

Youth Activity Resource Pack

COVID-19 edition

These resources are intended as a starting point to kick start your own ideas and interests. It will be fantastic to see where you take it!

Introduction

The activities in this pack will allow you to use your experiences of how you've been affected by COVID-19.

In these fast-changing times, it's more important than ever that you have a voice and can let service providers know what you need. The ideas included are all starting points. Feel free to develop your own ideas.

Tell us what you think and what you need.



Why you should work with Healthwatch West Sussex:

- Your voice and experiences are important
- You can make a difference to health and care across West Sussex
- You can influence change
- Working with Healthwatch West Sussex will look good on your CV and help with future job and education applications.
- If you've worked on a big project with us - we'll be able to give you a reference.
- And, you'll get a certificate (that we've created especially for you) once we've seen your ideas and projects. Hurrah!

**Make a difference,
let your voice be heard!**

We would like to say a huge **thank you** for the time and effort you've put in to sharing your views, experiences and expertise about health and care across West Sussex. By working with us you will have made a difference to health and care provision and that needs to be celebrated.

THANK YOU

Here at Healthwatch West Sussex, we always have a place for your voices and your ideas. If you'd like to carry on working with us, or become one of our Youth Representatives, please let us know. **Call us on 0300 012 0122 or email helpdesk@healthwatchwestsussex.co.uk**

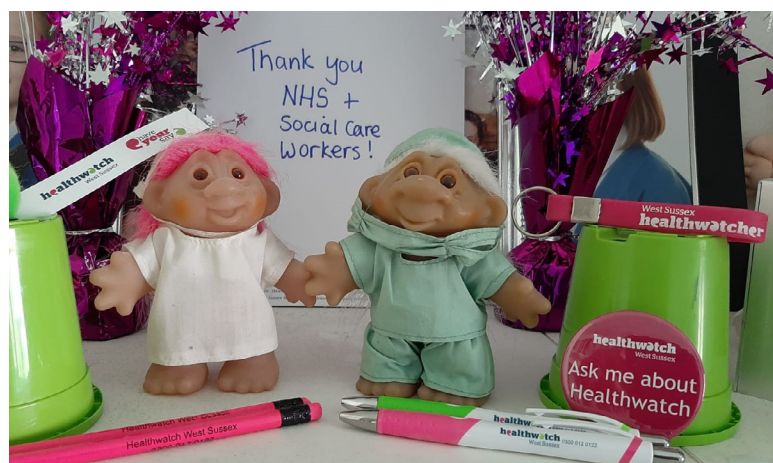


Photo set up and taken by student, Evie, for Healthwatch West Sussex

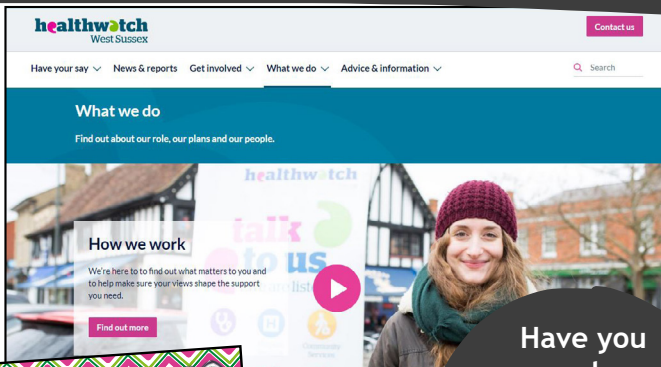
Poster Design and Raising Awareness

This activity will introduce you to Healthwatch and will help you to understand what Healthwatch does.

1

Look at the Healthwatch England and Healthwatch West Sussex websites (www.healthwatch.co.uk and www.healthwatchwestsussex.co.uk), or other literature and information you have access to, then think about these points and discuss in small groups for a few minutes:

- What does Healthwatch do?
- Why is their work important?
- What difference can having your voice heard make?
- Why is it important that people 'share their stories' with their local Healthwatch?



