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# Doncaster Youth Council

Your Future, Your Say



City of  
Doncaster  
Council







- Done a lot of collaboration working with our Primary Ambassadors attending meetings and working projects throughout the summer.
- Collaborated with Learn Sheffield on their 'Sexual Harassment in South Yorkshire Schools Report' recording experiences and recommendations for schools toolkit for South Yorkshire. Schools & Youth Councils in Sheffield, Barnsley and Rotherham have taken part (We know that 3 schools in Doncaster have taken part) We can share when final draft is sent to us.
- In line with recommendations in the Children & Young Peoples Plan and our current campaigns our Youth Council have received Kooth Awareness training in case we need it or to share with others how to use it.
- We have been to two Youth Conventions meeting with Youth People from across Yorkshire & Humber attending workshops on how to better our campaigns, sharing what we have all been doing as well as meeting South Yorkshire Mayor Oliver Coppard about transport.
- Our Members of Youth Parliament attended Annual Conference debating what should be on the Bill to take to the House of Commons in November.
- Collaborating with Young Advisors on our Celebrate the Directorate Film interviewing Heads of Service and teams about what their service does and why they are important.

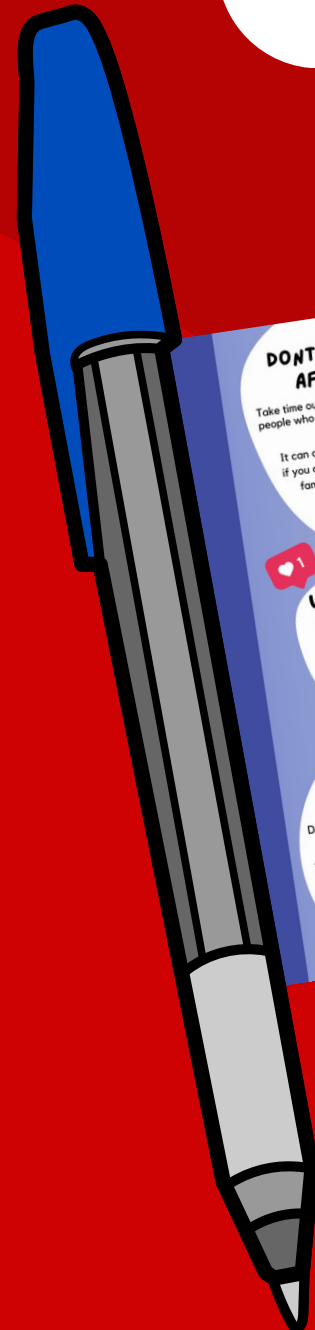






# Eating Disorders Awareness Campaign

## #EDit Views



**What can I do to help?**

- DON'T FORGET TO LOOK AFTER YOURSELF!**  
Take time out: Chill, relax and spend time with the people who are kind and truly care and respect you.  
It can also take a toll on you too if you are supporting a friend or family member if they are struggling.  
Look after yourself!
- EDUCATE YOURSELF**  
Take time to educate yourself and learn about signs & symptoms and the services available to help not just yourself but others if they are struggling.
- FORGIVE YOURSELF FOR NOT BEING 'PERFECT'**  
It can be easier said than done but complaining about your body shape won't make you healthier, skinnier or happier.  
Sometimes talking out loud about 'needing' to go on a diet or loose weight could make others around you feel bad about themselves too.  
Don't give the thoughts the power to make you feel bad.
- UNFOLLOW PROFILES**  
Unfollow profiles & people on social media that make you feel bad about yourself.
- DON'T COMMENT ON EATING HABBITS**  
Don't comment on somebody's eating habits such as how much somebody is eating/has not eaten.  
You may think its harmless but it could trigger and upset someone.  
Avoid saying things like:  
"Are you going to eat all that?"  
"Is that all your having?"  
"Where do you put it all?"  
"Come on eat some more"
- STOP THE BODY TALK**  
Try not to comment on peoples fixed appearance such as looks or weight and don't assume calling somebody 'skinny' or 'thin' is a compliment.  
Avoid saying things like:  
"Have you lost weight?" "What's your secret?" or just "You look nice today"  
Comment on specific features such as:  
You look nice because...(New hair cut, nice clothing)  
Try the 10 Second Rule:  
If something can't be fixed in 10 sec don't mention it.
- ASK TWICE (ARE YOU OK?)**  
Studies show that asking twice is more likely to result in an honest answer because people feel that you care and willing to listen.
- Need Support?**  
REACHING OUT FOR SUPPORT OR HELP IS THE MOST BRAVEST THING YOU CAN DO
- CAMHS**  
Rotherham Doncaster South Humber Eating Disorders Service  
@camhs\_rdashaha.uk/eating-disorders  
01302 566980
- koeth**  
FREE online mental health and emotional wellbeing support service for young people 11-25 at your fingertips.  
@KOETH.CO.UK
- Beat**  
Eating disorders  
FREE support, information and resources to people of all ages about eating disorders. Helplines are free to call from all phones in the UK.  
@UKBEATEATINGDISORDERS.ORG.UK  
UK - 0800810477
- SAMARITANS**  
Whatever you're going through, a Samaritan will face it with you.  
Open 24 hours a day, 365 days a year.  
@UKSAMARITANS.ORG  
01123  
If you are in need of urgent help or medical advice for yourself or someone else please contact 999 if you or someone else is in immediate danger.  
If you are looking for medical advice contact your GP or 111.

