



YOUNG PEOPLE'S MANIFESTO 2023 RESOURCES

Nottingham
citizens

#YPManifesto23

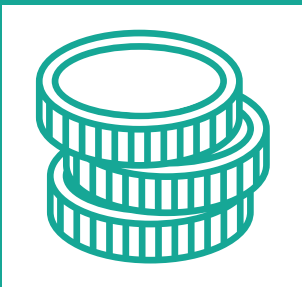
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Contents

As part of our Young People's Manifesto Campaign, our schools have been hard at work implementing their ideas to deal with three main problems: Cost of Living, Mental Health, and Safety.

Find out more about our schools' current campaigns for ideas about what your school can do, and check out our resources for families struggling with the Cost of Living, Mental Health and Safety.



Find out about Radford Academy's listening campaign and food bank, and Cloudside Academy's allotment.

We have also collected some key resources for those looking for cost-of-living support.



Learn about our upcoming peer mental health training and Cloudside Academy's mental health bulletin board.

You can also find resources designed to support young people and their mental health.



Cloudside Academy have been hard at work with their safety listening campaign. Find out more and be inspired!

Check out our resources about how to stay safe on public transport, and the best ways to learn to ride a bike in Nottingham.

COST OF LIVING CAMPAIGN SPOTLIGHT

RADFORD ACADEMY: LISTENING CAMPAIGN AND FOOD BANK



Radford Academy's listening campaign identified that the cost of living was becoming a real cause of worry for many families in the community.

One of the ways they have found to help is by arranging a food bank at Radford Academy every Saturday morning. Families are welcome to come and take groceries that they need for the following week.

CLOUDSIDE ACADEMY: SCHOOL ALLOTMENT

To help their local food bank support the community, Cloudside Academy has developed plans for a school allotment.

The recent fundraising at school with the Parent Forum has led to the purchase of lots of garden equipment so that the allotment can be created in the coming months

The equipment will ensure that they can grow lots of food in the next year for the school and local community.



COST OF LIVING RESOURCES

Working Families

If you or your family is struggling with the rise in the cost of living, here are some resources that can provide support.

Click the links to check out their websites!

[WORKINGFAMILIES.ORG.UK/
ARTICLES/COST-OF-LIVING-
SUPPORT-FOR-FAMILIES/](https://www.workingfamilies.org.uk/articles/cost-of-living-support-for-families/)

If you're struggling to make ends meet, the guidance provided by Working Families on financial support that may be available to you might help.



[ASKLION.CO.UK](https://www.asklion.co.uk)

AskLiON provides a range of information that may help you and your family with their finances. From financial support to fun activities to do in the summer holidays!

Believe in
children
Barnardo's

[BARNARDOS.ORG.UK/GET-
INVOLVED/CAMPAIGN-
WITH-US/CHILD-
POVERTY/GET-SUPPORT](https://www.barnardos.org.uk/get-involved/campaign-with-us/child-poverty/get-support)

If you're struggling to afford the essentials, here is a list provided by Barnardo's where you can get support.



Click [HERE](#) to find out about places that kids can eat free in school holidays and half terms

TIPS FOR POVERTY PROOFING SCHOOLS

The aim of Poverty Proofing the School Day is to remove barriers to learning which exist because of the impacts of living in poverty.

If you want to learn more about Poverty Proofing your school, click [HERE](#)!

- Changing how free school meals are delivered
- Consider how uniforms are bought
- Making after-school clubs more accessible
- Provide subsidies for large school trips

MENTAL HEALTH CAMPAIGN SPOTLIGHT

NOTTINGHAM CITIZENS PEER MENTAL HEALTH TRAINING



Next term, Positively Empowered Kids and the Mental Health Support Team will be creating training with young people so that they can provide support for other young people. We look forward to their leadership and learning.

Schools will also be supporting the national schools-based counselling campaign

CLOUDSIDE ACADEMY MENTAL HEALTH BULLETIN BOARDS

Cloudside Academy has created mental health boards with helpful ideas from their pupils.

ways to support good mental health

Here are some suggestions from our team:

- connecting with other people
- be active and exercise
- learn new skills with equipment
- relax
- spend time with nature
- take a break
- do something you enjoy
- spend time with animals
- care for others
- sleep 8 – 10 hours a day
- do something creative
- take care of your body
- set realistic goals
- talk to someone

Suggested apps:

- Let's Pop
- Zoom out 3D
- Hangman
- Crazy Soccer
- Cake Art 3D
- Super Slime Simulator

If you have different ways of improving or maintaining your own mental health, please share them with a member of our Mental Health Team to get them included on this handout. Let's help each other feel the best versions of ourselves.



