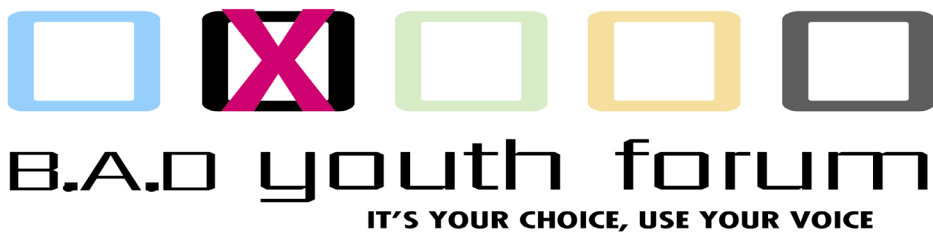


Overview 2022



Introduction and background

The BAD Youth Forum was created in 2001 to give young people a formal and recognised platform to express their views and make a positive impact in their community.

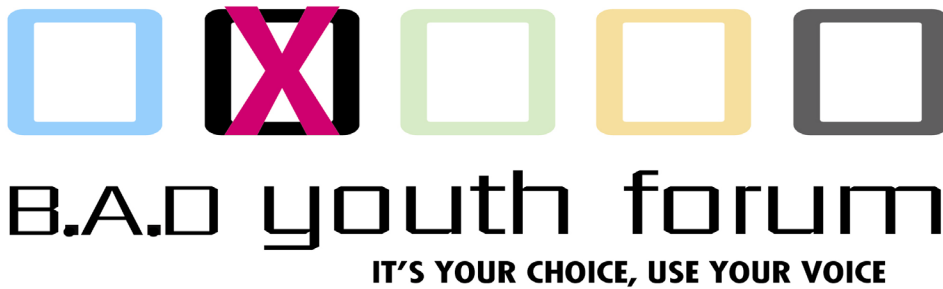
In 2022, nominations were captured online as we were still unable to visit schools. The election process also took place online with rising numbers of Covid at the beginning of the year. The elections were hosted on One Borough Voice with 17 new members joining the Forum. Our existing active members began a new term, keen to continue participating in Forum activities. We held our first full forum online in February 2022 and then ran our team building sessions with individual sub-groups, rather than the whole Forum together. This approach worked well, and young people enjoyed getting to know each other.



During the meeting young people had the opportunity to talk about issues affecting them and their peers the most. Some of the issues raised were racism, lack of diversity in the curriculum, litter in parks, knife crime, teenage pregnancy, domestic abuse, mental health, children and young people vaping and eating disorders. These ideas were taken forward into the Community Action sub-group for them to discuss further and action.

An additional full forum session was held to elect a Chair, Deputy Chair and Young Mayor- *see Young Mayor section.*

Community Action Sub-group achievements 2022



Introduction and background

This group met weekly and focussed on topics that affect young people the most. They aim to work on projects and campaigns that target the biggest issues for young people in the borough. At the beginning of the Forum year, members of this sub-group spoke with their peers across the borough to ask for their views. This process helps Forum members to ensure their work is reflective of the borough's youth population views, not just their own. Young people expressed concerns about health issues for young people, post-pandemic issues (mostly related to mental health), education catch-up and crime and safety.

Having considered their own list of priority areas, information from other young people in the borough and the work that was completed in the previous Forum year, the group decided to focus on:

- **Litter pick**- the group participated in a litter pick in Abbey Green as part of the Council's Cleaner, Greener Barking and Dagenham campaign.
- **Health**- specifically vaping. The group felt there was too much tolerance for children and young people vaping around the borough, including close to schools.
- **Trading standards test purchasing**- as part of their work around vaping, the group working in partnership with Trading Standards to carry out test purchases of age restricted products.
- **Obesity**- participated in a discussion regarding the National Child Measurement Programme and presented our feedback to Primary Head Teachers and Senior Health Leads at a conference.

Other opportunities were offered to the group throughout the year which added to their planned list of work.

Litter pick



As part of the borough's cleaner, greener campaign the Community Action sub-group participated in a litter pick in April 2022. The group were keen to be involved and do their part to smarten up the borough. The group met at Abbey Green and worked for 90 minutes collecting several bags of rubbish. They were pleased with their efforts!

Health

The group were feeling increasingly concerned about the number of young people vaping in the borough. Sub-group members had witnessed other young people vaping on buses and on school premises without being challenged. The group were interested to find out about the potential harm of vaping and what schools are doing to tackle the issue. To start with, the group invited Jenny Houlihan (Relationship Manager, Community Solutions, and former Smoking Cessation Lead) to a session to educate them about the dangers of smoking and specifically vaping. The group learnt that whilst vaping is believed to be significantly less damaging to your health than smoking, it is still too early for experts to know what the long term effects of vaping will be.

Following this workshop, the group wrote a letter to all secondary schools in the borough informing them the Youth Forum are concerned about the rapid increase in vaping and asking what each school are doing to tackle the issue. They received one response from All Saints School who also share the Forum's concerns. They have been delivering lessons about the potential dangers of vaping. Sadly, all other schools did not to respond.



