

Appendix A

Outgoing UK Youth Parliament members

1. Tosin Ilemobola

As a Member of Youth Parliament for Barnet I have achieved more than I ever thought I would. Over the year I have established my own organisation called Gain&Glo. I set it up to offer other young people sport opportunities, in less privileged communities. The aim of the organisation is to deliver as many different activities to allow the youth to broaden their horizons and experience as many diverse avenues as possible, before making career choices and also to succeed and pursue their talents. Her goal is to improve and set up extra curriculum activities. On February 18th I had my first event Sports and Activity event. The aim of the day was to promote physical activities within the borough by providing different sporting activities, where young people were able to interact with each other, learn new skills and meet new people, it also helped to keep young people off the streets. The event was a success with over 100 young people attending, participating in various activities such as Football, Rugby, Basketball, Athletics, Boxing, Dance and Fitness testing.

Mental Health and Stress are two important things which affect many young children growing up in different circumstances across Barnet. School can also be very stressful and at times we may need a way to relieve some stress and sports is a great way of relieving stress. It presents youths for the opportunity to experience something new and interesting whilst giving them accreditations and also aiding in reducing their stress levels this is my way of contributing to the national campaign mental health. I want to set up regular sports sessions in the borough where young people can relieve their stress and encourage them to live a healthy life.

During my term I have met many MPs such as Mike Freer, Theresa Villiers and RT Hon John Bercow. I also had the opportunity to do work experience with RT Hon Hilary Benn. I have done various speeches at numerous events. I had the privilege of speaking in the House of Commons on Mental Health which launch on BBC Parliament, I was also interviewed by London Live and featured in a documentary that will be streamed on CBBC.

Without wheels a car cannot move, just like without a voice, change couldn't be made. During my term as a member of youth parliament I have learnt how crucial it is to express my views to the community. Having this opportunity has enabled my voice to be turned into actions and issued to be solved. Our voices are so valuable and powerful and deserve to be heard, when used in the right way; we can make a massive difference in the lives around us.

2. Maywand Enayat

My year as the MYP for Barnet has been of the best of my entire life. I have had the opportunity to meet so many people I would never have met in general. For example, the speaker of the House of Commons John Bercow MP and Northern Ireland Secretary of State Theresa Villiers MP as well as making new friends from all over the UK from residential trips and working with Tony and Chris.

Furthermore, my term has enhanced my confidence and public speaking skills allowing me to come out of my comfort zone and speak in front of hundreds of people; for example, I had the privilege of opening the annual peace day celebrations at Hendon Town Hall.

Youth Parliament has opened doors for me for the rest of my life, I particularly enjoyed attending the annual House of Commons sitting, a once in a life time opportunity to speak in front of the nation.

I am proud that at this year's national campaign vote, I broke the record for an individual MYP collecting vote's in Barnet as I gained almost 6000 votes on issues regarding racial discrimination and the enhanced greenhouse effect.

I believe it is really important to be heard as a young individual as the future is ours, we must shape and construct our futures for a better tomorrow and I believe the British Youth Council (BYC) and the UK Youth Parliament (UKYP) provide the best platform to do so.

To conclude, I wish my term didn't come to an end as I have really enjoyed giving back to my community and feel privileged and honoured to serve as the MYP for the London Borough of Barnet, the best Borough in London.

3. Iqra Shahzad

Youth Parliament has been a life-changing experience for me. It provided me with a secure platform to be able to independently express my ideas about the world around me as a young woman living in Britain. I have been able to achieve this through my project, The FUSE Movement (FUSE being an acronym for Fighting in Unity for Solutions and Education) which aims to allow young people to tackle important issues in their community through artistic and creative pathways. Over my year in office, I have learnt the importance of funding, support (offered continuously by our youth workers) and motivation in bringing my campaign to life. However, my project, likewise the other Youth Parliament members' campaigns, extends beyond our year in office into a lifetime of social change, which is made possible through UKYP.

Though the main focus of Youth Parliament was to develop our campaigns, we were provided with endless opportunities to be able to give our input into both national campaigns and local decision-making, such as:

- Make Your Mark Campaign in which all four Youth Parliament members were responsible for gathering the opinions of children from all areas of Barnet on what the national campaign should be.
- Speaking to young people about what peace means to us for World Peace Day.
- Meeting and discussing youth issues with local MPs such as Theresa Villiers.
- Debating, networking and discussing current affairs with other UKYP and youth council members in the annual conventions.
- Visiting the House of Commons to meet with MPs from the Conservative Party.

The year as a whole has been extremely significant into shaping me into an opinionated young person that yearns to be heard. Young people tend to bottle up their ideas about the world around them and deem them as insignificant due to the superficial, unaccepting society we live in today. Movements and organisations such as Youth Parliament have been able to counteract that through providing young people with a platform to have a voice in society. Without organisations like this, the voice of the child would be left unheard and unsupported. Who knows what our society would be like today without youth voice?

4. Terence Dobson

Being elected on Youth Parliament as DMYP for Barnet has brought me a great sense of achievement and gratitude. I have developed my skills beyond imagination, as it takes confidence and true determination to strive and achieve the goals you are aiming for.

I had noticed the gap in the market with Barnet, the declining number of youth clubs and thought this has to change, youth need a place to spend their free time and be able to relax and socialise with others.

I have recently, set up and join projects with my sister, our own youth club The National Children and Young Adult Services. Our aim is provide somewhere, were youths are able to do all the rational and positive things they would like to do, just that safe place to be. I had received some funding from the 02ThinkBig and launch my project on the 24th March 16 at the 02ThinkBig hub in Hoxton Square, making awareness of the work we are doing, and get the support our project needs.

It has been an exciting and incredible experience which I would definitely recommend to others, it has opened up so many doors and lots of new things for example: the youth select committee of which I campaigned for more services and

funding for mental health and had many different debates with Lords and MP'S if you are lucky like our group you might even see Ed Miliband, young commissioners, Barnet youth board, and getting involved with Barnet's first youth convention of which we made history by making our Charta, going on many residential, and much more. It has also given me an appetite of what being a MP would be like, I got a chance to meet Mick Freer and he gave us his opinion on what it's like being an MP.

I have also got the opportunity to have many interesting debates with Minster Gymah and Minster Burt we also got to meet the owner of the House of Lords and met the Vietnamese government, encouraging them to have youth parliament in their country. Additionally, I had many residential at Westminster .This opportunity gives you a great feeling as you are known to many as a youth that's doing positive for your borough.