



Your Voice Counts Workshop Post 16

Thank you for offering to help deliver this workshop

This workshop will help us get a better understanding of what sorts of things impact on young people's mental health. What we can learn from their experiences to get better at what we do when we deliver support services.

The young people you work with are '**experts by experience**' and their knowledge is invaluable when we want to change the culture of how we offer support and design new services.

Helping them to voice their opinions will help decision makers in the city to get services right.

We promise to feed - back what has changed in relation to what the students have said.

Workshop preparation

- print off the sheets and conversation cards.
- cut up the small conversation cards and place face down
- Use large pieces of flip chart or frieze paper for the community element (this can be as creative as you like, it could be a model, it could be a drawing or collage. (or just use the workshop sheets as a focus for each area)
- Good selection of coloured pens
- Someone identified to write down what is said

Workshop

The **ground rules** sheet is a great way to set up the start of the small group work session.

This sends a message that everyone's input is valued, develops listening skills and gives permission for creative thinking and ownership of the session.

The SA- Mission Possible!

The role play sheet is specifically for the students but you might want to read this out to the group/ individual so they get an idea of what they are being asked to do.

It is important to have a discussion why they might be experts.

Their experiences are a valuable record of what works and what doesn't work.

Key Themes

My Community (building something that works for me)

This is where the large paper, pens and creative activity comes in.

Decide who will draw (several people might want to) and decide who will record what is said.

Someone in the group needs to take charge of making sure everyone gets a say (this works well when it is a student)

Ask them to share experiences of growing up in their community (this can include past experiences of school, new experiences of work etc)

What worked for them what didn't?

What would their perfect community look like?

The cards will have themed question prompts on them.

As they decide as a team and agree what their ideal community would look like it can then be drawn up as they go along.

It might be a series of pictures or ideas written down, you might want to use the printed off workshop sheets as the focus and just add sticky notes.

The comments can be written in these areas or just recorded separately.

Safety, Support staff /Teachers, Home, What it feels like when you are happy or down.

As above use the prompt cards to add to your community information.

What can we do to make sure where we work, live and study supports good mental health (helps us to feel happy and not down)?

What helps us to feel happy, what ideas do we have that would make our communities work better?

Support each person to share their experiences- good and bad.

Team / individual discussion is important in this but also capturing what has been said and any ideas to make things better, there will be a lot of rich experiences that we can learn from.

What has worked well in schools/colleges/placements you have been in?



What hasn't worked well in schools/colleges/placements you have been in?



How would you design a Community differently?



Safety

What helps you to feel safe and not anxious in your community?



Safety

What would we need to have in place at a placement or work experience to make sure you felt safe and not anxious?



Safety

What could support staff do differently to help you feel safe and less anxious?



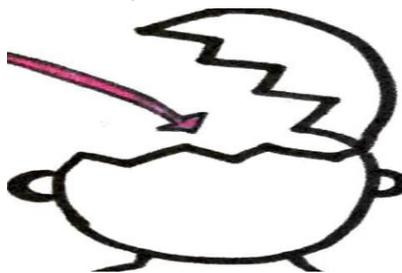
Support worker/teachers

How should a good support worker/teacher act?



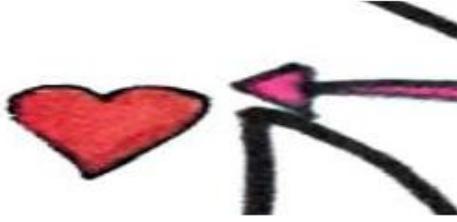
Support worker/teachers

How should a good support worker/teacher think?



Support worker/teacher

What would a good support worker/teacher have in their heart?



Support

If you feel worried or anxious what support helps?



Support when I feel down

Who can help?
What does 'good' help look like?



Support when I feel down

What would work well in your community and what would it look like if you could design the right support to help you feel better?



Feels like....

Think about when you first go in somewhere and you feel really relaxed. What helps that to happen?



Feels like....

What ideas do you have for making a place feel good?



Feels like....

Some people find it hard to make friends. What would you put in place to make this easier?



Feels like....

Young people in learning have things they are good at and things that they find difficult. Some people need extra help. They sometime have labels to describe what is difficult. Do you have a label? What do you think about it? How would you describe yourself in a better way?



Feedback

You can do this in whatever way makes best sense to you.

You can photograph the comments, record the student speaking to their pictures or e mail me collated responses.

Send to Jillian.bauld@newcastle.gov.uk you can also call me or email me if you have any queries on 07974215459