

Cost of living feedback from Young Ambassadors residential on 22-23 February 2023

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1. Priorities to feed back to the Board

We asked the YAs to vote for their five top messages to the Board. Here is the full list, in order of popularity.

- i. Stress of pressures at home have a knock-on effect in school, home, work, and social life
- ii. Mental health support and counselling in communities for all ages needs to be improved
- iii. More communication is needed between schools, hospitals, councils etc.
- iv. Youth services and community services eg leisure centres cannot be defunded
- v. Help young people with the cost and availability of public transport
- vi. Have an understanding that there is inequality across Wales when it comes to education and work
- vii. More communication with young people directly (rather than with parents/carers)
- viii. Help with events to prevent unhealthy behaviours
- ix. The cost of living is a key area of interest for young people and they could be better informed of the key issues
- x. More awareness by signposting different support options
- xi. Mandate consultations to approach more young people on the side effects of the cost of living
- xii. Advertise and promote good work options for young people eg social media. Job fairs

- xiii. Small businesses, independent businesses and small farms are being significantly affected by the cost of living
- xiv. Understand those with higher salaries may also need help with the cost of living but fall outside of the requirement for support
- xv. Continue to provide funding for Young Ambassadors and residentials

The Young Ambassadors also felt it was really important to tell us that accessing GP surgeries and waiting times are having a big impact and will get worse due to the cost of living crisis.

2. Solutions the Young Ambassadors would suggest to Welsh Government, local authorities and the NHS

Welsh Government:

- Like the “dine out to help out” scheme, run a “support local” campaign
- Lottery funding for social services

Local authorities:

- Cheaper local transport and more provision
- More allotments for home grown food
- Improve local areas eg rivers so they can be used for water sports locally
- More afterschool activities run by councils
- Cheaper or free school uniforms
- Cap on transport costs
- Lower the pass rate in schools – young carers or people with part-time jobs don’t get the time to study
- School clubs where young people can do their homework – a warm place, with the lights on
- More support for families by councils – separate from social services because of the stigma

NHS:

- More access to health services
- Ability to book appointments online
- More mental health support

3. Feedback wall

It is really informative but could be shorter with less activities as that time could be useful for other skills to help us in the future.

Start where we are,
Use what we have/know,
Do what we can together.

Even small steps can add up to the changes we want to see!

Absolute poggers day!

Really enjoyed a lot.

Cost of living was fine and young person-friendly but Cardiff College's "How to do a meeting" could be more adapted.

In future maybe send an email out asking what we would like to do with some sessions eg chairing a meeting.

Awesome day! Lots of fun 😊

Caerphilly Youth Forum loved this session 😊 Would like to see more!!!

We felt the afternoon session was a time filler and that time could be used better.

We enjoyed the cost of living meeting because it helped build skills and gives us a voice.

Disease detectives was fun! 😊 Thanks!

Was really good 😊 was really fun. Thank you.

Ed was really good 😊 It was really fun. Thank you

Liked the last group.

Having board members on the table was cool.

Learned a bit about the crisis. Would have been nice to work a bit more formal [...]

More like the last group session– practice more needed than filling in booklet.
Interesting to see how other [...] chair/do their meeting.

Overall good explanation.

Agenda item 3.1c BOARD 2023_03_30 –
Chief Executive Report – Appendix 2

How to chair? Slightly redundant, done a lot on meetings before.

Session was fun.

Thank you – was lovely meeting everyone and getting my voice heard ☺

We need to get involved to get our voices heard.