

Public Document Pack



County Hall
Rhadyr
Usk
NP15 1GA

Wednesday, 17 March 2021

Notice of meeting

Children and Young People Select Committee

Thursday, 25th March, 2021 at 10.00 am,
Remote Meeting

Please note that a pre meeting will be held 30 minutes prior to the start of the meeting for members of the committee.

AGENDA

Item No	Item	Pages
4.	Young People's Mental Health: To discuss with the Youth Service children and young people's concerns around mental health.	1 - 66

Paul Matthews

Chief Executive

MONMOUTHSHIRE COUNTY COUNCIL
CYNGOR SIR FYNWY

THE CONSTITUTION OF THE COMMITTEE IS AS FOLLOWS:

County Councillor Louise Brown	Shirenewton;	Welsh Conservative Party
County Councillor Lisa Dymock	The Elms;	Welsh Conservative Party
County Councillor Martyn Groucutt	Lansdown;	Welsh Labour/Llafur Cymru
County Councillor Laura Jones	Wyesham;	Welsh Conservative Party
County Councillor Malcolm Lane	Mardy;	Welsh Conservative Party
County Councillor Maureen Powell	Castle;	Welsh Conservative Party
County Councillor Frances Taylor	Mill;	Independent Group
County Councillor Tudor Thomas	Priory;	Welsh Labour/Llafur Cymru
County Councillor Jo Watkins	Caldicot Castle;	Liberal Democrats

Added Members

Members voting on Education Issues Only

Vacant Seat (Roman Catholic Church)

Vacant Seat (Co-optee)

Elizabeth Thomas

Added Members

Non Voting

Fay Middleton (Trade Union)

Maggie Harris

Peter Strong NEU

Public Information

Access to paper copies of agendas and reports

A copy of this agenda and relevant reports can be made available to members of the public attending a meeting by requesting a copy from Democratic Services on 01633 644219. Please note that we must receive 24 hours notice prior to the meeting in order to provide you with a hard copy of this agenda.

Watch this meeting online

This meeting can be viewed online either live or following the meeting by visiting www.monmouthshire.gov.uk or by visiting our Youtube page by searching MonmouthshireCC.

Welsh Language

The Council welcomes contributions from members of the public through the medium of Welsh or English. We respectfully ask that you provide us with adequate notice to accommodate your needs.

Aims and Values of Monmouthshire County Council

Our purpose

Building Sustainable and Resilient Communities

Objectives we are working towards

- Giving people the best possible start in life
- A thriving and connected county
- Maximise the Potential of the natural and built environment
- Lifelong well-being
- A future focused council

Our Values

Openness. We are open and honest. People have the chance to get involved in decisions that affect them, tell us what matters and do things for themselves/their communities. If we cannot do something to help, we'll say so; if it will take a while to get the answer we'll explain why; if we can't answer immediately we'll try to connect you to the people who can help – building trust and engagement is a key foundation.

Fairness. We provide fair chances, to help people and communities thrive. If something does not seem fair, we will listen and help explain why. We will always try to treat everyone fairly and consistently. We cannot always make everyone happy, but will commit to listening and explaining why we did what we did.

Flexibility. We will continue to change and be flexible to enable delivery of the most effective and efficient services. This means a genuine commitment to working with everyone to embrace new ways of working.

Teamwork. We will work with you and our partners to support and inspire everyone to get involved so we can achieve great things together. We don't see ourselves as the 'fixers' or problem-solvers, but we will make the best of the ideas, assets and resources available to make sure we do the things that most positively impact our people and places.

Monmouthshire Scrutiny Committee Guide

Role of the Pre-meeting

1. Why is the Committee scrutinising this? (background, key issues)
2. What is the Committee's role and what outcome do Members want to achieve?
3. Is there sufficient information to achieve this? If not, who could provide this?
 - Agree the order of questioning and which Members will lead
 - Agree questions for officers and questions for the Cabinet Member

Questions for the Meeting

Scrutinising Performance

1. How does performance compare with previous years? Is it better/worse? Why?
2. How does performance compare with other councils/other service providers? Is it better/worse? Why?
3. How does performance compare with set targets? Is it better/worse? Why?
4. How were performance targets set? Are they challenging enough/realistic?
5. How do service users/the public/partners view the performance of the service?
6. Have there been any recent audit and inspections? What were the findings?
7. How does the service contribute to the achievement of corporate objectives?
8. Is improvement/decline in performance linked to an increase/reduction in resource? What capacity is there to improve?

Scrutinising Policy

1. Who does the policy affect ~ directly and indirectly? Who will benefit most/least?
2. What is the view of service users/stakeholders? Do they believe it will achieve the desired outcome?
3. What is the view of the community as a whole - the 'taxpayer' perspective?
4. What methods were used to consult with stakeholders? Did the process enable all those with a stake to have their say?
5. What practice and options have been considered in developing/reviewing this policy? What evidence is there to inform what works?
6. Does this policy align to our corporate objectives, as defined in our corporate plan?
7. Have all relevant sustainable development, equalities and safeguarding implications been taken into consideration? For example, what are *the procedures that need to be in place to protect children?*
8. How much will this cost to implement and what funding source has been identified?
9. How will performance of the policy be measured and the impact evaluated.

Questions for the Committee to conclude...

Do we have the necessary information to form conclusions/make recommendations to the executive, council, other partners? If not, do we need to:

- (i) Investigate the issue in more detail?
- (ii) Obtain further information from other witnesses – Executive Member, independent expert, members of the local community, service users, regulatory bodies...
- (iii) Agree further actions to be undertaken within a timescale/future monitoring report...

General Questions....

Empowering Communities

- How are we involving local communities and empowering them to design and deliver services to suit local need?
- Do we have regular discussions with communities about service priorities and what level of service the council can afford to provide in the future?

Service Demands

- How will policy and legislative change affect how the council operates?
- Have we considered the demographics of our council and how this will impact on service delivery and funding in the future?

Financial Planning

- Do we have robust medium and long-term financial plans in place?
- Are we linking budgets to plans and outcomes and reporting effectively on these?

Making savings and generating income

- Do we have the right structures in place to ensure that our efficiency, improvement and transformational approaches are working together to maximise savings?
- How are we maximising income? Have we compared other council's policies to maximise income and fully considered the implications on service users?
- Do we have a workforce plan that takes into account capacity, costs, and skills of the actual versus desired workforce?

Youth Participation Report: 2020/21

	Page Number
Contents	1
Summary	2-3
Findings	3
Progress to date	3-5
Recommendations	5
Appendices	
Appendix A: A screenshot of the Wales results in the annual UK-wide Make Your Mark for 2020-21	6
Appendix B: The 'tile' created by E2C which enabled other young people who were completing the Monmouthshire-specific ballot to fully understand the topic and what they were voting for	7
Appendix C:	
Report Part 1: Overview	8
Report Part 2: Overarching themes identified in the Monmouthshire-specific ballot	9
Report Part 3: Specific break-down of feedback per identified themes	10
Appendix D: Infographic of the top voted priorities by area	11

Summary

Participation Overview

The United Nations Conventions on the Rights of the Child (UNCRC) was ratified by the UK government on 16th December 1991 and was made law by the Welsh Government in the Rights of Children and Young Persons (Wales) Measure 2011. One of the four general principles of the UNCRC is the right to be heard. Article 12 specifically states that “Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously”, with a child being defined as everyone under the age of 18.

Participation work actively involves young people in decision-making processes on issues that affect them. Young people make invaluable contributions to communities and are empowered themselves when they participate. Here in Monmouthshire our work is guided by the Children & Young People’s Participation Standards for Wales can be found in the Youth Service’s Participation Strategy 2019-22.

The Welsh Government’s statutory guidance on the Well-being of Future Generations (Wales) Act 2015 reemphasises Section 12 of the Children and Families (Wales) Measure 2010. This states that “A local authority must make such arrangements as it considers suitable to promote and facilitate participation by children in decisions of the authority which might affect them” (Welsh Government, 2016, p46.)

Engage 2 Change (E2C) – Monmouthshire’s Youth Council

E2C is a representative group of young people aged 11-18 from across Monmouthshire who meet to represent the views of their peers, with a view to inform decisions that affect young people in Monmouthshire. E2C members represent young people from Monmouthshire nationally at the British Youth Council and Welsh Youth Parliament, regionally at the Gwent Regional Youth Forum (GRYF).

