

Carlisle Youth Council!



Who We Are

Carlisle Youth Council...

- ▶ Carlisle Youth Council are a group of young people (aged 11-18) from across Carlisle.
- ▶ We work with other young people and the council to improve Carlisle for young people by representing what matters to them.
- ▶ We meet every Monday from 5:00pm - 7:00pm and we have approximately 10 members.

Young People's Mental Health Statistics...

- ▶ 1 in 10 children in the UK between the ages of 5 and 16 years suffer from a diagnosable mental health disorder.
- ▶ Between 1 in 12 and 1 in 15 young people deliberately self-harm.
- ▶ There has been a 68% increase over the last 10 years in hospital admissions for young people due to self-harm.
- ▶ Almost 80,000 children and young people suffer severe depression.
- ▶ 72% of children in care have behavioural or emotional problems - these are some of the most vulnerable people in our society

How We Decided to Campaign on Young People's Mental Health...

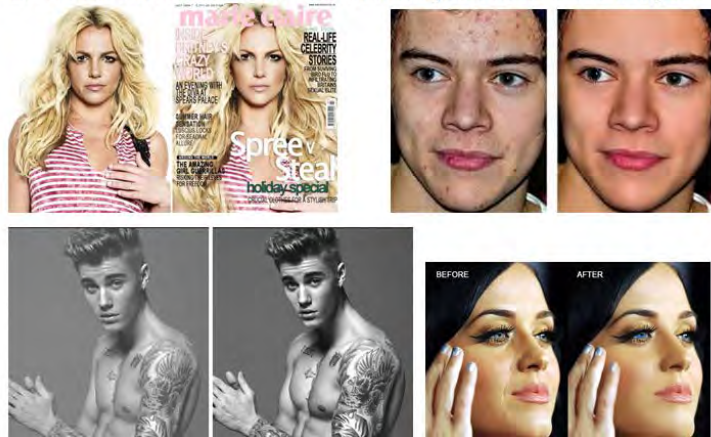
- ▶ Following the results of 'Make Your Mark' and our mental health event in The Lanes, Carlisle, in August 2015 it was decided that bullying would be our mental health campaign (with 19.6% of the 11-18 age category voting for bullying).
- ▶ We created a pack to send to schools, colleges and local youth groups, called 'So What?', the pack has four different activities aimed at different aspects of mental health.
- ▶ The purpose of the 'So What?' campaign is to promote self-empowerment amongst young people, whilst raising awareness of mental health issues.

'So What?' Campaign Activities 1 and 2...

- ▶ Activity 1 - The aim of this activity is to show the unrealistic representations of body image in the media through images of photo-shopped celebrities.

Instructions:

1. In your group take a look at the images below.
2. Have a short discussion about what you see in these images.



- ▶ Activity 2 - The aim of this activity is to combat prejudice through showing how people differ from your initial ideas and opinions.

Personal Statements



Person 1- He works on quad bike engines for racing with his Dad at weekends. When he's older he wants to go into engineering for F1.



Person 2- She sings in the church choir and volunteers in an old peoples home. In a few weeks she has an audition for the Welsh National Opera.



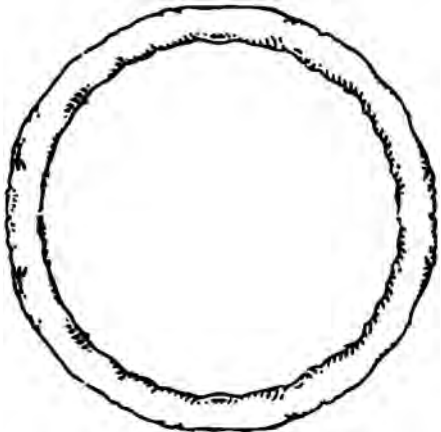
Person 3- Has trained in gymnastics since the age of 3 and is a county champion in the pommel horse. He hopes to become an Olympian.