Trading Standards test purchasing

The next phase of this project focussed on Trading Standard test purchases. The group were aware of many young people being able to buy their own vapes. Youth workers approached Trading Standards to enquire about partnership working. Test purchases were conducted during the summer holidays. A total of **58** premises were visited and **10** times age restricted products were sold to young people. The young people involved in the inspections enjoyed this new opportunity and being able to work with a different team within the council.

This table shows all inspections by Trading Standards across the summer- the BAD Youth Forum Community Action sub-group completed 70% of the visits and were present for all 10 failures.

| Product | Legislation contravened | Age limit | Number of test purchase | Number of failed test purchase | % of failure |
|---------|--|-----------|-------------------------|--------------------------------|--------------|
| Alcohol | Licensing Act 2003 | 18 | 37 | 3 | 8% |
| Vapes | The Nicotine Inhaling Products (Age of Sale and Proxy Purchasing) Regulations 2015 | 18 | 13 | 2 | 15% |
| Knives | Criminal Justice Act 1988 | 18 | 18 | 2 | 11% |
| Tobacco | Children and Young Persons Act 1933 | 18 | 15 | 3 | 20% |



Obesity

Members of the BAD Youth Forum were invited to speak at a Barking and Dagenham National Child Measurement Programme (NCMP) conference hosted jointly by Public Health and Education. The conference was aimed at Primary Head Teachers and Senior Health Leads to support them to look at what helps and hinders obesity levels in children locally and to ensure the right support is in place following the results of the NCMP.

In order to have a varied and balanced view, youth workers conducted a consultation with all Forum members asking them:

- What does being a healthy weight mean?

- Why do you think a higher than average amount of children and young people are obese in Barking and Dagenham (thinking specifically about our borough)?
- Is there anything (thinking about the current climate) that hinders children and young people to be a healthy weight?
- What or who influences your food and drink choices?
- What or who influences the amount of physical activity you do on a weekly basis?
- For children, young people and families who are struggling to make healthy decisions about food, drink and physical activity, can you think of anything that would help them?

Responses from this consultation were collated and 3 young people from the Community Action sub-group presented to the conference. Young people spoke about the current economic crisis and how this is already starting to restrict the options families have for mealtimes, they spoke of the rapid increase in prices and how much cheaper unhealthy food is. The young people mentioned parents and carers fears about allowing children to play outside unsupervised and utilise borough parks, they are concerned about the children's safety and so the children



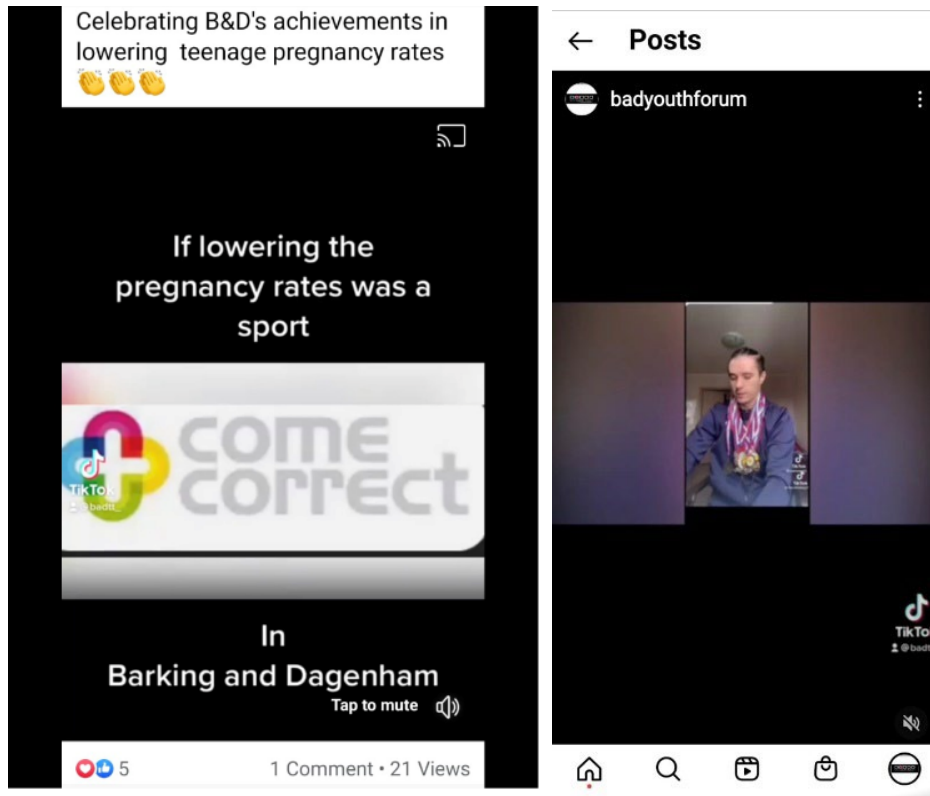
are encouraged to stay home. Some shocking feedback mentioned the reaction parents, carers and teachers had to the results of the NCMP and how this had caused disordered eating for some young people resulting in long-lasting unhealthy relationships with food. Therefore, further consultation sessions with Public Health were planned to discuss this in detail.