Have you remembered to include Healthwatch West Sussex contact info on your poster?



@healthwatchws
@NHSadvocacy



@healthwatchwestsussex



@healthwatchws

Share your thoughts/ideas and posters with us:

FAO: Youth Pack
helpdesk@healthwatchwestsussex.co.uk



0300 012 0122

Healthwatch West Sussex is here to listen, take action and make positive changes.

We want to hear about your experiences and support you to find your way through local health and care services.

In sharing your experiences, we can help others.

'I didn't know about Healthwatch but I called them on the suggestion of a friend.'

I had quite a long story... it really helped me to talk it through with someone, to see a way forward and to point me in the right direction. Thank you.'

- Emma, Worthing

healthwatch
West Sussex

2

When you feel you have a reasonable understanding of Healthwatch West Sussex, design a poster to help tell others. Suggestions for poster themes are:

- Share your story
- Your voice counts
- Healthwatch can make services better
- Healthwatch listens and makes sure services listen too

3

When you have designed your poster you can do one or more of the following:

- Put it on your window for everyone to see
- Send it in to Healthwatch West Sussex and so that we can share it on our social media
- Take a picture or photocopy it and share it on your social media, remember tag us in!

Original poster design by Poppy B and Sophie S (aged 14) as part of their Bronze Duke of Edinburgh Award Certificate

HEALTHWATCH

There is a local Healthwatch in every area of England. We encourage people to talk about their own experiences of health and social care (GPs, hospitals, dentists) in their local area.

#SPEAKOUT

Using people's stories, we can then share those views with the local services to compliment or help improve them.

We improve your health and social services, but can only do this with your input. Your stories and experiences are so valuable for positive change.

#YOUR VOICE COUNTS!

#SHARE YOUR STORY

Share your story or experience with us by calling **0300 012 0122**, or via our website at www.healthwatchwestsussex.co.uk

healthwatch
West Sussex

With special thanks to Poppy B and Sophie S (aged 14), Bronze Duke of Edinburgh Award Candidates, for the original poster design.



Hey young person,

FIRST OF ALL, WELL DONE FOR TAKING THE FIRST STEP TO SHARING YOUR STORY. SHARING YOUR EXPERIENCES OF HEALTH AND SOCIAL CARE CAN SEEM LIKE A VERY DAUNTING EXPERIENCE, BUT IT CAN HELP TO IMPROVE YOUR MENTAL HEALTH, WELLBEING AND HELP YOU TO MEET OTHER PEOPLE WHO HAVE HAD SIMILAR EXPERIENCES. BELOW ARE SOME TIPS FROM OTHER YOUNG PEOPLE WHO HAVE SHARED THEIR STORY ABOUT WHAT THEIR EXPERIENCE WAS LIKE. IT IS IMPORTANT TO REMEMBER THAT NOT EVERYONE'S EXPERIENCES ARE THE SAME BUT HOPEFULLY THEY WILL MAKE YOU FEEL MORE CONFIDENT IN YOUR ABILITY TO SHARE YOUR STORY.

HERE ARE OUR TIPS to HELP you:

THERE'S NO RIGHT OR WRONG WAY to SHARE your STORY, the BEST way IS YOUR OWN WAY.



BE open TO questions, but don't FEEL PRESSURED to ANSWER if YOU DON'T WANT TO.



Only SAY as MUCH as YOU WANT to, YOU don't OWE anyone AN EXPLANATION or NEED to JUSTIFY.



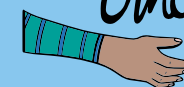
THERE will ALWAYS BE someone WHO will WANT TO LISTEN & will APPRECIATE YOU



Telling YOUR story CAN BE an EMOTIONAL EXPERIENCE, it's O.K to CRY.



SHARING your EXPERIENCE, MAY ENCOURAGE others to Reach OUT.