The British Youth Council’s Make Your Mark Ballot

The BYC’s annual Make Your Mark ballot is an opportunity for 11-18 year olds across the UK to have their say and begin their democratic journey by voting on the policy areas they want to introduce or change. Young people vote for their top priority issues from a ballot list of 10 issues proposed by the British Youth Council. Last year, the UK Youth Parliament opened the ballot on 1 November 2020 as part of UK Parliament Week. In Monmouthshire, we have been using the results of the Make Your Mark to inform the work of the Engage 2 Change (E2C) Youth Council, the Youth Service and the Public Services Board for the past 5 years. Following the Make Your Mark ballot, results are collated and analysed in the autumn of each year. Typically E2C will host a youth conference at the end of each year where young people and decision makers interact to unpack and understand the top priorities in order to affect change. In July of the subsequent year, a youth forum / feedback event where decision makers will be able to inform young people of progress made in relation to the youth conference, and young people are able to hold them to account.

The Monmouthshire-specific Ballot

In 2018 the Youth Service worked started to work in with the Partnerships team and identified the need for Monmouthshire specific issues. E2C developed a Monmouthshire-specific ballot, which highlights local issues raised by young people in Monmouthshire, and enables young people aged 11-18 to vote for their local priorities from a ballot list of 10 and gives opportunities for young people to identify issues not included in the ballot list. To be able to view the Monmouthshire Survey and the 10 tiles please visit our website. <https://www.monlife.co.uk/connect/youth-service/make-your-mark/>

Findings

Despite the extraordinary challenges 2020 had E2C continued to throughout the year they developed a way to deliver both the Make Your Mark and the Monmouthshire-specific ballot digitally through online surveys (national - [Make Your Mark \(National\) - Monlife](#) and Monmouthshire-specific - [Make Your Mark \(Monmouthshire\) - Monlife.](#))

UK-wide Make Your Mark results

- A full report of the UK-wide Make Your Mark results can be found here: [2020-v2-Make-Your-Mark-Results-with-Infographics.pdf \(netdna-ssl.com\)](#) (NB. Wales's results can be found in **Appendix A.**)
- The top priority for the **UK** in 2020-2021 is **free universities.**
- The top priority for **Wales** in 2020-2021 is **support our mental health**
- The top priority for South East Wales, based on votes from the former-Gwent counties in 2020-2021 is **Domestic Violence. Homelessness** is also considered a priority by the region as it was the highest-voted priority in three out of the five counties.

Monmouthshire-specific ballot results

- The top priority Monmouthshire in 2020-21 is **Sex Education eXplained (see Appendix B).**
- Outside of the 10 priorities identified in the Monmouthshire-specific ballot, young people were asked to identify other priorities for them. These have been categorised into themes and sub-sections, detailed in **Appendix C.**

An infographic summarising all of the above results can be seen in **see Appendix D.**

E2C's progress to date

UK-wide Make Your Mark results: Nationally (UK) – free universities

E2C have elected a youth representative to stand as a Member of Youth Parliament to work collaboratively on behalf of their constituents.

Nationally (Wales) – support out mental health

E2C will be responsible for informing the Welsh Youth Parliament of the results and will work collaboratively with Children in Wales on behalf of their constituents. Our youth representative will be attending the national conventions on behalf of Wales, and stand in the Next UK Youth Parliament. Our Youth Representative has been attending regular fortnightly meetings with Children in Wales to take part in the project work

South East Wales

E2C is working collaboratively with the Gwent Regional Youth Forum (GRYF) in the initial planning and research stages of planning programmes of work around the below priorities, to raise awareness of these issues and highlight the support services available for young people in South East Wales. :

1. **Domestic violence**
2. **Homelessness**

Monmouthshire-specific ballot results

1. Sex Education eXplained

E2C is working collaboratively with the Youth Service & schools to address the issue of Relationships and Sexuality Education (RSE) in Monmouthshire and act as a key partner in the development of a RSE programme for Key Stages 3 & 4.

Monmouthshire Youth Service have been working with the Healthy Schools Officer to help inform plans and delivery for sex education in schools to KS3&4 we are currently working on a proposal of work to send to schools.

2. Other topics / themes identified

In addition to this, the other nine priorities will all be addressed throughout the delivery of Youth Work in 2021 as they have all been identified as important to young people. In addition to the general work of the Youth Service, a new project called 'Friday Friendlies' has been developed:

Friday Friendlies are a series of online webinars designed and directed by E2C to give young people the opportunity to unpack identified topics, to gain new knowledge and to influence change with identified decision makers. Historically we have held youth conferences and invited young people from all schools to attend, however due to the current Covid situation we have looked to tackle the issues in a completely different approach. To date we have carried out six Friday Friendlies starting in January 2021, we have engaged with young people on The Budget, Bullying, Votes@16, Children's Mental Health, LGBT History, Red nose day special and Gender Equality.

3. Mental Health

Mental Health has been a top three priority for young people in Monmouthshire for the past 6 years of the national Make Your Mark ballot. E2C has been involved in a number of projects and influences pertaining to the development and delivery of Mental Health Services in Monmouthshire and South East Wales, including:

- A self-help booklet called 'Help Yourself'. E2C took part in workshops and discussions with health professionals to aid in the development of a booklet which was later rolled out to schools.

- E2C as part of the GRYF helped develop a strategy mental health and wellbeing strategy for children and young people with the Public Health Board.
- Creating resources and an online package for other young people as part of the Additional Learning Needs (ALN) transformation project to raise awareness about the new changes in the ALN Reform Act and how it affects young people.
- Influenced the deployment of the Youth Service's work around well-being, including the Shift project which is designed to support young people aged 11-25 who are experienced low level mental health and emotional well-being issues through non-clinical, Youth Work interventions and methodologies to develop resilience and independence.

Recommendations

That the committee:

- Recognises the importance of the national Make Your Mark ballot, and Monmouthshire-specific ballot in identifying current needs of young people in Monmouthshire.
- Supports the development of ways to address some identified priority areas from the Monmouthshire-specific ballot, including from the 2020-21 survey: BAME, gender equality, transport and drug awareness.
- Strengthens links and communication channels between Monmouthshire County Council and E2C.
- Utilise E2C as a mechanism of engagement with young people in Monmouthshire in order to inform their agendas and decision-making.

Appendix A: A screenshot of the Wales results in the annual UK-wide Make Your Mark for 2020-21

Wales

	Support Our Mental Health	Free University	Tackle Child Poverty	Stop Plastic Pollution	Increase Racial Awareness in the Curriculum	Take Action on the Climate Emergency	Votes at 16	Tackle Discrimination and Hate Crime in the UK	Include Young People in the Plan for Covid-19 Recovery	Protect Human Rights	UK & Devolved Topics Total Vote	Access to training and jobs	Young people's voice should be heard in creating local services	Leisure and culture	End the health postcode lottery	Improve places to go, and things to do for young people	Access to technology and broadband for learning	Childhood obesity and food poverty	Homelessness	Domestic Violence	Transport	Local Topics Total Vote
Blaenau Gwent	18	16	2	7	1	-	-	1	-	6	51	6	6	4	2	0	1	5	10	14	1	49
Bridgend	57	30	16	20	14	15	-	7	-	13	172	37	19	27	8	0	7	12	30	32	6	178
Caerphilly	347	249	53	136	44	52	-	44	-	54	979	183	113	75	44	0	31	50	232	197	35	960
Cardiff	43	33	11	11	15	17	-	14	-	12	156	25	17	12	10	0	8	3	35	30	16	156
Carmarthenshire	79	57	17	22	12	33	-	14	-	14	248	51	28	20	8	0	11	18	50	41	12	239
Ceredigion	24	36	6	11	8	20	-	7	2	6	120	22	14	12	9	5	8	9	15	27	7	128
Conwy	3	3	3	3	1	-	-	-	-	1	14	1	1	0	0	0	1	0	3	5	2	13
Denbighshire	1	3	2	1	-	5	-	2	-	1	15	2	1	1	2	0	0	2	6	0	0	14
Flintshire	14	8	4	1	4	13	-	1	-	3	48	8	2	3	3	0	1	3	12	11	4	47
Gwynedd	3	0	0	0	0	0	0	0	0	0	3	0	1	1	0	0	0	0	0	0	3	5
Isle of Anglesey	2	-	1	-	1	-	-	-	-	-	4	-	1	2	0	0	0	0	1	0	0	4
Merthyr Tydfil	272	146	53	41	72	30	-	31	-	29	674	90	50	40	30	0	31	81	151	192	29	694
Monmouthshire	61	18	9	12	13	14	0	6	0	6	139	18	12	13	3	0	4	28	17	33	10	138
Neath Port Talbot	87	129	36	51	42	25	-	7	-	26	403	61	46	26	18	0	17	29	103	84	18	402
Newport	10	11	-	4	3	8	-	3	-	1	40	9	8	3	1	0	1	3	10	9	0	44
Pembrokeshire	132	100	49	51	23	42	-	25	-	28	450	96	60	36	22	0	22	47	65	60	25	433
Powys	5	3	2	2	-	2	-	3	-	1	18	2	2	0	0	0	4	2	4	3	0	17
Rhondda Cynon Taff	40	25	7	5	7	8	-	7	-	9	108	26	7	5	13	0	3	4	24	18	8	108
Swansea	4	11	1	-	2	2	-	-	-	4	24	4	4	1	1	0	1	2	4	7	1	25
Torfaen	67	9	14	-	2	5	-	33	-	2	132	13	37	2	0	30	1	4	8	40	1	136
Vale of Glamorgan	203	177	68	107	40	86	-	31	-	50	762	123	69	71	13	0	31	70	201	144	41	763
Wrexham	28	20	7	5	3	9	-	4	-	7	83	12	4	2	2	0	5	9	20	22	3	79
TOTALS	1,500	1,084	361	490	307	386	-	240	2	273	4,643	789	502	356	189	35	188	381	1,001	969	222	4,632

