

# Making life better for young people in Medway



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*Medway*  
COUNCIL  
Serving You

# Making life better for young people in Medway

This is our plan for making things better for every young person in Medway. It has been written by Medway Council and its partners. These partners include the health services, the police, and religious and voluntary groups. Parents and carers are our partners too.

The most important people involved in this plan are young people. This means anyone who is under 19, or under 25 if they have learning difficulties.

We are on your side, whatever your race or wherever you live. It doesn't matter if you are a boy or a girl or if you have a disability or illness. We want to make life better for all of you and we will use the plan to do it.

Nearly 1000 young people were involved in getting the plan ready. You told us what you think about being young in Medway and what we need to do to help you to grow up safe and happy.

Most of you said that you think being safe is very important. You care about having someone you can ask for help and you think that feeling well really matters. You were less worried about having enough money, or what people thought of you.

We have used everything you told us when we wrote this plan. We have split it into five sections:

**Feeling safe and looked after** (page six) shows how we will protect you from getting hurt, either at home or when you are out.

**Feeling well** (page seven) shows how we will help you to stay healthy and happy.

**Enjoying life and learning** (page eight) shows how we will help support you to enjoy yourself at school and to achieve the best you can.

**Helping ourselves and helping others** (page nine) shows how we will help you be a part of your community.

**Gaining the skills for learning and earning** (page 10) shows how we will help young people to get jobs or carry on learning once they leave school.

# We want Medway to be a place where...

- Every child matters
- Every young person has the best possible start in life
- Young people grow up safely
- Young people enjoy life
- Young people do the best they can
- Young people have fun
- Young people are listened to
- Young people help to make important decisions
- Young people feel proud
- Parents and carers get the help and advice they need
- Young people enjoy interesting and relevant lessons at school or anywhere else they go to learn
- Everyone working with young people gives them excellent service



# Useful information

Although we've tried not to use technical terms, we've had to include one or two. There is a jargon-buster at the back of our plan that explains them.

If you want to know more about anything in the plan you can ring or email us.

Just contact Zoe on 01634 331038 or [zoe.barnett@medway.gov.uk](mailto:zoe.barnett@medway.gov.uk) and she will do her best to help.

There's a comments form too if you want to let us know what you think. All you have to do is fill it in and send it to us at the Civic Centre. The address is on the form. You don't have to give us your details but if you don't we won't be able to get back to you!

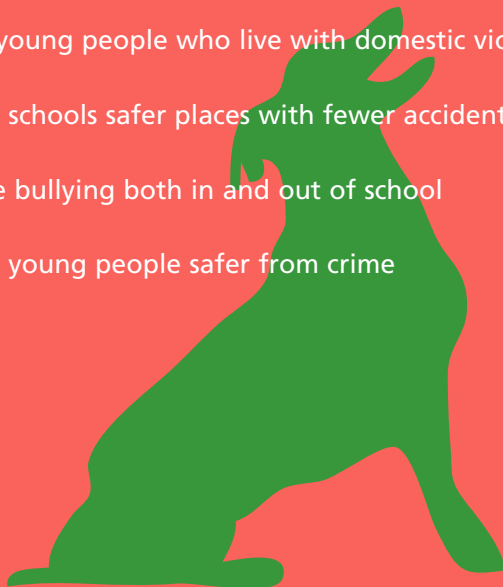
## Did you know...

- There are 69,000 children and young people in Medway
- There are 109 schools in Medway
- 650 young people are carers themselves
- More than 30 different languages are spoken here
- 344 young people are being looked after by the Council because they can't live with their mum or dad

# This is what the council and its partners will do to help young people feel safe and looked after.

This is important because young people who feel safe enjoy life without worry or fear. They are able to do their best and have a much better start in life.

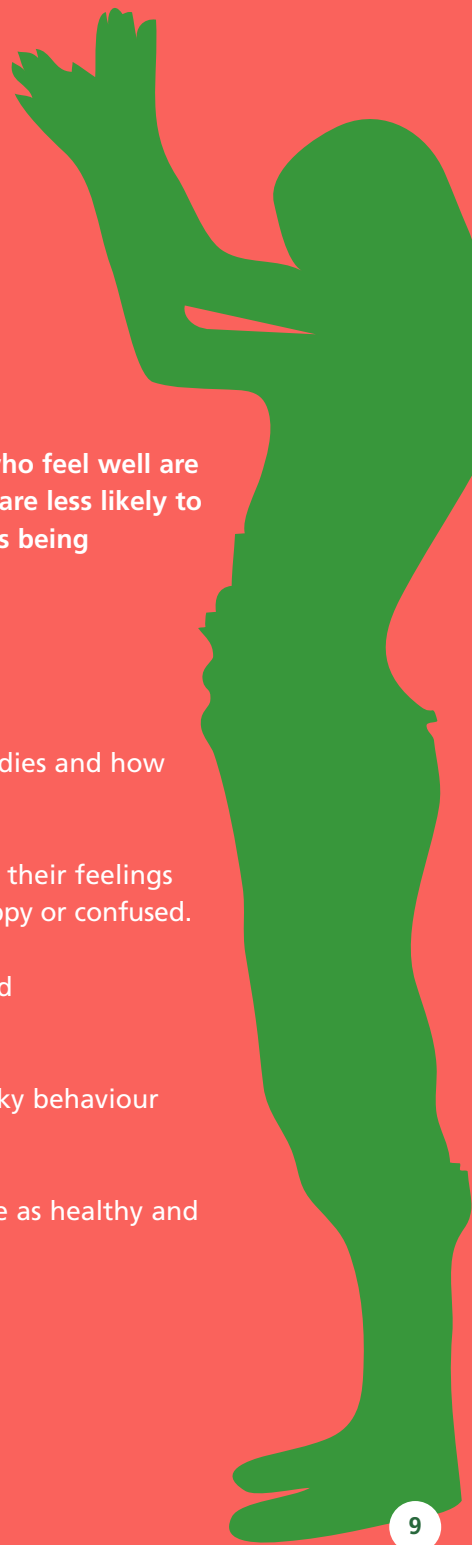
- We will protect young people who are at risk of being hurt or abused. We will make sure that our systems work properly and that we employ enough staff to keep young people safe.
- If young people can't live with their parents we will help more of them find somewhere to live with a relative, rather than placing them with strangers. We will help more of them to stay in Medway instead of moving away.
- We will make the roads safer so fewer young people are involved in accidents
- We will help young people who live with domestic violence
- We will make schools safer places with fewer accidents
- We will tackle bullying both in and out of school
- We will make young people safer from crime