WHEN YOU'RE READY TO START SHARING YOUR STORY, TURN OVER FOR SOME QUESTIONS YOU CAN ASK YOURSELF TO GET THINKING ABOUT WHAT YOU MIGHT SAY.

Healthwatch – Who We Are

Healthwatch aims to give people and communities a stronger voice to influence how health and social care services are provided.

We talk to people, gather feedback and look for trends in health and social care services. Healthwatch West Sussex involves local people in the commissioning, provision and scrutiny of health and social services across West Sussex.

Healthwatch is a statutory organisation and with certain legal powers. Every local authority in England must have a local Healthwatch. That means there are 152 local Healthwatches! Each local Healthwatch is independent with its own staff and volunteers. This means each Healthwatch can be an influential and effective voice of the public around health and social care.

Healthwatch West Sussex – What We Do

- We represent local people
- We have certain powers. We can request information from commissioners and providers of health and social care. We can enter health and social care premises and observe how services are delivered.
- We are part of the local statutory health and wellbeing board and actively participate in local decision making.
- We signpost people to information about local health and care services and how to access them.
- We provide people with information about what they can do when things go wrong or if they have a complaint.
- We can alert Healthwatch England or the Care Quality Commission about problems. We help ensure the NHS is meeting the equality needs of certain parts of the community.
- We produce an annual report on our activities and finance.
- We make recommendations for change based on feedback from people using services in West Sussex.



Create a Resource



During this unusual time, we need different ways of supporting each other.

Create a resource that addresses a need that you, your friends or family would have found useful e.g. tips to look after your mental health, a guide where to find trusted information.

Have a look at some of the resources produced by young people for Healthwatch for inspiration.

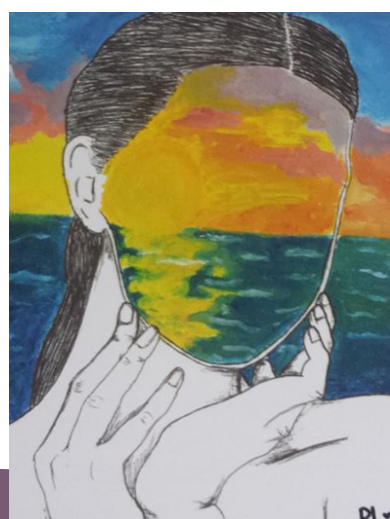
Share your thoughts/ideas and resources with us:

FAO: Youth Pack
helpdesk@healthwatchwestsussex.co.uk

This is some work a group of NCS students did for us. It'll be used in our youth pack and shared at other events with young people. See full leaflet on the next page.

Another Healthwatch worked with young people to create a report on issues facing LGBTQ students. They produced a booklet with hints and tips for schools and colleges to use.

[Read more here](#)



Again, I'm not going to lie and say I was able to create this card without any help. I had to turn to my uncle for **INSPIRATION** and asked him 'what makes you happy?' because again, I could not for the life of me think of anything 'happy' and that is simply because of my illness and my experiences. Things will get better, just give it time.

WITHIN YOU IS THE STRENGTH
TO FULFIL YOUR DREAMS.

Another Healthwatch worked with Becky to produce a pack of mental health resources for other young people to use. All the images are her own art work, and the hints and tips come from her own experiences. [Read more here](#)



My Story

As a teenager I suffered greatly at the start of my exams with stress and social anxiety, to the point I was afraid to leave my house as I was so sure that everyone would judge me for how I looked. I was convinced I was nothing.

At around about 15, it got to the point that I saw myself as a disgusting creature. I stopped eating as much so that I fitted into the stereotypes. I felt uncomfortable in my own body. It was then things had to change.

I read a book on Self Esteem and started to do sport more frequently to feel better about myself. It hit me that it doesn't matter what other people say about me. The jokes and taunts about my supposedly unattractive body shape and skin stopped bothering me so, and I started to smile more.

