
149	Talk to us about what we could do to be more positive.	10/14/2024 4:29 PM
150	Student services	10/14/2024 4:27 PM
151	My school is very good at dealing with mental well-being because they have special people in student services that know a lot about how the brain functions but I feel that at break time we should be able to walk around a bit more rather than just in the court yard or playground so you can just have a stroll with your friends.	10/14/2024 4:25 PM

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152	Have more PSHE lessons	10/14/2024 4:18 PM
153	Not much, i'd say. It's not like schools can prevent "free speech" of those who want to annoy and harm verbally. And there's little leeway you can give to those who are victims before it becomes "favouritism" which bullies will use to justify abuse. Furthermore, it is impossible past that point of constant goading to "fix" the problem, "help" the child, or "get rid" of the trauma that has been created from the interactions. Its almost as if it's an unavoidable event in someone's life that sticks with them as emotional issues and baggage, or becomes a catalyst for mental health issues further on in that person's life.	10/14/2024 4:15 PM
154	Actually help them	10/14/2024 3:53 PM
155	They shouldn't bring up well-being in every assembly/ every second assembly. Some people are uncomfortable talking about well-being and thus they would stress out during assemblies. That would be the opposite of promoting well-being.	10/14/2024 3:45 PM
156	Try to create an open classroom environment where everyone is encouraged, supported and appreciated	10/9/2024 9:42 PM
157	help relieve academic stresses and workload, set up accommodations to help	10/9/2024 12:44 PM
158	My school already has several mental health promoting clubs in place, but I think there should be more discussion with students on specific mental health issues and how to effectively deal with them and recognise them in others.	10/9/2024 12:20 PM
159	we have a good mental health awareness thing and student wellbeing is always open for anyone.	10/8/2024 7:44 PM
160	Not sure	10/8/2024 6:53 PM
161	Loads	10/8/2024 5:42 PM
162	Be nice I guess	10/8/2024 5:27 PM
163	Counselling	10/8/2024 5:09 PM
164	Introduce sessions that you can book where where you can talk to someone	10/8/2024 4:52 PM
165	Bring more awareness to the councillor availability	10/8/2024 4:51 PM

## Q10 What Could be done in your community to raise awareness about mental health?

Answered: 152 Skipped: 69

#	RESPONSES	DATE
1	not much either	11/5/2024 12:29 PM
2	More information about more complex mental illnesses.	11/5/2024 11:29 AM
3	I'm not really sure. I think that awareness is pretty good already.	11/5/2024 8:46 AM
4	charity	11/5/2024 8:45 AM
5	Poster	11/5/2024 8:45 AM
6	Putting up support pages so that people know where to go if they're struggling with their mental health	11/5/2024 8:45 AM
7	mental health day	11/5/2024 8:45 AM
8	More conversation and also provision of services everywhere and well advertised.	11/5/2024 8:44 AM
9	Talk	11/5/2024 8:43 AM
10	Not sure	11/5/2024 8:42 AM
11	not sure	11/5/2024 8:42 AM
12	A mental health day	11/5/2024 8:41 AM
13	?	11/5/2024 8:41 AM
14	Idk	11/5/2024 8:40 AM
15	posters	11/5/2024 8:40 AM
16	Activities	11/5/2024 8:40 AM
17	Charity fundraisers	11/5/2024 8:39 AM
18	Hobbies	11/5/2024 8:39 AM
19	A queen of the district	11/5/2024 8:39 AM
20	Posters, communication encouragement	11/4/2024 9:54 PM
21	posters	11/4/2024 9:44 PM
22	parties	11/4/2024 6:40 PM
23	I don't know	11/4/2024 5:13 PM
24	Posters, adverts on the street or in local magazines or on tv	11/4/2024 5:12 PM
25	Not Sure	10/28/2024 9:35 AM
26	Protest or campaigning about it	10/28/2024 9:33 AM
27	I don't know	10/28/2024 9:30 AM
28	Advertise/make it more aware of where people can get help from- online and in-person.	10/28/2024 9:29 AM
29	be more considerate.	10/28/2024 9:25 AM
30	posters	10/21/2024 7:33 PM
31	Posters	10/21/2024 8:49 AM
32	Something like a poster	10/21/2024 8:20 AM
33	More people to talk to as well.	10/21/2024 7:57 AM
34	I think people have enough awareness about mental health I don't think it needs to go	10/21/2024 7:39 AM

