

Young Co-operators Network



NEWSLETTER

Highlights

Highlights of the year

Young Co-operators Network



Our young MEC members



Ayesha Di'Angelo



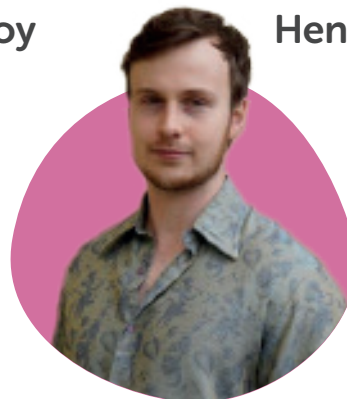
Toby Moy



Henry Netting



Imogen Head



Conor O'Neil

Following this year's Member Engagement Committee (MEC) elections, we are thrilled to have 3 of our Young Co-operators elected! We now boast a total of 5 young members on the committee - no doubt a great achievement.

Not only that -

Ayesha will be joining us on our Sustainability Steering Group, Conor and Toby are on our grants panel and Imogen has been confirmed as Vice Chair on the committee!

They look forward to spending the next year attending meetings to represent the views of young people within our society, well done guys!

Podcasts



We listened to you!

And this year you were able to listen to us.

Through our various surveys and polls throughout the year, you told us you were interested in listening to content - with podcasts being the new thing, we decided to make more!

Men's mental health

Breaking down stigma and building support for Men's mental health is a goal we all share. Ayesha was joined by Paol from MIND to share his journey that led him to support others struggling with their thoughts as well as discussing policy, societal pressures and more on the topic! A big thank you to Paol for making this an easier topic to discuss.



Energy-saving tips

In this episode, Ayesha was joined by Hannah from the 'Wild Earth Movement' to discuss some of her top energy-saving tips and tricks we can all implement in our daily lives to help lower our energy bills and become more sustainable! Given the cost of living crisis, this was a big one - we learnt a lot!

Rochdale pioneers

In this episode, we were joined by Shannon Williams & Conor O'Neil who went to Rochdale to visit the first-ever co-operative founded in 1844. We delved deep into the origins of 'co-op' and how that has shaped the way they see their lives as a young co-operators now. A truly inspirational history lesson for everyone! A big thank you to Conor & Shannon for sharing their thoughts!



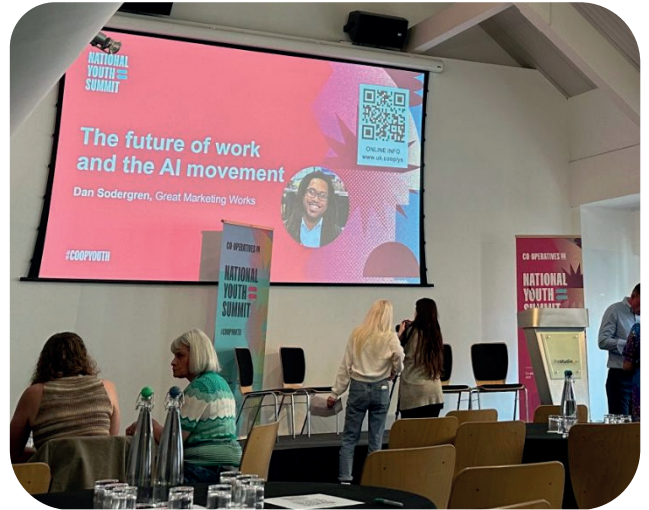
All podcasts are available to listen to Via our LinkedIn page
www.linkedin.com/company/young-co-operators-network

ANOTHER SUCCESSFUL national youth summit

Another year, another summit!

In July we saw our Young Co-operators attend the second National Youth Summit in Birmingham hosted by Co-op's UK. Providing an opportunity for everyone in attendance to learn about co-operatives and explore radical solutions to the issues impacting young people.

With inspirational speakers including an in-depth look at the future of AI, hands-on sustainable fashion workshops, social media training and more – the day was jam-packed with learning opportunities!