Young people developed their skills as part of this piece of work; they grew in confidence with public speaking, stepped out of their comfort zone which boosted their resilience and learnt how to present important messages in a clear and concise way.

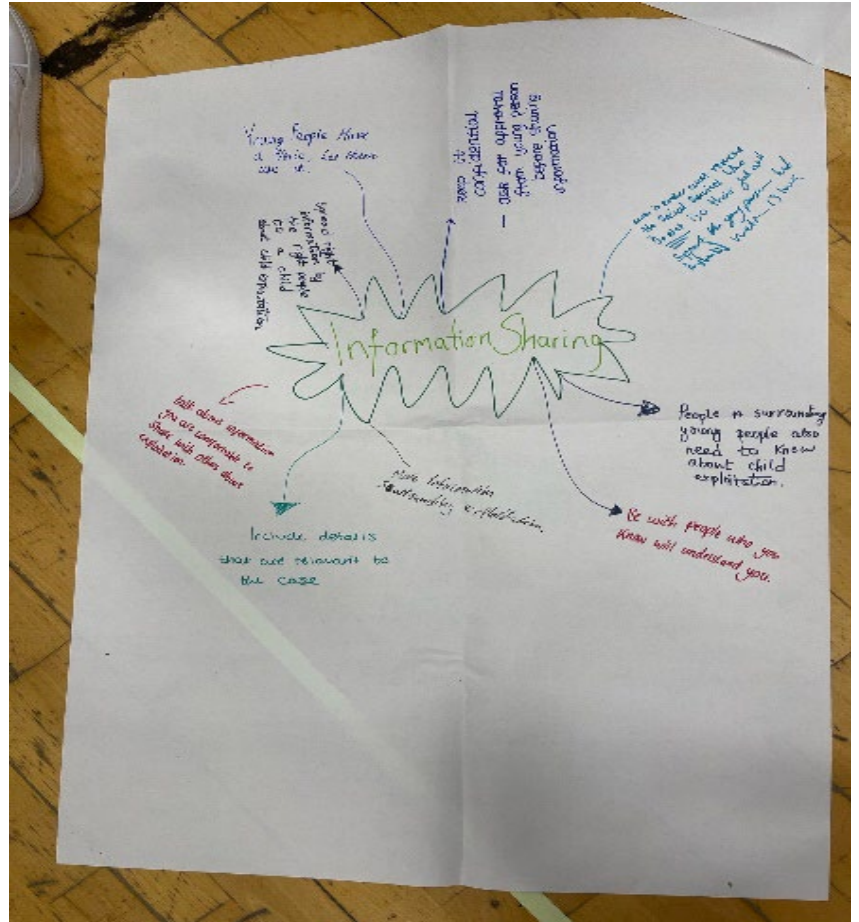
In a follow up meeting, young people from both sub-groups met with Mike Brannan, Consultant in Public Health, Primary Care and Transitions and Fola Akinmutande, Operational Lead for NELFT to discuss the issues raised by young people in more detail. Young people shared the detrimental impact of the way schools locally had dealt with the NCMP visit to primary schools in Year 6. Explaining how the school and NELFT's handling of the interaction has caused long-lasting effects for some people. The group gave clear and concise feedback about how to make this a more positive experience for children in the future, which Mike and Fola agreed to take away with them so the process can be adapted.

Tik Tok

The group felt there were many important messages to share with young people via social media. The group wanted to share messages about street safety, c-card, smoking, body dysmorphia, colourism and promoting the BAD Youth Forum. Young people made videos independently on Tik Tok which we shared on our Instagram page. When the Council's Instagram page is set up, we will also post content on there.



Tackling Child Exploitation



University of Bedfordshire research in practice

The Children's Society

Tackling Child Exploitation

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Tackling Child Exploitation (TCE) Support Programme

The Tackling Child Exploitation (TCE) Support Programme is a consortium funded by the Department for Education (DfE) and led by Research in Practice with The Children's Society and the University of Bedfordshire. Since 2019, TCE has worked with local areas across England to improve strategic responses to child exploitation and extra-familial harm.

We are delighted to announce that TCE will be continuing for a further 12 months, until March

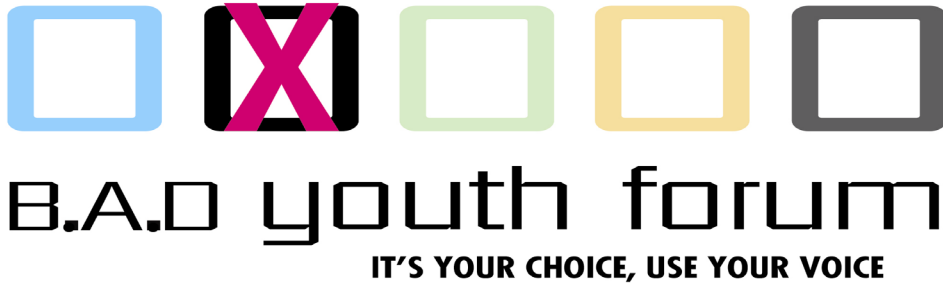
The BAD Youth Forum were asked by University of Bedfordshire if they would like to be a part of the consultation for The Children's Society 'Tackling Child Exploitation programme'.