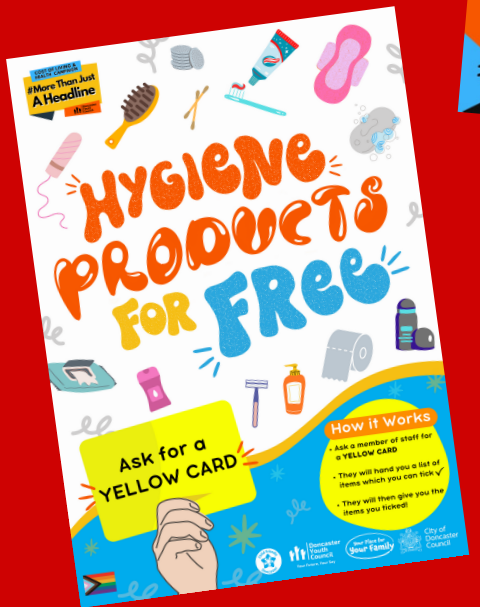


- Mental Health & Wellbeing came up top in Doncaster for Make Your Mark - In which we wanted to focus on Eating Disorders.
  - Working with Nurse from RDASH Camhs Eating Disorders Service to make sure we are sending the right messages and we visited the Clinic rooms in Conisbrough.
  - Working on a power point for Eating Disorders Service to use within their training, adding into our Youth Team Youth Work Curriculum catalogue to show in Youth Clubs and schools.
  - Creating banner pens to give out to not just young people but to anyone! Spreading messages about what we can all do to help ourselves, others and helplines to support with eating disorders and mental health and wellbeing.
- We wanted to make the pens as a way to send out information acting as a constant reminder for us all as well as benefiting those who may not be on social media and we all love a pen!



COST OF LIVING & HEALTH CAMPAIGN

# #More Than Just A Headline



- We have developed the 'Yellow Box Project' which has FREE emergency personal hygiene products in. They are currently in all the 'Your Place Hubs', 'Bentley My Place, Tom Hill Youth Hub' and New College Doncaster. With future hopes of being in as many locations as possible.
- Made a survey to gather voice of young people on their views in regards to heath and cost of living. This has been sent to all the schools and many forum groups in Doncaster. The Partnership & Engagement Team have also been doing verbal consultations with young people in Bentley & Tom Hill Youth Club.
- Making a report that includes all of our findings from the survey and research we have done to get a clearer picture of what it is like for young people in Doncaster.
- Met with Citizens Advice and went through their Cost of Living & Uniform Report which we will be feeding back so they can share with their teams in Doncaster to help with their campaign and to share with Citizens Advices' across the country to do the same.
- The report will also be shared with the Youth Select Committee, British Youth Council and UK Youth Parliament who are writing a bill to take to parliament.
- We have representation on the Fairness and Wellbeing Commission board, collaborating and coming up with recommendations. We will also be sharing the report with the commission as evidence.

Alex and Gracie attended and shared a presentation about some of our findings and what's important to young people currently. Courtney attends in our place if we cannot attend.