I now go out a lot more with friends and family and am able to go out and talk about how to deal with stress and self hatred. It was time to open up, and I encourage you all to do the same. Now I'm moving on to A-Levels and I eat normally like every other teenager out there, because I changed the way I saw myself, and boosted my self esteem.

- Anonymous (16)

If you would like help, guidance or information on Mental Health Services in West Sussex, please have a look at our Resource List. You can find this at: www.healthwatchwestsussex.co.uk/youth-pack
Or go to Young Minds: www.youngminds.org.uk
Find it Out Centres: <http://bit.ly/2NkmQCg>
Useful phone apps: <http://bit.ly/33ofEdU>

By: Mind & Soul

Art by: Emma Simmons



Be Yourself

A little guide to self esteem!

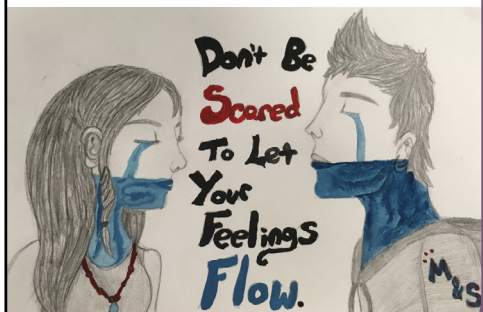


© Healthwatch West Sussex

Exam Stress Tips

- Speak to someone to get things off your chest
- The effort you put in will always pay off
- Take regular breaks to clear your mind to help you refocus to try again
- Organise yourself before the exam so you don't stress when the time comes to take it
- The exams are not the be all and end all of life. Believe in yourself and you can achieve anything!

Especially around exams you are going to feel like the world is against you, but bottling it up can make it all a lot worse. Talk to others about what's on your mind. It's good for your self esteem to open up.



Sports and Self Esteem

- Doing sports releases a chemical in your brain that creates happy feelings in your body. Try it out!
- Just one hour of physical activity per day can make a huge difference to your physical health, and that makes you feel better in yourself.
- Find a sport that you enjoy, and doing this will improve your mental health, and then you can work out all the negative emotions and walk away feeling healthier with a better view of yourself.

Remember, no matter what life throws at you... you are perfect just the way you are, and you never have to change that!

Self Esteem Tips & Tricks!

- You are beautiful no matter what others say about you, look in the mirror and smile knowing this.
- Eat healthy, a healthy diet can make you feel better about yourself and happier in your own body.
- Don't let what others say about you affect the way you see yourself, you are your own unique person, be proud of who you are!
- Try and get a good nights sleep each day, sleep lets your mind rest and things seem better then.
- Go and do fun activities with the people who love you for you, they are the only people worth having in your life.
- Open up... talking makes everything seem more manageable!

Boys... Lets talk

Talking about things that bother you doesn't make you less of a man. Opening up will make your mental state better.

Talk to one another and don't mock others for showing emotions. We're all human! Sharing your feelings could help another in need!

Go to www.calmzone.net/help/get-help for more information

Create a Blog/Vlog

Create a blog or vlog about your own experiences with a health or care service or interview a friend and share it with us at Healthwatch West Sussex.

- Think about what's changed due to social distancing?
- How has it affected the support you receive?
- How would you change things?
- What has worked well for you, and what hasn't worked so well?

(NB we will need permission from all involved to showcase these.)

Share your thoughts/ideas and blog or vlog with us:

FAO: Youth Pack
helpdesk@healthwatchwestsussex.co.uk



A group of 16/17 year olds have created a video as part of their National Citizens Service.

The aim of the Crawley NCS social campaign project was to show people the dangers of Knife Crime and help give people the First Aid knowledge to help save a life.

This video was created as a non profit way to help give back to our local community.