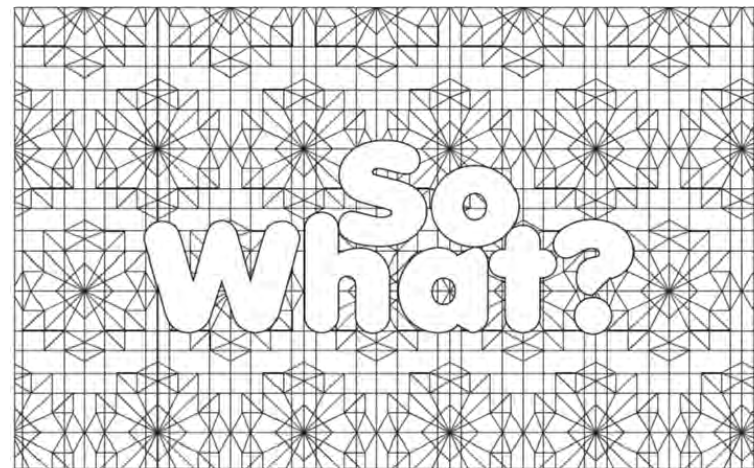
Person 4- Is a carer for her Mum who has multiple sclerosis. She's currently fundraising for the M.S Society by taking part in the Great North Run.

'So What?' Campaign Activities 3 and 4...

- ▶ Activity 3 - The aim of this activity is to show how everyone is the same underneath (Pizza base) but we all like different things (Pizza toppings).



- ▶ Activity 4 - The aim of this activity is to promote mindfulness through the colouring sheet.



You're unique, be you!

'So What?' Campaign Key Contacts Sheet...

Websites:

- www.childline.org.uk
- www.bullying.co.uk
- www.papyrus-uk.org (suicide prevention)
- www.supportline.org.uk
- www.samaritans.org
- www.cybersmile.org (cyberbullying)
- www.youngminds.org.uk
- www.bullybusters.org.uk

Helplines:

- Childline - 0800 1111
- HOPELineUK (PAPYRUS) - 0800 068 41 41
- SupportLine - 01708 765200
- Samaritans - 116 123 (UK)
- bullybusters - 0800 169 6928

'So What?' Campaign Plans for the Future...

- ▶ Once we had created the pack we trialled it with Carlisle Young Carers who gave us great feedback.
- ▶ The Pack will also be sent out to schools and colleges across Carlisle and will be available to download from the Carlisle Partnership website.

Thank You!

Now Here is Jacob Reid MYP...

Cumbria UK Youth Parliament (UKYP) Elections 2016

Candidate Manifesto- Jacob Reid

Why do you want to become an MYP?

As an individual who is proud to have lived in Cumbria all of my life, I am extremely passionate about seeing the youth's opinions, wishes and views being listened to and acted upon for the good of Cumbria, and we certainly all have opinions. Yes, those opinions may be on a football team, and unfortunately I can't quite help Carlisle United win the Premier League; we have to be realistic. Yet this realism can and will lead to some small yet crucial steps which will bring massively positive changes to Carlisle and Eden. You, the youth of Carlisle and Eden, have spoken with the Make Your Mark Ballot and it is now time that someone listens. I am listening, and through regular drop-in sessions as well as constant online availability we will be able to realise the power of the youth of Carlisle and Eden. With your vote we can make a difference. We can improve Carlisle and Eden. We can improve our future. Vote for me to make a difference to what matters to you.

Tell us a bit about yourself? E.g. what music do you like?

I should probably introduce myself first! Hi, I'm Jacob Reid. I go to Queen Elizabeth Grammar School in Penrith, and love living in Cumbria. I have a wide array of hobbies, which span from swimming and playing badminton to debating! Apart from obviously having a huge interest in politics, I like to be at the cutting edge of technology, from the latest smartphone to the newest gadget! Like most of the nation, I'm a big fan of the TV series 'Sherlock', and I also absolutely love watching films. Some interests of mine are languages (my ambition is to be fluent in at least one other language by the time I finish school) and, for no particular reason, weather forecasting! Talking of school, I am the editor of my school newspaper, which I thoroughly enjoy! The sport I am best at is chess (is chess a sport?!). Finally, I shouldn't forget to mention music: in general, I enjoy listening to whatever's current.

