November Strategy Meeting 2026

What we have been doing

TCC
Trefnu Cymunedol Cymru | Together Creating Communities

St Joseph's CATHOLIC & ANGLICAN High School

Presented by Phoebe and Anex

St Josephs Tcc Group

Who we are

Hello, my name is Phoebe and I am a TCC Youth Leader .
I attend St Josephs Highschool. Where I am a part of St Josephs Tcc youth group. I have been a part of the group for 2 years.

Hello my name is Anex and i am also a TCC Youth Leader from St Joseph's High School. I joined almost a year ago.

St Joseph's CATHOLIC & ANGLICAN High School

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What we did

In october last year, I and some other TCC young leaders ran a mental health assembly in our school, St Josephs Catholic and Anglican Highschool.

We ran a second mental health assembly at Ysgol Maes Garmon in Mold. We ran this assembly in May of this year.

Our goal was not only to collect opinions but to understand what matters to young people and what needs to change.

We used numerous activities, some of these include discussions, problem trees, timelines, and deliberation. We also did a voting exercise.

We couldn't have done any of this without Ruth, Rev Lara, and Stephen.

What we learned

We asked them what they thought had the biggest impact on their mental health .

Top themes:

Politics , war and the future

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Self - harm and emotional wellbeing

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Bullying and discimination

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Social media

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Self - esteem and body image

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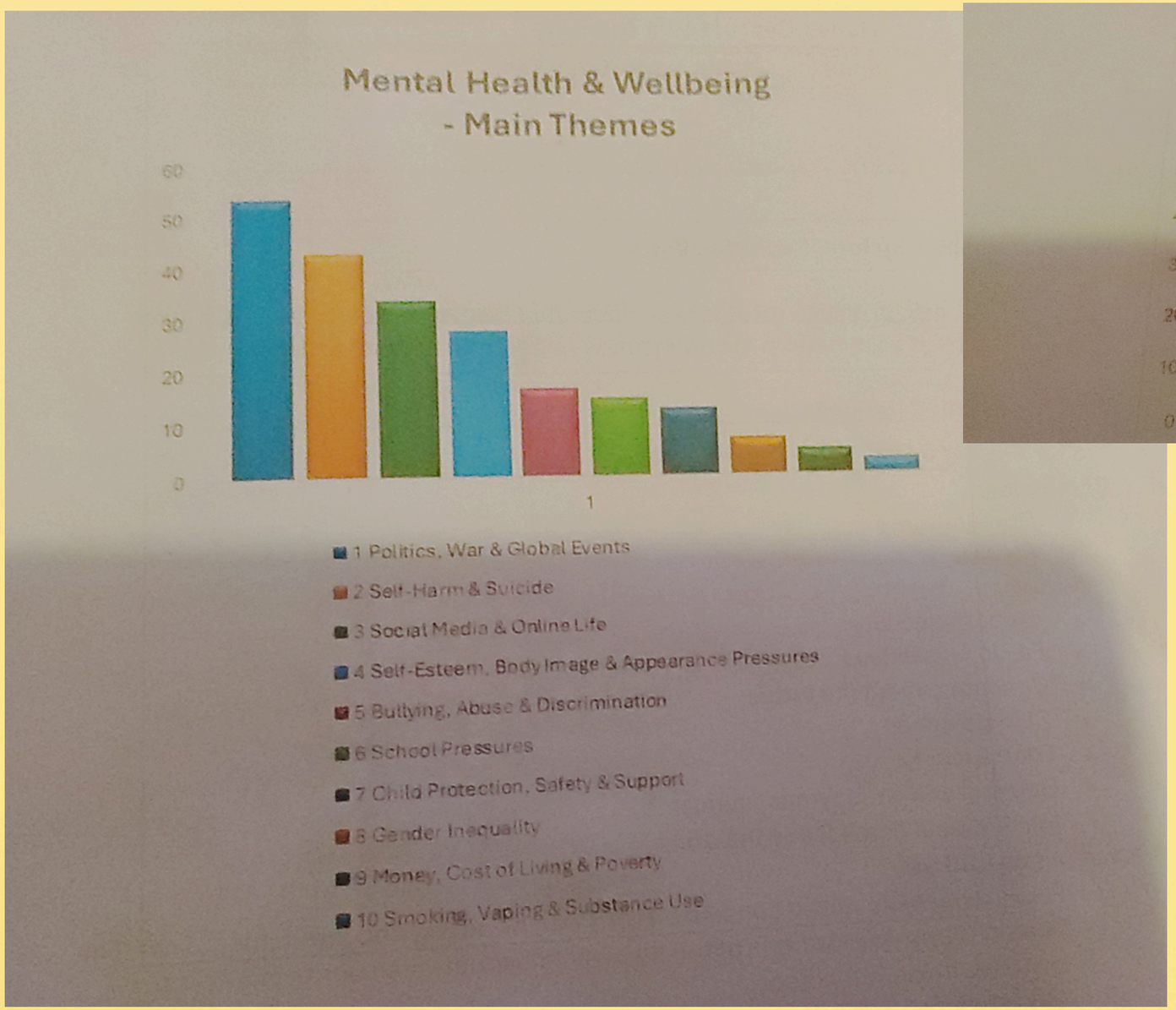
School Pressures

