



MEETING WRAP

Although our meeting this month was on google meets it did not halt our planning and productivity.

This meeting played out differently as we had no guests, and it was online.

We began our meeting by discussing Mental Health Awareness Week and Purple Shirt Day. Mental Health Awareness Week runs from the 27th of September to the 3rd of October. Together with Selwyn Youth Council we will be creating special Instagram posts surrounding the five ways of wellbeing.

Our next important topic was Bite Nite. We had a discussion about the postponement date and local business sponsors for prizes.

Next we all came up with the personal positive impacts joining AYC has had on us so that during our chat with Hoops we could use these points to inspire the youth of Ashburton.

Finally we, during general business organised who would take on which role at Bite Nite.



MADDIE PAGE
Secretary

AYC Supporting Mental Health Awareness Week

Mental Health Awareness Week or MHAW is an annual campaign by the Mental Health Foundation to help Kiwis understand what boosts their wellbeing and mental health.

There are Five Ways to Wellbeing that helps improve our mental health and wellbeing: Connect, Keep Learning, Be Active, Give, and Take Notice.

This year, the Ashburton Youth Council have teamed up with Selwyn Youth Council to promote this year's Mental Health Awareness Week. At the beginning of the year, both of the youth councils

have started to brainstorm for ideas to promote MHAW and to increase the awareness of the youth in our community about Mental Health. We came up with the idea to create Purple Shirt Day aiming to promote MHAW, while also inviting schools within our districts to participate such as Ashburton College.

Also through multiple online meetings, both youth councils are making social media posts about the five ways to wellbeing, that will be shared in both of the youth councils social pages. There will also be a podcast from SYC that will talk about Mental Health Week that will be shared.

Mental Health Awareness Week is on the 27th of September till the 3rd of October. We, both the AYC and SYC, are inviting everyone to wear a purple shirt on one of the days during this week to help promote MHAW! Remember if you need to talk to someone, you can call or text 1737.



JOHN MAGYAYA
AYC Digital
Media Coordinator

Join AYC in 2022

Applications for the 2022 youth council open on 1 October.

If you would like to be part of a group of young people that make decisions on youth activities in our district then you should join the Ashburton Youth Council. It gives you a great deal of satisfaction being able to give back to your town and being part of your community. It also gives you confidence to be part of a team and helping to make decisions. You get to meet a diverse range of people and make new friends.

The team meets once a month so you only need a little free time. Check out the website for more information and for an application form, www.ashburtondc.govt.nz/council/governing-bodies/youth-council



DOM COTTER
AYC Member

Ashburton Youth Council
PRESENTS
Bite Nite
CULTURE FEST

6 NOVEMBER SATURDAY
5:00PM TO 8:00PM
EA NETWORKS CENTRE

TICKETS AVAILABLE
ASHBURTONDC.GOV.T.NZ/BITENITE

MUSIC • FOOD • SPORT • INFLATABLES