

South Norfolk Youth Advisory Board

Spring Activity Programme 2025



Quaker Wood	Saturdays 15/3, 12/4	Monthly Conservation session looking after natural woodlands, encouraging local wildlife.
Skills and Social Session	Wednesdays 19/3, 23/4	Monthly evening sessions to try something new – different themes each time. It's a great opportunity to meet new people and hear about the YAB from Young Commissioners.
Intergenerational Lunch	Prep: 10/4 Event: 11/4	We're holding a fun Easter lunch for older members of our community . Come along and be part of this special event in Diss .
Mental Health Awareness	Monday 14 th April	One day course to learn more about positive mental health and how to look after our own wellbeing.
Skills and Social Day	Thursday 17 th April	A fun day of activities looking at managing exam stress, coping strategies, keeping focus, and staying calm.
Grief and Loss Awareness	Saturday 3 rd May	A session to explore the issue of loss, what this means, and how to support each other.
Young Commissioners 11 – 19s (up to 25s)	Various dates	Join our teams of young people who make decisions about what South Norfolk YAB does, where it spends its money, and how it supports young people. They also know how to have fun! You can be a Young Commissioner in your leisure time, or check with us if there is a group at your school!

These sessions are open to young people who live in South Norfolk, or who attend school in South Norfolk (Year7+). Please check the age requirements for each activity. Further information can be found at <https://www.snyab.org/> or contact 07778 896325 or email info@mtmyouthservices.org.uk and we'll send details to you.



Places are limited so please book as soon as possible.
We will need consent in advance of the session – please ensure that we have an MTM Registration & Consent Form.