COST OF LIVING &  
HEALTH CAMPAIGN

#More Than Just  
**A Headline**

Doncaster  
Youth  
Council

For our More Than Just A Headline Campaign  
we wanted to focus on the following topics



**1**

### Personal Hygiene Products

The importance of everyday personal hygiene products and the impact of not just period poverty but all hygiene products which can be so expensive.



**3**

### Food

Quality, quantity and the cost of food is a concern amongst young people. Also the time young people have on their breaks.



**2**

### Uniform

Uniform has taken a priority over learning and being used as a way of discipline as young people are then punished for not following strict uniform policies such as going into isolation. Issues with cost and buying from specific shops.



**4**

### Isolation

We wanted to highlight isolation rooms as an issue which contributes badly to our mental health and wellbeing when it is supposed to do the opposite.

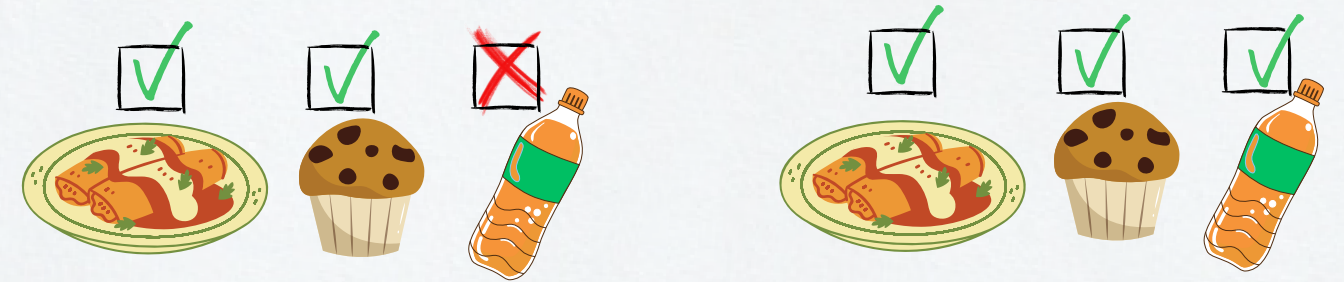


Here are some of our findings from the survey, we have 16 questions in total:

**?** Does your free dinner allowance allow you to have a drink, main meal & dessert?

We found out that for many young people the free dinner allowance **does not cover to get all three - meal, desert and drink** they have to pick between having a dessert or a drink.

**55.5% No**      **44.5% Yes**



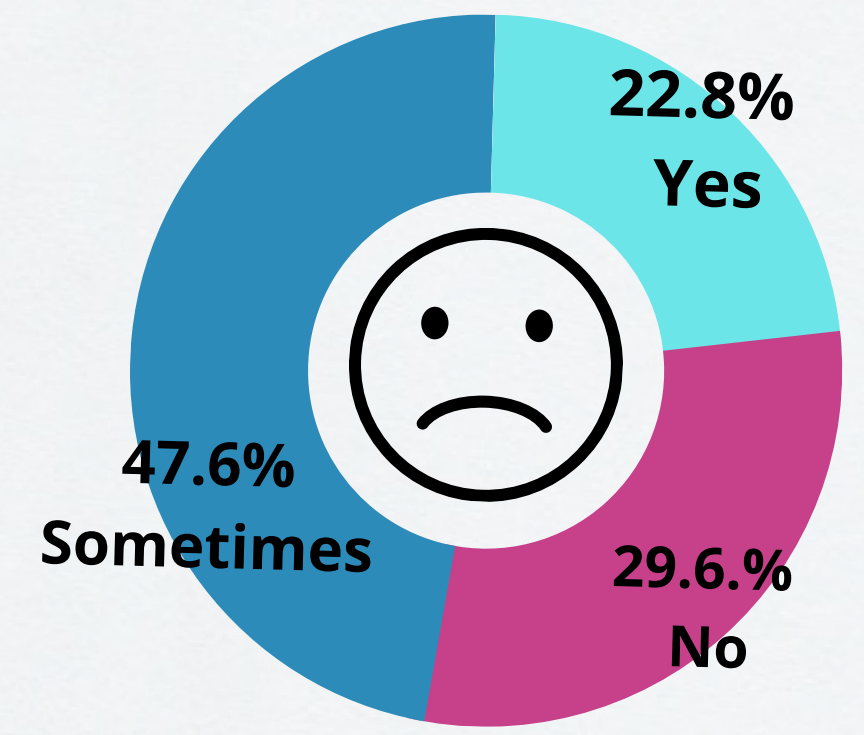
**?** Are you full after eating your lunch?



