

# SYMBOL Report

Sefton Youth Making Better  
Opportunities with Leaders

17th October 2022

Including Mini-Hope Hack

# **TABLE OF CONTENTS**

**01 - SYMBOL**

**02 - Hope Collective**

**03 - The Meeting**

**04 - Poverty and Inequality Workshop**

**06 - Racism and Division Workshop**

**08 - Mental and Physical Wellbeing Workshop**

**11 - Community Safety Workshop**

**13 - Recommendations**

**14 - Feedback**

**18 - More Information**

**19 - Acknowledgements**

# SYMBOL

Sefton Youth Making Better Opportunities with Leaders (SYMBOL) meetings are an opportunity for young people to meet and work collaboratively with key decision makers in Sefton.

Young people are involved in the planning and delivery of SYMBOL activity and attendees vote on the topics that are important to them. Being a member of SYMBOL means a young person can play an active role in their community, with a direct line of communication with key decision makers, such as Councillors, Senior Managers from Sefton Council and representatives from Public Health, Merseyside Police and more. There are SYMBOL meetings throughout the year at different locations around the borough and more recently they have been held online due to the Covid-19 pandemic.

SYMBOL meetings have covered topics including:

- Education and Covid-19
- Activities for Young People in Sefton
- Mental Health and Wellbeing
- Climate Change

# Hope Collective

**The Hope Collective is a powerful partnership of leading cross-sector organisations with aligned values and a shared vision; to work together in a spirit of unity to create real change for young people and communities across the UK. (Hope Collective, 2022)**



As part of this programme of work, communities across the UK are delivering 'Hope Hack' programmes for young people aged 14-24 (younger for local programmes) to explore and develop solutions for societal change.

There are a series of 'Mini-Hacks' taking place across the Liverpool City Region, with a main event planned for March 2023.

# The Meeting



**The meeting was held on Monday 17th October 2022 at Bootle Town Hall in the Ballroom. This SYMBOL meeting included a Mini-Hope Hack. It was decided that we would look at four themes as part of the Hope Collective.**

**The themes were ran in a 'World Cafe' style, and each table had a professional along with two Young Advisors to facilitate the discussions.**

**Secondary schools, youth groups and clubs were invited to bring along young people to the SYMBOL meeting.**

**In total we had 48 young people attend the meeting.**

**Poverty  
&  
Inequality**

**Racism  
&  
Division**

**Mental &  
Physical  
Wellbeing**

**Community  
Safety**

# Poverty and Inequality

Young people on the workshop table were asked a series of questions relating to Poverty and Inequality.

**"Who would you talk to if you had a problem with poverty and inequality?"** young people told us...

**Friends**

**My parents**

**Help lines**

**Youth Worker**

**Teachers**

**Family**

**Social  
Worker**

**Bully  
Busters**

**Neighbours**

"What services/support do we currently have in Sefton to tackle poverty and inequality?"  
young people told us...

FREE SCHOOL MEALS & **A**

*Dentists* HOUSING **E**

**charities** **F** DOCTORS

TRANSPORT **O**

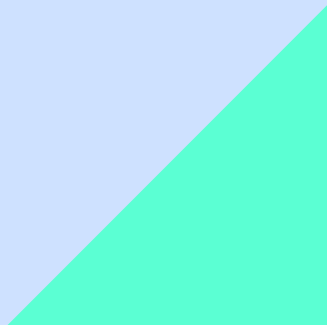
BENEFITS **O** *food banks*

**O**

"What could we do in Sefton to tackle poverty and inequality?" young people told us...



- Charity support
- More foodbanks
- Homeless shelters
- Travel vouchers
- Funding
- More social groups
- Baby banks



# Racism and Division

Within the topic of Racism and Division, this workshop was focussed on Hate Crime.

**"What do you know about this topic already?"**

young people told us...