Appendix B: The 'tile' created by E2C which enabled other young people who were completing the Monmouthshire-specific ballot to fully understand the topic and what they were voting for

7 Sex Education explained

ONLINE VS REAL LIFE
Bodies, relationships and sEx are often being portrayed as unrealistic in the media. We want to re-direct this with a healthy view to reliable and trust worthy sources.

NORMALISING
What does normal look like? lumps, bumps and wiggly bits lets talk about it all. We want to debunk what's okay and what needs a doctors opinion.

LGBTQ+ INCLUSIVITY
Is sEx Education Inclusive yet? We want to make sure it is!

LETS TALK ABOUT...
Creating safe places to have discussions and normalise conversation about sex, puberty, bodies and relationships by giving young people the opportunity to ask the questions they want answered in a safe and confidential environment.

HEALTHY RELATIONSHIPS
We want to talk about recognising toxic behaviors, ghosting , effective communication, love languages, understanding people have different needs / wants and what consent really looks like.

LOVE IN LOCKDOWN
Lets talk about sExting how to maintain boundaries you are comfortable with during lockdown.

Appendix C: Report Part 1: Overview (graphic created by Ruby Scott; member of E2C)

MAKE YOUR MARK 2020



MAKE YOUR MARK #MAKEYOURMARK

E2C engage education

1. Which of these 10 issues do you think is the most important in Monmouthshire?

2. These top 10 priorities were identified as issues in Monmouthshire, if you could add another priority to this list, what would you put?

MONMOUTHSHIRE'S LOCAL BALLOT IS AN ANNUAL CONSULTATION FOR YOUNG PEOPLE AGED 11-25.

THE CONSULTATION IS DESIGNED TO GIVE YOU A VOICE AND FOR YOU TO TELL US WHAT MATTERS TO YOU ON A LOCAL LEVEL

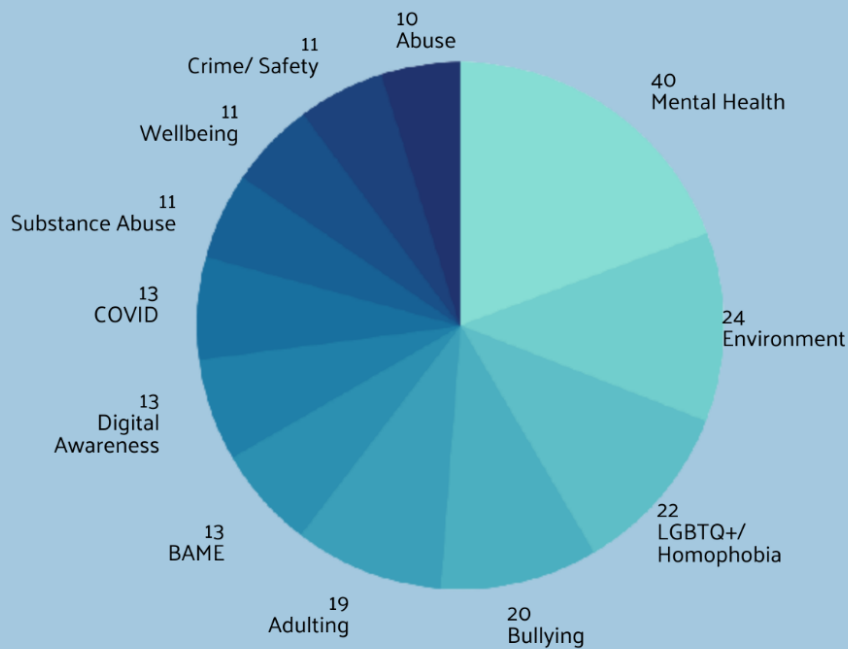
WE ASKED THAT YOU READ THE 10 TOPICS AND CHOSE THE ONE THAT WAS THE MOST IMPORTANT TO YOU

WE THEN ASKED YOU TO CHOOSE ONE OF YOUR OWN PRIORITIES

THIS INFOGRAPHIC DETAILS THE RESPONSES TO THIS QUESTION

Report Part 2: Overarching themes identified in the Monmouthshire-specific ballot (graphic created by Ruby Scott; member of E2C)

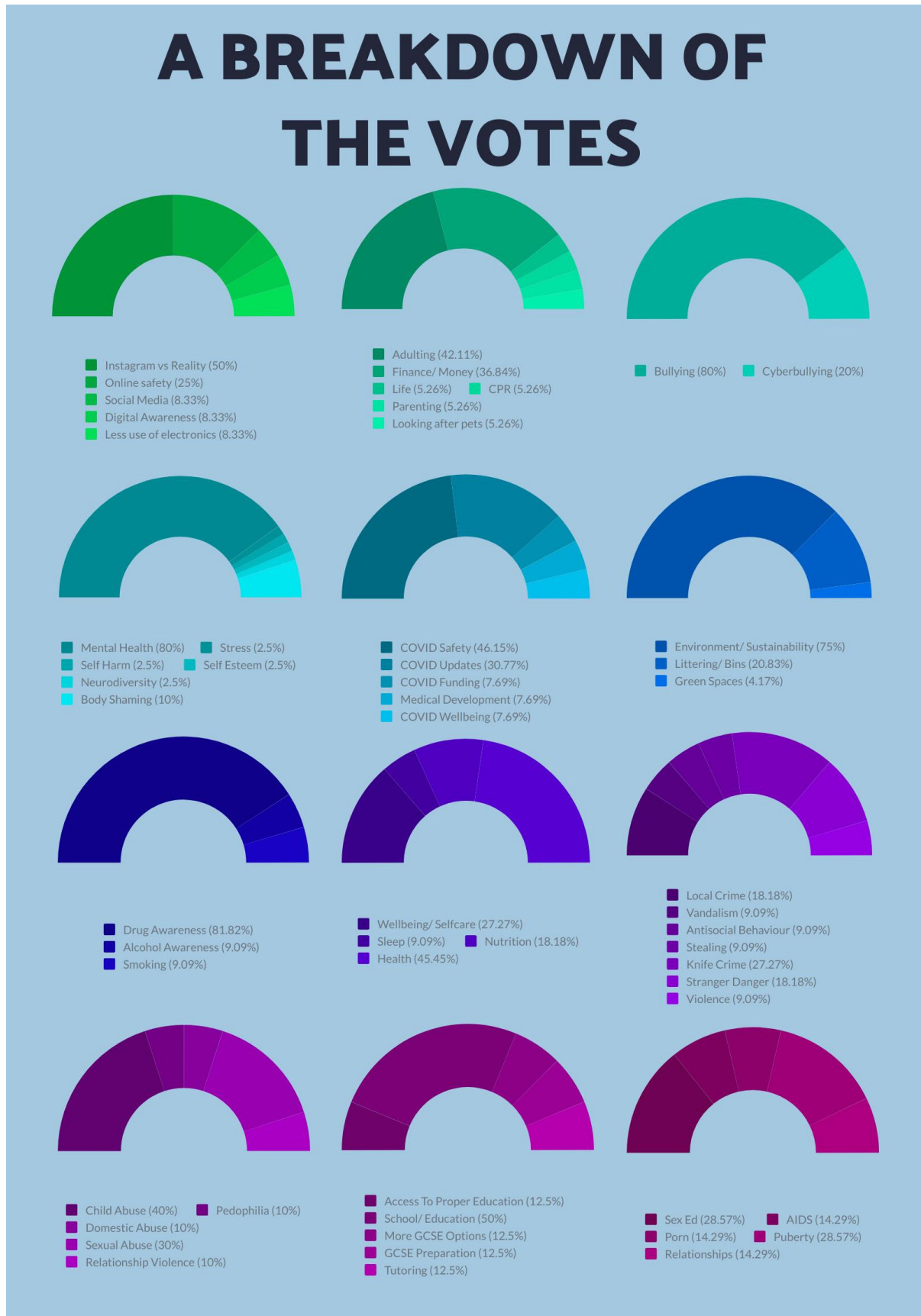
WE ASKED YOUNG PEOPLE IN MONMOUTHSHIRE WHAT ISSUES THEY THOUGHT WERE MOST IMPORTANT