MENTAL HEALTH RESOURCES



[POSITIVELYEMPOWEREDKIDS.CO.UK](https://www.positivelyempoweredkids.co.uk)

Positively Empowered Kids' goal is to educate, inspire and empower the next generation to discover ways to grow positive mental health and well-being. Check their website to get involved with their events in and around Nottingham!



NottAlone

[NOTTALONE.ORG.UK](https://www.nottalone.org.uk)

Nott Alone offers local mental health advice and help for young people in Nottingham and Nottinghamshire.



[BEUSUPPORT.CO.UK](https://www.beusupport.co.uk)

Be U Notts is a free, accessible and convenient mental health and emotional well-being support service for people between 0-25 years of age and their parents and carers.



Nottinghamshire Healthcare
NHS Foundation Trust

[NOTTINGHAMSHIREHEALTHCARE.NHS.UK/CAMHS-YOUNG-PEOPLE](https://www.nottinghamshirehealthcare.nhs.uk/camhs-young-people)

If you are struggling with your mental health, do not be afraid to contact your GP. Click the link to explore the Child and Adolescent Mental Health Services available in Nottingham.



[EMOTIONSTOOLKIT.COM](https://www.emotionstoolkit.com)

Emotions Toolkit offers free information about simple and effective strategies designed to support children and adults to navigate life more easily.

SAFETY CAMPAIGN SPOTLIGHT

CLOUDSIDE ACADEMY: ONGOING LISTENING CAMPAIGN

The children on the Cloudside school council team went around the local residents to listen to their viewpoints on the increasing traffic on the road outside the academy.

The visits were really well received and there was a lot of support to make the roads in their local area safer for all residents including children.



MAKING A STATEMENT

The children wanted to make an impactful statement so drew an outline around a child on the road to symbolise what could happen if drivers continue to park dangerously on surrounding streets.



BUILDING RELATIONSHIPS

Cloudside Academy has organised a meeting with our local and borough council to negotiate safety measures around their school.



SAFETY RESOURCES

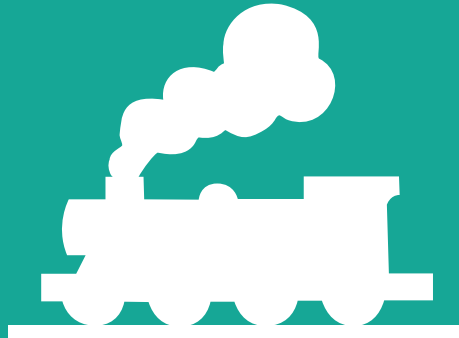
Safety is a top priority for our young people involved in the Young People's Manifesto.

Click the links to find out how best to stay safe!



STAYING SAFE ON THE TRAM

Click [HERE](#) to find out about how to stay safe on Nottingham's trams!



STAYING SAFE ON THE TRAIN

Find out about Network Rail's educational resources on how to stay safe on the railway [HERE](#)!



STAYING SAFE WHILE CYCLING

Check out Nottingham City Council's tips for cycling safely [HERE](#)!

INTERESTED IN LEARNING HOW TO SAFELY RIDE A BICYCLE?



NOTTINGHAM
BIKEWORKS

NOTTINGHAMBIKEWORKS.ORG.UK

Nottingham Bikeworks is a not-for-profit Community Interest Company offering second-hand bike sales, repairs, workshops, and training and events for cyclists of all abilities. Visit their website to...

Get your bike fixed for FREE at their Free Fixing Fridays!

Join in on their led bike ride workshops!

RIDEWISE

RIDEWISE.ORG.UK

RideWise is an East Midlands based charity working to make a massive difference to our communities, businesses and lives by improving the way we travel. Visit their website to...

Check if you're eligible for a FREE bike!

Book a Children's Cycling Lesson for £6!

Get involved in one of their events across Nottingham!

There's plenty of summer fun available in Nottingham without breaking the bank!

SUMMER ACTIVITIES



Check out AskLiON to keep up to date with activities in Nottingham

Click [HERE](#) for information about events and activities designed to keep children and families happy throughout the holidays

There are a host of free workshops for families, children and young people through ChalleNGe arts partners

Click [HERE](#) to explore their free activities, including arts, music, dance, drama and more!



FREE
SUMMER
ARTS
PROGRAMME



Chances are that your local Nottingham library has many free events for you to enjoy and a perfect book to immerse yourself in!

- Click [HERE](#) to find your local library
- Get involved in the 2023 Summer Reading Challenge [HERE](#)
- Find out more about free summer activities at Nottingham City Libraries [HERE](#)

Nottingham's parks provide opportunities for residents and visitors to play, exercise, think and relax - and they're all free!

Click [HERE](#) to find your local park



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