What is your unique selling point? What will make you stand out from other candidates?

Everyone who meets me notices my **hard work** and **dedication** to everything that I set out to achieve. Yes, every candidate wants to be a MYP, but I understand that to be a successful one, the utmost hard work and dedication to achieving a positive end result is required. I'm not afraid of late nights working; I'm not afraid of early mornings campaigning; I'm not afraid of making our opinions heard. If anything, the sheer magnitude of the task at hand is **extremely motivating** to me, and brings out the **healthy competitive side** of me, which I believe to be one of my greatest assets. I pride myself on having **very high standards**, which I uphold through my hard work. I am also proud of my skills when it comes to **public speaking** and **debating**, which are of course both crucial for a MYP. For two years running I have been picked to give the speech that the head teacher would normally deliver on the Year 5 Open Evening at my school, and I have received a lot of positive feedback for doing so. Finally, and I believe that this is one of the most important

skills for a MYP, is that I am **open to listening**. Since I have been editor of my school newspaper, I have made many positive changes in each new issue: I have learned to listen to what people say, and to adapt the Newspaper accordingly.

Overall, I believe that my hard work, dedication, motivation and high standards coupled with my ability to speak and debate in public and the fact that I am open to listening makes me stand out from the other candidates!

What are the issues that affect young people in your MYP district that would you like to campaign on?

North – Carlisle and Eden

Mental health. 1 in 5 young people will suffer with a mental health problem this year (WHO- World Health Organisation). Even if we are not affected individually, we all know someone who is. Cancer is a terrible disease, and we all certainly know about it; the same cannot be said about mental health. As it drastically affects a lot of our society, we should have already moved away from the untrue, unfair stereotypes which surround mental health problems, yet we haven't. For those who suffer from it, just to be understood is a key step forward- a step that we need to make together. By ensuring that schools in Carlisle and Eden provide the youth with a better understanding of mental health illnesses, we can gradually move away from these dreadful stereotypes as a community and move closer towards becoming a fairer community.

Living Wage. This, being the popular issue of the Make Your Mark Ballot, is clearly an extremely important issue. Since its introduction in 2001, the national living wage campaign has put £210 million into the pockets of some of the lowest paid workers in the UK; the difference between the living wage and the minimum wage can be the difference between making ends meet for some families and struggling to meet the day-to-day costs of life (livingwage.org.uk). Paying the living wage carries many benefits including more motivated staff and more ethical companies. In addition, it helps to tackle poverty. Therefore, it is shocking to learn that in and around Carlisle alone, there are only 10 employers that have adopted the policy. I believe that we could raise awareness of the issue through several different paths, including strong publicity through routes like local newspapers and radio stations. We could also gain the support of companies who have adopted the living wage, which would allow us to realistically encourage more businesses in Carlisle and Eden to adopt this universally beneficial policy.

Curriculum for Life. As young people, we all go to school to be prepared for life. Maths and English are important, but so is understanding what a tax code is, or understanding the current political situation. It is alarming that PSHE (Personal, Social and Health Education) is not on the national curriculum. A high quality of PSHE education would prepare our generation to be active citizens, contributing positively to society.

yet it isn't compulsory - at the Make Your Mark Ballot ago; however, there is still can make sure that the youth working closely with our I sure that we have the best be taught? (PSHE-association life and now they want w

Picking Mental Health...

Can we cure all diseases
in our children's lifetime?



“We want to cure all diseases”

Aspirational Targets

Mental Health Youth Consultation

“

1 in 5 young people will suffer from a mental
health problem this year -*World Health Organisation*

”

“No young person will suffer alone again”

My Aspirational Target