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	further	
35	I'm not sure	10/20/2024 11:11 PM
36	???	10/20/2024 7:34 PM
37	Posters , signs and school assemblies	10/20/2024 6:43 PM
38	Idk	10/20/2024 6:05 PM
39	There could be a youth club put in.	10/20/2024 5:49 PM
40	Posters	10/20/2024 4:23 PM
41	I don't know	10/20/2024 2:31 PM
42	More assemblys	10/20/2024 2:29 PM
43	more get together events tha dont cost money	10/20/2024 2:28 PM
44	Don't know	10/20/2024 12:45 PM
45	Nothing	10/20/2024 12:39 PM
46	Nothing	10/20/2024 12:18 PM
47	I don't know	10/20/2024 11:44 AM
48	Posters because sometimes i never see posters about this	10/20/2024 9:27 AM
49	Nothing	10/20/2024 9:04 AM
50	Put up posters	10/20/2024 8:41 AM
51	Posters	10/20/2024 7:54 AM
52	Adverts	10/19/2024 7:41 PM
53	Assembly's	10/19/2024 6:04 PM
54	More surveys and poters	10/19/2024 4:19 PM
55	Talking about it	10/19/2024 4:04 PM
56	Teach people more about mental health so they know how of a big deal it is to feel unstable or uneasy	10/19/2024 3:53 PM
57	I don't know	10/19/2024 12:35 PM
58	Posters	10/19/2024 11:48 AM
59	make posters	10/19/2024 11:40 AM
60	People willing to help other people	10/19/2024 11:30 AM
61	Surveys and homework set for us to do like this one and having assembleys at school about it maby.	10/19/2024 10:57 AM
62	Ask people about it and advertise it anywhere you can	10/19/2024 10:31 AM
63	To tell everyone about the problems it might lead to	10/19/2024 10:15 AM
64	some signs around corridor	10/19/2024 9:55 AM
65	Community events	10/19/2024 9:46 AM
66	Protest?	10/19/2024 9:37 AM
67	Don't know	10/19/2024 8:05 AM
68	Say we're free to talk	10/18/2024 7:00 PM
69	Some signs	10/18/2024 4:35 PM
70	More charities to help the poor with their mental health	10/18/2024 3:54 PM
71	Make sure that it is widely known about and that it is ok to talk about it	10/18/2024 8:04 AM
72	Assembly's about it	10/18/2024 7:33 AM
73	Talks about how they could help and advice	10/18/2024 7:25 AM

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74	Drippy cheese and lunchly because we like our cheese drippy bruh 🤪	10/17/2024 10:26 PM
75	To just talk to certain individuals	10/17/2024 9:44 PM
76	Send emails to parents about how they think their child is doing mentally.	10/17/2024 6:31 PM
77	Campaigns around town/school.	10/17/2024 6:24 PM
78	I'm not sure	10/17/2024 6:20 PM
79	Sponsored runs and raising money for mental health charities.	10/17/2024 6:13 PM
80	Assembly's in school	10/17/2024 5:45 PM
81	Make some actives for free as some people may not be able to afford what they want to do	10/17/2024 5:10 PM
82	Set up well-being ambassadors and help people if they're feeling down	10/17/2024 4:52 PM
83	Clubs and other social activities	10/17/2024 4:26 PM
84	protests about homework	10/17/2024 1:05 PM
85	Assemblies	10/17/2024 8:03 AM
86	nothing	10/16/2024 9:24 PM
87	Maybe survey people who are chronically online	10/16/2024 8:11 PM
88	creating a charity	10/16/2024 7:38 PM
89	I don't know	10/16/2024 7:28 PM
90	church sessions to make the community feel more like a family and therefore make people more comfortable in there community.	10/16/2024 6:34 PM
91	As part of the British national Indian community I feel that our parents don't know about mental health as much due to their lack of exposure in their youth i think a good way of improving this is by putting mental health meetings in peoples jobs so more awareness can be put in the subject	10/16/2024 6:17 PM
92	Posters	10/16/2024 6:04 PM
93	Have more parks	10/16/2024 5:28 PM
94	teach the public about kindness and unnecessary behaviour, e.g. on buses	10/16/2024 4:52 PM
95	I don't know	10/16/2024 4:20 PM
96	Post posters through doors and hold a session for adults to learn more.	10/16/2024 4:03 PM
97	a musical	10/16/2024 3:56 PM
98	I'm not sure	10/16/2024 7:45 AM
99	Have a mental health day?	10/15/2024 9:07 PM
100	Posters	10/15/2024 8:08 PM
101	Certain events/promotions to see where to get help and the issues that can lead off, not getting the help needed.	10/15/2024 7:45 PM
102	I don't know	10/15/2024 6:34 PM
103	Not sure	10/15/2024 6:30 PM
104	not sure	10/15/2024 6:23 PM
105	Fliers and valleys phone numbers to get help.	10/15/2024 5:55 PM
106	For people to try and understand what people are going through and don't bully people.,	10/15/2024 5:28 PM
107	some local youth centres to increase happieness	10/15/2024 5:25 PM
108	Talking about it more or make posters	10/15/2024 5:15 PM
109	Posters and classes	10/15/2024 5:06 PM
110	Better help to those who need it	10/15/2024 4:41 PM
111	Nothing it's wonderful	10/15/2024 4:28 PM

