



**A Focus on Children and Young People
Supporting co-production and good engagement**



Contact us today to take advantage of our free and easy-use Youth Pack



YOUTH

healthwatch
West Sussex

Young people have co-designed with Healthwatch West Sussex, a range of activities and information to promote productive health and care conversations.

These conversations are important to:

- know how to support young peoples' physical and mental wellbeing
- test out new ideas and assumptions
- promote health and care as a positive career opportunity
- empower young people to have their voices heard and to be active partners in making positive changes to our health and care system.

Contact us for our FREE Youth Pack

Healthwatch West Sussex - facilitating young people to become partners in the future of healthcare.

0800 012 0122 www.healthwatchwestsussex.co.uk
helpdesk@healthwatchwestsussex.co.uk



Youth Activity Resource Pack





How was the pack developed?

The Healthwatch Youth Pack is the result of our Board decision to invest some of our Community Interest Company social enterprise revenue.

Our Community and Engagement team had identified a need as a result of our Mental Health priority work with young people. As a result, our focus expanded to **wellbeing discussions, prevention, intelligence gathering and feedback on service design, development and evaluation.**

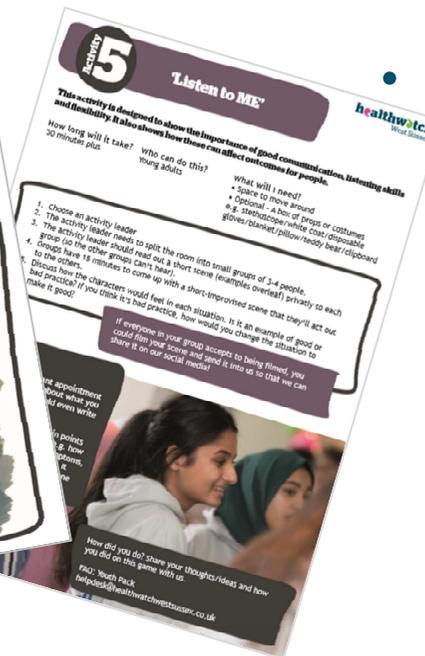
We engaged with young people throughout 2019 (including Colleges, National Citizens Scheme and SEN groups) and together we have **co-produced a range of activities.**





What is it?

- A pick and mix of 30+ meaningful resources and activities that encourage young people to share their experiences and look at how experiences can be improved
- Includes short activities for mentor groups
- Flexible and can grow according to the needs, motivations and interests of young people



- Free - we plan to make it available from Spring 2020 (digitally and in a physical re-useable pack - subject to sponsorship)





What does it offer?

In a climate where we're all stretched, this offers an effective way of starting conversations, transferring knowledge and developing partnerships to find solutions.

- **explicitly invites** service providers to discuss plans with young people
- enables commissioners and providers to **embrace** the principles of **Children First** and supports the behaviour changes that may be needed





What's in the

Youth Activity Resource Pack



- Hey - Tips to Help You
- Taking Care of Me
- Coping Mechanisms
- Holistic Health
- Developing Communications
- Listen to ME
- Just Tell - Your Voice Matters
- Posters
- Games & Activity Resources
- We Listened, We Acted, Things Changed
- Self Esteem
- Support List for Health, Advice & Wellbeing
- Shaping New Services
- What Would We Do
- How Services Can Change
- Volunteering Activities - Citizens Service and DofE
- All About You - Wellbeing
- Fortune Teller
- Evaluation Forms
- Impact Measurement





What have we found?

Our conversations with young people highlighted a deficit in knowledge about **where** and **how** they can get support, and a **belief** that help is only available if you're in a crisis. The Pack aims to address this with activities :

- focussed on **prevention** and conversations of wellbeing and support (includes materials produced by young people working with us)
- develops **communication** skills and how to get the best from appointments and conversations with health care providers and each other - making sure **their** voices are heard in **their** care.





What are the benefits?

- Enables all stakeholders to gain intelligence directly from young people, and **shape services effectively to their needs**
- Empowers young people to understand that they can facilitate change, so becoming **powerful voices** in their own wellbeing
- Supports people when faced with change, such as transitioning to adulthood.

Working with young people in this way has shown their appetite for creating materials and solutions to support their peers where they see a need.





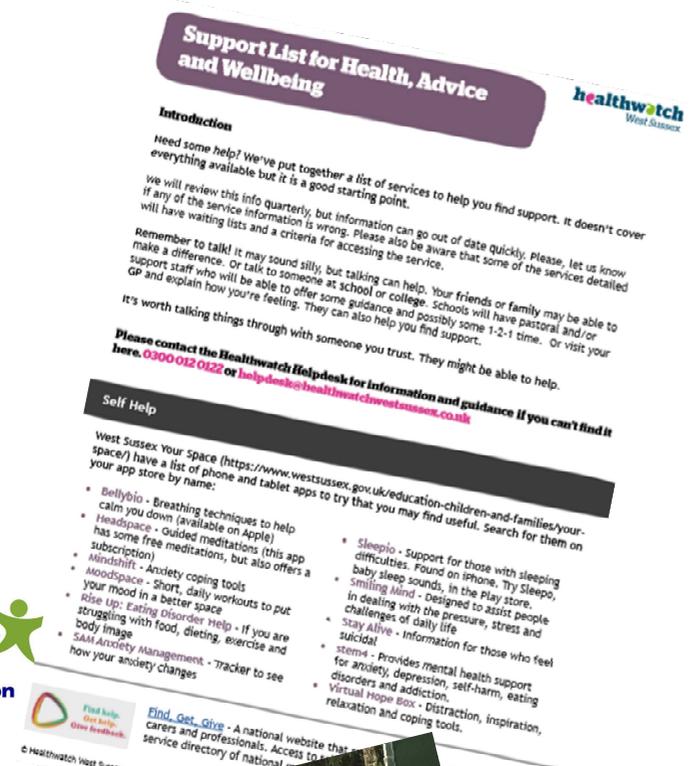
What else does it offer?

The County Council are issuing a PSHE strategy (with guidance) - the pack could support the core themes of health and wellbeing, relationships and being active citizens.



Schools have commented that this would work well for them and have input feedback to ensure it is fit for purpose.

Youth Groups including Scouts, Guides, Drama and Youth Clubs have already used the pack





How to get in touch and be involved



For information and advice, or to share your story call **0300 012 0122**
or email us at helpdesk@healthwatchwestsussex.co.uk



@Healthwatchwestsussex



@Healthwatchws

