

MIND OUR FUTURE P1

APRIL 2026 NEWSLETTER



STOP THE SMOKE

Star YLABBER

This month, Our Star YLABBER is Leon. Leon has done so much to campaign for changes be made to Vaping. Recognising how much of an issue Vaping is Leon had to do something about it. Starting a website called Stop The Smoke. This fantastic website is worth a look. Leon also plays a huge part in our YLAB always discussing and talking about all the projects we are doing.

Check out stop the smoke now
<https://www.stopthesmoke.uk/>

WellFest 2026

Save the Date – Saturday 16th May | 11:00am – 4:00pm

WellFest is back, and preparations are well underway for this year's event at Llwyn Isaf. We're excited to see more organisations signing up, helping make the day bigger and better than ever.

Visitors can look forward to a range of activities, including interactive workshops, engaging displays, and — new for this year — a selection of food vendors.

We're also pleased to announce live music from two talented young bands:

Paidamentro and The Cherophobes.

There will be something for everyone, so be sure to save the date and help us spread the word.



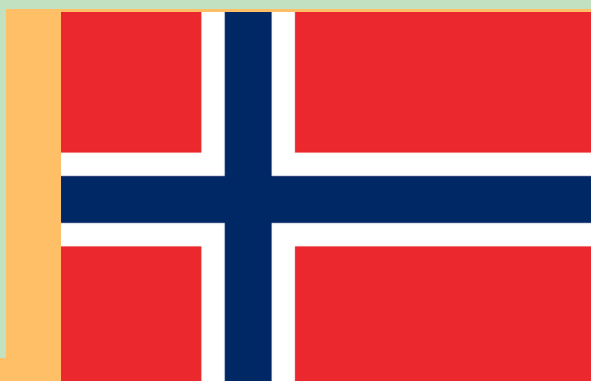
Vaping

Early meetings and discussions with young people and key stakeholders have been taking place to begin talking about how more needs to be done with this growing issue. As this process grows and becomes more prevalent in what we do and discussions start to take place. Important meetings with our YLAB and other members of organisations have started to build on the ideas that came from the YLAB.

Keep an eye out as more of this continues in the coming months.

Norway

Our Knowledge Exchange to Norway is in the height of the planning stages as a great parent and young person Q&A was held to answer any questions that they may have had as well as we are pleased to announce that a couple of Young Careers and EYST young people with their staff are joining us bringing lots of experience and knowledge with them. We can't wait for this amazing opportunity.



MIND OUR FUTURE - P2



IN THE PIPELINE...

- Further episodes of our podcast are currently in development, with YLAB members actively working on new content. These upcoming episodes aim to further challenge young people's critical thinking while exploring key issues that matter most to young people today.
- The Planning for WellFest is way underway now with lots of bands confirmed, food providers signed up and lots of standholders will be in attendance.
- Planning is also underway for an exciting YLAB trip to Norway next year, funded by Taith. This international experience will offer valuable opportunities for knowledge exchange, cultural collaboration, and learning, further supporting the development of our young leaders.



PARTNER EVENT LINKS

[NEWMIND - Life Warriors - Drop in Session - Mindfulness and Meditation](#)

[Community Cohesion Team - Diverse Together 2025](#)

[Family Info Service - Wellbeing Portal](#)

NOTES AND LINKS

- [YLAB Signup form](#)
- [Partnership Pack](#)
- [Procurement guidance](#)
- [Minutes from Last Partnership meeting](#)
- [Previous Newsletters](#)
- [Project Onedirve](#)
- ['Debatable Youth Episodes Playlist'](#)
- <https://linktr.ee/NEWMYMOF>

Wellbeing Tip for April

Ever get home from school and just feel... drained?

Like you need a break but don't know how to reset

Try a "Reset Hour"

– Put your phone down

– Have a snack

– Rest, go outside, or just do nothing

It doesn't have to be productive

It just has to help you feel better