The aim of the consultation is to develop a set of practice principles for multi-agency responses to child exploitation and extra-familial harm and to explore what is important for

children and young people. The feedback will drive Department for Education policy development with potential to be embedded into future legislation

They met with Hannah Millar from The University of Bedfordshire and discussed their views on information sharing between agencies, parents/carers as partners in the process as well as the language that is used.

Young Mayor Sub-group achievements 2022



Introduction and background

The Barking and Dagenham Young Mayor is supported by a sub-group of the Barking and Dagenham Youth Forum. The group work alongside the Young Mayor, supporting their fundraising efforts throughout the year.

In 2022 Zubin Burley was elected to be the borough's 8th Young Mayor. Zubin had been an active Forum member for 2 years when he was elected to his position. He spoke with passion and determination in his election speech, inspiring the majority of young people to vote for him. Zubin has proved to be a motivated, enthusiastic and committed Young Mayor.

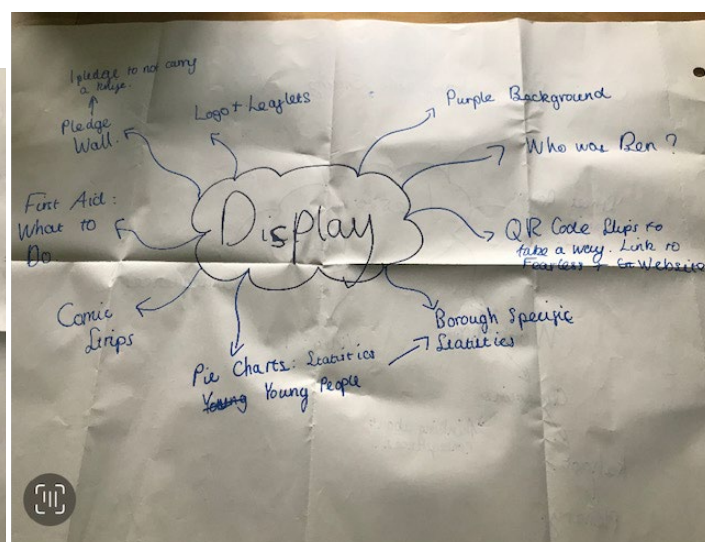
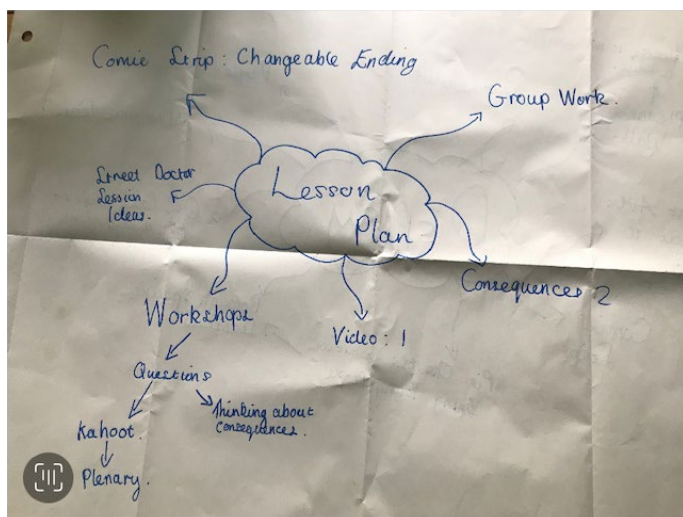


Choosing the Young Mayor's charity

As part of young people's induction into the Youth Forum in 2022, both sub-groups visited the Ben Kinsella Trust workshop. Young people were incredibly moved by the powerful message that came from the workshop, which stayed with them for a long time. Shortly after attending the workshop, we heard the sad news that a young person had tragically been murdered in a knife attack on a bus home from school. As the Young Mayor sub-group started to think about which charity they would like to support, knife crime was a key topic for many of them. As always, the group created a list of charities they thought were a good idea to fundraise for and then took them out to speak to their peers in and out of school. The votes came back and were overwhelmingly in support of the Ben Kinsella Trust.

