CYC

CARLISLE

YOUTH COUNCIL

About Us

Who we are:

- Carlisle Youth Council is a group open to young people aged 11-18

- We aim to make Carlisle a better place for young people and represent them and their views

Where we meet:

- We meet every Monday at Carlisle Youth Zone 5pm – 7pm, apart from once a month when we have our formal meeting at the Civic Centre. This is the first Monday of every month

Our Priorities for 2015/ 2016

Main priority:

- Mental Health

Other priorities:

- Giving young people a voice in improving their communities
- Publicity
- Make Your Mark 2015/2016
- Working in partnership with local organisations

Our Achivements Over the Past Year…

Community Profile

- Created to have a wide range of information available to us and others
- This profile enables us to be informed on local issues regarding young people in the area
- A variety of issues are covered, these include: The Community, Health, Education & Work, Sport & Leisure Activities, Housing, Crime and Transport

Consultations

- We held a consultation at Carlisle Skills Fair
- We carried out a ballot to influence the outcome of our Mental Health campaign
- Issued out ballot papers for the largest youth consultation in the country, Make Your Mark

Working with local Organisations

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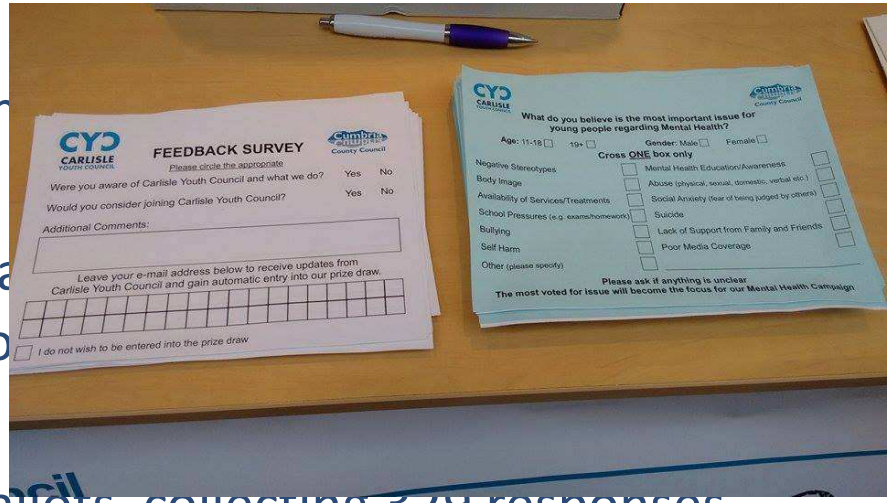
Make Your Mark 2015

- 15,604 votes were cast around Cumbria with a turnout of 32.48%
- A living wage was the most voted for issue in Cumbria, followed by A curriculum to prepare us for life and Mental health
- Across the UK 969,992 votes were cast. Overall A living wage came out on top

Mental Health Campaign Event



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ballots, collecting 329 responses

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www.newsandstar.co.uk LOCAL NEWS News & Star Saturday, August 15, 2015

NEWS BRIEFING

Covery trail

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ll about wetlands ut what lives in d the ponds from 10am to r more details 66788.

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e town's the venue for mmunity featuring ts on n 10am to on is £2.

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at Centre 7.15pm ils.

Young campaigners set mental health priorities

Youth council team take to shopping centre to conduct survey

BY FREYA FINDLAY

A PASSION for tackling mental health issues is driving Carlisle Youth Council's latest campaign.

The council for 11 to 18-year-olds is starting a Mental Health Campaign, which will run until the start of next year.

Bethany Bulman, 17, the chairman of the youth council and leader of the campaign, said: "We're not afraid to talk about mental health and hopefully inform some people."

CONCERN

Before the campaign gets underway, the youth councillors want to find out what issues particularly concern young people in Carlisle and they set up a stall in The Lanes in Carlisle yesterday to ask people to choose the most important topic for young people regarding mental health.

The issues people can vote for include body image, bullying, availability of services or treatments, suicide, abuse – physical, sexual, domestic and verbal, self harm and mental health education and awareness.

The council hopes at least 300 people will complete the questionnaire over the weekend. The most voted for issue will then become the focus of the mental health campaign.

Miss Bulman wanted to do the questionnaire because she felt the council did not know enough about what issues people were most concerned about.

She said: "It's quite a hard choice, there's so many [issues]. They're all important and that's why I felt we couldn't decide."

On the first day of the survey on Friday, people were responding well and taking time out to fill in the questionnaire.

For Miss Bulman, the most important issue is mental health education and awareness.

She said: "I feel that schools maybe don't talk about it enough. Certain things can just be thrown about like, 'You're so bipolar', or 'I'm so OCD about that', when they won't actually realise the meaning behind it."

As part of the event, the council was asking people, 'Who is your strawberry?' because strawberries release serotonin, the feel good brain chemical.

People wrote the names of those who made them happy on giant strawberries and were given lollypops and strawberries, donated by Tesco, when they completed the survey.

Testing the water: Bethany Bulman conducting the mental health survey with, from left, left to right, Heather Beattie, Shona Beattie and Morven Beattie

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So What? Workshop

- Our workshop was influenced by the results from the mental health ballot
- The purpose is to promote self empowerment amongst young people whilst raising awareness of mental health issues
- The workshop has 4 activities based around: body image, prejudice, acceptance and mindfulness

Looking to the Future…

The Next 3 Months

- ‘So What?’ to be trialled and launched by the end of May
- Redesign our website
- Elect the new Member of Youth Parliament for Carlisle & Eden
- Hold CYC’s election
- Have our AGM in mid June

How You can Support Us

- City Councillors could help promote CYC to help with recruitment
- Provide us with access to the Slupsk room for our formal meetings and the Council Chamber for our AGM
- Offer Opportunities for Youth Councillors to shadow elected members to progress our skills
- Have a City Councillor willing to work with and represent CYC at meetings we can’t attend

To Conclude

Carlisle Youth Council appreciates the opinions of young people and we will continue to give them a voice. Through our campaigns we can tackle the issues that effect young people most and make a difference.

With your support we can carry on with our great work and progress even further. By working together we can improve the lives of young people in Carlisle.