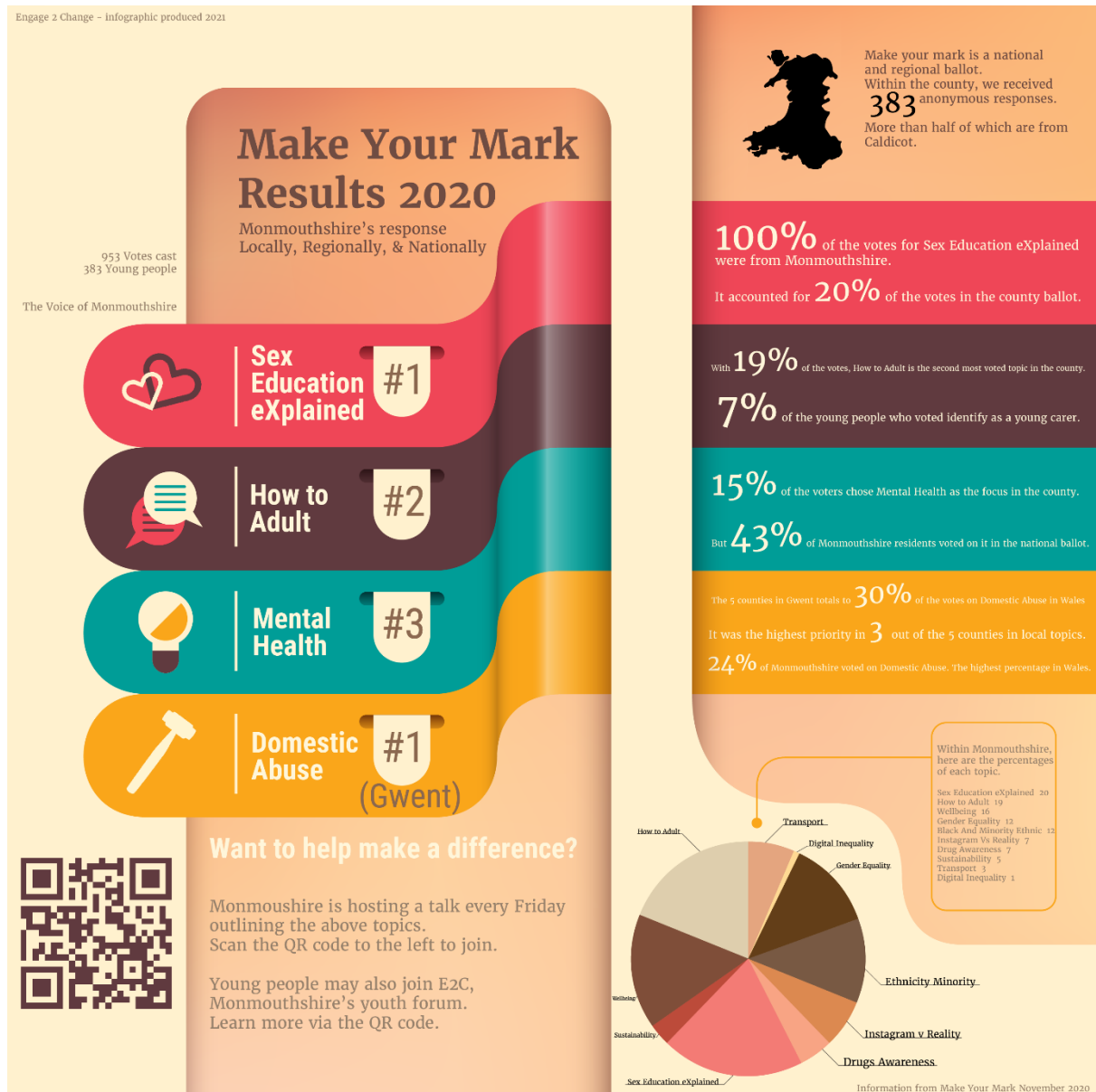
LESS THAN 10 PEOPLE SAID



Report Part 3: Specific break-down of feedback per identified themes (graphic created by Ruby Scott; member of E2C)



Appendix D: Infographic of the top voted priorities by area (graphic created by John Ng; member of E2C)



This page is intentionally left blank

Monmouthshire County Councils' Youth Engagement and Participation Strategy 2019 -2022



Version 1
June 2019

Contents

1	Front Cover
2	Contents Page
3	Foreword / what is Participation?
4	Our Vision / Our Mission / Our Aims / Our Values
5	The Children and Young People's National Participation Standards for Wales.
6	Roger Hart's Ladder of Participation
7	What Legislation, Policies & Guidance underpin Participation?
14	What are the Benefits of Participation?
11	What are our Priorities?
12	How are we going to do this?
13	Measurable Outcomes
14	Lines of Communication for Participation Work
15/16	Annual Action Plan

Foreword

‘Local authorities have a duty to promote and facilitate participation by children and young people in decisions that might affect them. The legal basis for this duty is Section 12 of the Children and Families (Wales) Measure 2010.’ The guidance goes on to say ‘In order to meet the requirements of the legislation Local Authorities are expected to work with relevant partners to... establish a County Youth Forum as a representative body of young people to act as a channel for young people’s views across their local authority and represent those views to local and national decision-making bodies... For County Youth Forums to operate effectively, they will need to be adequately supported by Local Authorities who should consider what support is required to do this.

Page 15
The aim of this strategy is to outline how Monmouthshire Youth Service plans to work with and for young people to ensure their engagement and participation in the design, development and influence of services. The strategy clarifies our vision, mission, aim, values and priorities and how these link in to national standards, legislation, policy and guidance. The aim is to put young people at the heart of a meaningful process of engagement, where they are listened to, respected and valued as individuals and groups and members of communities, and able to make a difference.

What is Participation?

Youth participation actively involves young people in decision-making processes on issues that affect them. Young people make invaluable contributions to communities and are empowered themselves when they participate.

Our Vision

Monmouthshire Youth Service is committed to embedding a culture of Youth Participation throughout our service. We aspire to deliver a service which enable young people to participative in a fully inclusive environment, that is well-adverse in the seven principles of the participation standards. **(See page 6)**

Our Mission

Develop and maintain participation opportunities for young people in all services across Monmouthshire through effective lines of communication, delivery and feedback.

Our Aim

To involve all young people in the participation process, ensuring their opportunities to make informed decisions and carry out youth led work.

Our Values

- Young people are at the heart of what we do
- Young people are informed decisions on matters that affect them
- Young people are listened to and given the opportunity to speak
- Young people are involved at all stages of a decision making process from ideas to delivery of projects
- Youth led reviews of services
- Young people are celebrated for their successes
- Young people are provided with an equal amount of feedback

What are our priorities?

- To become a service that has embedded a culture of Youth Participation, positively engages and listens to the Young People, and provides opportunities to enable them to exercise their rights
- To enable young people to voice issues which are important to them through recognised forums on a local, regional and national level and affect decision-making
- To ensure we truly respect, protect, value and support the young people of Monmouthshire.
- To have a greater awareness of young people's needs and use them in practice to shape the services that we provide
- To raise awareness and promote meaningful participation with young people
- To promote Children's Rights via UNCRC and continue to use this document to underpin all of our work across the service
- Ensure young people are aware of the ways that they can give comments, suggestions and make complaints about the services they use
- Ensure that we allow for young people's voices to be heard from a variety of platforms including forums, provisions and also via our social media networks
- To ensure that we provide effective, timely and relevant feedback to young people about the outcome of any work we involve them with, especially consultations

The 7 Children and Young People's National Participation Standards for Wales.