It happens everywhere

LGBT+

Faith

Religion

Physical Assault

Name Calling

It can affect all races

It can be verbal/abusive

**"Who would you go to if you had a problem with hate crime?"** young people told us...

POLICE

THERAPIST

emergency services

school staff

FRIENDS

Youth Club



**"What services/support do we already have in Sefton to tackle hate crime?"** young people told us...

**Childline**

**Police**

**School Assemblies**

**School**

**Youth Centres**

**School Officers**

**101**

**"What can we do in Sefton to tackle hate crime?"** young people told us...

- More support workers in schools
- Ads in Newspapers
- More posters/visibility on the issue
- Spread awareness
- Police Officers coming into school
- More lessons in schools
- Spreading positivity
- Performances for awareness

# Mental and Physical Wellbeing

Young people on the workshop table were asked a series of questions relating to Mental and Physical Wellbeing.

**"What do you know about mental and physical wellbeing already?"** young people told us..

**Mental Health can be a good thing**

**Self-harm**

**Autism**

**Trust issues**

**Dyslexia**

**Endorphins from exercise**

**Peer pressure**

**Depression**

**Anxiety**

**Walking helps me**

**Addiction**

**Chronic Pain**

**"What services/support do we currently have in Sefton for mental and physical wellbeing?"**  
young people told us...

**CAMHS**

**The Star Centre**

**Youth Club**

**Kooth**

**May Logan Centre**

**Alchemy Parenting 2000**

**School Support**

**The Diana Award**

**YPAS**

**GP**

**NHS**

**Barnardos**

**"Who would you talk to if you had a problem with mental and physical wellbeing?"** young people told us..



**Doctors**



**Police**



**Friends**



**Teachers**



**Family**



**Therapist**

**"What could we do in Sefton to tackle the issues around mental health and wellbeing in Sefton?"** young people told us...

- **Mental health support in school**
- **Shorter waiting lists**
- **Work from home**
- **Home schooling one day a week**
- **More breaks in school day**
- **Mental health days in school**
- **Social media breaks**
- **Quiet places in schools**
- **Animals in schools**
- **Mental Health First Aid taught to young people**

# Community Safety

Young people on the workshop table were asked a series of questions relating to Community Safety.

**"What places do you feel safe?"** young people told us...

In my classrooms

Home but not for everyone

Police Station

Being with people

Busier areas

Hospital

Social clubs

Grandparents

Youth Group

**"What places do you not feel safe/feel less safe?"** young people told us...

Near homeless people - smell of weed

Drunk people of a night time

Where it is dark

I feel less safe being a girl

On the bus - it is less safe than driving

Near people I don't know

Liverpool City Centre

More unsafe at night time

"Who would you speak to about community safety?" young people told us...

POLICE

CAMHS

FAMILY

friends

YOUTH

therapist

WORKER

"What could we do to tackle community safety in Sefton?" young people told us...

- Having better well-lit areas
- Having a fully charged mobile phone
- Having a live 360 location tracker
- Being with a group of people
- Having more safe spaces open
- Self-defence groups
- Police delivering workshops

# Recommendations

**After reviewing comments/suggestions from young people at the meeting, Sefton Young Advisors have put together some recommendations from the meeting.**

## **Poverty and Inequality**

Young people could receive free travel vouchers to get to school/activities to enable them to access support/services.

## **Racism and Division**

Police Officers/Hate Crime Specialists could come into schools to speak to young people about the topic and raise more awareness of local issues.

## **Mental and Physical Wellbeing**

Improved partnership working for services and more funding to help reduce waiting times for support for young people.

## **Community Safety**

Engage with young people to find out places where more street lighting needs to be put in place.