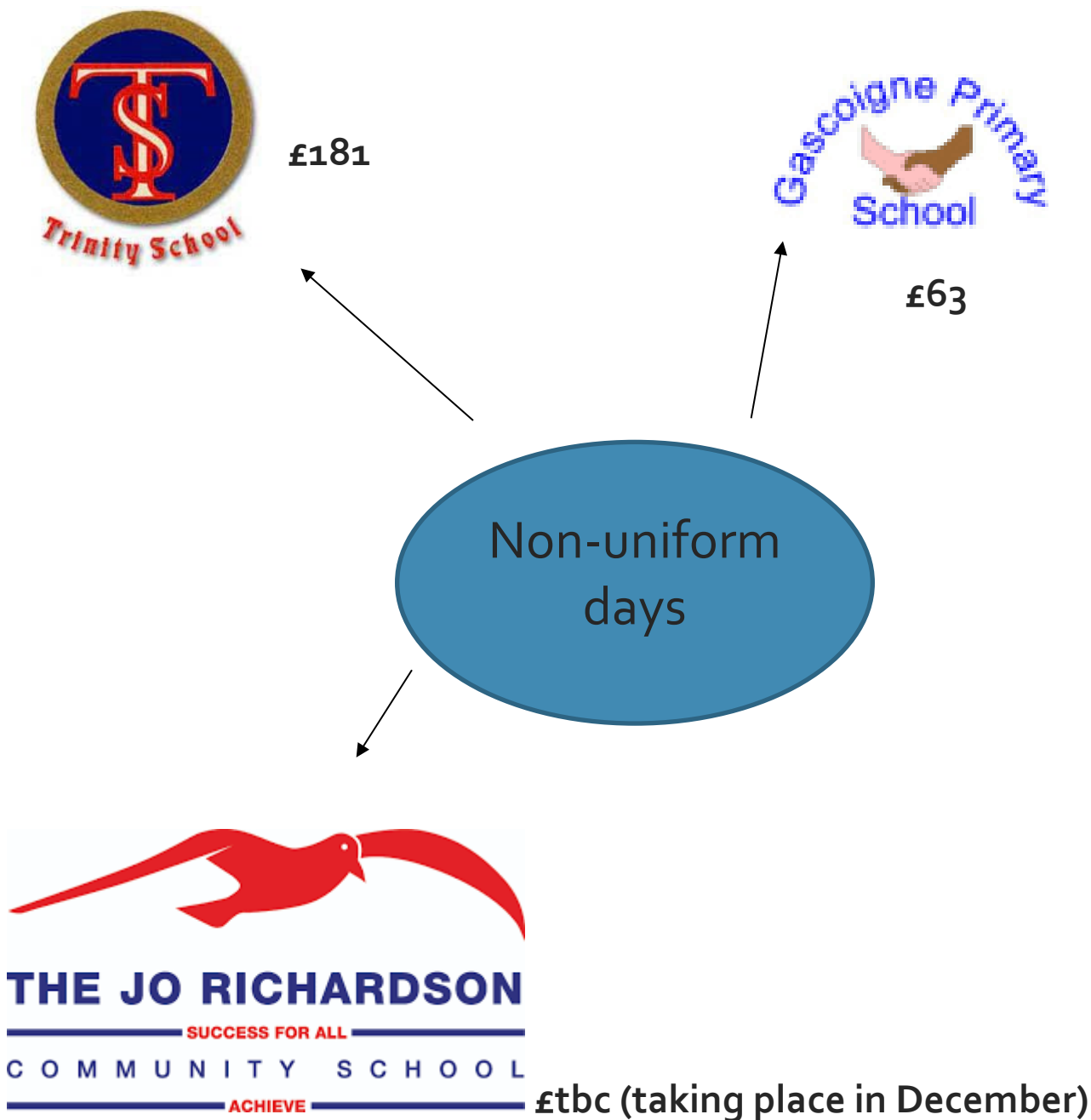


In 2022 the group were keen to fundraise for the Ben Kinsella Trust and also wanted to work towards raising awareness of knife crime amongst young people. The group invited Tom Jewkes, Ben Kinsella Trust Regional Manager, to one of our sessions to talk about how they share the message about knife crime outside of their workshops. The group discussed fundraising ideas with Tom too. The group learnt about the importance of the use of appropriate images to ensure they do not provoke distress or appear to be promoting the use of knives. As the year went on the group decided to create a lesson plan, a display for schools and youth groups and a powerpoint presentation. They would like all schools and youth groups to use these resources to support young people to understand the dangers of knife crime and make informed decisions.



Fundraising

This year has been difficult with regards to fundraising due to the cost of living crisis. It was difficult to ask people for money when so many are struggling. However, we organised a range of events to raise as much money as possible. These events included:



Dagenham and Redbridge Football Club bucket shake- £181



Jo Richardson Summer Fete - £961.19



Quiz night in partnership with the Mayor - £200



Barking MAD About Christmas event- Young Mayors challenge with the Leader - £1bc plus £90 donation on the day from bucket shaking



Young Mayor events

During his term, Zubin was privileged to attend a large number of events. During these events he was able to meet residents, Councillors, officers from various departments and representatives from external organisations. Zubin enjoyed this part of his role and feels he learnt a lot from these experiences.

These are some the events that Zubin attended in 2022/23:



Mayor Making



Civic Parade



Lost Hours launch event

Citizenship Ceremony at Woodlands House





Youth Parade

Colin Pond Scholarship Awards



World Children's Day at Grafton Primary School

- Leaders reception at the Cockney Night and Beacon Lighting
- Memorial service for the Queen
- White Ribbon Day and We Rise Hub first anniversary event
- Youth Zone visit

Zubin also attended monthly Teams meetings with the Leader and met with him in person at Barking Town Hall for one of their meetings. The monthly meetings gave Zubin the opportunity to discuss his plans with the Leader, agree and plan their annual challenge and current issues

facing young people in the borough. Through these meetings, Zubin developed his confidence further and enjoyed the interaction with a senior leader who could support him to make decisions and understand the local context further.

