



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on the Juno Project



The Juno Project empowers teenage girls who have been, or are at risk of being excluded from school, to achieve their goals in spite of their challenges.

The 'This Is Me' programme is designed for teenage girls aged 14-16, and either excluded from mainstream education, at risk of exclusion or becoming NEET (Not in Education, Employment or Training), and suffering from disadvantage - home or educational.



The programme examines the three areas of life that disadvantage affects

- Our relationship with ourselves
- Our relationships with others
- Work/career matters

It is delivered in school over 12 weeks (Year 10) or 8 weeks (Year 11), via highly interactive and immensely powerful sessions, that help redress a negative mindset and empower our young women to achieve their potential.

Joanne's story (not her real name)

'I was in year 11 when I was told about the This Is Me programme, and The Juno Project, by my teacher. At first, I wasn't sure if I wanted to participate but Ali was so inspiring and kind that I gave it a go. Ali and other inspirational ladies talked to us over a period of time and by the end of the year, I knew I wanted to learn more and go to college. Now I'm studying business and planning to stay for the next level for my course. I'm grateful to Ali and my teachers for pushing me to do my best.'

Sarah advised: ‘Do it! You won’t be disappointed! I have changed a lot about my life, I don’t see the same friends anymore and I go out of my comfort zone.’

The insight from those who attended the This is Me Programme was collated and anonymised and forms part of the insight and evidence that Healthwatch gather to identify common themes around what works and doesn’t work for young people living with mental health issues.

This insight is used to influence service development as Healthwatch West Sussex feed into:

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- NHS Sustainability Transformation Partnership workstreams (Sussex & East Surrey).

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments, such as the NHS70 10 year forward plan.



Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**.

Email helpdesk@healthwatchwestsussex.co.uk,
Website www.healthwatchwestsussex.co.uk.

healthwatch
West Sussex

You can also follow our social media channels:

Facebook [@healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex)

Twitter [@healthwatchws](https://twitter.com/healthwatchws)

For more information about the Juno Project

e: ali@thejunoproject.co.uk

w: www.thejunoproject.co.uk

t: [@TheJunoProj](https://twitter.com/TheJunoProj)

f: [TheJunoProject](https://www.facebook.com/TheJunoProject)



If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Co-ordinator, email: cheryl.berry@healthwatchwestsussex.co.uk