SOUTH NORFOLK

SNYAB

YOUTH ADVISORY BOARD



Impact Report 2025 – 2026

September 2026

Norfolk County Council

Social Media:

South Norfolk YAB

Website: www.snyab.org

flourish

Introduction

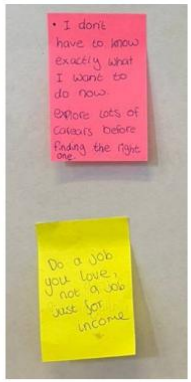
South Norfolk Youth Advisory Board (SNYAB) is one of seven YABs in Norfolk. The purpose of YABs is to ensure that the voice of young people is central in the development and delivery of projects, services and facilities, as well as influencing other decision makers around topics that young people find important.

YABs are led by Young Commissioners. These young people want to make a difference in their communities, and they ensure that the voices of young people in Norfolk are heard.

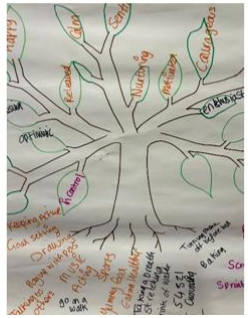
Young Commissioners develop a plan for the year, based on a Norfolk wide consultation, and they ensure that the plan stays on track. 4318 young people completed the questionnaire in South Norfolk.

"It makes me feel like people care about where I live."
Young Commissioner







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Young People who have benefited from SNYAB from April 2025 to March 2026 – The Stats

Young Commissioners

Total Number of
Young Commissioners: **72**

This number is made up from:

- ★ District Young Commissioners: 29
  - Who had 23 Focus Group Meetings
- ★ School Young Commissioners: 43
  - In 4 different school groups
  - Who had 24 Focus Group Meetings



TOTAL NUMBER OF YOUNG PEOPLE:

4,069

This is an approximate number of all young people impacted by SNYAB delivery

Reach

★ Young people reached through publicity stands, community events, school events and careers fairs:

3,815

Young people supported through Community Development / Support Work

63

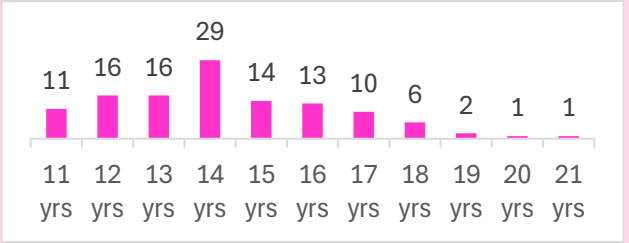
This is work undertaken to support community youth groups to succeed and develop.

Young People attending an activity commissioned by SNYAB

Individual young people: **119**

★ 48 Male, 63 Female,
8 identified as Other

★ Ages: 11 – 21 years (as at 31.12.25)



★ Numbers from school cluster areas:

Wymondham	20
Diss	31
Framingham Earl	7
Loddon	10
Long Stratton	18
Costessey	13
Hethersett	12
Harleston	8

★ 19 x Young Carers (self-identified)

Delivery Priorities for SNYAB 2025 - 2026

South Norfolk YAB (SNYAB) focused on three priorities, and delivery included:

Youth Having a Voice

- Norfolk Youth Against Bullying (NYAB) - an Anti-Bullying Conference held annually with an invite to all schools and other interested parties. Young people shared their own experiences, as well as took part in workshops to explore the issue.
- Consultation across Norfolk in preparation for the new YAB Action Plans 2026
- SNYAB Promotion - including stands at events, such as Positive Minds, and publicity sent out through various channels.
- Young Commissioner promotion and new groups - recruitment of young people to the District and School Groups. Encouraging taster sessions through school assemblies and while attending other SNYAB funded activities.
- Story Telling Creative Arts Session - Partnership project with You Press (London) to develop an Arts Training Programme for young people.
- Social Media messages developed by young people for young people.
- SNYAB website development
- School Notice Boards - designed by young people for young people
- Project development through consultations

Futures, Life Learning and Wellbeing

- Skills and Social Sessions: 10 evening sessions and four holiday sessions exploring different Life Skill themes with built in social time to allow young people to meet new people and make new friends.
- Accredited Courses: First Aid and Food Hygiene Certificate Courses, enabling young people to achieve accreditation.
- Cooking Day: 10 young people learnt to cook different main dishes, side dishes and desserts, as well gaining knowledge around healthy eating and nutrition.
- Three Intergenerational Lunches where young people planned and cooked a two-course lunch for older members of the community in Diss.
- Conservation Sessions: four social action sessions at Quaker Wood
- Three Mental Health Awareness Courses in partnership with South Norfolk Council as part of their Mindful Towns and Villages initiative.
- Whitlingham Outdoor Adventure Session targeted at young people who had never had that experience.