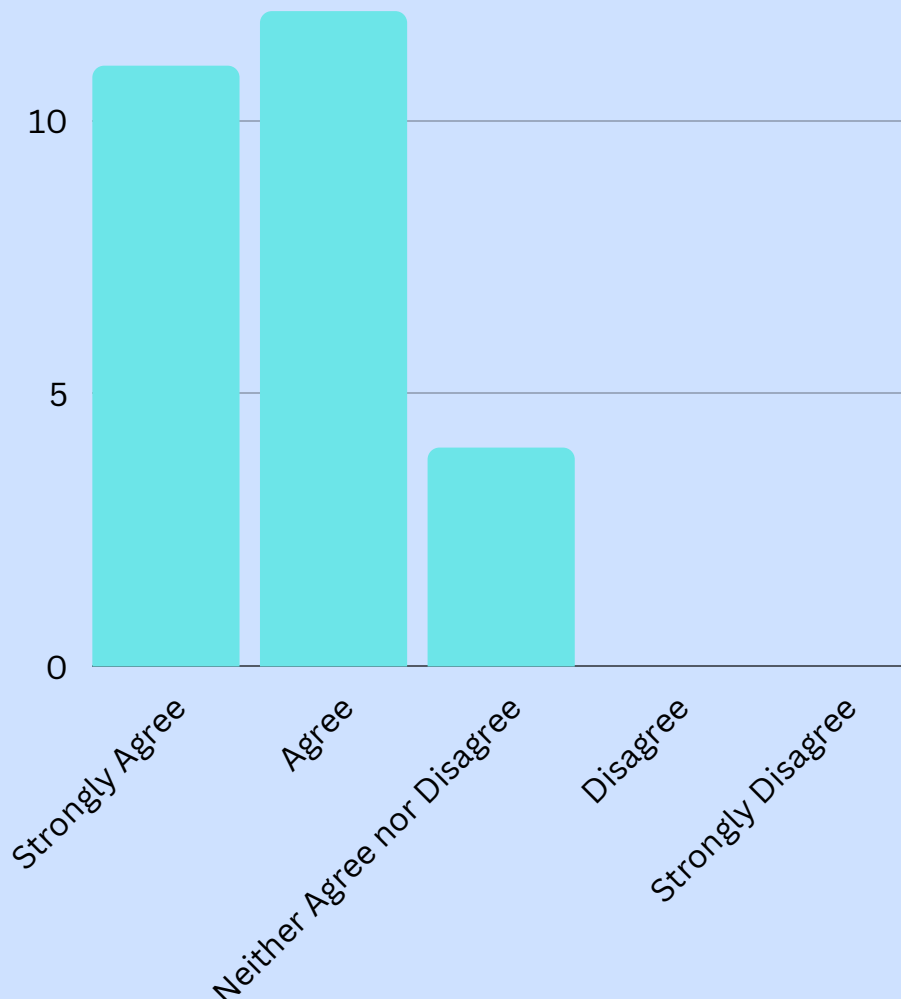
# Feedback

The young people at the meeting were asked to provide some feedback at the end of the meeting. This was done either digitally via SurveyMonkey or on a written version of the same questionnaire. Of the 48 young people at the meeting, 27 gave feedback.

Young people were asked seven questions and were asked if they: Strongly Agree, Agree, Neither Agree nor Disagree, Disagree and Strongly Disagree.