Reflecting on his time as Young Mayor, Zubin said "It has been a pleasure to be Young Mayor first and foremost because of the support and welcome I have received entering the world of politics. From spending hours after school planning fundraisers, to daunting minutes speaking in front of crowds, each second has been exhilarating and unforgettable. Of course, at the heart of this has been raising money and awareness around knife crime in Barking and Dagenham. After visiting the Ben Kinsella trust exhibition, I found it necessarily emotional and hard hitting-in search for a better present. This rekindled our awareness that such crimes were still thriving, stealing and taking. As part of raising awareness, I also helped relaunch the lost hours campaign providing young people with not only the essential knowledge but opportunities to keep themselves busy and safe. It is refreshing to see a more contextual way of safeguarding our young people being adopted - it truly takes a village to raise a child.

Along the way, the number of events I have attended have truly developed my character and opened my mind to the strengths of our community. We celebrated new citizens from fourteen different countries in June and came together to reflect upon our late queen's reign in an inspirational multi-faith ceremony. Throughout the year, I have been fortunate to have the backing of local Councillors, my school and of course the Youth Forum Team. Truly, I have been plunged into a world I hope one day to return to."

The total amount Zubin raised during his time as Young Mayor is: £2042 to date

(Some funds were donated during the Big Give week, doubling some of the donations received).

Young Inspectors 2022



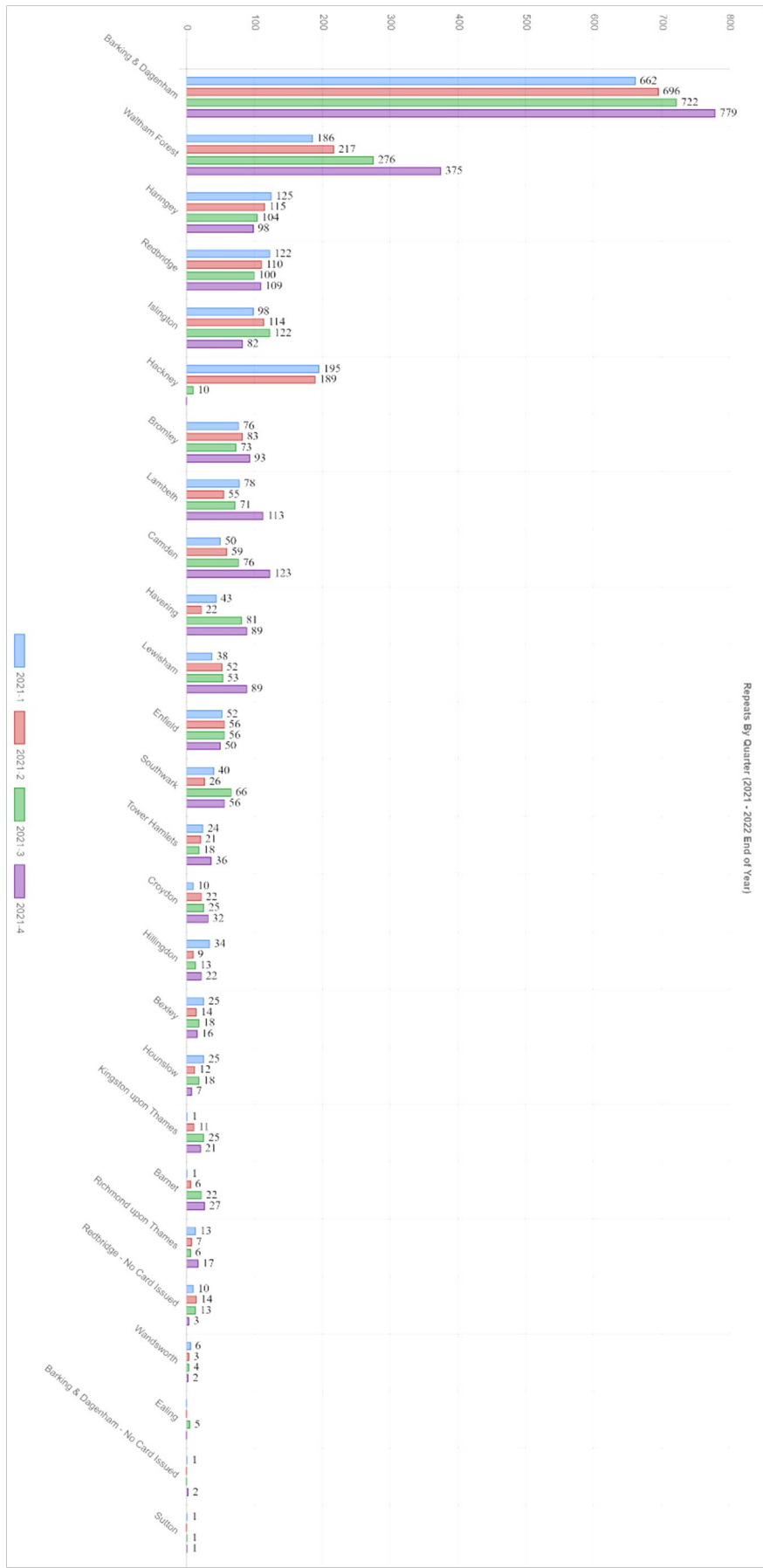
B.A.D youth forum
IT'S YOUR CHOICE, USE YOUR VOICE