Watch the video: <https://youtu.be/RzK3q0QWU54>

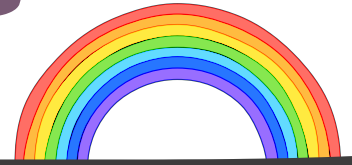


A group of young people from the Hangleton and Knoll Project have made this E-Zine for other young people; to share their experiences, give information and advice, and help other young people feel supported through this difficult time.

[Read it here](#)



Create a Social Media campaign



Share your thoughts/ideas and social media campaign with us:

FAO: Youth Pack
helpdesk@healthwatchwestsussex.co.uk

The way we access health care, both physical and for our mental health, has changed a lot in a very short space of time, and we have become even more dependent on social media and the internet to find support.

Design a health focussed Social Media campaign.
Develop a series of posts to help get your message across.

- Would you like other people to get involved?
- What hashtags would you use?
- And what platforms would you share it across?

**Make a difference,
let your voice be heard!**

Here are some possible starting points:

- Why do people use A&E?
- How has this been affected by the Coronavirus?
Where else can you get help and advice (e.g. phoning your GP, 111)
- Have you experienced any of these?
- What are your tips?



- What do you think of health and care services?
- How do you think they should work in the future?
- What would you like to see?
(Health and care services include services like GPs, hospitals, dentists, care homes)

#HealthwatchWestSussex

#Coronavirus

#ImproveTheFuture

- How do you think future health and care services should be funded?

#HealthAndCare

- What can we do now and in the future to care for ourselves more?
- What needs to change so that this can happen?

#HelpAndAdvice

- Where do you get help?
- Do you know if there's anything else available for you to access?
- Do you know how to find out?

#TakingCareOfOurselves

#MyVoiceCounts

- What else?
- What are the "Big Questions" that the people designing services need to consider?
- What have they forgotten?
- What do they need to hear and who do they need to hear from?

Messages of support



@healthwatchws
@NHSadvocacy



@healthwatchwestsussex



@healthwatchws

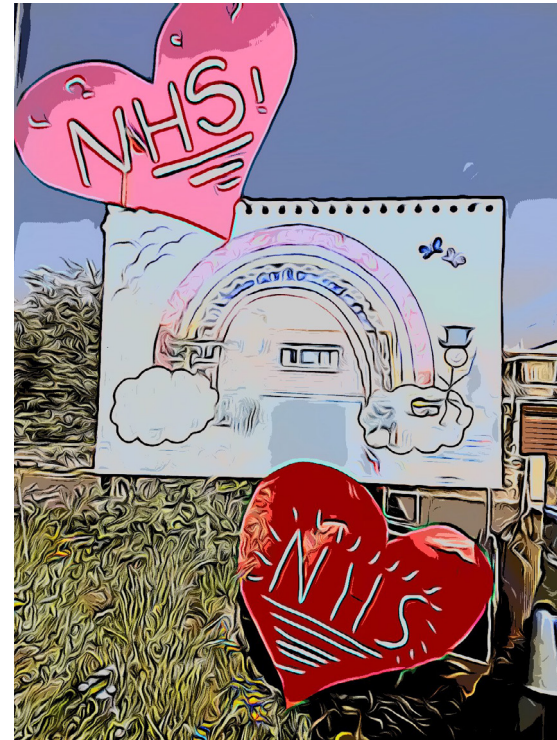
During this strange time, people are sharing messages of support for each other and the NHS via their windows and on social media.

- What would your message be?
- How would you encourage other people to share it?
- Take photos of your work and share it with us and on social media

Share your thoughts/ideas and messages of support with us:

FAO: Youth Pack
helpdesk@healthwatchwestsussex.co.uk

THANK YOU



**Support your community and the
NHS - share your Health & Care story
with Healthwatch West Sussex.
We can help make it better.**

0300 012 0122

**www.healthwatch
westsussex.co.uk**

healthwatch
West Sussex



Publish an article

Take up the challenge to publish an article about Healthwatch West Sussex and the work we do in a local newsletter, magazine or online.

