

Join the Dots Children and Young Peoples Group

## **Cardiff and Vale of Glamorgan Young People's Voices Project**

Meeting 28<sup>th</sup> Jan 2025

### **Present:**

Steph Hoffman, Promo Cymru,

David Llewellyn, RSPB Cymru,

Sujatha Taladi, the Mentor Ring,

Alisha Barnard, Linda Newton, cavamh

### **Apols today ; - but interested**

Abbi Weir, Rhiannon Lane, YMCA Cardiff,

Hayley Smith, Barnardos,

Lucia Sivori, Voices from Care,

Christina Witney, Tyrone Warner, Cathays Community Centre,

Sarah Hamilton, Platform.

Alex, Vale Youth Forum

### **Summary from Previous meeting**

**Cavamh have a small pot of money to use for a Young People's Voices Project as a continuation of Join the Dots.**

Following discussions at the last meeting :- the group proposed to enable young people to share their perspectives on mental health and wellbeing by sharing tips for wellbeing and through a survey – what works well for them and what they would tell funders if they had the opportunity.

This could be developed and shared online and via face-to-face connections amongst those groups taking part.

Steph was looking into whether Promo Cymru could support development of the online survey, which everyone could then access.

Barnardos, are happy to help – if the project gets going before end March when YEWS may close, also Vale Youth Forum. (See notes previous meeting)

A number of groups interested in taking part.

## Proposal

Steph fed back that Promo Cymru are happy to help build an online tool, which other organisations can use to engage young people remotely or face to face.

They could help devise a short questionnaire, as a basis for all members to review.

- Gathering young people's own voices and views
- What helps you when you are not in a good place- what I do to help myself
- What do you get that is positive from other people
- What would you want to tell people of influence – if you were in a position of power what would you want to do differently

## How this could be developed and owned by all

- This could form the basis of information for individual groups taking part to use or share
- The online tool would collate the info into a table- comments can also be left by audio or video.
- Someone would need to pull the info together to capture it.-Linda said that cavamh connects with a young peer researcher who could do this.
- It would need organisations to engage with young people to make it work.

PC costs would be c 800.

## How to encourage and facilitate young people's engagement:

-Form completion would be anonymous – but people could enter a free prize draw for a shopping voucher

-Organisations would need to support in engaging young people

**-It would be up to individual organisations to make it happen...**

## Engagement from young people could be:

- **Remotely or in person**
- **By paper or via creative means** – Platform are interested in this through the Hangouts
- David Llewellyn has been in touch with the Single Parents Wellbeing group who would be interested.- Julie Green and Rachel Combe.
- Those groups expressing an interest to Linda to date include:  
Cardiff YMCA, Voices from Care, Platform, Cathays Community Centre, Vale Youth Forum, ACE, Barnardos, Promo Cymru, Cardiff Mind, the Mentor Ring

**Action-** *there are more organisations in the CYP- Join the dots mailing list- **Linda will contact more organisations to see if they would like to take part.***

## Further Discussion about building the Questionnaire

- **Promo Cymru could design** and build using a bespoke generic tool- shared by all groups signing up to use it. It will be a partnership with consistency in terms of organisations across the piece... The tool – Typeform- would generate a report
- **Aim-** capturing CYP voices about what young people feel about mental health and wellbeing and what would support and improve

- **Safeguarding issues**- If the form is online and anonymous there is no need for the same safeguarding as no identifying info
- **Specific Targets?- No - This is for everyone** - those young people in contact with CYP mental health services and those at a community level
- **Gathering simple demographic data- what and how**- Needs to be carefully considered -le age, ethnicity-
- **Ensuring info is identified in relation to each individual organisation as well as collectively...Will there be code for who contributions from each organisation ?**  
... There could be a wide spectrum of views but we would need to understand where they come from...le single parents would be different to Voices from Care etc...different ages, communities...If it builds into one central report we could add a tick box...do you link with any of the following groups...It will be a record everyone can use in their own way  
Sujatha mentioned the **minority ethnic community**- The Mentor Ring run family strengthening projects where people talk to each other, who could take part in this

### Engaging other groups

Linda to connect with Llamau, Grassroots, HATW etc- all on the MHF CYP / Join the Dots mailing list- about 40

Steph- said over the 10 years MEIC has operated the narratives have stayed the same .

### Action-

#### Other key points...

- Pragmatism will be the challenge
- Suicide and Self Harm national strategy is coming out
- Senned elections are next year..
- To remember this is light touch – not an in-depth analysis
- How to make the survey accessible and in language that people understand..Open questions inviting a response

**End goal- to hear young peoples voices about what works for them and what would make a difference, - (not to make in depth strategic recommendations).**

### Actions

- i) **Steph** is happy to put an **outline proposal** together but it will only work if those groups with experience and an interest sign up and engage young people
- ii) **Contacts and sign-up - Linda** to contact other colleagues/ organisations to clarify the outline proposal – this is an idea that is starting to take shape- would you want to sign up to this.
- iii) **Linda to ask Zoe** if she is interested to be involved as a peer researcher/contact individual agencies for interest
- iv) **Next steps / next meeting** – what it means, what it involves, design and text

### Info in chat

## **Steph**

these are some links to the comms / engagement work ProMo are doing including training and a funded places for service design training:

<https://promo.cymru/2024/12/19/learn-to-use-digital-service-design/>

<https://promo.cymru/services/#service-id-36>

<https://promo.cymru/services/#service-id-37>

## **Steph**

**Our suggestion is just a suggestion - not a given - needs others to agree and sign up - others might have better suggestion / proposal - happy to put together outline for sharing**