The Young Inspectors group inspect local pharmacies that offer the free condom distribution scheme in Barking Dagenham- Come Correct. Young Inspectors are usually part of a separate sub-group of the Forum, but with smaller numbers in the Forum in 2022 we decided to offer young people the chance to complete inspections as an 'add-on' to attending their usual sub-group. Young people were keen to be involved, with a total of 10 young people carrying out regular inspections. Young people were trained by youth workers and conducted practice inspections before completing them independently. For the first time, we extended this opportunity to young people in our Skittlz project, which is the boroughs young people in care and care leavers council. It was a good opportunity to encourage collaborative working across the groups and offer Skittlz members a new experience. Five young people from Skittlz have conducted regular inspections throughout 2022.

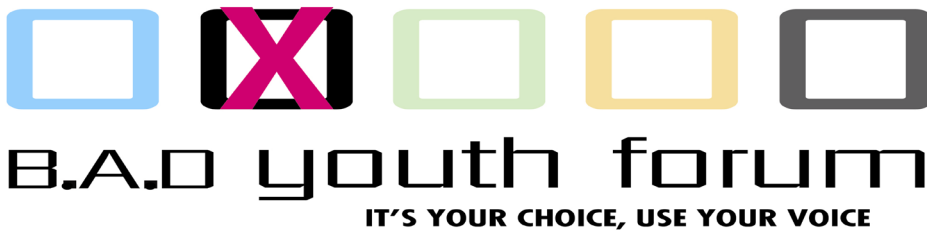


In 2022, a total of **63** inspections were conducted across 27 pharmacies. From these inspections, valuable information about the quality of the service being delivered to young people was shared with the Youth Health Programmes Co-ordinator. Feedback helped to ascertain which pharmacies needed more training and those that are functioning well. By quality assuring the

service Barking and Dagenham has continued to see the highest numbers of repeat encounters across London. The difference between Barking and Dagenham and all other London boroughs is huge! Knowing the service is fit for purpose and issues are continually addressed with pharmacies is ensuring young people get the best possible service. Because of this young people are choosing to return to the service and maintain access to high quality barrier method contraception. The graph below shows quarterly repeat encounters for all boroughs in London.



Additional Forum activities 2022



Engagement and Participation

Each year the Forum members get involved in so much more than just activities and campaigns within their sub-group. We are often invited to participate in other opportunities, including consultations. 2022 was no exception! The young people had a variety of additional opportunities, including:

- Visiting the Ben Kinsella Trust workshop
- Youth Independent Advisory Group meetings
- Helping to shape a disordered eating digital resource
- A trip to Houses of Parliament
- Creating a promotional BAD Youth Forum video
- Trip to Stubbers
- Six consultations
- Being part of the London Youth Assembly

Consultations

- **Digital Mental Health offer** - Colleagues from NELFT visited the Forum to speak to young people about information they feel would be essential to include in a digital mental health resource for young people. The resource would aim to equip young people with skills to cope with low level mental health concerns. Young people spoke about the issues they think young people are currently facing, including post-pandemic related issues. The views of young people will be collated with others throughout the year to help when constructing the resource.
- **Disordered eating** - 4 young people met with colleagues from NSPCC to contribute ideas to a Disordered Eating digital resource. Young people shared their opinions about the information that would be needed, age-appropriate language, how to navigate the site, the overall look and activities on the site. This site will be the first resource created for young people struggling with disordered eating. Views of the young people were shared with commissioners who will now contract the work to a digital agency. Young people worked with other young people from across North-East London.
- **Mental Health Support Team practitioners** - Young people were asked their views about the pilot in schools and had the opportunity to share ideas about how to shape the service going forward as it expands. We hope this will be a continuous conversation so young people are able to offer insight into how to provide the best mental health support in schools.
- **Community Music Service (CMS)** - A consultant visited the group to discuss setting up a Forum for the CMS and creating a video to promote the service and engage young people locally. The consultant took many good ideas away with him, many of which challenged with his original ideas, so he was grateful for the young people's honesty and insight.
- **Holiday Activities and Food programme** - The programme co-ordinator met with the group to discuss how to engage more 12-16 year olds in the HAF programme in the future. This has directly informed the way the programme is commissioning provision for 12-16 year olds going forward.
- **Borough substance misuse strategy** – 2 Forum members along with representatives from two other youth groups (Peers Support Group and Skittlz) met with a consultant to give their views about substance misuse amongst young people in Barking and Dagenham. Young people were asked about barriers to treatment, gangs, exploitation, grooming, drug dealing, county lines and what types of substances young people are typically using. Young people's insight will help to steer the needs assessment and the 5 year substance misuse strategy for Barking and Dagenham.
- **Safe Haven** – Studio 3 Arts visited the Forum to discuss the training workshops ahead of the scheme going live. They spoke about how the scheme will work and gave young people the chance to ask questions about how well the scheme will meet the needs of young people. The consultation covered skills and training needed to be on the scheme.