# This is what the council and its partners will do to help young people feel well.

This is important because young people who feel well are able to do their best and enjoy life. They are less likely to put themselves at risk. Feeling well means being physically and emotionally healthy.

- All our schools will be in the Healthy Schools Programme.
- Young people will understand their bodies and how to keep them healthy.
- We will help young people understand their feelings and support them when they are unhappy or confused.
- We will help young people to feel good about themselves.
- We will help young people to avoid risky behaviour like smoking.
- We will make sure all young people are as healthy and happy as possible.



# This is what the council and its partners will do to help young people enjoy life and learning.

This is important because it helps young people get better skills, ready for their adult lives. It helps them understand how to protect themselves from harm.

- We will help young people get better results in their exams.
- We will help families get involved in learning.
- We will work with people who educate their children at home.
- Fewer young people will be excluded from school.
- More young people will attend school every day.
- Young people will be able to do more sport and physical education (PE) at school.

# This is what the council and its partners will do to help young people help themselves and help others.

This is important because young people are an important part of their community. It helps them to gain skills and feel more confident. It also challenges the idea that all young people are trouble-makers.

- We will help young people get involved in community or volunteering activities.
- We will make sure we will listen to the views of young people before we make plans that affect them. We will tell them what is going on and explain our decisions to them.
- We will help more young people to join in activities with the Medway Youth Service.
- Fewer young people will get involved in crime.
- More young people who have got into trouble will get education or training.
- We will make sure that young people leaving care have somewhere safe to live.
- We will provide interesting and fun things for young people to do, and make sure that they can all take part regardless.

# This is what the council and its partners will do to help young people gain the skills for learning and earning

This is important because it helps young people get better paid jobs when they leave school. Having enough money helps them to be healthier and to enjoy life.

- We will help more young people stay in education or training.
- More young people will get jobs, or go on to college or university. We will help them to stay in Medway to do this.
- We will help young people get better results in their exams.
- More young people will get help with taking up benefits, like Education Maintenance Awards or Care to Learn.



# Jargon buster

If you want to ask about anything else in our plan just get in touch and we will do our best to explain.

## Healthy Schools

This is a national project and by 2009 every school in the country will be taking part. Schools work on four areas, which are:

**Healthy eating** – having a pleasant dining room, making healthy choices and enjoying cooking

**Physical activity** – making sure that young people can do enough exercise

**Personal, social and health education** – this includes sex and drugs education

**Emotional well-being** – helping young people to understand their feelings

## Youth Service

This is a part of the council that runs clubs and other activities for young people. You can usually join a youth club once you are 13 but there are lots of other activities you can do too. Have a look at [www.mixitonline.co.uk](http://www.mixitonline.co.uk) for more news.

## Care

Sometimes young people can't live with their mum or dad. This might be because they aren't safe at home, or there might be other problems in the family. They are then cared for by the council instead. The council finds them somewhere safe to live and gives them the support and help they need.

## Benefits

These are money that is paid by the government to help people. There are lots of different benefits and some are especially for young people. These include Education Maintenance Allowance, which helps people to stay on at school, and Care to Learn, which pays for child care if a young parent wants to go back to learning. For more information contact Medway Council on 01634 333333



# Tell us what you think

Please tell us what you think or what you would like to know about each of the sections of this plan.

**Making life better for children in Medway**

**We want Medway to be a place where....**

## Useful information

## Feeling safe and looked after

## Feeling well

**Enjoying life and learning**

**Helping ourselves and helping others**

**Gaining skills for learning and earning**

**Is there anything else you'd like to say? Please write here.**

**Please let us have your contact details if you would like us to get in touch:**

**Name:** \_\_\_\_\_

**Address/email:** \_\_\_\_\_

\_\_\_\_\_

**Telephone number:** \_\_\_\_\_

We promise that we will only use your details to get in touch about this plan. We will not show them to anyone else.

Please return this form to:

Zoe Barnett, Drug Education and Healthy Schools Manager,  
Medway Council, Civic Centre, Strood ME2 4AU

Telephone: 01634 331038 or email: [zuebarnett@medway.gov.uk](mailto:zuebarnett@medway.gov.uk)