# Sevenoaks Youth Council

112	Make posters to put around town.	10/15/2024 4:10 PM
113	not sure	10/15/2024 9:39 AM
114	I don't know about that	10/14/2024 8:49 PM
115	IDK	10/14/2024 8:45 PM
116	NO MORE PHISICS	10/14/2024 8:45 PM
117	Adverts or posters put up around the community	10/14/2024 8:34 PM
118	Nothing	10/14/2024 8:19 PM
119	People could be more friendly	10/14/2024 8:17 PM
120	Advertisement for therapists or groups	10/14/2024 8:02 PM
121	Petitions	10/14/2024 7:26 PM
122	Posters and advertisement could be useful perhaps.	10/14/2024 7:24 PM
123	N/a	10/14/2024 6:01 PM
124	I don't know	10/14/2024 5:58 PM
125	Mabye make a special clib	10/14/2024 5:38 PM
126	Have a park, like a gen garden, to relaxed and be calm	10/14/2024 5:32 PM
127	Not much	10/14/2024 5:24 PM
128	Nothing	10/14/2024 5:16 PM
129	Be fair	10/14/2024 5:11 PM
130	Signs on trees and on poles with help numbers at the bottom	10/14/2024 5:10 PM
131	promote clubs	10/14/2024 4:40 PM
132	Advertising	10/14/2024 4:40 PM
133	Other ways of giving us information apart from talks	10/14/2024 4:37 PM
134	Raise more awareness about bullying.	10/14/2024 4:33 PM
135	Offer safe spaces for people to talk with professionals within a walking distance	10/14/2024 4:31 PM
136	Posters	10/14/2024 4:29 PM
137	Teachers stay in class	10/14/2024 4:27 PM
138	to have assembly's on it.	10/14/2024 4:25 PM
139	Look out for people by themselves	10/14/2024 4:18 PM
140	At most, there isn't many options, however understanding and being present for the child while they are experiencing these problems would be one way of doing it, reminding them that they are, infact, appreciated, loved, wanted, and are not some 14 - 15 year old's 'verbal punching bag'.	10/14/2024 4:15 PM
141	Actually talk about it	10/14/2024 3:53 PM
142	I don't know.	10/14/2024 3:45 PM
143	On a weekend create stalls for people to learn, understand, deal with and help others with mental health.	10/9/2024 9:42 PM
144	talks about certain mental health issues to explain them - helps raise awareness and understanding for friends/family who it may impact	10/9/2024 12:44 PM
145	Fliers and posters on public transport and around the community can get people thinking about mental health, and fundraising events that members of the community can be part of (for example, walks to raise money/awareness).	10/9/2024 12:20 PM
146	be more lenient about students missing school or doing things wrong from mental health ; if i dont do my hw because i tried to kill myself and get a detention, thats not going to make things better tbh	10/8/2024 7:44 PM
147	Not sure either 🙄	10/8/2024 6:53 PM

# Sevenoaks Youth Council

148	Loads	10/8/2024 5:42 PM
149	Not much tbh	10/8/2024 5:27 PM
150	Posters	10/8/2024 5:09 PM
151	Posters	10/8/2024 4:52 PM
152	Encourage talking to councillors and advertising the availability more publicly to make sure everyone knows that they have people to talk to.	10/8/2024 4:51 PM