

## Notes from Youth Voice Executive Committee meeting

Meeting date: Thursday 11 September 2025  
Meeting time: **5 – 7:30pm**  
Meeting location: Hybrid –  
In-person access: County Hall, 'Mezz', Walton St, Aylesbury, HP20 1UY  
Online access via Zoom

Staffing: Lucy, Sam, Krissie (online facilitator)  
Guests: Jane Nicholson & Joe Head (Family Support Service)  
Becca Jones (Joint Strategic Needs Assessment - JSNA)  
David Munday (Director of Public Health, Bucks Council)  
Apologies: Julie (Family Support Service)

### Attendees

Members: In-person: Chair IO, PH, WT, OG, RH, AG, SB, LW, GH, AA, JS  
Online: HD, CK, SS,

### Hello and welcome, overview of agenda for today

The meeting started at 5pm and members joined both in person and online.

### Updates / Positive Pineapple

We welcomed two new members at the session, JS and CK. We welcomed our guests including David Munday, the Director of Public Health at Bucks Council. He introduced himself, explained his role and what Public Health means to the group.

Everybody shared something positive that has happened since we last met. As there was no meeting in August due to the summer break, Lucy welcomed members back!

### Elections of the new Chair and Vice Chair of YVEC 2025 – 2026

The current Chair IO gave a brilliant speech reflecting on her time over the last year and welcomed the new Chair and Vice Chair.

The two members that had put themselves forward to be the new Chair both gave excellent speeches. Votes were cast by the members and the new Chair of YVEC for 2025-2025 was announced as WT.

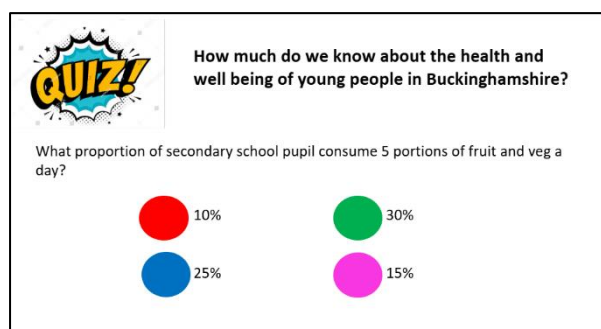


Five members went for the Vice Chair role which was fantastic to have so many members interested. Each gave speeches which were amazing. Votes were taken and the new Vice Chair of YVEC for 2025-2026 is RH.



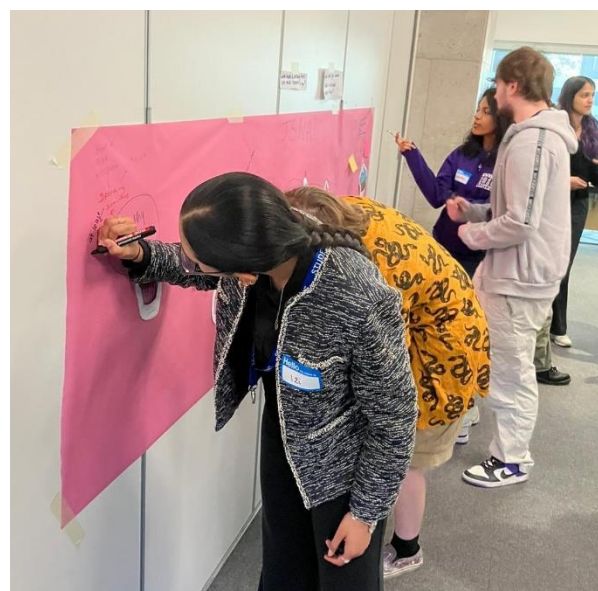
### Joint Strategic Needs Assessment (JSNA) with Becca Jones

Becca introduced herself to the group and explained what the Joint Needs Assessment (JSNA) is using the metaphor of a community bake sale to do this, which Lucy had already set up in the room.



The group then did a quiz where Becca asked multiple choice questions about the health of young people in Buckinghamshire. The answers were split into four different colours, then the members stood in a different corner of the room to show their answer. The online members put the relevant emoji colour in the chat for their vote and Krissie monitored this.

For the next task the group used the graffiti wall in the room to look at the health and wellbeing topics in the JSNA and see if there was anything missing. Becca shared data about young people in Bucks to use for this. The topics were Healthy Lifestyles, Life After School, School, Early Childhood and Mental Health and anything else?