We are really worried about these findings as we already know that there could be many reasons why young people are still hungry even after eating their lunch.

Which could be because:

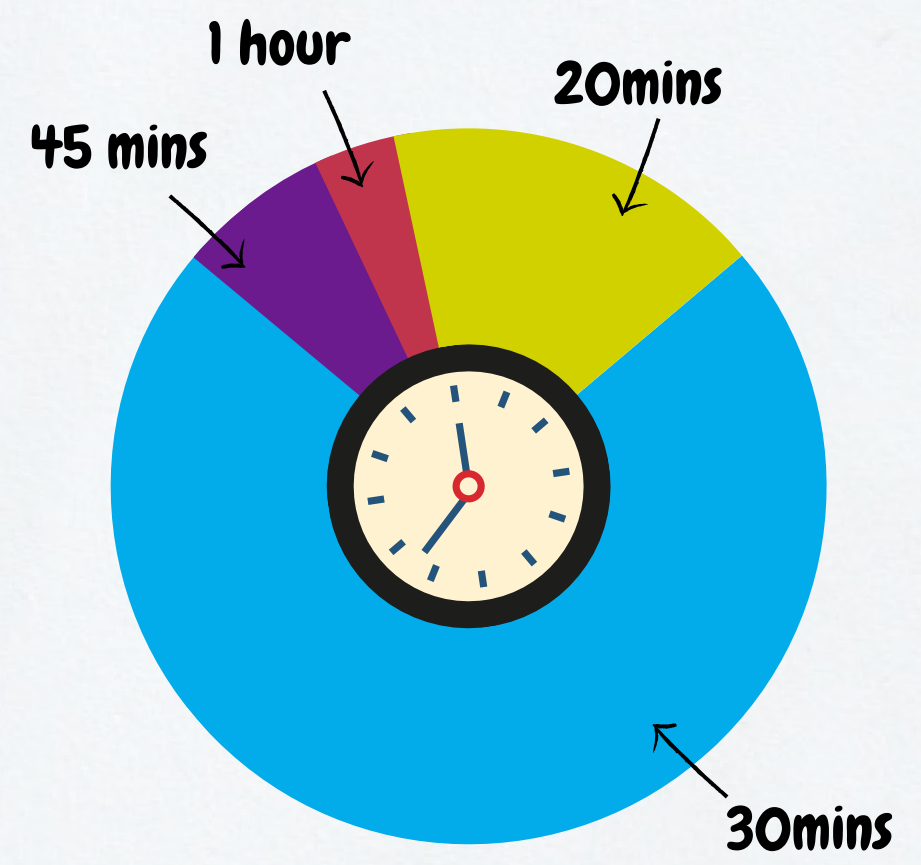
- There is not enough food left at dinner time
- Not enough food in packed lunch
- Can't afford enough food
- The free school meal allowance
- Not enough in a portion





