

Youth Leader Activity Guide

August 2015

Suitable for all sections of Scouts, Guides and other youth groups

Evening session 1 - 2 hours - indoors or outdoors at any time of year

(5 minutes) Short introduction to the topic of Health and Social Care for individuals, families and wider communities. These issues can be physical, emotional or mental and all have significant impact. Healthwatch Hampshire's Teachers' Resource Pack gives some useful background if needed and will help you target your activity to particular age groups: www.healthwatchhampshire.co.uk/teachers-pack

(5 minutes) Individually, in pairs or small groups ask young people to list any experiences they have had with health or care issues for either themselves, family member, neighbours or friends. Can use post-its, paper, flip chart, white board as available.

(10 minutes) Bring the whole group back together to collect and discuss all of the issues that have been mentioned - encourage young people to share experiences where they want to but be clear they don't have to do this if they aren't comfortable.

(15 minutes) Depending on which format best suited the dynamics of the group, (small groups, pairs or whole group discussion) move on to think about the range of impacts that the health and care issues have - are there caring responsibilities? What about emotions - loneliness, isolation, anxiety, stress? Are there additional financial costs? Impacts on family, neighbours, communities? Think about what health and care facilities are available where your community are - do you know what is available, is transport an issue?

(20 - 30 minutes) Consider use of external visitor who can share their own experiences (e.g. someone from the local community who can give their perspective on being an older person, having a particular condition or disability, caring responsibilities).

(10 minutes) The health and care sector can be confusing even for regular users of services so if someone unexpectedly finds that they need to access services do they know where to go? Talk about the role of Healthwatch (for details of local Healthwatch click on <http://www.healthwatch.co.uk/find-local-healthwatch>) in providing information and signposting to services and also in collecting stories about good and bad experiences, so these can provide a consumer voice and help professionals and organisations that commission Health and Care services to improve things in the future.

(10 minutes) Consider some kind of game or interactive activity to finish e.g. a personal fitness challenge; designing a poster to put up in a school or hall raising awareness; pairs taking it in turns to feed each other healthy food/fruit snacks whilst blindfolded.





Public Awareness Event 2 - 8 hours

Consider asking your young people to help raise awareness at a community/village event/fete or fair. Healthwatch can loan stands and provide leaflets and the young peoples' imaginations can come up with innovative and interactive ways of attracting people so they can have conversations. Ideas include fun competitions, exercise bikes, rowing machines, skipping ropes, hula hoops (how many/far etc. in a minute).

Developing Communications Skills

Can young people take up the challenge to publish an article in a parish newsletter or magazine or use local social media to raise awareness? Healthwatch would be delighted to share their communication skills via our own website and newsletter.



Healthwatch Youth Volunteer

Let young people know that there are a range of volunteering opportunities with many local Healthwatch to find out more visit the local Healthwatch website.

Awards for Getting Others Talking

Does your group have an exciting and innovate idea to raise awareness of Health and Care issues of interest to Young people? If so, your local Healthwatch may be able to offer awards to your group/young people.

For example: Healthwatch West Sussex continually run Teen Talk Awards, where groups of young people can get up to £300 for a project that enables young people to talk about their health and social care views and experiences. Please contact the team for more information

office@healthwatch.westsussex.co.uk



Let us know what you do

Don't forget to tell us what you do and we can feature your group in our communications channels. Drop the team a quick note or share your own social media to tell us what you do, where you are, how many young people are involved and send a photo or two if you want to.



Case Study

Youth Engagement with the Scout Community Impact Badge

Healthwatch West Sussex has been proactively looking for innovative ways to engage young people. West Sussex Scouts are the largest youth organisation in the county with over 8700 young people aged 6 - 25 covering every area of the county so it made sense for us to look at ways we could work together.

The Scout Association has recently introduced a *Community Impact badge*, so working with a local Scout Group in Rudgwick as a pilot, we ran a number of activities for over 40 young people aged 10 - 16 including:



- Interactive discussions around Health and Social Care. We found that the young people had first-hand experience of a wide range of 37 different health and care issues
- Fun interactive activities around healthy eating and general fitness involving a local GP
- Developing an understanding of how Health and Social Care issues impact individuals, families and wider communities
- Asking scouts to share their knowledge of Healthwatch and its work with family, friends and neighbours.

As part of the Community Impact Badge requirements, after identifying an issue affecting their community, the young people must plan and run an event to help the community. The Scouts decided to help raise awareness by running a stand at a local village day in May, where they attracted over 200 people with fun activities so they could talk to them about Healthwatch. They took contact details of individuals wanting to add their names to newsletter distribution lists or who wanted to find out more about becoming a volunteer.



Healthwatch West Sussex are keen to use this pilot to involve more young people around the county and beyond through providing an “Activity Guide” to enable Scout, Guide and other youth groups leaders to run similar activities with their young people raising awareness of these important health and care issues which affect us all in our communities.