

Champions board meeting minute's 26th march 2018

Attendees; Ashleigh, Jordan, Demi, James, Sean, Sean, Sean, Swara, Lynn, Hannah, Katelynn, Emma, Steven, Megan

Cost; £27.34

5pm	Arrival to welfare hall, meet and greeting new people
5:15pm	Jordan and Lynn began cooking pasta and garlic bread for everyone to eat. Ashleigh and demi began playing a sweetie game with the young people, when the person choose a random skittle they answer the corresponding question to the colour. This gave us their views of what they like about the group and also what could be improved.
5:30pm	Ashleigh asked all the young people to carry out the survey that she made throughout the week, they enjoyed doing this in a team but writing down their own answers.
5:45pm	Everyone sat around the table to eat and talk about how they would like the group to look going forward and how to promote it.
6:15pm	Jordan numbered everyone into three different groups with one of us in each to gather the views of the young people around the group and what we do next. This included at school, the CEYP wider community, social media, outings and what they see for the group.
6:50pm	The groups formed into one and discussed this further. While some members took time to clean up and gather everything we had done.
7pm	We played a coordination game with the young people
7:15pm	We played a game of Uno.
7:30pm	We locked up and Everyone went home.

The main outcomes from the group were that the young people wanted to take on a bigger responsibility within the group which has been allocated in the week after. They also want for the group to be more often, perhaps on a weekly basis.

All attachments bellow are what the young people produced at the group and immediately after due to the discussions had.

SOCIAL MEDIA

Quotes
Twitter
Trading
rapists
Cred # hogging
FB
Group chat
No chat
No video
No photos
No link
No session
No writing
No who we are
No bio
No website
No link
No chat
No video
No photos
No link
No session
No writing
No who we are
No bio
No website
No link

Media Sub Group:

- More photos
- Group photos / videos to replace text or images
- Instagram
- More photos
- Facebook
- Young people that promote that
- cap last with similar background

School.

→ more for CE4P

Don't always understand.

—

- School groups
• People to come

A hand-drawn diagram on a white sheet of paper. It consists of two circles. The left circle contains the word "OUTINGS" written vertically and underlined. A line extends from the bottom of this circle to the top of a second circle on the right. This second circle contains the text "1 A MONTH" written vertically.

Something you do well

Something you like about the group

Something you are proud of

Something about the group different about this group

Something you Can't live without

Tunes

Instruments
dance
Internet

Socialize

WHY ARE YOU HERE?

Learn @ home & work

Because sign around
music cards, artists bring
making stop, follow up.

Learn
Change
help other classes

Scan (original)
Music
Cook
School

Q2. Which activity takes most of your time? (in %)

Other: 40% Study: 30% Sleep: 20% Work: 10% Hobby: 10%

Q3. How do you have about a therapy?

Cognitive: 40% Behavioral: 30% Humanistic: 20% Existential: 10% Psychoanalytic: 10%

Q4. Why do you do it therapy?

Answers:

- To get professional help, when it all has to be a professional 44.
- To get rid of my problems above
- Food
- Sleep
- To get advice

[illegible]

1. *Journal of the American Medical Association*, 1997; 277: 103-107.