Accessible and Safer Communities

- Development of Nature Prescriptions for Young People
- Promotion of the YAB Right To Play campaign
- Community Development support for other youth groups and opportunities in South Norfolk.
- Promote and offer support to access SNYAB and other opportunities
- Things to Do - an online listing of other activities and services for young people in South Norfolk: https://snyab.org/things-to-do/
- Transport support - ensuring that this is not a barrier to accessing SNYAB
- World Café - ensuring young people took part in their community events.
- Linking up local projects enabling more partnership work to benefit young people.
- Climate Ambassador Training with UEA and local MP.
- Supporting targeted groups in schools, and ensuring access to SNYAB opportunities.

Delivery Highlights

Young Commissioners chose the projects that they wanted to highlight in this report, with the realisation that the strength of these projects was in the partnership approach. Utilising existing community resources enabled the SNYAB Change Maker Fund to not only stretch further, but also to enhance the good practice that was already in place.

Skills and Social Sessions

These sessions were offered in response to young people requesting more opportunities to look at different life skills, as well as spending time developing and improving their social skills. Themes varied each time, and included cooking, being active, keeping safe, problem solving, self-care, CVs, friendships and relationships, and team building. There would often be an external partner deliver some of the session, such as Mandy from the Co-op, who involved young people in chocolate tasting, while they learnt about Fair Trade products and ethical shopping. This was part of a wider session around food, nutrition and cooking, as well as opportunities to build relationships with new people. 49 individual young people took part in the sessions, choosing the sessions that they wanted to do. Their feedback:

"I had a nice time as I made new friends and got to play games with people."

"I really enjoyed learning about bananas and making omelettes for the first time."

"I didn't know how to recognise Fair Trade, and I have learnt this today."



Intergenerational Lunches

We offered three Intergenerational Lunches over the year, at Christmas, Easter, and in the summer holidays. 18 young people took part over the three events, some doing all three. Young people planned the menu, cooked the food, served the tables, made decorations and gifts, chatted with the guests and tidied up at the end. This also gave young people the opportunity to practice the skills that they had learnt at the Food Hygiene Course and the Cooking Day. The sessions were delivered in partnership with Diss Bowls Club, Rosedale Funeral Directors and Diss Town Council, and approximately 55 guests attended each time.

Young people said: *"It was fun. I enjoyed mixing with the older generation."*

"I learnt patience, especially when it was serving time."

"It made me feel good about myself."

Guest feedback: *"Great meal, great service."*

"The young people looked after us very well."

"Hard working young people, helpful and polite."

"Everyone was so friendly and nothing was too much trouble."



Whitlingham Adventure Day

We were able to offer a trip to Whitlingham Adventure Centre as part of their Adventures Away from Home (AAfH) funded project. We were approached by Whitlingham, as a previous facility user, to bring a group of young people who would not normally be able to access such an opportunity. 12 young people, including Young Carers, those with SEND, and YP identifying as LGBTQI+, attended the day session which also enabled them to achieve their National Start Paddling Award.

Young people said: *"I really liked it, not as scary as I thought."*

"Most of the things that we did today, I had never done before."

"It was adventurous, and I learnt to communicate more."



Accredited Courses

We offered four Food Hygiene and three First Aid Certificate Courses, which enabled 14 young people to achieve Food Hygiene and 31 young people to achieve First Aid Certificates.

Food Hygiene Courses are online, so we ensure that there is a practical session where young people cook lunch, using their new knowledge, before taking the exam. This is possible with our community venue, as we need to have a working kitchen that meets the criteria of the course. The First Aid Course is delivered by an active Norfolk Fire Fighter who brings the different scenarios to life with real stories behind injuries and medical emergencies.

Feedback about Food Hygiene: *"Nice venue, good facilities."*

"Course was very helpful."

"It was difficult but rewarding."

Feedback about First Aid: *"I will use this certificate on my CV."*

"I will use these skills at my job."