Youth Independent Advisory Group (YIAG) meeting

The purpose of the YIAG is to provide a regular forum for young people to meet, discuss and question the Police. In 2022 there were 3 YIAG meetings. There was a different theme for each meeting.

- 1) **Knife crime**- following the fatal stabbing in Chadwell Heath earlier in the year, the Youth Engagement Officer requested we meet urgently to discuss concerns and reassure young people. In preparation for the meeting, young people put together some questions they wanted to ask and also gave some thought to information they thought the police should know about young people's fears. The session was attended by 32 young people. there was a lively debate and young people challenged the police about preventative measures as well as the lack of continued support for people who have been affected by knife crime in our borough. Young people questioned the role of schools' officers and shared concerns about lack of action.
- 2) **Criminal exploitation**- young people were becoming increasingly concerned that children and young people were becoming more at risk of criminal exploitation. With the drastic economic changes young people wanted to explore issues around the potential rise in crime, ensuring young people are kept safe and that preventative measures were in place. Young people explored the issues with the Youth Engagement Officer and Sammy Odoi, Independent Scrutineer and Chair of the Safeguarding Children's Partnership.
- 3) **Question and answer session**- young people really enjoy the opportunity to be able to speak to Police about current issues that are affecting young people. We have a diverse membership of the Forum so we have many different perspectives on crime and safety in the borough. Young people created a list of questions focussing on a range of topics including, knife crime, police bias, racial profiling, stop and search, safety in school, relationships between police and young people and crime on public transport. Young people found the session useful.



Ben Kinsella Trust workshops



Before committing to fundraise for the Ben Kinsella Trust within the Young Mayor's sub-group, the young people attended a workshop in the two different sub-groups. Young people were able to experience the full 2 hour workshop. It was

a very emotional experience for many of the young people but they enjoyed learning about consequences, how to help someone who has been stabbed, the importance of making the right decision at the right time and what the true impact of knife crime is. Young people got a clear sense of how devastating it is to lose someone as a result of a knife attack. The workshop had a lasting impact on the young people.



Promotional video

During the Summer holidays several young people contributed to a BAD Youth Forum promotional video to encourage new members to join in 2023. We are really proud of the video, it shows what an impact the Forum is having on young people, the difference we are making locally and in particular to young people who are members. If you would like to view the video, please click this link: <https://youtu.be/ivw2dXSkSyM>

Trips

Stubbers trip

Each year Forum members have the opportunity to attend a trip to Stubbers. The trip is a great way to enhance relationships, encourage young people to learn a new skill and have fun together. In 2022 young people participated in banana boating, laser tag, axe throwing and raft building!



Houses of Parliament



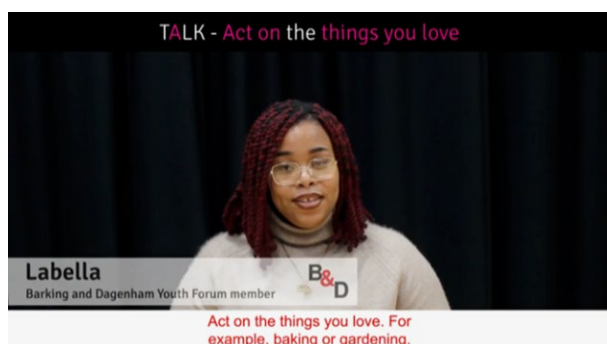
Forum members were invited to visit the Houses of Parliament in October half term. The young people participated in a tour and then a meeting with MP Jon Cruddas. During the meeting young people had the opportunity to ask questions and challenge the MP on issues affecting them locally. Young people chose to ask about supporting residents during the cost of living crisis, support for young people in education, crime and safety (with a specific focus on knife crime), leisure centres in the borough and providing opportunities for young people. The young people enjoyed the

experience, especially having the chance to question the MP.

Cost of living crisis film and information

In response to concerns about the effects of the cost of living crisis on young people, the BAD Youth Forum were asked by Elaine Allegretti, the Director of People and Resilience, to create a resource to share with young people.

Two members from the Forum worked collaboratively with 2 representatives from the Young Carers project. The overwhelming concern was about the detrimental effect on young people's mental health, so the film focussed on encouraging young people to talk and signposted them to Young Minds. During the planning for this piece of work, it was agreed that information should be created about various different services that young people might benefit from accessing.



Whilst all of this information is already on various websites (including LBBD website), it is not collated in one place. We know that young people won't always search for services they need and may not note down information for use in the future. So, with this in mind, a document was created detailing all the different support services available to young people. This included information about disability services and groups, care

leaver information, education, employment and training support, financial services, mental health support services, free and accessible activities (including HAF), young carers and sexual health information. This was distributed to all members of the Youth Forum, Skittlz (our Children in Care Council), youth work colleagues, partner organisations working with young people, all schools in the borough, Social Workers and Leaving Care Advisors.