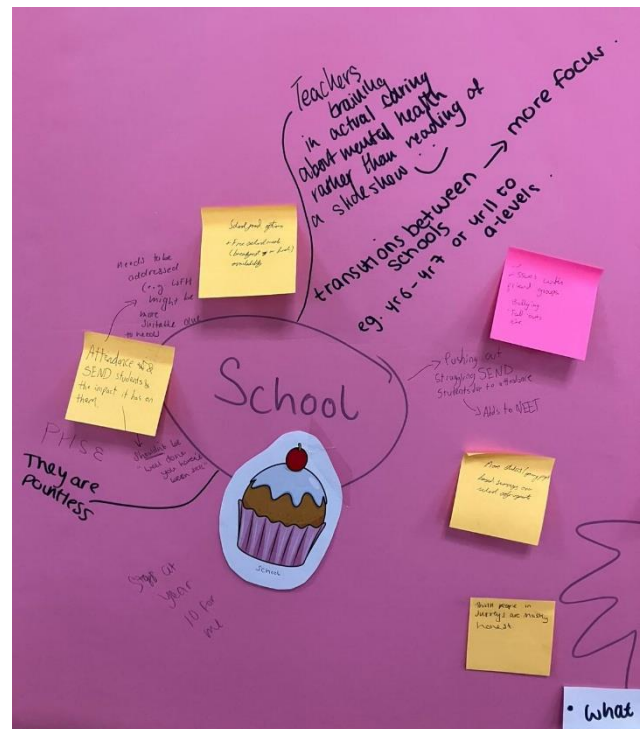
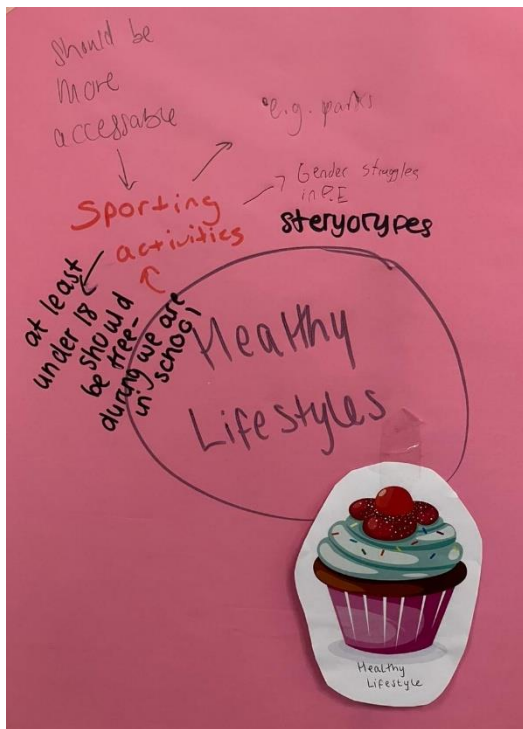


The members then wrote their thoughts to the following questions on the graffiti wall:

- What health and wellbeing topics are most relevant to you?

- What have we missed?
- What would you want adults or decision-makers to know?

The online members shared their thoughts to Becca and Krissie verbally and using the chat.



**Action** - Lucy to share all feedback and notes to Becca, as they ran out of time during the session to do this, who will then update the group on how their input has impacted her work/JSNA going forward.

### Food break

We had a 15-minute food break where we ate pizza and picnic style food.

David stayed and chatted to the young people during the break but then had to leave.

### Family Support Service youth courses refresh with Joe and Jane

Joe introduced himself and explained that the Family Support Service run online courses to support young people, covering topics such as 'Stress, Anxiety and Low Mood' and 'Confidence and self-esteem'.





Jane ran a shield activity session, showing an example of what they would do during the course to give the group context. Lucy asked the group, those online and in the room, to complete their shield and invited them to share anything they were comfortable with.