<p>INFORMATION</p> <p>You have the right to information that is easy to understand and allows you to make an informed decision</p>	<p>We will:</p> <p>Provide information that is good quality, clear and accessible Inform you about who's going to listen and let you know what difference your involvement could make</p>
<p>IT'S YOUR CHOICE</p> <p>You have the right to choose to be involved and work on things that are important to you.</p>	<p>We will:</p> <p>Give you enough support and time to choose if you want to get involved</p>
<p>NO DISCRIMINATION</p> <p>Children and young people are all-different and have the right to be treated fairly.</p>	<p>We will:</p> <p>Challenge discrimination Provide a range of opportunities and support to meet the needs of children and young people</p>
<p>RESPECT</p> <p>You have the right to have a say. Your opinions are important and will be respected</p>	<p>We will:</p> <p>Listen to your views, experiences and ideas and take you seriously Work with you on things you say are important Value what you have to offer</p>
<p>YOU GET SOMETHING OUT OF IT</p> <p>You have the right to learn and be the best you can be You will have opportunities to work with others and make a difference We want you to be involved in positive experiences</p>	<p>We will:</p> <p>Work with you in safe, fun and enjoyable ways Make the most of what you know and do things that build your confidence and skills</p>
<p>FEEDBACK</p> <p>You have the right to know what differences you have made and how your ideas have been listened to</p>	<p>We will:</p> <p>Always ensure you have feedback in an agree time Tell you how your ideas have been used and why Tell you what happens next</p>
<p>WORKING BETTER FOR YOU</p> <p>Those who make decisions that affect children and young people should put children's rights at the centre of everything they do</p>	<p>We will:</p> <p>Work with you and learn how we can do things better Ensure your views make a difference to the way we make plans and decisions.</p>

The ladder of participation is an idea developed by Roger Hart (1992) that identifies eight levels of children and young people's participation. At the bottom of the ladder Participation is not effective, but at the top of the ladder young people are *truly* empowered through meaningful and consistent engagement. Our aim is where possible true participation!

True participation



Not participation



Young person initiated shared decision making with adults: Adults and young people share decision making.

Young person initiated and directed: Young people start it (their ideas) and decide what should be done.

Adult initiated shared decisions with young people: Adults start it (their ideas) and share the decision making with young people.

Consulted & Informed: Young people given information and are asked for their views on what should be done

Assigned but Informed: Young people given information and then told what to do.

Tokenism: Young People appear to be given a voice, but in fact have little or no choice about what they do or how they participate.

Decoration: Young people are used to help a cause in an indirect way. Adults do not pretend that the cause is inspired by young people.

Manipulation: Adults use young people to support causes and pretend that the causes are inspired by young people.

What Legislation, Policies & Guidance underpin Participation?

The **UNCRC** is also the most widely ratified human rights treaty in the world.

The UNCRC ensures that Children and Young People have the right to have their voices heard.

Youth Participation the *superlative* clause is Article 12, which states that young people:

"[You] have the right to say what you think should happen when adults are making decisions that affect you and to have your opinions taken into account."

This means that young people should have opportunities to have their voices heard and listened to by adults, and have a say on decisions that affect them.

Youth Work in Wales: Principles and Purposes

This document outlines the values and principles that youth services across Wales should be working within. It dictates the 5 pillars of Youth Work. One of those pillars is that youth services should be Participative as outlined below:

Encouraging and supporting young people to become partners in, and share responsibility for, the opportunities, learning processes and decision-making structures which affect their own and other people's lives and environments.

Future Generations Act

This guidance came into force on 1st April 2016 and places emphasis on the need of public bodies to collaboratively plan and take steps to realise children and young people's rights. In summary it includes that local authorities:

- Are expected to make sure that as many young people as possible are aware of their rights as set out in the UNCRC.
- Local authorities adopt the National Participation Standards for Children and Young People's Participation as set out in this document.
- County Youth Forums should be as inclusive as possible.
- Ensure information and materials aimed at children and young people are clear and easy to understand, are up-to-date, relevant and accessible in terms of language

What are the Benefits of Participation?

For Young People the benefits of Participation are:

- You have a role within the Youth Service – we listen to your opinions and take your views seriously
- You feel respected and included
- You have your say on changes that are planned and you get to hold decision-makers to account
- You have opportunities to improve your skills and knowledge
- You have increased confidence, self-esteem and aspirations
- You feel empowered and that you are an active part of your community
- You have a sense of pride in your own achievements
- You increase your awareness of democratic processes, including understanding different points of view, the need for compromise, and a sense of responsibility in group decisions

For Monmouthshire County Council

- We streamline services that meets the needs of the young people we work with
- We ensure that our money is spent in a better and more efficient way
- We improve attendance, attainment and the behaviour of young people.
- We improve the quality of life for young people by recognising, understanding and responding to their needs as young people
- We witness young people reaching their potential
- Better safeguarding
- We enhance our credibility, reputation and relevance to children and young people through our work
- We provide a better quality service with more inclusive decision-making

For the community of Monmouthshire

- We nurture better relationships between the older and younger community members
- Children and young people are better able to contribute to the development of their communities
- Reductions in anti-social behaviour, crime levels and the fear of perceived crime
- A better understanding of the needs of children and young people in the community
- Communities and families benefit from children and young people's knowledge and ideas

How are we going to do this?

- Present this document to the Partnership Team, developing a participation-working group who will have a focus on driving this document and increasing levels of participation across Monmouthshire.
- Host engagement sessions to increase knowledge of participation, empowering young people to get join E2C and share good practice; Monmouthshire Secondary Schools Youth Councils, Welsh Language Schools in the region, Children's Services (LAC/Children with disabilities), Young Careers, Youth Enterprise and EOTAS
- Improve mechanisms to communicate with young people via social media, reaching out to a wider audience of young people
- Host Monmouthshire's first 'Make Your Mark Young Peoples' s Feedback' event in July 2019
- Develop 6 week 'Participation' training packs to deliver to services that wish to imbed Youth Participation within their teams.

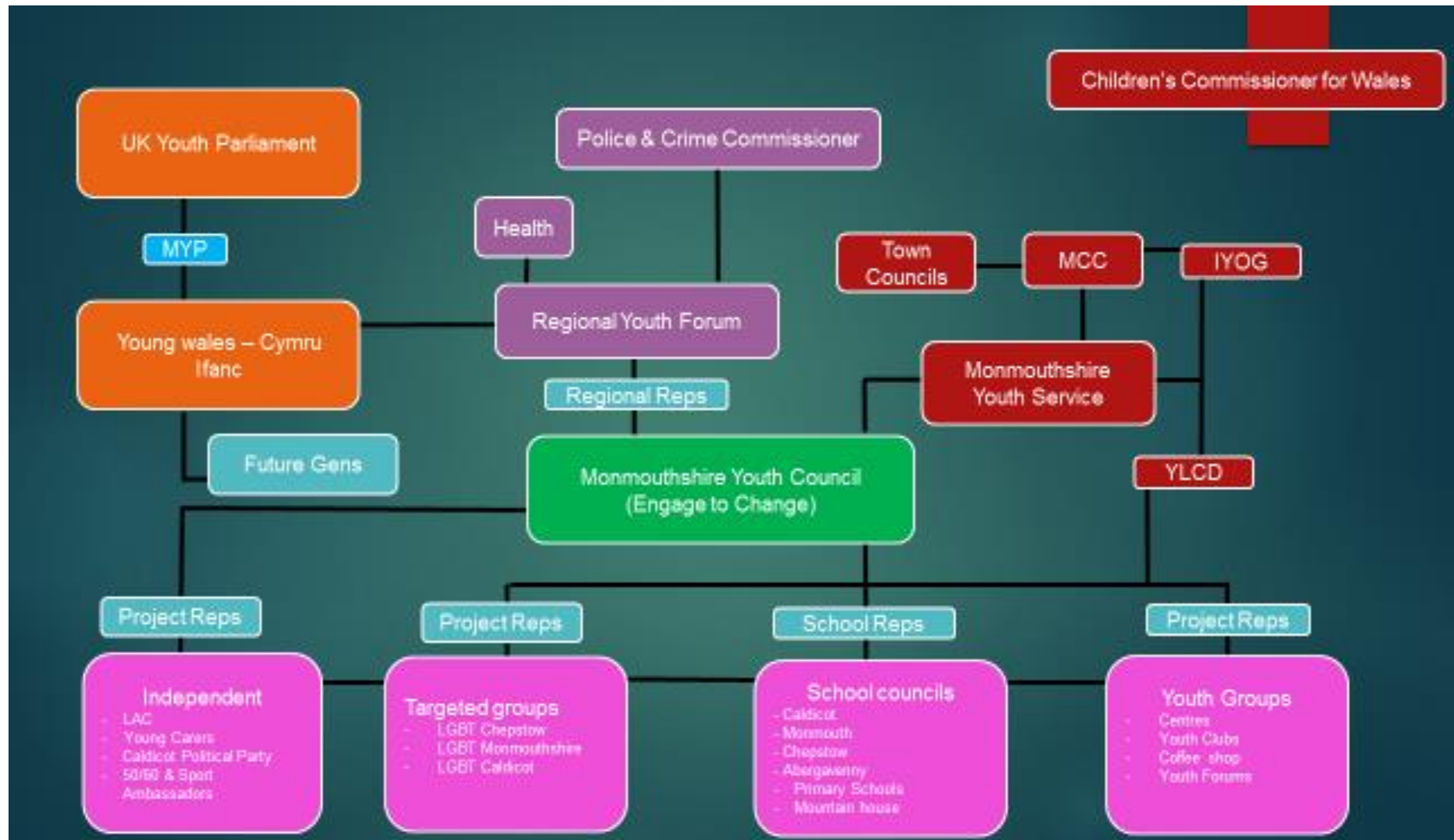
Measurable Outcomes

- Number of young people engaging with our service
- Number of activities delivered that are focused around true participation
- Number of E2C members
- Number of YP's voices being heard and opinions taken account of; through forums, provisions and social media
- Number of young people who are informed
- Number of young people who receive feedback

