# EPPING FOREST DISTRICT COUNCIL
# COMMITTEE MINUTES

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| **Committee:** | Epping Forest Youth Council | **Date:** | Tuesday, 2 July 2019 |
| **Place:** | Committee Room 1, Civic Offices, High Street, Epping | **Time:** | 7.00 - 9.00 pm |
| **Members Present:** | S Bakalov, A Flynn, T Fontenelle, T Gray, S Halcrow, B Hodgkinson, R Kent, D Mehr, E Nsofor, O Okeke, H Pickering, O Smith, Z Smith, S Tiwana and M Wilson | | |
| **Other Councillors:** | | | |
| **Apologies:** | F New | | |
| **Officers Present:** | | | |

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## 139. Confirmation of Chairman & Vice-Chairman

It was noted that Zak would be the chairman and Rene would be the Vice-Chairman for this meeting.

## 140. Apologies for Absence

Apologies were received from F New.

## 141. Minutes

**RESOLVED:**

That the minutes of the meeting held on 14th May 2019 be taken as read and signed by the Chairman as a correct record.

## 142. Guest speaker Karen Wheelan PROVIDE

Karen gave an overview of Making Every Contact Count (MECC) and explained this is an evidence-based approach to improving people's health and wellbeing by helping them change their behaviour. The training is to help people be aware of the health and wellbeing services available in Essex and to gain awareness of the effects poor lifestyle choices have on health and know how to refer into the service.

Karen provided leaflets and said the service is open to all age 16+ and their families and consultations can be face-to-face, over the telephone or home visits.

A discussion was held regarding smoking and the dangers of cigarettes; Karen also gave some tips on eating well and suggestions of how to improve sleep and physical activity.

The Youth Councillors thanked Karen for the training.

**Action**: Karen will send referral form for Di to distribute to Youth Councillors

## 143. Guest Speaker - Archie Flynn

Archie spoke about an issue which is currently becoming popular in his school especially within his year group. A new legal high called LSA (also known as Hawaiian Baby or Dry Seeds) and has the same chemical properties as LSD which is a Class A drug. LSA is a natural product the size of an apple seed and grown on a plant in hot countries. It is currently legal and being purchased online and is commercially available to under 18 year olds from places such as eBay. Archie said the current law states you can possess the seeds but you cannot crush them. Archie spoke about the nasty side effects of taking this drug such as nausea and sickness and also gave some suggestions to the Youth Councillors on what they could do if they found someone was taking this drug.

## 144. Youth Councillor Updates

**Braeside –** Simran has given her Headteacher the drugs project which was well received. Simran said the pictures of the Youth Council are on display.
A Charity event was held last week for the school fayre.

**Chigwell –** Not present

**Davenant**
Onyeke said sports day is coming up soon. The Year 6 induction day has taken place which she helped with. Archie recently attended a School Council meeting where some issues with the TFL busses were discussed. Archie said he is not sure the suggestion boxes are being emptied regularly and he will look into doing this. Eleanor said the Year 11 students attended prom and leavers day and on Thursday 4th July there is a 6th form taster day. Eleanor also advised that she has not attended any School Council meetings as she has now left school.

**Debden Park**
Rene said prep monitors have been introduced and also the Debden Dynamos where teachers do things to raise money. Year 9 recently attended a trip about future careers.

**Epping St Johns**
Megan said a new coffee morning has been set up which runs every 2 weeks for students who are feeling unsafe or have no friends; they can speak to peer mentors for help. The school are currently raising money for games for the coffee morning. Oliver said the Prefects are currently splitting the jobs to raise money for the year book, hoodies and prom venues.

**King Harold**
Tom said the exams have now finished and the leavers assembly has taken place. The year 6 students have attended induction day. Tom spoke about some concerning activity where there have been suspected drug dealers outside school and rumours of girls turning to prostitution. A discussion was held among the Youth Councillors and some suggestions were made for Tom to take information to the school; it was also suggested that Tom could contact Crimestoppers if he suspected any illegal activity.

