

Amherst Youth Town Council

2019 May Report

In May the Amherst Youth Town Council (AYTC) had two meetings on May 3rd and 17th. During these meetings we discussed our final arrangements for the AYTC Mental Health Week, the environment and climate change as well engagements which the AYTC was invited to.

The AYTC Mental Health Week is an annual initiative that the AYTC started this year to bring awareness to stigma around mental health in response to a survey we conducted last year. This week was supported by the SOAR Community Health Board through a wellness fund grant, the Amherst Regional High School (ARHS) Student Council through volunteer support and the ARHS Youth Health Center through programming support. This week included information sessions, group activities, a zumba class which was ran by Laura Ashley Farrow at the YMCA and a speaker provided by the ARHS Youth Health Center. Overall, this week was deemed a success by the AYTC, we saw fair numbers at most events and are hoping to grow this event further next year. A full report of this week can be provided upon request. During this week a survey was also conducted that was intended to accompany a survey AYTC conducted last year. This survey is still in progress. The AYTC would like to thank all partners for their support of this week especially the SOAR Community Health Board.

The environment is a topic that has been brought to the AYTC's attention and again was discussed this month. This month, we were able to and are grateful to have had discussion with the Amherst Town Council on how the AYTC and the Town of Amherst can create a more environmentally friendly community. The AYTC will still be and is hoping to still be able to have conversation with the Amherst Town Council in the future.

However, the AYTC would like to continuously stress how important we feel the environment and climate change is but we would like to thank the Amherst Town Council for being cooperative.

The AYTC was also invited to help with this years Canada Day celebrations, a sidewalk chalk initiative and events with Cumberland Pride.

In the month of June the AYTC is planning on participating in many community events, continue work on the environment and then wrap up the year. As well the AYTC would like to notify the Amherst Town Council and the Town of Amherst staff that the AYTC will be losing four members come the end of June. In accordance with the AYTC Policy, members who do not complete their two year term may be replaced, with their replacement finishing their term. Appointments are to be completed by November 1st annually. AYTC would like to thank the Amherst Town Council for their support and future support.