You can find out more about Healthwatch West Sussex at www.healthwatchwestsussex.co.uk and on the 'Who We Are' sheet attached to this pack.

During this confusing time, Healthwatch is a good source to find trusted information. Make sure to include how people can contact Healthwatch and our social media handles (see right).

If you don't know where you could publish your story, send it to us, and we can send it to a local publication on your behalf.



0300 012 0122



helpdesk@healthwatchwestsussex.co.uk



@healthwatchws
@NHSadvocacy



@healthwatchwestsussex



@healthwatchws

Share your thoughts/ideas and articles with us:

FAO: Youth Pack
helpdesk@healthwatchwestsussex.co.uk



Make a difference,
let your voice be heard!



Find out how this group of young volunteers are making strides to improve mental health support in South Tyneside

Young volunteers in South Tyneside have launched a survey to find out how other young people rate mental health services in the borough.

By Sophie Brownson

Thursday, 7th March 2019, 11:38 am
Updated: Thursday, 7th March 2019, 11:39 am



jpi media local

Lizzie's Volunteering Story

Blog - 3 July 2019

Young people aren't just the leaders of tomorrow, they can make a real impact today. Here's Lizzie, one of our young volunteers sharing her volunteering story!

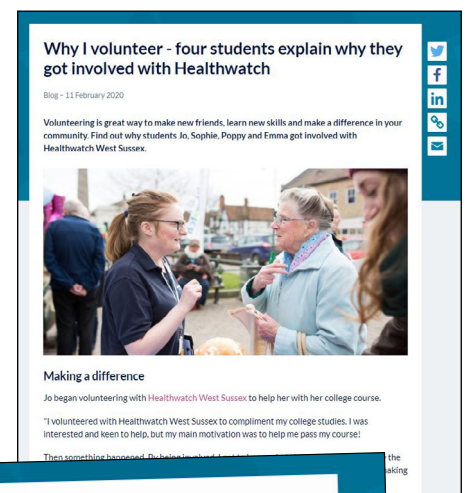


What made you want to become a volunteer?

As a politically aware young person, I wanted to begin volunteering for Healthwatch West Sussex to gain a deeper understanding of the health services around us and areas of improvement needed to make them even better.

“Providing patients with a voice they may not have had otherwise also pushed me to become a Healthwatch West Sussex volunteer”

[Read more](#)



[Read more](#)

[Click here to read more](#)

Help other people

At times of change and stress it can help to do things for other people. Helping other people can actually make you feel better! Here are some suggestions:

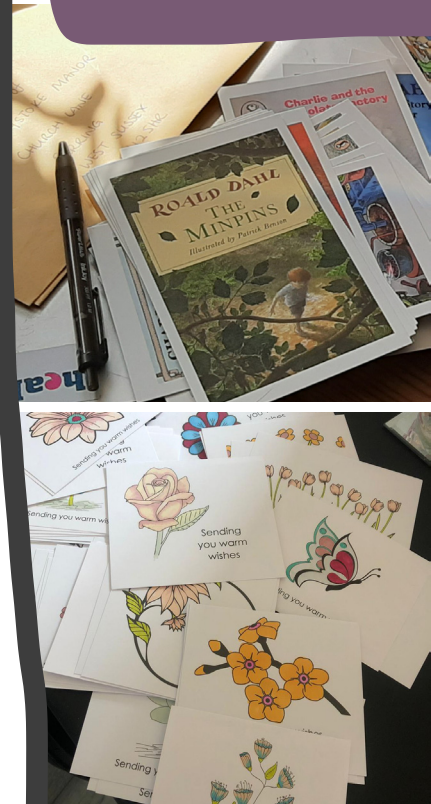
- Create cards or write letters for residents of a local nursing or care home. You can find addresses of homes by doing a Google search.