**Ongar**
Harriet said the Year 6 induction has taken place and there have also been some Year 5's attend. Also, all KS2 schools have attended sports events.

**Roding Valley**
Daniel said the student leadership house captain interviews have taken place. Sports day is coming up and also the Year 7/8 residential trip.
Zak said a lockdown drill has been carried out should the school need to raise an alarm where someone decides to cause harm on school grounds.

**Independent Youth Council**
Tallullah said exams have now finished.

## 145. Event Feedback

**Young Essex Assembly**
Eleanor said due to sitting her GCSE's she has not attended recently. Dan said at the last meeting he attended they were drafting a letter to send to MP's in each district. Dan said there is a meeting this Saturday (6th July 2019).

**Jack Petchy Awards**
Zak and Gaby attended and had a very good evening.

**CRY – Cardiac Risk in Young people**
Archie attended and said the event was very good. Di advised the heart screening is very important and encouraged Youth Councillors to attend a free screening event; it there are no places, then to go on the waiting list.

**Epping Monday Market Survey**
Zak said this is now complete and he has all the data that is needed. Epping town Council were very impressed with the number of surveys returned and thanked the Youth Councillors for their support.

**We 'R' Safe**
The We 'R' Safe extra filming sessions has taken place.

Di thanked all the Youth Councillors who starred in the films.

## 146. EFYC WE R SAFE Launch

Di provided the Youth Councillors with the merchandise for the We 'R' Safe launch on Monday 8th July 2019 and gave an overview of the evening.

## 147. EFYC activities map

Paula to update at the next meeting.

## 148. Jack Petchey Award

Di gave the Youth Councillors nomination forms for the Jack Petchey award and presented Megan with her award. Megan received her award for being caring and Kind and always keen to volunteer at the local home for elderly residents and support them to look after the hens. The hen project addresses social isolation and inter-generation work, the residents are so pleased to see young people visit them on a regular basis. Megan is keen to motivate the group to take part in charity quizzes and fund raise. Megan's £250 award went towards We R Safe movie night props and We R Safe movie night buffet.

Di asked winners to think about what they would like their £250 to go towards and said the next awards are on 9th July 2019.

## 149. EFDC Cup presentation

The EFDC Cup was presented to Zak. Zak is an outstanding Youth Councillor and has taken a lead role at events and meetings. Zak works to a professional and high standard at all times.

## 150. Submission forms

Lisa Golding – Healthy Schools Engagement Worker in West Essex would like to attend the next Youth Council meeting on 3rd September 2019. Di advised some Youth Councillors have completed wellbeing training.

Basildon Borough Youth Council have also requested to visit and speak about their project work and they would also like to attend the next Youth Council meeting on 3rd September 2019.

Harlow Youth Council would like to arrange a date to meet now that exams have finished. Di suggested arranging a suitable day in the summer holidays.

## 151. Any Other Business

a) Notices by Di

- Youth Conference date is Friday 22nd November 2019.
- Meeting with the Right Honourable Dame Eleanor Laing – date to be confirmed in September.

b) Notices by Paula

i. Diaries have been updated and emailed to you.
ii. GDPR requirements – Parents will be sent a new consent form.

c) Any other notices

d) Youth Councillor notices

1. There were no further notices

e) Notices by Gaby

Gaby advised there have been a lot of recent changes within the Council as we are in a period of transformation and told the Youth Councillors that this would be the last meeting she would attend as she has a new role within the council. Gaby praised the Youth Councillors for the work they do and said the Youth Council is very well respected. Gaby wished the Youth Councillors all the best and said she will continue to be a really good advocate for the Epping Forest Youth Council.

## 152. Date of Next Meeting

The next meeting agreed for Tuesday 3rd September 2019 7-9pm. Rene will Chair the meeting and Archie will be Vicechair

Meeting Closed at 21:00

**CHAIRMAN**