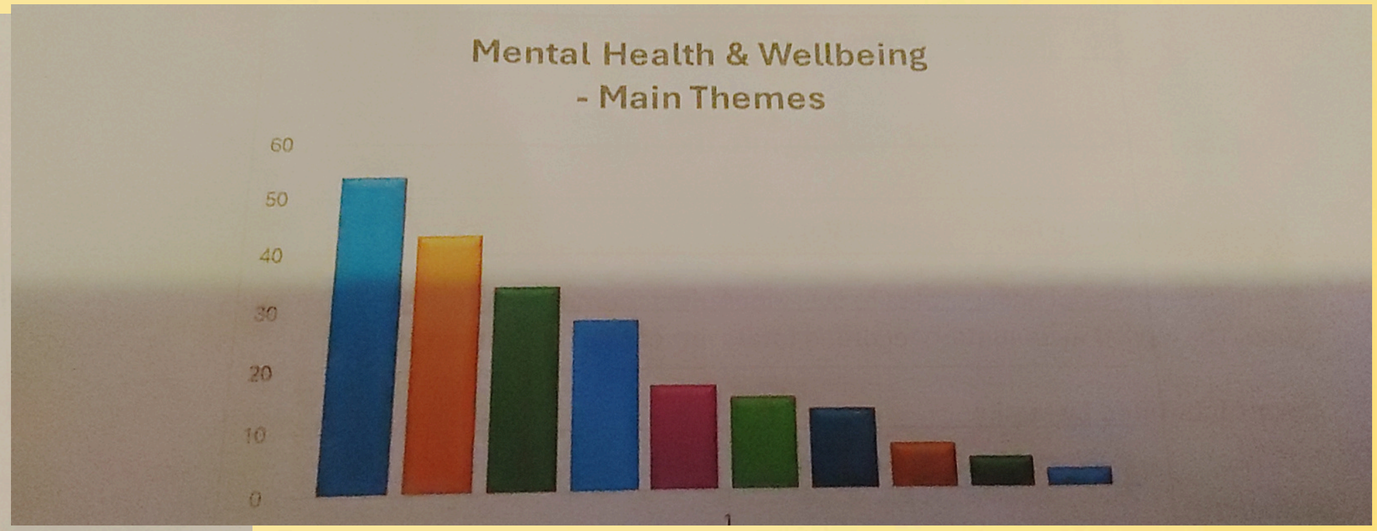
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Feeling being unheard

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What we learned





The main themes , as you can see on the graph politics , war and global events recieved the most votes at 54

TCCYouthLeader2

What we learned

Rank	Theme	Votes
1	Politics, War & Global Events	54
2	Self-Harm & Suicide	43
3	Social Media & Online Life	34+
4	Self-Esteem, Body Image & Appearance Pressures	28
5	Bullying, Discrimination & Harassment	17
6	School Pressures	15
7	Child Protection, Safety & Support	13
8	Gender Inequality	7
9	Money, Cost of Living & Poverty	5+
10	Smoking, Vaping & Substance Use	3

As you can see Politics , War & Global Events recieved the most votes. (54)

Donald Trump recived the most votes for an individual concern of any issue identified in any assembly (42)

Ultimately they said that they didn’t feel like adults listened to their concerns or problems.