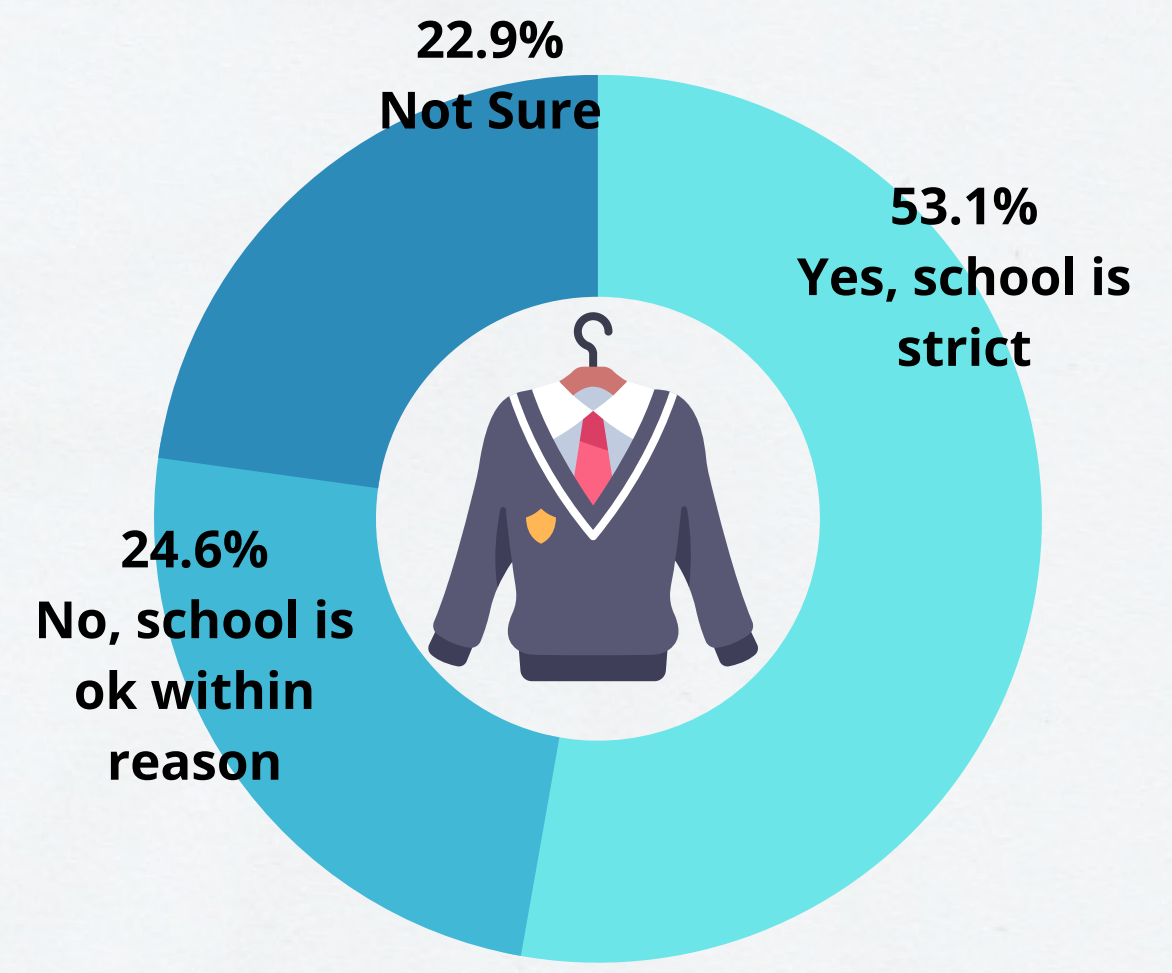
# ? How much time do you have for dinner?

Would you say that 20-30 mins is enough time to line up, get your food, eat it, socialise, talk to teachers, fill up water bottle and go to the toilet? This is the average time young people have in Doncaster.



# ? If you don't have the correct uniform on do you get sent home/excluded or put in isolation?

From the comments and the data we have so far it is evident that **uniform is being used as a way of discipline**. Many Young people are punished often sent to isolation which is not fair in regards to everyone having the same level of teaching as everyone else being labelled as 'bad'.





"A lot of students are having to run to the lunch hall to ensure they get a full lunch coz food runs out!"

"I think it is bad for pupils to be put in the isolation booths because they will not want to go to school anymore."

"I think so it is a really good idea because once you go into isolation you won't want to go in a again.

At our school you don't go out, don't see your friends and you can be in there for ages. You are treated as a small child."

"If you didnt finish your dinner on time you just get kicked out the dinner hall and food thrown in the bin or you rush in down"

"My free school dinner allowance doesn't cover me I have to pick between getting a cookie or a drink"

"We are a cashless school so if you don't have your lanyard or money on your card you cannot buy any food."

"I think the schedule is tight at lunch time we don't have enough time to eat. And when u have other things to do such as going to the toilet, filling up water bottle, socialising or speaking to a teacher. "

"I think it's bad because most teachers usually catch the wrong student resulting in some pupils ending up in detention and sent to the isolation room when they have not done anything wrong!"

"I don't understand why this school thought they had the right to send us to isolation or exclude us/give us detention for simply being ourselves"

"At our school they put us in isolation just for wearing too many earrings or wearing trainers and silly things like that that doesn't affect our work - they should be putting pupils in isolation for things like disturbing others in class!"