"I am happy to have learnt something new."





The Art of Story Telling

In partnership with You Press (London), South Norfolk Family Hub and Diss Corn Hall, 13 young people took part in a creative workshop looking into the development of an Art Programme for Norfolk. Young people were enabled to share their experiences of living in Norfolk, as well as look at potential solutions to issues that they had identified as important. Working through storyboards, followed by acting out scenes, the young people explored what could change, along with who could implement that change. Young people then gave feedback around methodology for future programmes.

Young people said: *"I feel better about myself at the end of this session."*
" I learnt new skills, including time management and listening."
"I enjoyed learning new ways to express myself."
You Press said: *"The workshop provided clear insight into the skills young people feel they need to develop. Around 60% identified confidence and public speaking as important skills they would like to improve. We will ensure that future sessions include a wider range of creative approaches to ensure accessibility."*



Nature Prescriptions

Developing Nature Prescriptions was a partnership project with the RSPB. Nature Prescriptions for adults in Norfolk already existed, but this project redesigned the format so it was accessible for young people. We carried out consultation, and lots of workshops, trialling activities for ease and interest, and Norfolk became the first place in England to introduce Nature Prescriptions for under 18s.
On seeing the final design, young people said: *"It looks really interesting, there's something about drawing me to it."*
" It makes me feel appreciated and respected."





Acknowledgements
We would like to thank the Young Commissioners from South Norfolk Youth Advisory Board who helped us to create this booklet, and our funders Broadland Health and Wellbeing Partnership, South Norfolk Health and Wellbeing Partnership and Clarion Futures.

Norfolk's Flourish Ambition - inspired by the things young people have told us are most important to them:

- **Family** and **friends**
- Access to **learning**
- The **opportunity** to lead a good life
- Being **understood**
- Building **resilience**
- Respect for their **individuality**
- Feeling **safe** & **secure**
- Being **healthy**

https://www.norfolk.gov.uk/article/39200/Flourish



"My daughter has just turned 15 years old and has been part of the SNYAB team for the past 2 years. In this time, I feel she has grown in confidence, and I've seen her flourish, in both her maturity and her enjoyment of the sessions, which are always both varied and interesting.
The offer strives to be accessible; transport is always offered if the young person is unable to attend otherwise, despite recent budget cuts, and car share and bus options are encouraged and facilitated where possible.

The meetings always bring out the best in my daughter; they encourage excellent social skills and peer interactions in an age of constant screens and incessant phone use, and as a parent I always look forward to the holiday sessions as I know these are a brilliant way of keeping her entertained and involved in some positive activities outside of the home when there is no school.

In our home, as Christians we endeavour to help others, and the highlight of the year for us both has always been the Intergenerational lunches; this is a wonderful initiative that brings together our young people and the vulnerable elderly, in the most happiest of ways.
In conclusion, I have nothing but praise for the SNYAB and the team of adults who support them; they are always helpful, polite, present and hard working. I know that my daughter will continue to work with them as long as is possible and this makes myself and my husband extremely happy and grateful that she has the opportunity to do so.
Thank you."

Parent of a Young Commissioner

YAB Consultation

The YAB Consultation received **15,692** responses across Norfolk, **4,769** of which were from the South Norfolk district (**36% of 11 – 19s**). These results came from young people who live and/or attend education in South Norfolk. The consultation was delivered through schools, colleges, at community groups and online during November and December 2025. YAB workers went into schools during lunchtimes and during particular lessons to ensure that as many young people as possible could give their views. Young Commissioners also supported the lunchtime stands and inputted data.

South Norfolk Results:
What would benefit you in your education?

1. Support with exam stress (59%)
2. Careers support for the future (51%)
3. Hands on learning options (45%)
4. Anti-bullying (34%)
5. Someone to talk to (34%)
6. Wider variety of after school clubs (29%)
7. Having a voice in school (21%)
8. More inclusive school/college (12%)

South Norfolk Results:
What would benefit your community?

