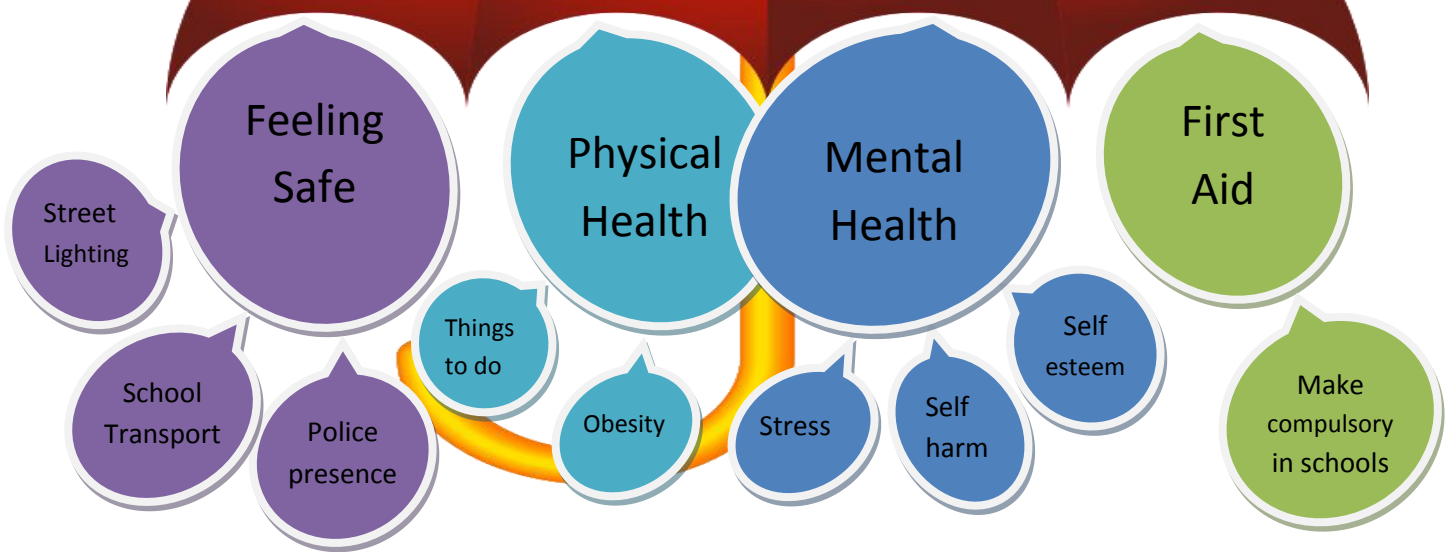


Health and Wellbeing



Between September 2017 and September 2018, Bolsover District Youth Council – The Young Voice will work collaboratively on the following:

Health and Wellbeing - this will be the over-arching theme for the year, which will include the topics:

1. **Feeling Safe** – The Youth Council will work to help make young people feel safer in the community
2. **Physical Health** – The Youth Council will help promote healthy lifestyles of young people and champion the facilities available to them
3. **Mental Health** – The Youth Council will raise awareness of mental health, and will raise money for mental health charities.
4. **First Aid** – The Youth Council will lobby schools to ensure First Aid training is available to all.