

# YOUNG PERSON'S FORUM

We met online Wednesday 5<sup>th</sup> February 2025

We welcomed two new people to the young peoples forum tonight.

I asked if there was anything anyone wanted to discuss this month. No one had anything they wanted to talk about.

I asked if I could get feedback from our joyful January event.

You all agreed it was good to have the event but felt there could have been more things at it. You would all liked to have seen more craft activities such as cards and painting, one of you said it is nice to do these things and take them home. You then have things to remind you of the day.

One of you said face painting for the younger children would have been good.

You all agreed that if we are doing it again it should be somewhere with an outside space so people could have a place to run or burn off energy if needed as well as get away from the noise in the rooms.

The entrance room you felt the sofas should have been set up better to give people more options for sitting.

Two of you said that you felt anxious going into a hotel for it and that the safari park was different because it was for children.

You all felt sound bath was for older people and not for kids.

Djing and laughing yoga were really good, none of you had done the drums or sound bath. Trying different fruits was good.

You all agreed there was to much time standing around not knowing what to do.

Once you all had finished giving me feedback, I mentioned that the sheets we had put out asking people about how they cope with their emotions had some interest and we looked at this. We all agreed that we needed some more suggestions if we wanted to turn these into a book. Therefore, you all agreed to have a think about what helps you now when feeling certain ways ad what helped you in the past.

I asked how you all felt about meeting on line and if you want to meet in person. You all agreed meeting in person is better and we agreed I would arrange a weekend for us to meet up next month.

I mentioned that we had talked in the past about meeting care visions panel adviser. I reminded you all about what CV panel does. You all agreed that you don't have to meet

with anyone unless they want to meet with you but that none of you like the forms and feel you should be asked the questions by an adult you know and trust. Someone you feel comfortable talking to could come to your house and ask you the questions that need answered.

We chatted about general things before we agreed that we had nothing else we wanted to talk about tonight.