We shall measure our success by recording the outcomes in the following documents

Type of record:	For who:
Quarterly report	- Monmouthshire County Council
Quarterly participation figures	- Welsh Government
Celebration of success event report and evaluation	- Young people and any other stakeholders including funders
Youth Council report annual report (and any associated news articles, PowerPoints, case studies, quotes, photos)	- Monmouthshire County Council and wider community (including online)

Lines of Communication for Participation Work



Annual Project Plan

Participation opportunity	Purpose	Process	Dates
Democracy Days	Young people are exposed to democracy on a local regional and national level, opportunity to learn how these operate, opportunity to inspire young people, increase individuals confidence to aim for this as career aspirations	One trip every school term: Trip to Monmouthshire County council Trip to Senedd Trip to houses of commons	Spring term Autumn term Winter term
Engage 2 Change Youth Council	Offer young people the opportunity and the space to have their voices heard, to be consulted with and informed about matters that affect them and their peers	Monthly meetings with youth led agenda & Contributions to agenda from MCC services External providers & Youth Service. Additional meetings: AGM / Elections Team building / Recruitment	First Monday of every month Easter break October half term
LGBT	Youth initiated group who discuss matter regarding LGBT for Monmouthshire, influence school policy, offer support for peers, plan and deliver celebratory event for young people	Weekly Meetings Annual Event Pride awareness day LGBT history Month	Every Wednesday June October
Gwent Regional Youth Forum	Young people to influence decision making on a regional level represent peers. Two way process of information sharing with external youth services	Attend meetings on a quarterly basis Host GRYF meeting	Summer Term Autumn Term Winter Term Spring Term

Annual Project Plan

Participation opportunity	Purpose	Process	Dates
Make Your Mark	Young people influencing the decision making process on a local regional and national scale in line with the standards	Propose as project to school councils Consultation Youth Conference House of Commons Trip Action Months Youth Feedback Event	July Aug – Oct November Jun – July July
School Council Engagement	Line of two way communication between youth council & schools	One meeting with each secondary school council per term	Autumn Term Spring Term Summer Term Winter Term
Celebration Event	Recognise achievements of young people		Annually
Training & Volunteers	Provide young people with skills and accreditation as an addition and to support the role in E2C	Young inspectors UNCRC	Oct Half term When requested
Other	Offering additional opportunities for young people to participate	Budget Engagement session PCC Question Time Welsh youth parliament	January Annually Bi Annually

1

INSTAGRAM YN ERBYN REALAETH

Y CYFYNG-GYNGOR CYMDEITHASOL



Mae'r Cyfryngau Cymdeithasol yn gynfas ar gyfer creu delwedd afrealistig o'r byd a'r disgwyliadau o gyflawni ideolegau nad ydynt yn gallu eu gwneud ac yn anwir.

SEICOLEG GWERTHIANT



A ydych yn ymwybodol o'r tactegau gwerthu a ddefnyddir gan gwmnïau mawr? Byddwn yn eich helpu i sylwi ar arwyddion hysbysebion ac nid i brynu pwysau fel nad ydych yn ildio iddynt.

EICH CYSGOD AR-LEIN



Ydych chi'n gwybod faint o'ch data sy'n cael ei storio, a beth y caiff ei ddefnyddio ar ei gyfer? Byddwn yn archwilio sut mae eich data a'ch rhyngweithiadau yn effeithio ar yr hyn a welwch ar-lein ar draws pob platform.

DDYLN I RANNU HYN?



Beth yw eich dyletswydd foesol ar gyfer rhannu a gweld cynnwys sensitif ar-lein? Byddwn yn archwilio'r adlach bosibl o'r hyn rydych yn ei rannu ar-lein, a sut mae hyn yn effeithio ar eich ôl troed digidol.h

TORRI'R RHITH



Rydym am roi'r offer i chi weld y pwysau a lleihau pryderon byw mewn byd cyfryngau cymdeithasol newydd.

COVID-19



Yn fwy nag erioed, rydym yn byw ar-lein. Sut y byddwn yn sicrhau nad ydym yn colli cysylltiad â realiti?

This page is intentionally left blank

1

INSTAGRAM VS. REALITY

THE SOCIAL DILEMMA



Social media is a canvas for creating an unrealistic image of the world and the expectations to live up to fake unattainable ideologies.

THE PSYCHOLOGY OF SELLING



Are you aware of the subliminal selling tactics used by big companies? We will help you to spot the signs of advertisement and pressures to buy so you don't fall victim.

YOUR ONLINE SHADOW



Do you know how much of your data is being stored and what it is used for? We will explore how your data and interactions influence what you see online across all platforms

SHOULD I SHARE THIS?



What is your moral obligation for sharing and seeing sensitive content online? Exploring the potential backlash of what you share online, and how this affects your digital footprint.

SHATTERING THE ILLUSION



We want to provide you with the tools to see past the pressures and reduce the anxieties of living within a new social media world.

COVID-19



More than ever we are living online, how do we ensure we do not lose touch with reality?

This page is intentionally left blank

2 Digital Inequality



EQUIPMENT & ACCESS

The pandemic has influenced a technological change which has in turn highlighted demand for an increase in IT resources and internet access for disadvantaged Young People to have equal opportunities.



IDENTIFYING WHO CAN HELP ?

We want to call to action Welsh Government, The council and funders to ensure no one gets left behind.



KNOWLEDGE

Knowledge is powerful. Knowing the best and latest apps, websites and tools to operate in the digital world.



DIGITAL ANXIETY

Improve confidence by informing you on how to stay motivated during online learning & how to create and maintain a positive and responsible online presence. We will work to empower you by improving your knowledge of privacy rights and online etiquette



SCREEN TIME

Are you aware of the benefits to sitting at the computer correctly, healthy screen time habits and turning off some of your notifications.



MORE INFO?

We can support you if you need to stay home for an extended period of time. This could include Keeping a routine, positive schoolwork / life balance. Looking after yourself when you are home alone. Knowing your support network at school and what to do if online learning becomes overwhelming.

This page is intentionally left blank

2

Anghydraddoldeb Digidol



OFFER A MYNEDIAD

Mae'r pandemig wedi dylanwadu ar newid technolegol sydd yn ei dro wedi tynnu sylw at y galw am fynediad i gyfleoedd cyfartal ar gyfer pobl ifanc difreintiedig.



ADNABOD PWY ALL HELPŪ

Rydym eisiau alw ar Llywodraeth Cymru, y cyngor a cyllidwyr i sicrhau nad yw unrhywun yn cael eu adael tu ôl.



GWYBODAETH

Mae gwybodaeth yn pwerus. Adnabod yr apiau, gwefanau ac offer gorau a diweddaraf er mwyn weithredu yn y byd digidol.



PRYDER DIGIDOL

Gwella hyder trwy eich hysbysu ar sut i gadw cymhelliant yn ystod dysgu ar-lein & sut i greu a chynnal presenoldeb ar-lein cadarnhaol a chyfrifol. Byddwn yn gweithio i'ch grymuso trwy wella'ch gwybodaeth am hawliau preifatrwydd ac arferion ar-lein.



AMSER SGRIN

Ydych chi'n ymwybodol o'r buddion o eistedd wrth y cyfrifiadur yn gywir, arferion amser sgrin iach a diffodd rhai o'ch hysbysiadau?



MWY O WYBODAETH?

Gallwn eich cefnogi os bydd angen i chi aros adref am gyfnod estynedig o amser. Fe all hyn gynnwys cadw cydbwysedd arferol rhwng bywyd a gwaith ysgol, edrych ar ôl eich hun pan fyddwch gartref ar eich pen eich hun, gwybod eich rhwydwaith cymorth yn yr ysgol a beth i'w wneud os yw dysgu ar-lein yn dod yn llethol.