1. Improved parks and outdoor areas (53%)
2. Transport links (44%)
3. More free/cheap clubs and activities (44%)
4. Feeling safe in your community (38%)
5. Hands on learning (34%)
6. Ways to get involved in nature/climate (29%)
7. More chances to look after your wellbeing (26%)
8. Drugs, alcohol and gambling advice (16%)

For information about how these results have been used to inform the new plan, visit https://snyab.org/snyab-action-plan/





Young Commissioners in 2025-2026

Young Commissioners are the young people aged 11 – 19 (or up to 25 with a disability or additional need) who lead the YAB. Over the year, **72 young people** volunteered their time as Young Commissioners, coming together on a regular basis, either as part of the District Group, in their school, or at joint events. These young people come from all over the district, and have different backgrounds, ethnicity and identities. They include Young Carers, and those young people who have additional needs.

Young Commissioners attended many different training opportunities over the year, developing their skills and knowledge. This included:

- Climate Ambassador
- First Aid
- Food Hygiene
- Drug and Alcohol Awareness
- Social and Interpersonal Skills
- Team Building
- Mental Health Awareness
- Chairing Meetings
- Confidence Building
- The Language of YABs
- Public Speaking
- Mindfulness and Nature Activities
- Coping Strategies/Keeping Focused
- Healthy Cooking
- Time Management
- Using the SNYAB Website
- Anti-Bullying
- Quality Assurance

> *"When we went to the SNYAB Training Day, it was great, as we felt a real part of the community - working and being with adults like the Police, NCC and RSPB. We wouldn't normally spend social time with these people - it's great to get to know them, and for them to get to know us. It makes me feel like one of them - an adult, a professional."*
>
> Young Commissioner

Young Commissioners also role model their priorities. For example, while encouraging others to consider their mental health, Young Commissioners show good practice by taking breaks at meeting, going outside for fresh air, and moving their bodies at regular intervals.

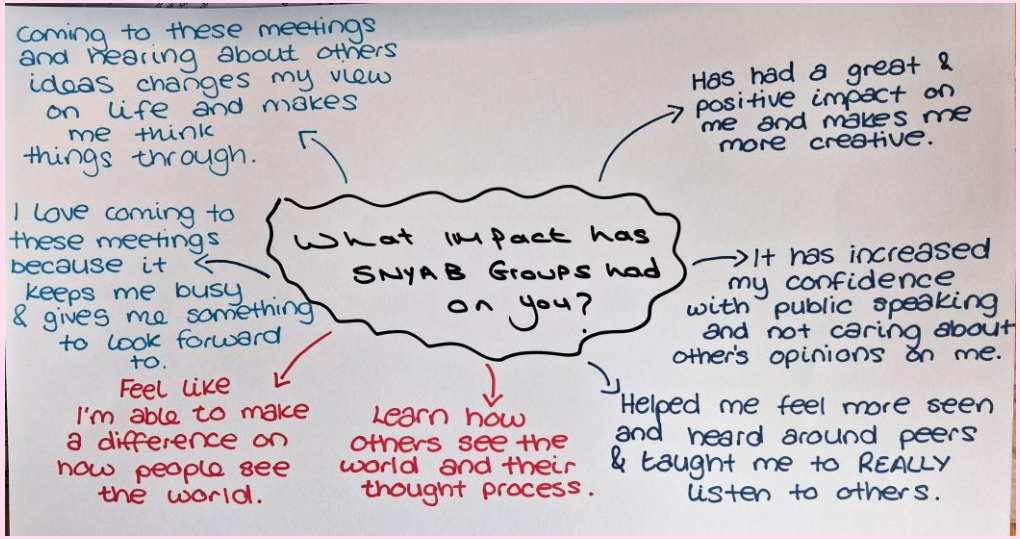
Young Commissioners Quality Assure (QA) the projects. This ensures that anything that has been commissioned by SNYAB is being delivered as expected. They visited **16** different projects and gave feedback and recommendations.

The District Young Commissioner Group carried out a total of **1100 volunteer hours.**