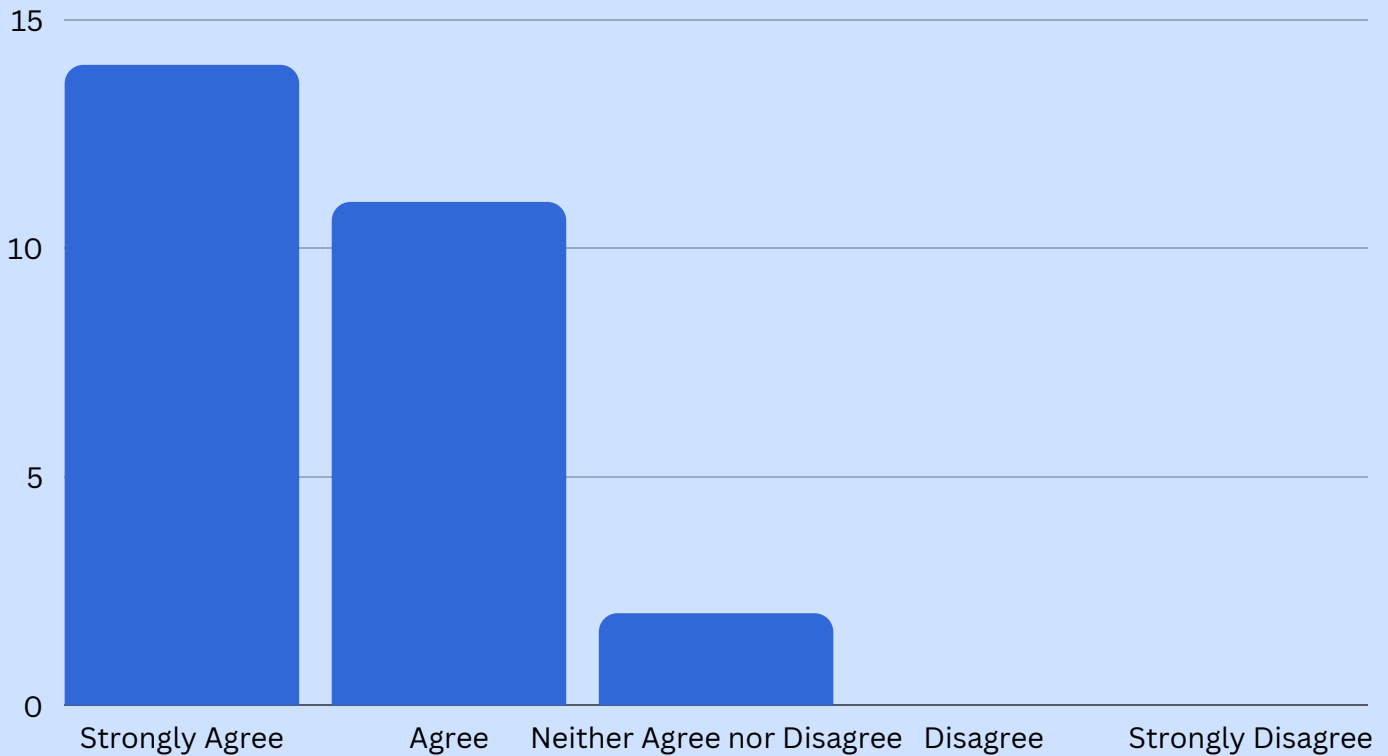
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## Q1 - This event has met my expectations...