Three Key Messages

1. Young people want more influence

2. Young people want support before crisis

3. Young people want communities where they feel they belong

Our Priorities

1. Finding out what young peoples experiences of youth mental health services.

2. To help young people tackle there issues before crisis.

3. To set something to address our findings.

Discussion Questions

1. Which of our priorities connects most strongly with your work?
2. What resources, opportunities or connections could you offer?
3. What are decisions being made that young people should be involved?
4. What practical commitment can your organisation make?

What we need from the alliance

These are our priorities how can you support us ?

Closing Reflection

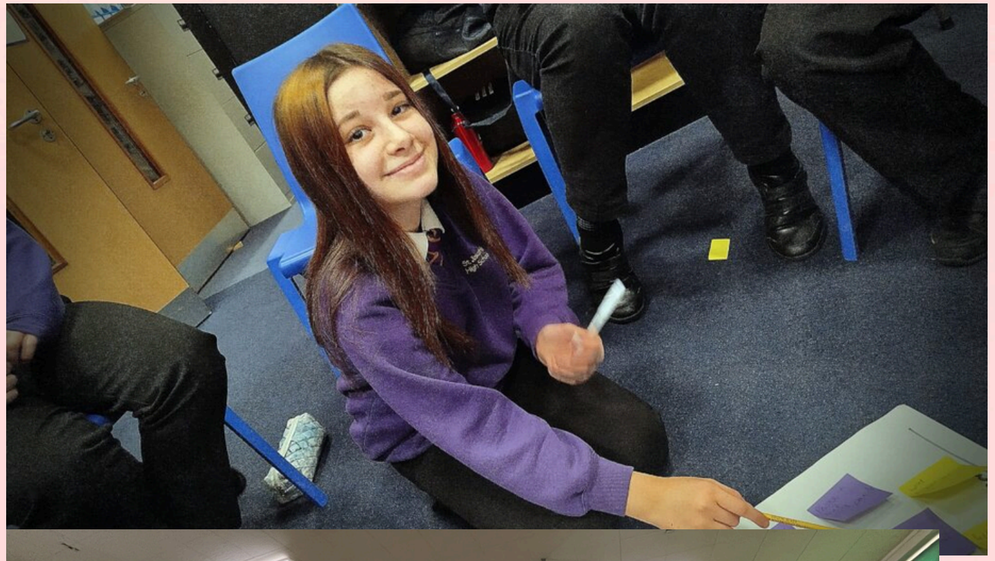
Young people do not just want services to do things for them. They want opporrtunities to influence, contribute and help shape solutions.

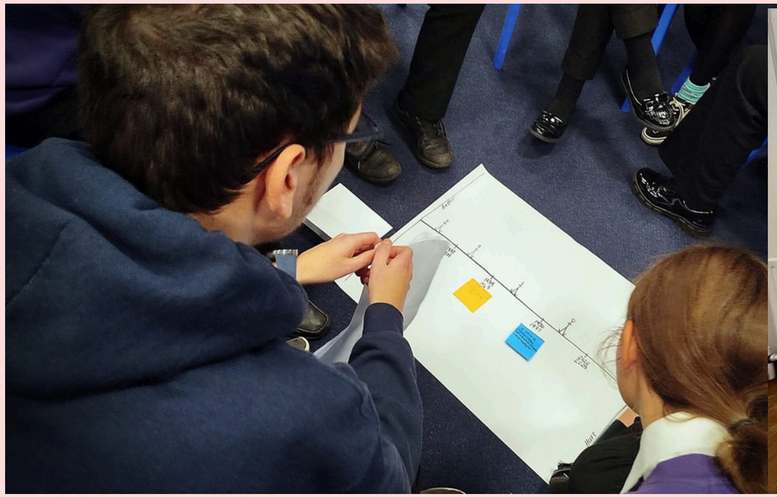
Thank you for listening and contibuting.

Photo’s


MEDRWL YMLAEN
MIND OUR FUTURE


PROBLEMS
ROOT CAUSES
SOCIAL MEDIA






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