

# MIND OUR FUTURE P1

## JUNE 2026 NEWSLETTER



### Star YLABBER

A huge congrats goes to Ffion A for traveling with some of the other YLAB and the Mind Our Future team down to Abergynvenny for a conference with the other Mind Our Future projects and hosted by the National Lottery, Ffion attends every meeting and is always first to join any planning committee meetings and events we have. We are so proud of all our YLAB but this month that special shoutout goes to Ffion, Well Done!

### Young Person Summer Social Planning Committee

Planning for our second Young Person Summer Social is well underway! Weekly committee meetings are giving young people from YLAB the opportunity to shape how the event is run — from deciding on activities and workshops, to working with our evaluation partner on gathering feedback, to coordinating with the venue on the logistics of the day.

It's safe to say the committee is busy — and very excited for the event to come!



### Young Person Summer Social

Planning is well and truly underway for our second Young Person Summer Social this July in Flintshire! If you have young people who are interested, please get in touch.

The event is designed for young people aged 11–24 to connect, build friendships, and engage with others from organisations across North East Wales in a fun and welcoming environment.

The day will include:

- Icebreakers and outdoor activities
- Networking opportunities
- Workshops and idea-sharing
- Food and BBQ
- Music and entertainment

### Voices From WellFest MiniSeries

Live now on Facebook, Instagram and YouTube is the first two episodes of our miniseries from the podcasting done by the Soundavan at WellFest. This podcast aims to capture the voices of young people and professional from WellFest and get their take on key issues that may impact our community like our episode on safety or topics that make young people feel good and happy just perfect for our episode all about nature and the links it has to positive wellbeing.

Listen Now on all our social platforms.

## 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 the Young Person Summer Social is well underway with us hosting our event in July we are reaching out to lots of organisations and there is still time to get your young people involved in this event.
- Planning is also underway for an exciting YLAB trip to Norway this year in August, 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>

 June Wellbeing Tip: Make the Most of Natural Light  
With the longer days of June, try to spend at least 15–20 minutes outdoors each day. Whether it's a lunchtime walk, enjoying your morning coffee outside, or taking a break in the fresh air, natural daylight can help boost your mood, improve focus, and support better sleep.

This month, challenge yourself to:

- Take one walking meeting each week.
- Eat your lunch outside when the weather allows.
- Pause for five minutes to notice nature and take a few slow, deep breaths.

Small moments outdoors can make a big difference to your wellbeing.