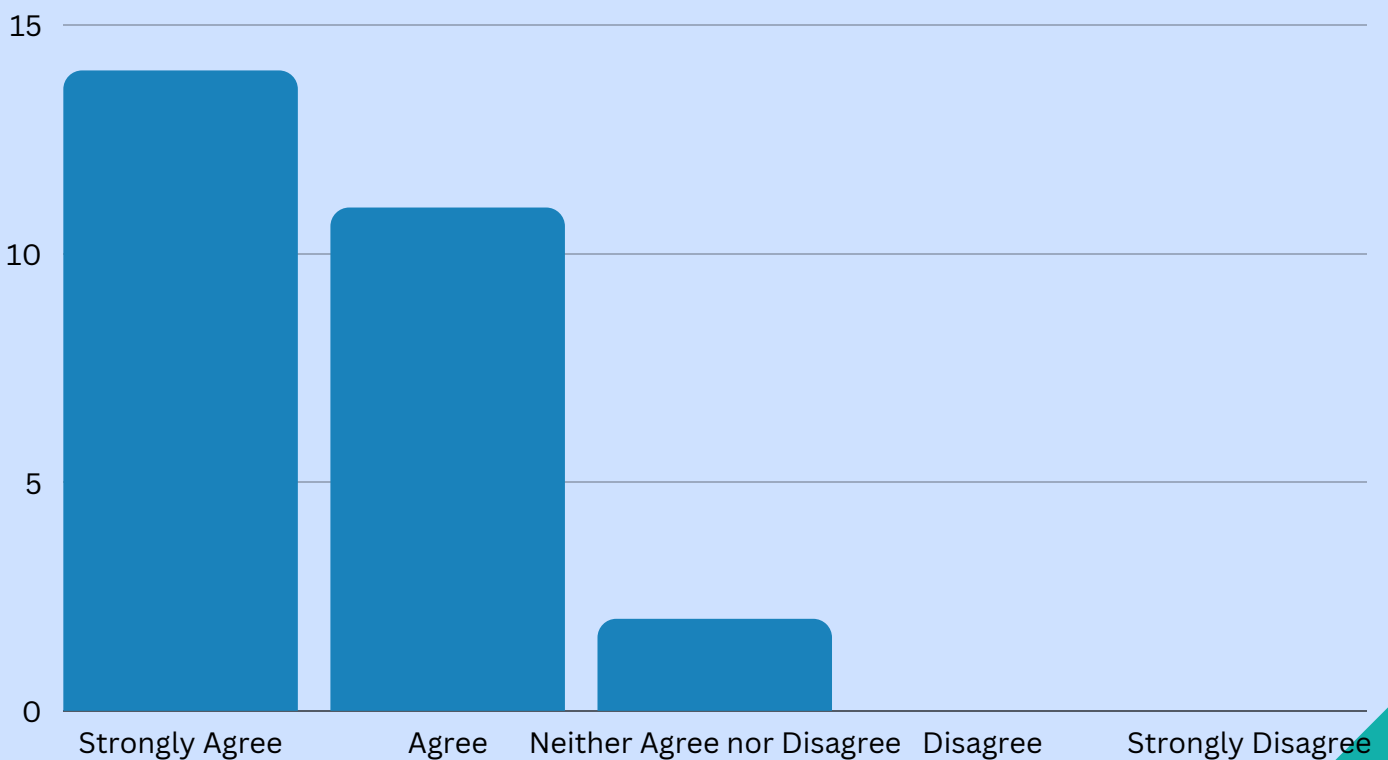




## Q2 - The delivery of this event has been professional and of a high quality...



## Q3 - I will go to/recommend SYMBOL in the future...

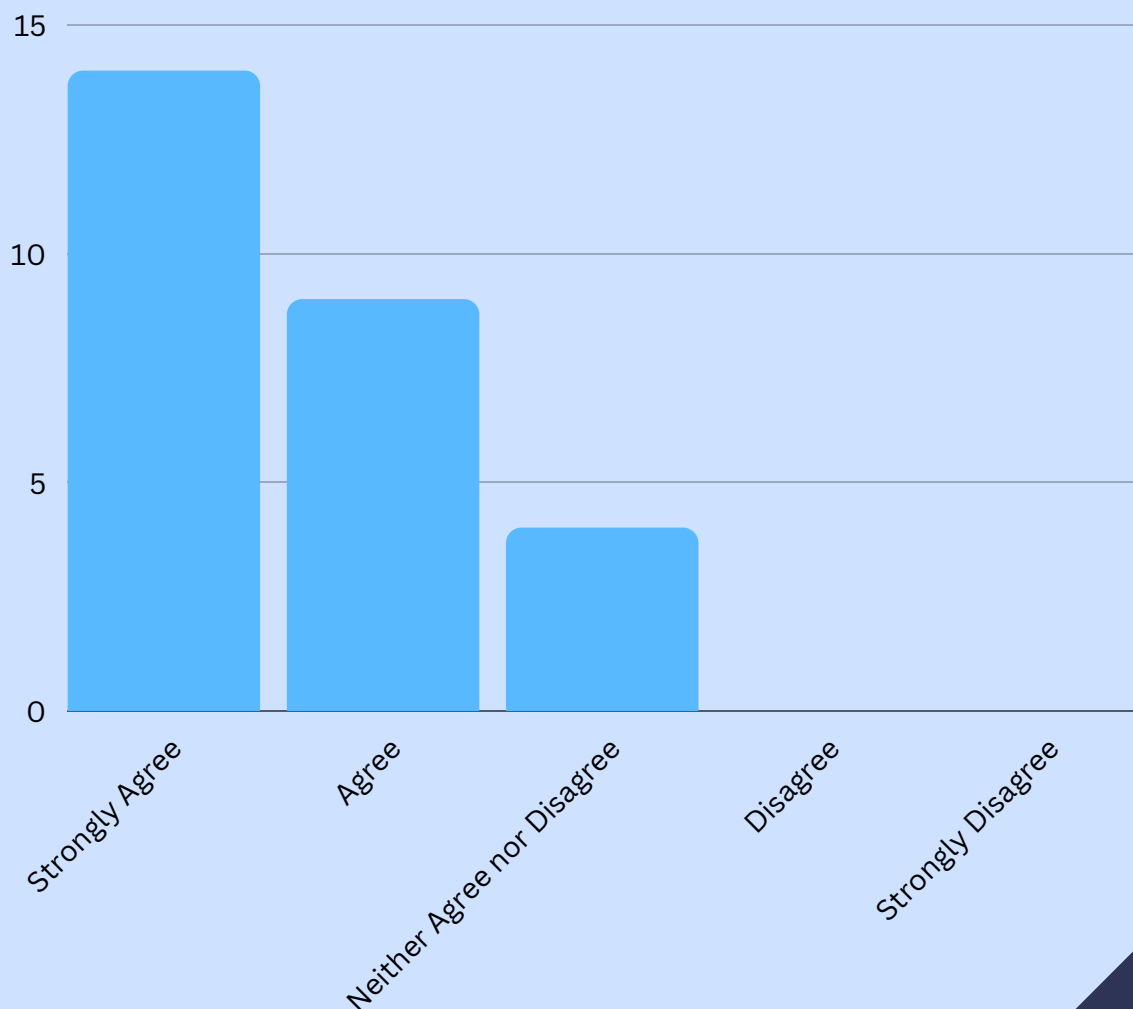


## Q4 - Do you have any suggestions on how we could improve this event in the future?

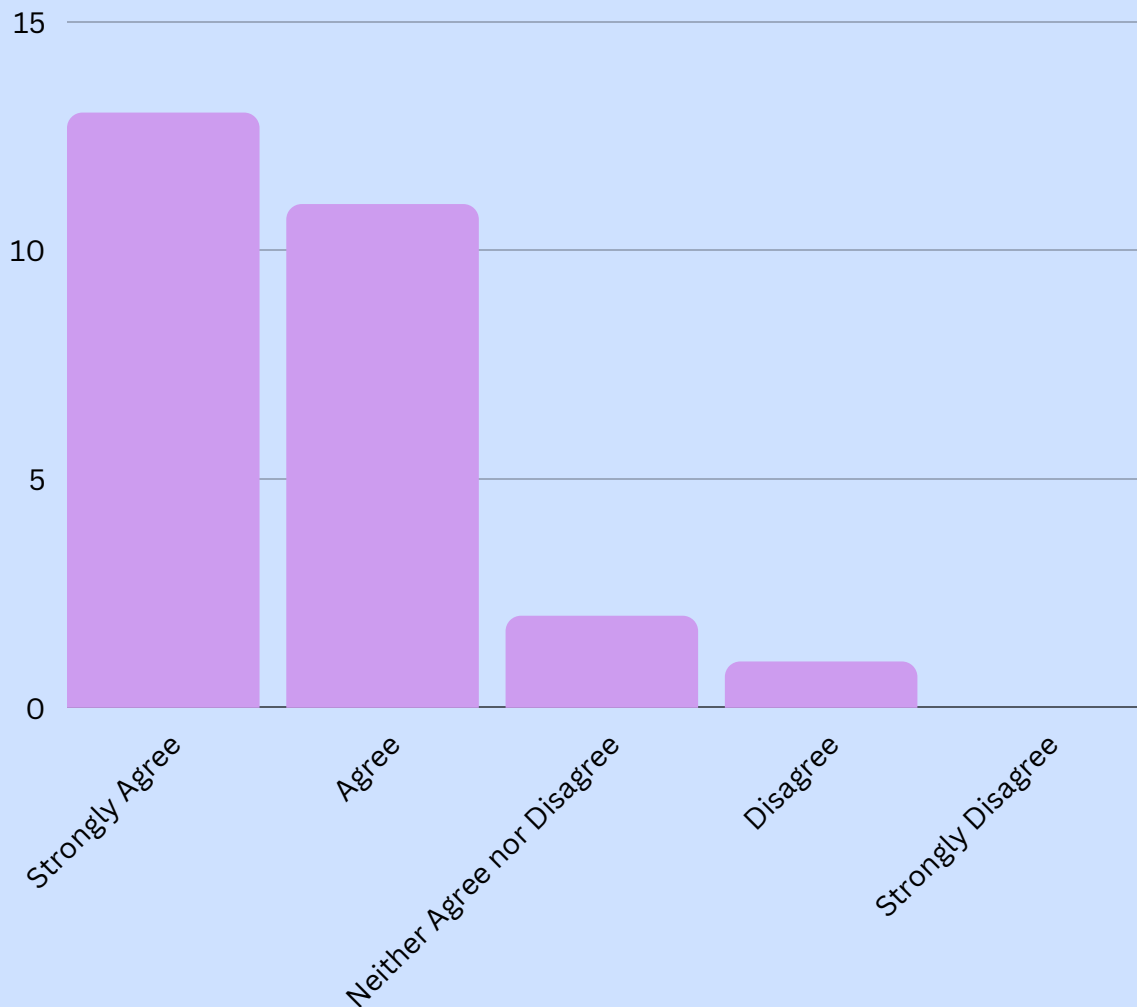
Comments included...

- Invite more schools/youth clubs
- More detail given out beforehand
- More time to discuss
- Different questions
- Stronger ice-breakers so the table got to know each other better
- Do the event in public

## Q5 - I feel that I know more about the topics now than before I came to the event...



## Q6 - I feel that I was fully involved and able to participate...



## Q7 - Any other comments...

- I enjoyed the venue
- My table were really nice and explained everything to me and made me feel less anxious
- It was a safe environment for people to speak their minds without worry
- I felt good being there
- I really enjoyed my time

**All feedback and comments will be taken on board by Sefton Young Advisors for the next SYMBOL meeting.**

# More Information

At the end of each SYMBOL meeting, the young people who attended the meeting are asked to vote on which topic they would like to discuss at the next SYMBOL meeting (in 2023).

The young people were given a choice of four topics including:

- Education
- Transport
- Cost of Living/Living Independantly
- Skills and Employment

The young people decided that the topic they would like to discuss is:

## **Cost of Living/Living Independantly.**

The SYMBOL planning group and Sefton Young Advisors will plan the next meeting in 2023.



# Acknowledgements

**Sefton Young Advisors would like to thank all that attended and were involved in the planning of the October 2022 SYMBOL and Mini-Hope Hack Meeting.**

**A special thank you to the professionals that helped out on the workshop tables.**

**A thank you to Sefton MBC for funding to support this event and for providing the venue.**

**A thank you to Merseyside Violence Reduction Partnership for funding to support this event.**

**For more information on SYMBOL or Sefton Young Advisors please contact:**

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