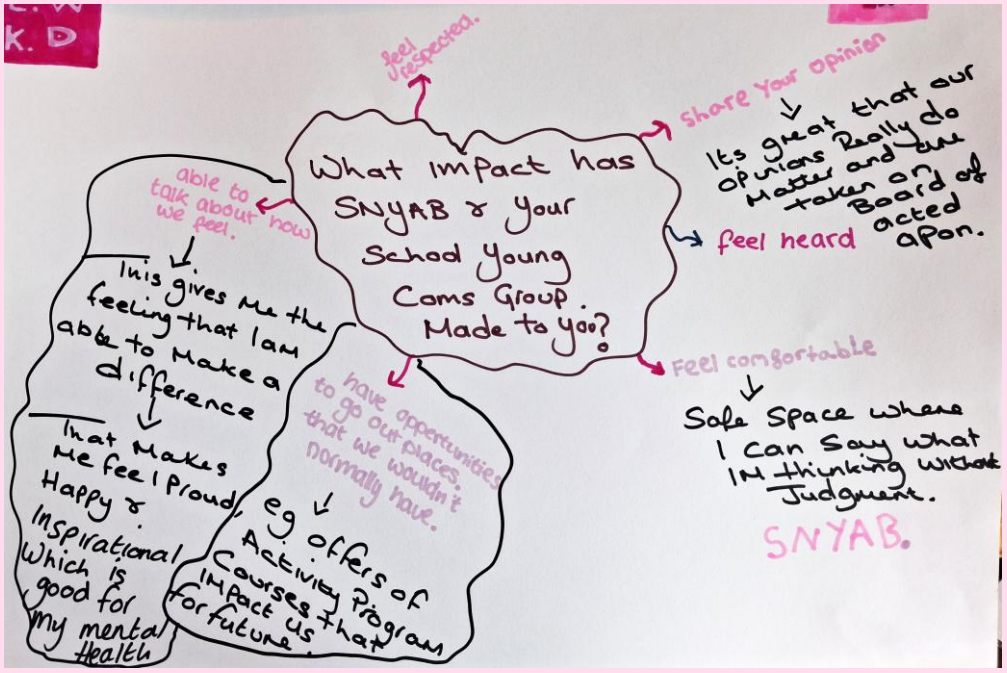
Young Commissioners received:

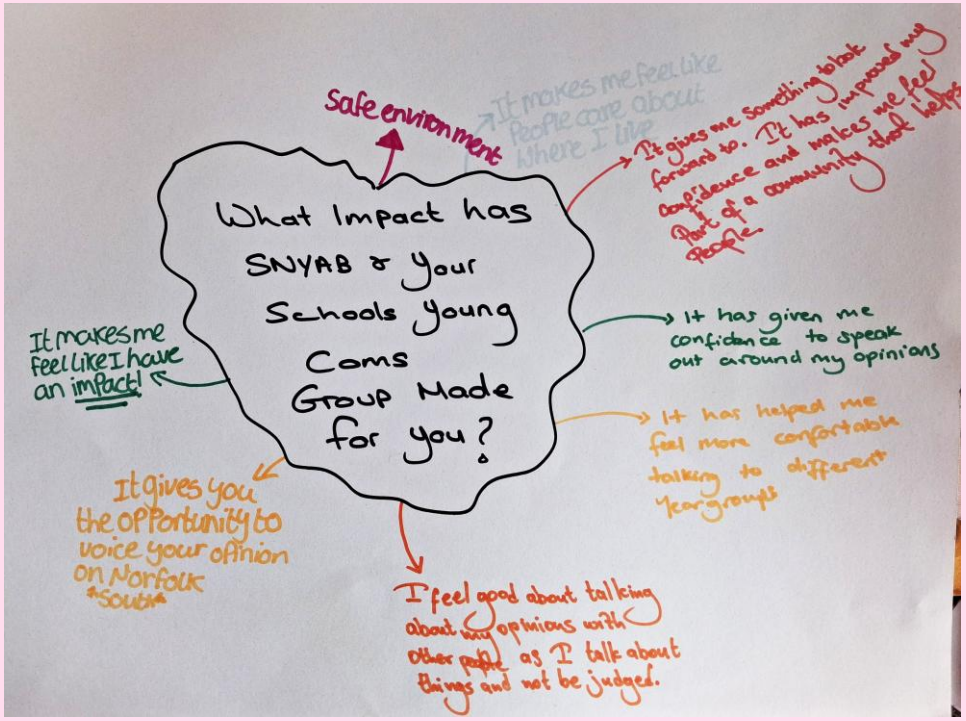
- **30 Certificates of Participation**
- **FLOURISH Certificate for Opportunity**
- **Young Achiever of the Year from South Norfolk Council**




What impact has SNYAB Groups had on you?
Coming to these meetings and hearing about others ideas changes my view on life and makes me think things through.
Has had a great & positive impact on me and makes me more creative.
I love coming to these meetings because it keeps me busy & gives me something to look forward to.
It has increased my confidence with public speaking and not caring about other's opinions on me.
Feel like I'm able to make a difference on how people see the world.
Learn how others see the world and their thought process.
Helped me feel more seen and heard around peers & taught me to REALLY listen to others.


