

Meet the Team

Since the Youth in Mind project launched in the Spring, we have been gradually growing our team, and now happily have a full cohort!

Issue 03

1. Meet The Team
2. Groups Get Going
3. Developing a Charter for Mental Health Services



Jo

I am very fortunate to be leading this wonderful project and team. I am passionate about the value that children and young people can bring to system change. Through Youth in Mind I am able to help place them and their lived experience at the very heart of Mental Health Service transformation. JoHand@map.uk.net



Karis

I'm delivering Youth in Mind activities in Great Yarmouth and Waveney, and also have a special focus on engaging care experienced young people and young people from ethnically diverse communities in our work. I'm currently setting up regular wellbeing participation groups at East Coast College as well as engaging with young people at The Chill Spot youth group and working in partnership with the Suffolk Engagement Hub in Lowestoft. KarisUpton@map.uk.net



Tess

I'm leading on delivering sessions in Norfolk and Broadland and also focusing on ensuring that young people who identify as LGBTQIA+ are engaged and represented in all that the Youth in Mind project offers. At the moment I am working with young people at Jane Austen College and have also set up a new wellbeing focused Community Hub which runs on Thursday evenings in Norwich. I have also been able to support young people in helping to train the new Education Mental Health Practitioners who are currently studying at UEA. TessLewis-Williams@map.uk.net



Dom

I'm the newest member of the team, and am just starting to establish my presence in North and West Norfolk and in Breckland. I am particularly keen to reach young people from rural communities with our work and will also be working to ensure our participation activities are inclusive and accessible for young people with special educational needs and disabilities. DominicJarvis@map.uk.net



Amber

I am very excited to be heading up Youth in Mind work with primary age children and ensuring the voices of younger children are heard and responded to. I have already been able to involve younger voices in a range of activities, including finding a new name for Ormiston's Point 1 Service and suggesting some clinical room re-designs. Amber.Knowles@ormistonfamilies.co.uk

Groups Get Going

The Youth in Mind team have established some regular groups for young people in Norwich and Great Yarmouth. They aim to bring together young people who want to relax, socialise together and enjoy activities and conversation to help promote good mental health and wellbeing.

Norwich Community Group

Every Thursday at the Kinda
Café/Shoe Box Hub, Castle
Meadow

11 – 16 year olds: 4.30pm – 5.30pm
16 – 25 year olds: 6pm – 7pm

For more info, email: youthinmind@map.uk.net

Great Yarmouth Community Group

Regular Monday sessions at the
Chill Spot, St George's Café, King
Street

11 – 15 year olds: 4.30pm – 6.30pm

For more info, email: youthinmind@map.uk.net



For updates on news and activities from the Youth in Mind team, please do follow us on [Facebook](#) or [Instagram](#) @youthinmindnorfolkwaveney



If you or a young person you are working with would like to get involved with any of these projects or events, then please contact Jo Hand, Participation Youth Worker at MAP: youthinmind@map.uk.net



Developing a Charter for Mental Health Services

We've been busy here on the Youth in Mind project, making great progress with the Children and Young People's Mental Health Charter.

The team spent a lot of time over the Spring & Summer talking to young people about this work and seeking their views on Mental Health Services, both in person and via an online survey. A group of young people have been working through the results from these workshops and surveys and have used this to write a first draft of the Charter.

This draft Charter clearly highlights to providers what the priorities for young people are. It shines a light on the aspects of Mental Health Services that are most important to Children and Young People.

Young people have structured the draft Charter around **6 key themes**:

- Services will care
- Staff will support and be well supported
- Right help, right time, right way
- Treatment will be tailored to individual needs
- Communication will be effective
- Young people will have a voice



[To see a full copy of the draft Charter and to feedback via a simple online survey, click here.](#)

We would love to know what you think!