This year, YCN Co-ordinator Ayesha Di'Angelo sat on the final question time panel alongside other inspirational co-operators to discuss the importance of young people getting involved with making decisions and how we can encourage others to get engaged with the movement!

The Young Co-operators Network Sustainable Fashion Show

Well done to our young co-operators;

Conor, Ben, Shannon, Ryan and Hannah who modelled clothing from the Riding for the Disabled Association. On the day, they helped promote their work and showcase how charity shops can provide you with fashionable pieces, at a low price and of course, aid in our mission to become sustainable in everyday life!



Second-hand clothing is often overlooked by most young people, given the accessibility of next-day deliveries for online shopping and ultra-cheap fast fashion:

"Thank you to Ayesha for inviting me to model the clothes! It proves you can be sustainably stylish and on a budget!" - Ryan Bird

Fast fashion has a huge carbon footprint from material creation, manufacturing, transportation, and even textile waste decomposing in landfills.

By shopping at charity shops like this, you are not only helping to massively reduce your carbon footprint, you are helping a charity with their mission and in turn, saving some £££!

BE A WINNER!

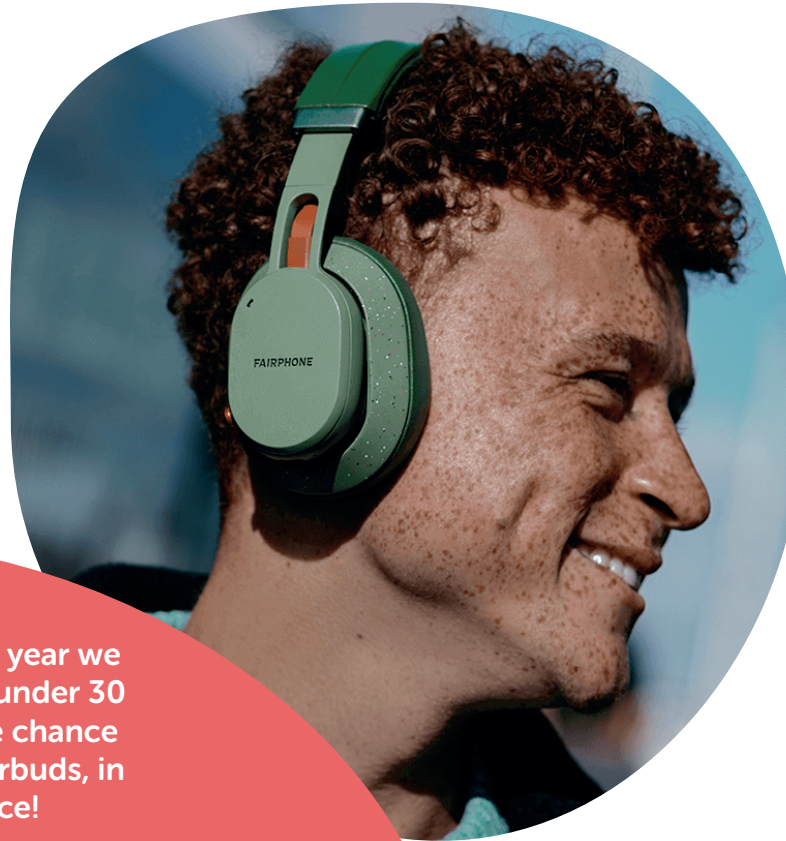
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End of year giveaway

Win a set of Fairphone Fairbuds*

Change is in your hands, the world's most sustainable headphones with unrivalled repairability and longevity.



To celebrate what a fantastic year we have had, we are offering all under 30 colleagues and members the chance to win a set of Fairphones Fairbuds, in the colour of your choice!

To be in the chance of winning make sure you like our new LinkedIn page - www.linkedin.com/company/young-co-operators-network and email across what your New Year's Resolution is and how you plan to motivate yourself to stick to it over to ycn@midcounties.coop

Make sure you include:

- Your Midcounties membership number
(So we can verify you are a member)
- Your Contact number
(So we can let you know if you have won!)

Deadline for this competition is 31st January