What impact has SNYAB Group Had on YOU?
We can cause change.
KEEPS Me busy
Boosts Confidence
get to discuss issues with young people
We get to Listen
gives you Something to do.


K.D
What impact has SNYAB & your School Young Coms Group Made to you?
feel respected.
Share your opinion
Its great that our opinions Really do Matter and are taken on Board of acted upon.
feel heard
able to talk about how we feel.
Feel comfortable
Safe Space where I can say what IM thinking without Judgment.
This gives Me the feeling that I am able to Make a difference
That Makes Me feel Proud, Happy & Inspirational Which is good for my mental Health
have opportunities to go out places that we wouldn't normally have.
eg offers of Activity Programs Courses that IMpact us for future.
SNYAB.


What Impact has SNYAB & Your Schools Young Coms Group Made for you?
Safe environment
It makes me feel like People care about Where I live
It gives me Something to look forward to. It has improved my confidence and makes me feel Part of a community that helps people.
It has given me confidence to speak out around my opinions
It has helped me feel more comfortable talking to different Year groups
It makes me feel Like I have an impact!
It gives you the opportunity to voice your opinion on Norfolk #South
I feel good about talking about my opinions with other people as I talk about things and not be judged.

Delivery Partners in 2025-2026

Young Commissioners worked with different agencies and individuals to gain insight and learn new skills; to further develop plan delivery; to commission services; and to offer expertise as young people with lived experience.

These included:

- Other Youth Advisory Boards
- Police Cadets
- South Norfolk Council
- Early Help Hub
- Family Hub
- Norfolk County Council
- Schools and Colleges
- Voluntary Sector providers
- Youth Parliament
- Town Councils
- Local Police Teams
- University of East Anglia
- Whitlingham Adventure
- RSPB
- Various community venues and facilities
- Libraries
- Local taxi firms and transport providers
- MPs and elected members
- Local businesses
- Training providers

"We can give others clarity about our experiences."

Young Commissioner

"I feel like I can make a difference because I work hard."
Young Commissioner

"To have a relationship which supports collaboration and creation to make resources that are useful. We benefit from you hosting the youth {Mental Health} course and promoting it to young people. You have also been valuable for introducing us to schools or other organisations - expanding the awareness of the youth mental health training enabling us to reach more people."

South Norfolk Council

"SNYAB have been hugely impactful in terms of their support for our students. They have staffed a stall at school over a lunch time providing a huge amount of information regarding the support available in the community as well as how the students can get involved in their community. To support this, a number of our students have been involved in the Young Commissioners programme, meeting over a series of lunch times in order to consider key themes and topics. Students that might not normally go under the radar, felt empowered and supported."

Wymondham College



"SNYAB always support events for young carers. Having this support is invaluable as we can link young carers with a range of opportunities between the two organisations. Speaking about the YAB at the YC summit has increased awareness about what the YAB does in South Norfolk and beyond! The young carers that took part in the team games really enjoyed themselves giving them a break from caring and a chance to spend time with peers."
Regarding Impact: *"More opportunities for young carers that we work with. Increased awareness of the work of the YABs. Better more joined up support for young carers."*

Caring Together

"We very much appreciated you coming to visit in November to conduct your survey. The stall you set up in our Dining Hall was welcoming and engaging for students, who very much appreciated the freebies and chocolates but also the opportunity to feedback their views and to chat with you and your team."

Hethersett Academy

"Respected."
"Empowered."
"Heard."

Young Commissioners

"Opportunities for us to meet more people."