This page is intentionally left blank

3

Gender Equality



DESTIGMATIZING PERIODS

we want both male and female students to be taught about menstruation, removing the stigma around PMS



HISTORY OF FEMINISM

we will start a petition to the Welsh government get the history of feminism and women's rights taught in schools



SPORTS

we want to challenge gender stereotypes give equal opportunity for young people to play sports regardless of gender



RESPONDING TO SEXISM

we will create resources on responding to sexist comments and catcalling



A SAFE SPACE

we will create a safe space for young women to anonymously voice their concerns and get helpful guidance



CONSEQUENCES

we believe young people should be taught what is and isn't acceptable and put in place appropriate consequences for sexism in schools

This page is intentionally left blank

3

Cydraddoldeb Rhywiol



DISTIGMATEIDDIO MISGLWYFAU

Rydyn ni am ddisgyblion i gyd, gwryw a benyw, yn cael eu dysgu am fislif, er mwyn tynnu'r stigma.



HANES FFEMINISTIAETH

Byddwn ni'n dechrau deiseb i Lywodraeth Cymru wneud i hanes ffeministiaeth a Hawliau Menywod gael eu dysgu mewn ysgolion.



CHWARAEON

Rydyn ni am herio stereoteipiau rhywiol a rhoi cyfle cydradd i bobl ifanc chwarae chwaraeon beth bynnag o rywedd.



YMATEB I RYWIAETH

Byddwn ni'n creu adnoddau am ymateb i sylwadau a "catcalling"



LLE DIOGEL

Byddwn ni'n creu lle diogel i fenywod ifanc i leisio'u pryderon yn anhysbys a chael arweiniad defnyddiol.



CANLYNIADAU

Rydyn ni'n credu dylai pobl ifanc gael eu dysgu beth sydd yn dderbyniol a beth nad yw'n dderbyniol, a'n gosod canlyniadau priodol i rywiaeth yn yr ysgol.

This page is intentionally left blank

4 Cymorth i BAME – Pobl Dduon a Lleiafrifoedd Ethnig



HYSBYSU

Byddwn yn cymryd camau i ddysgu am BAME ac yna'n rhannu ein canfyddiadau â phobl ifanc eraill



DANGOS UNDOD

Cefnogwn y mudiad yma yn Sir Fynwy ar draws ein llwyfannau cyfryngau cymdeithasol



EIRIOLWR

Byddwn yn dysgu am bobl BAME a'r mudiad ac yn eiriol drosdygl drosdY



GWELL CYNWYSOLDEB

Byddwn yn edrych ar ffyrdd y gallwn annog gwasanaethau i wella cynwysoldeb



GWRANDO

Yr ydym am ofyn y cwestiynau cywir a gwrando ar ble y gellir gwneud newidiadau



ADDYSGU

Byddwn yn ymgyrchu dros well addysg o amgylch hanes, diwylliant a phwysigrwydd iaith BAME.

This page is intentionally left blank

4 Support for BAME - Black, Asian & Minority Ethnic



INFORM

We will take action to learn about BAME and then share our findings with other young people



SHOW SOLIDARITY

We will support the movement here in Monmouthshire across our social media platforms



ADVOCATE

We will learn about and advocate for BAME people and the movement



IMPROVED INCLUSIVITY

We will look at ways in which we can encourage services to improve inclusivity



LISTEN

We want to ask the right questions and listen to where changes can be made



EDUCATE

We will campaign for better education around BAME history, culture & the importance of language.

This page is intentionally left blank

5

Drug Awareness



YOU'VE TAKEN THEM, WHAT NOW?

Emergency first aid, addiction and legal help - knowing what to do and when...



ACCESS TO INFORMATION

There are lots of services that have the correct and current information, we would like to share and promote these services.



OPEN SAFE DISCUSSIONS

Questions you wouldn't ask your teachers. We want to provide the right opportunity to talk and learn about drugs.



LATEST INFORMATION

New drugs and new names are emerging all the time, do you know the latest?



ADDICTION

Recognising addiction, causes and red flags.

What's your next move? It's never too late to get help



WHEN IT ALL GOES WRONG

Do you really know what you are taking?

Getting help without getting in trouble.

This page is intentionally left blank

5

Ymwybyddiaeth Cyffuriau



CHI WEDI EU CYMRVD, BETH NAWR?

Cymorth cyntaf brys, dibyniaeth a chymorth cyfreithiol - gwybod beth i'w wneud a phryd...



MYNEDIAD AT WYBODAETH

Mae yna nifer o wasanaethau sydd gyda'r gwybodaeth cywir a diweddaraf, hoffwn rhannu a hyrwyddo'r gwasanaethau yma.



TRAFODAETHA U AGORED A DIOGEL

Cwestiynau ni fasech chi'n gofyn eich athrawon. Hoffwn rhoi'r cyfleoedd cywir i trafod a dysgu am cyffuriau.



GWYBODAETHD IWEDDARAF

Mae cyffuriau ac enwau newydd yn ymddangos trwy'r amser, ydych chi'n gwybod y diweddaraf?



GORDDIBYNIAETH

Adnabod orddibyniaeth, achosion a baneri coch. Beth yw eich cam nesaf? Mae byth yn rhy hwyr i derbyn cymorth.



PRVD MAE E I GYD YN MYND YN ANGHYWIR

Ydych chi wir yn gwybod beth rydych chi'n cymryd? Cael help heb fynd i drafferthion.

This page is intentionally left blank

6 Sustainability



ECO-ALTERNATIVES

Lets talk about ... Eco swapping, sanitary products, reusable items that replace single use plastic.



FAST FASION

How to shop sustainably on a budget, the environmental danger of fast fashion and how to invest in good quality clothing.



ETHICAL CONSUMPTION

Ideas for introducing small changes such as: Meatless Mondays and a more plant based diet, whilst reducing the stigma for trying!



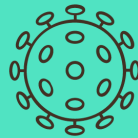
RECYCLING EDUCATION FOR ALL AGES

Throwing it out... what happens next? where does it go? Recycling, littering and how it all works.



SMALL CHANGE BIG IMPACT

You can do all the little things to make a difference and together we can make a big change.



COVID & SUSTAINABILITY

Weighing up the benefits of single use products to stop the spread of covid and the environmental impact it has.

This page is intentionally left blank

6

Cynaliadwyedd



ECO DDEWISIADAU AMGEN

Gadewch i ni siarad am ... Cyfnewid eco, cynhyrchion misglwyf, eitemau y gellir eu had-ddefnyddio sy'n disodli plastig untro.



FFASIWN CYFLYM

Sut i siopa'n gynaliadwy ar gyllideb, y perygl amgylcheddol o ffasiwn cyflym a sut i fuddsoddi mewn dillad o ansawdd da.



DEFNYDD MOSEGOL

Syniadau ar gyfer cyflwyno newidiadau bach fel: Dydd Llun Di-gig a deiet sy'n fwy seiliedig ar blanhigion, tra'n lleihau'r stigma ar gyfer rhoi cynnig arni!



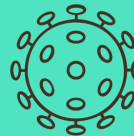
AILGYLCHU ADDYSG AR GYFER POB OEDRAN

Ei daflu allan... beth sy'n digwydd nesaf. I ble mae'n mynd? Ailgylchu, taflu sbwriel a sut mae'r cyfan yn gweithio.



EFFAITH FAWR AR NEWID BACH

Gallwch wneud yr holl bethau bach i wneud gwahaniaeth a gyda'n gilydd gallwn wneud newid mawr.



COVID & AMP; CYNALIADWYEDD

Pwysu a mesur manteision cynhyrchion defnydd sengl i atal lledaeniad covid a'r effaith amgylcheddol y gall ei chael.

This page is intentionally left blank

7

Sex Education eXplained



ONLINE VS REAL LIFE

Bodies, relationships and sEx are often being portrayed as unrealistic in the media. We want to re-direct this with a healthy view to reliable and trust worthy sources.



NORMALISING

What does normal look like? lumps, bumps and wiggly bits lets talk about it all. We want to debunk what's okay and what needs a doctors opinion.



LGBTQ+ INCLUSIVITY

Is sEx Education Inclusive yet? We want to make sure it is!



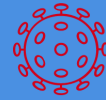
LETS TALK ABOUT...

Creating safe places to have discussions and normalise conversation about sex, puberty, bodies and relationships by giving young people the opportunity to ask the questions they want answered in a safe and confidential environment.



HEALTHY RELATIONSHIPS

We want to talk about recognising toxic behaviors, ghosting, effective communication, love languages, understanding people have different needs / wants and what consent really looks like.



LOVE IN LOCKDOWN

Lets talk about sExting how to maintain boundaries you are comfortable with during lockdown.