Questions on the shield were:

- **Who are the important people in your life?**
- **What things do you like doing?**
- **What are your favourite foods?**
- **What would you like for your future?**

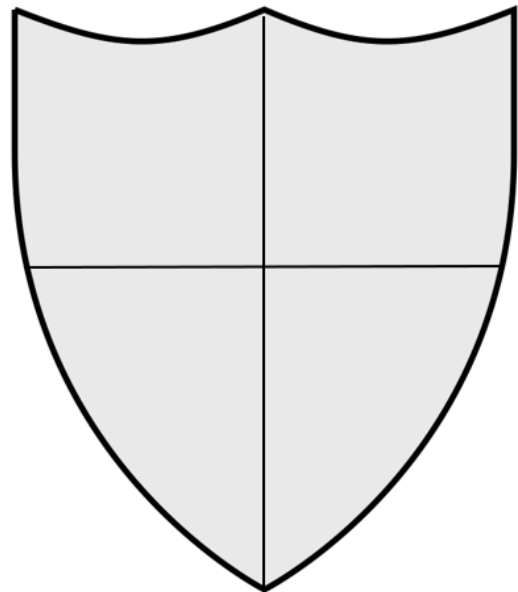
For the next activity Jane and Joe asked members for feedback on a 'Journey of Change' activity they run during the courses. They gave an example of a road, and the members gave lots of feedback including:

- Give different example themes of journeys to inspire young people (road, animal, space, hiker through a mountain, car)
- Members explained the more templates and examples they can give the more it would support young people to get involved in the activity
- They suggested having positive feedback or stories from doing their courses as a way to promote the courses.

Joe and Jane found the feedback helpful and will use it to make changes. They asked if any of the YVEC members were interested in being a 'Mystery Shopper' to give more feedback about their courses and to contact Lucy for more information. IO has done this already and you can read more here - [The Family Support Service's Mystery Shopper - Youth Voice Bucks](#)

#### My Shield of Identity

Who are the important people in your life?  
What things do you like doing?  
What are your favourite foods?  
What would you like for your future?



For more information on the youth courses please see the flyers below:

**BUCKINGHAMSHIRE COUNCIL**  
EST. 2020

Proud to be part of  
**Family Hub Network**  
Buckinghamshire

How to deal with...  
**Stress, Anxiety and Low Mood**

**Online course for young people**

Would you like to feel better about life? Do you feel stuck and need some tips on how to move on?

If you're in school years 7 and above, our online course could be for you. Sessions run on Friday afternoons and Tuesday evenings.

**Sessions cover:**

- What stress, anxiety and low mood are
- Strategies to feel better
- How to deal with setbacks
- Planning for a brighter future

"It was so fun, I learnt so much and enjoyed myself"

For more information or to secure your place, scan or click the QR code.

If you need help please email  
[familyhubgroups@buckinghamshire.gov.uk](mailto:familyhubgroups@buckinghamshire.gov.uk)

**15 August to 29 August (3 weeks)**  
**1:30pm to 3:30pm**  
or  
**22 September to 20 October (5 weeks)**  
**6pm to 7pm**

**SCAN OR CLICK ME**

**BUCKINGHAMSHIRE COUNCIL**  
EST. 2020

Proud to be part of  
**Family Hub Network**  
Buckinghamshire

How to build  
**Confidence and Self-Esteem**

**Online course for young people**

Want to feel better about yourself? Want to feel more confident around other people?

If you're in school year 7 or above, then our online, 5-week course could be for you.

**5 online sessions cover:**

- Why the media affects how we see ourselves
- How to cope better with setbacks
- How to deal with peer pressure
- How to feel better about ourselves

"It was so fun, I learnt so much and enjoyed myself"

To secure your place or for more information, scan or click the QR code.

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[familyhubgroups@buckinghamshire.gov.uk](mailto:familyhubgroups@buckinghamshire.gov.uk)

**Tuesdays**  
**23 September to 21 October**  
or  
**11 November to 9 December**  
**6pm to 7pm**

**SCAN OR CLICK ME**

### AOB – Budget consultation

In previous years YVEC have taken part in the Buckinghamshire Budget consultation which has been run at sessions by Moz Kelly (Consultation and Engagement Project Officer at Bucks Council). This couldn't be fitted into our session this year, so Moz wrote a letter which the Chair (IO) read to the group. The letter thanked them for participating last year and asked them to complete the survey again for this year: [Consultation letter to YVEC](#) and Lucy shared this in the YVEC WhatsApp chat.

### Close

The meeting closed at 7.30pm.

**Thank you** to everybody who was part of this meeting.

If you have any questions or comments, please contact Lucy via the details below: 07767 433826 / [YouthVoiceBucks@buckinghamshire.gov.uk](mailto:YouthVoiceBucks@buckinghamshire.gov.uk)