Young Commissioner

Young Commissioner Expenditure 2025-2026

Transport: taxis, public transport, etc	£7,230
Refreshment	£200
Venue Hire for meetings, training, etc	£1,370
Resources for sessions / training	£300
Promotional materials	£900
Total	**£10,000**

Members of the Youth Advisory Board

How the Board has worked this year

Each Youth Advisory Board is a partnership, led by Young Commissioners, informed by Adult Representatives and other partners, and supported by Youth and Community Workers (YCWs). Members came together at four Full Board Meetings which happened over the year, and they also attended Young Commissioner Focus Groups, as well as meeting regularly with YCWs and attending commissioned activities. Everybody has been active and supportive.
Board Members have included Adult Reps from:

- Children's Services
- Schools
- Health
- Police
- South Norfolk Council
- Elected Members
- Libraries
- Voluntary Sector Organisations
- Local Businesses

"From a policing point of view and as a neighbourhood officer I find capturing the thoughts and wishes of the young people in our area is so important. I feel they open up our thinking to include what would benefit the youth in general. I also hope our attendance helps them see we are approachable and available for any issues, questions or concerns they might have.
The young people have a big impact on how I approach partners and give me an organisation to direct partners to for advice or guidance. I regularly direct my parish councils to yourselves when they are looking for ideas or advice around decision making for young people.
I feel moving forward it would be important for the Police to continue supporting the group. I feel it is important networking and also helps to show the youth police officers are there to help and support them. We have access to lots of information and look at things from a very different point of view. Community Police officers also have a wide-ranging network of partners and organisations to utilise that could be beneficial in the future."

Police Representative

On having good representation from the police, Young Commissioners said:

"We like learning about their jobs as it makes us think that we may want to do that job in the future."

"I wanted to be a Young Commissioner because I wanted to help people in Norfolk. I love it as it has helped my confidence and I like to make a difference in my community. I have a chance to be myself with people who do not judge me."

Young Commissioner commenting on working with others on the Board

“Over the past few years, we've had you come in to run a few information stands at break/lunch times and I know you've worked with our sixth formers more closely, delivering an assembly. You have come in to create a notice board where we can display information about your services and how young people can get involved, and you have been in to do 1:1 sessions with some of our young people which has really supported them. All of these "small but significant" things have culminated in the development of a young commissioners group at Wymondham High which runs every few weeks and it's been great to see this up and running over the last few months to get some of our keen young people more involved in our local community. I pop in when I can, and have been attending the SNYAB meetings outside of school hours so I can see first-hand the difference this makes to young people's confidence and sense of agency when they feel they can contribute positively to their local community. Not to mention the skills they develop, potential qualifications they can get, and friends they can make along the way! Even those young people who don't commit to an ongoing programme of activities and regular attendance at groups still get their voices heard through the annual survey, and we had many people answer the questions who thereby also contributed to the work of the SNYAB. I think the services, support and signposting you provide is amazing and it has a really positive impact on our young people, so thank you for all you do!”

Schools Representative

“ Learning about the results from the YAB consultation has been particularly valuable. As an organisation working with young people who are NEET or affected by substance misuse, it is helpful for us to understand what benefits young people more broadly, not just those we directly support.
The consultation has strengthened our understanding of what matters most to young people, including where drugs and alcohol sit within their priorities.”

Voluntary Sector Representative



Regarding joint community support delivery:

I think it would be worth mentioning YOUth MATTERs. I know that they reached out to ourselves in the communities team to ask for assistance around developing a youth group in Wymondham. From there we collaborated with yourselves and set up a meeting. We have helped fund the project and you have supported them in the set up and coordination of the group which is still running and going well! This is a positive piece of collaborative work with yourselves and has made an impact on young people in Wymondham, specifically around the Rothbury area.
We'll continue to work with you in supporting community youth groups/clubs with funding.
We've also recently been in touch with You Press - I'm aware it was the YAB who commissioned them to run a session at Diss. It sounded fantastic and we have supported them with an external funding search to help them deliver a pilot scheme in Diss."

South Norfolk Council Representative



Change Maker Fund Expenditure 2025-2026

Youth Having A Voice	
• Anti-Bullying Conference (NYAB)	£740
• Consultation	£1,500
• Positive Minds / Stands / Resources	£380
• The Art of Story Telling	£700
• Website	£300
Futures, Life Learning and Wellbeing	
• Skills and Social Sessions	£6,880
• First Aid Courses	£3,720
• Food Hygiene Courses	£1,900
• Cooking Day	£1,180
• Intergenerational Lunches	£2,835
• Conservation Days	£990
• Mental Health Awareness Courses	£640
• Whitlingham Adventure Day	£330
Accessible and Safer Communities	
• Community Development Support	£155
• Climate Ambassador Training	£480
Total (inc. underspend from last year)	**£22,730**

NB All transport costs included in session costs

Further information:

If you would like any further information about anything in this report, please email info@mtmyouthservices.org.uk