You could introduce yourself with your name and what you're interested in, or even what your favorite cake is.

And maybe you could ask some questions about them and what they like - what are they interested in? What's their favorite cake? If you want a reply, check with the home and see if you can pick up a return letter. You might even end up with a pen pal!

- Write thank you letters to NHS staff who may have helped you or your family.
- Get in contact with someone you haven't seen for a while. Ask them how they're doing.
- Create a poster of positive messages to help people during this time. Think about what's helped you, and what you'd like someone to say to you.
- What else? Feel free to come up with your own ideas and share them with Healthwatch West Sussex.

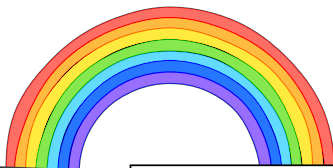
A few members of the Healthwatch West Sussex team sent cards to their local care homes.



Share your thoughts/ideas/drawings and what you did to help other people with us:

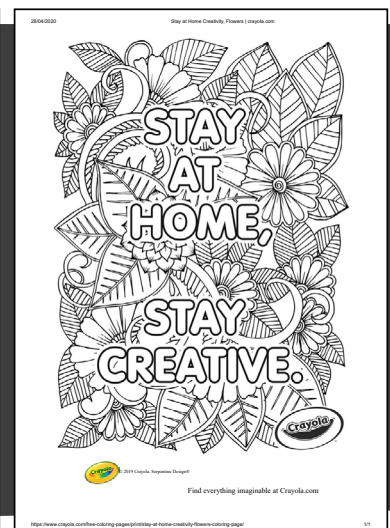
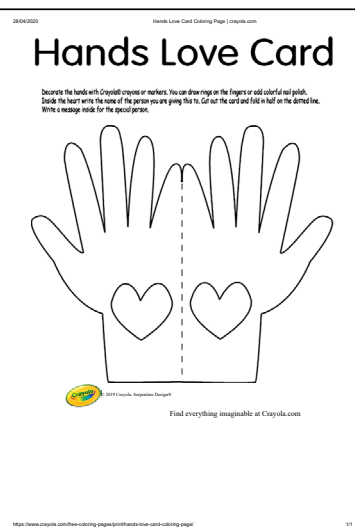
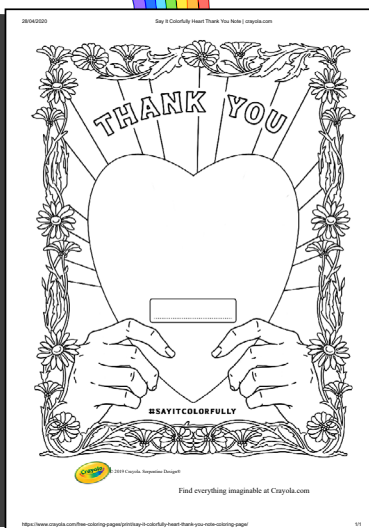
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Crayola® have created a huge variety of free downloadable colouring sheets you can use.

Find them at:
[crayola.com/featured/free-coloring-pages](https://www.crayola.com/featured/free-coloring-pages)





It's also important to look after yourself.

Make plans of nice things you can do for yourself every day, and plan things that you will do with other people when we no longer have to socially distance or isolate.

Use this time to think about who and what matters to you. Maybe create a guide, e.g. "20 ways to give yourself a break during lockdown" that you could share with your friends and Healthwatch West Sussex.

Share your thoughts/ideas and your wellbeing guides with us:

FAO: Youth Pack

helpdesk@healthwatchwestsussex.co.uk



The "50 Ways To Take A Break" infographic offers up 50 ideas for breaks you could try! (remember to stay 2m apart from people)

Along with an artist, Karen Horneffer-Ginter, Ph.D. created this amazing infographic. You can even buy it in poster format at Full Cup Thirsty Spirit.

<http://www.fullcupthirstyspirit.com/posters.php>