This page is intentionally left blank

7

Esboniad o Addysg Rhyw



AR LEIN/BYWYD GO IAWN

Mae cyrff, perthnasoedd, a rhyw yn aml yn cael eu cyfleu'n afrealistig ar y cyfryngau. Rydym eisiau ail-gyfeirio'r weledigaeth hyn, a'i iachau gyda ffynhonnellau dibynadwy.

NORMALEIDDIO

Sut mae normal yn edrych? Boed yn lwmp, bwmp, neu unrhyw rhan o'r corff, beth am siarad amdano. Rydym eisiau esbonio beth sy'n iawn, a beth sydd angen barn doctor.

CYNHWYSOLDEB LHDT+

Ydy addysg rhyw yn gynhwysfawr eto? Rydym am sicrhau ei fod!



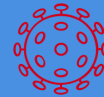
BETH AM SIARAD AM...

Greu manau diogel i gynnal trafodaethau a normaleiddio siarad am rhyw, y glasoed, cyrff a pherthnasoedd wrth rhoi cyfle i bobl ifanc ofyn cwestiynau mewn amgylchedd diogel a chyfrinachol.



PERTHNASOEDD IACH

Rydym eisiau siarad am: gydnabod ymddygiad sydd ddim yn iach, anwybyddu ar lein, cyfathrebu'n effeithiol, iaith cariad, deall bod gan wahanol bobl wahanol angenion/eisau pethau gwahanol, ac am sut mae caniatâd wir yn edrych.



CARIAD VN Y CYFNOD CLŌ

Beth am siarad am 'secstio'-sut i gydnabod a chadw o fewn y ffiniau rydych chi'n gyfforddus â nhw yn ystod y cyfnod clô.

This page is intentionally left blank

8

Trafnidiaeth Gyhoeddus



PRIS

Byddwn ni'n ymgyrchu dros ostwng pris trafnidiaeth i bobl o dan 25 oed a negodi'r prisiau i adlewyrchu'r cyflogau demograffig.



YMGYNGHORIA D CYHOEDDUS

Hoffen ni wneud ymgynghoriad yn y gymuned, er mwyn nodi'r anghenon cyfredol o fewn trafnidiaeth gyhoeddus yn Sir Fynwy.



RHWYDDINEB DDEFNYDD

Byddwn ni'n gweithio tuag at trafnidiaeth hawdd i ddefnyddio yn Sir Fynwy, gan gynnwys cyfathrebu gwell am brisiau, oediadau, amseroedd, llwybrau ac amleddau.



HYRWYDDIAD

Byddwn ni'n hyrwyddo i Drigolion Sir Fynwy ddefnyddio trafnidiaeth gyhoeddus i cefnogi'r amgylchedd a gostwng cost trafnidiaeth gyhoeddus ar y cyfan.



AMLEDD

Byddwn ni'n ymgyrchu dros amledd uwch o fysiau i ardaloedd mwy gwledig yn Sir Fynwy.



DIOGELWCH COVID

Hoffwn ni weld os mai'r gostyngiad mewn bysiau yw'r ymagwedd gywir i gyfnodau clo lleol a sut i gefnogi pobl sy'n dibynnu'n emosiynol neu'n gorfforol ar dtrafnidiaeth gyhoeddus.

This page is intentionally left blank

8

Public Transport



PRICE

We will campaign to lower the price of transport for under 25s and negotiate the prices to reflect the demographic wage.



COMMUNITY CONSULTATION

We would like to undertake a consultation in the community to identify current needs within public transport in Monmouthshire



EASE OF USE

We will work towards easy to use transport in monmouthshire this includes better communication on prices, delays, times, routes and frequencies.



PROMOTION

We will encourage Monmouthshire residents to use public transport to support the environment and drive down the overall cost of public transport.

FREQUENCY

We will campaign for a higher frequency of buses to more rural areas in Monmouthshire.



COVID SAFETY

We would like to find out if the reduction of buses is the right approach to local lockdowns and how to support people who are emotionally or physically dependent on public transport.

This page is intentionally left blank

9

WELLBEING



THE IMPORTANCE OF LANGUAGE

Raise awareness of the correct language and the impact they can have, recognizing and understanding feelings and emotions and how to express them in a healthy way



PEER SUPPORT

Campaign for training in schools around how to best support your peers, awareness around spotting early signs that they may be struggling and how to approach it while protecting your wellbeing in the process



HOW TO SEEK HELP

We will help in the creation of an easy access webpage providing information and signposting to local wellbeing services.



COMBAT THE STIGMA

Reduce the anxieties around talking about mental health through creating a safe place to openly discuss and normalise these feelings and emotions freely without judgement



LOOKING AFTER YOU

Access to information on how to set boundaries and prioritize your own needs, how to practice self care guilt free and help others without forgetting your own wellbeing needs



COVID-19

Campaigning to improve access to mental health services. We will provide support and self-help coping techniques to deal with the loneliness and isolation due to Covid-19 and the mental health struggles that come with it

This page is intentionally left blank

9

LLESIANT



PWYSIGRWYDD YR IAITH

Pwysigrwydd codi ymwybyddiaeth o'r iaith gywir a'r effaith y gallant ei gwneud, ei chydabod a deall teimladau ac emosiynau sut i'w mynegi mewn ffordd iach.



CYMORTH CYMHEIRIAID

Ymgyrch dros hyfforddi mewn ysgolion ar y ffordd orau o gefnogi eich cyfoedion, a chodi ymwybyddiaeth o arwyddion cynnar y gallent fod yn ymdrechu a sut i'w helpu i ddiogelu eich lles yn y broses.



SUT I OFYN AM HELP

Byddwn yn helpu i greu gwefan gyda mynediad hawdd a fydd yn darparu gwybodaeth a chyfeirio at wasanaethau llesiant lleol.



YMLADD Y STIGMA

Lleihau pryderon am siarad am iechyd meddwl drwy greu lle diogel i drafod agor a normaleiddio'r teimladau a'r emosiynau hyn heb farn



GOFALU AMDANOCH

Mynediad at wybodaeth ar sut i osod ffiniau a blaenoriaethu eich angen eich hun, sut i ymarfer hunanofal heb euogrwydd a helpu eraill heb anghofio am eich anghenion lles eich hun.



COVID-19

Ymgyrchu dros well mynediad at wasanaethau iechyd meddwl. Byddwn yn darparu cefnogaeth technegau ymdopi hunan-gymorth i ddelio â'r unigedd a'r unigedd oherwydd COVID-19, a'r problemau iechyd meddwl sy'n dod gydag ef.

This page is intentionally left blank

10 HOW TO ADULT



AM I READY TO LEAVE HOME?

We will provide you with a checklist of tools and support you need on your journey into independence



MANAGING FINANCES

Education on how to budget, understanding interests and ISAs, how to fill out cheques and important documents and exploitation through corporation advice



COOKING

The tools needed to meal prep and eating on a budget, how to eat a balanced diet, understanding basic food hygiene and food safety



DEVELOPING A ROUTINE

Practical workshops on the importance of creating, developing, and maintaining a healthy daily routine



PERSONAL CARE

Taking part in activities to stay physically fit, knowing when to seek medical care, understanding how much things cost and when it should be replaced



WHEN YOU GET CONFUSED

Information and signposting, what to expect, support and guidance, who to go to for what

This page is intentionally left blank

10 SUT I OEDOLYN



YDW I'N BAROD I ADAEL CARTREF?

Byddwn ni'n darparu i chi restr wirio offer a chefnogaeth byddwch chi'n eu hangen ar eich taith i annibyniaeth.



RHEOLI CYLLIDAU

Addysg am sut i gyllidebu, deall cyfraddau llog ac ISAs, sut i lenwi sieciau a dogfennau pwysig, ac ecsploetiaeth trwy gyngor corfforaeth.



COGINIO

Darparu'r offer angenrheidiol am goginio a bwyta ar gyllideb, sut i fwyta deiet cytbwys, deall hylendid bwyd basig a diogelwch bwyd.



DATBLYGU RHEOLWAITH

Gweithdy ymarferol am sut i gyllidebu ar bwysigrwydd creu, datblygu a chadw rheolwaith dyddiol iach.



GOFAL PERSONOL

Cymryd rhan mewn gweithgareddau i aros iach, gwybod pryd i argeisio gofal meddygol, deall faint mae pethau'n costio a phryd dylai pethau gael eu disodli.



PAN FYDDWCH CHI'N DDRYSWCH

Gwybodaeth ac chyfeiriadau, beth i ddisgwyl, cefnogaeth ac arweiniad, at bwy i fynd am beth.

This page is intentionally left blank