

# #YHWBeingMe

Young Healthwatch Being Me Event, October 2014

Our Message:

**Mental Health and Wellbeing Support  
for everyone**



Healthy-Eating  
**Mental-Health**  
Self-esteem

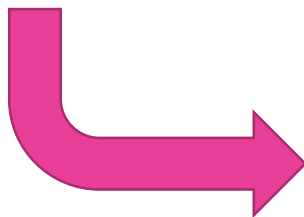
## #YHWBeingMe Contents Page:

### What we did and said:

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### What we want you to know:

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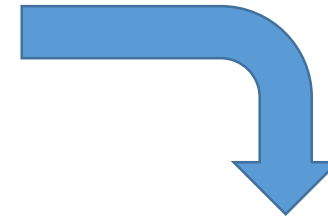
Health and Social Care Services, schools and society need to focus more on supporting young people to build resilience, self-esteem and good mental health.

Pressure from peers and the media, anxiety about education and employment and stigma lower young people's emotional wellbeing.

Physical health and mental health are closely linked.

Wellbeing support needs to be available before someone becomes mentally ill.

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## Section 1: What was #YHWBeingMe?

On Tuesday 28 October 2014, young people from across Bristol, South Gloucestershire, Bath & North East Somerset and Somerset came together to explore...

- What is healthy?
- What is happy?
- What is it like Being You?
- What needs to happen to help you be healthy and happy?

In the morning, we learnt circus skills with Circomedia and cooked our own delicious, healthy, quick, cheap and easy to make lunches with Steen the Chef. We blended copious amounts of fruit into smoothies with Juicy Blitz and thought outside the box to generate ideas for tackling unhealthy eating habits with REACH, SHINE and A'n'K.

After tucking into our yummy lunches and washing them down with just another smoothie (!), we all had our say about what healthy, happy, self-esteem, wellbeing and mental health mean to us and what support needs to be available to young people to help them be happy and healthy. We then put all our ideas into blogs with Rife magazine and contributed to a You Tube video being made by First Born Creatives about young people's health and wellbeing.

We had lots of fun, but also discussed some really important issues. This report will share those issues with you and make suggestions for future improvements in health and social care services.

*"I thought it would be a bit like school but it wasn't there were things to do like circus tricks and cooking, I liked making smoothies and have made some at home since then." (Feedback emailed to Healthwatch by a young person who attended #YHWBeingMe)*

**If you don't have time to read the whole report, please look at the following word cloud which sums up the main issue we said Healthwatch and society needs to focus on and then use the contact details at the end of this report to give us your feedback on health and social care services and issues:**

Food

Stigma Fitness  
Stress

Exercise Sex  
AandE Mental-illness  
Anxiety

Pressure-on-looks+weight  
Mental-Illness  
Body-Image Depression

Health  
Healthy-Eating

# Mental-Health

## Self-esteem

Which  
health topic  
should  
Healthwatch be  
focusing on?

**Our Main Message:**  
Health and Social Care Services, schools and society need to focus more on supporting young people to build resilience, self-esteem and good mental health.  
Wellbeing support needs to be available before someone becomes mentally ill.

## Healthwatch Next Steps!

**Healthwatch will work with young people, schools, community groups, voluntary sector organisations and health and social care services to achieve the following aims:**

- provide the opportunity for young people to **share feedback and opinions** about health and social care services and have their voice heard;
- provide **access to wellbeing resources and ideas** (such as the Resilience Lab online resource produced by Off the Record);
- empower young people to **access services and understand their rights**.

**Healthwatch has lots of exciting projects planned for the future. Below are the titles of just some of those projects – find out more about them in Section 6 of this report...!**

- **Young Champion Volunteer Role and Activities**
- **Young People's Reference Group**
- **Our Stories and Being Me Workshops**
- **Schools and Colleges Project**
- **Healthwatch You Tube Video**
- **Young Healthwatch Facebook Page**
- **Somerset Rural Youth Project**

## Section 2: What did we do?

(\*all quotes are feedback given by young people attending #YHWBeingMe)

### Cooking with Steen the Chef:

**“The food was healthy but tasted brilliant.”**

Steen taught us that cooking doesn't have to take a long time, cost a fortune or involve confusing recipes and that food can be both healthy and tasty.



You can find all the recipes for the dishes we made in the Healthwatch Cook Book which is available on the Healthwatch Bristol website on the Young Healthwatch page (<http://www.healthwatchbristol.co.uk/young-healthwatch>).



### Smoothie Making with Juicy Blitz:

“I liked being able to talk to the people making the smoothies and look at all the fruit.”

Juicy Blitz kept us refreshed throughout the day by blending lots of fruits together to make delicious smoothies. They didn't add any sugar to their recipes proving that drinks can taste great without any added sugar or sweeteners.



### Circus Skills with Circomedia:

“[I enjoyed the] circus because it was energetic.”



When we think of exercise we often think of running, gyms or competitive team games and this is sometimes off putting, especially if you're not confident in your fitness ability or skill. Healthwatch invited Circomedia to teach us some basic circus skills and show us that exercise can be fun as well as healthy!

## Healthy Eating 'Think Outside the Box' Workshops with REACH, SHINE and A'n'K:

REACH, SHINE and A'n'K work with young people across South Gloucestershire, BANES and Bristol to educate them about healthy eating and help them to develop a healthy lifestyle. The teams asked young people attending #YHWBeingMe to come up with Project Plans for how to encourage people to eat and live healthily. Here's what we came up with:

### Group 1: **More Education and Awareness!**

- Breakfast Clubs at school and sessions in youth groups to help pupils achieve and maintain a healthy weight
- Websites with games about healthy living
- Healthier food in schools and free fruit for everyone
- Swap food in vending machines for healthier options
- After school activities offering fun and different forms of exercise
- Encourage families to cook more of their own food by providing recipe cards
- Putting less pressure on girls to be skinny
- Teaching people about how missing main meals can lead to snacking

### Group 2: **Sugar Tax and Better Food Labelling!**

- Make healthy food cheaper and introduce a sugar tax on unhealthy food
- Show sugar content of food on the packaging with images of how many tea spoons of sugar are in the food as having the number in grams is meaningless to many people

### Group 3: **The Healthy Takeaway Shop!**

- Price: cheap so people will buy it (£2-2.50)
- Location: near schools
- Suggested names: "Freshers" (something to do with being healthy and fresh)
- Food: sweet potato chips, falafel, burgers (brown bread, veggie burgers), stews, sushi, noodles and stir fry. Meals would all release long lasting energy (eg. using brown bread and brown rice)
- Puddings: ice lollies, frozen yoghurt, sorbet
- Drinks: smoothies



- Offers: Student discounts, meal deals, 10<sup>th</sup> purchase is free
- Apps: link an app to the shop. App would have the recipes and information about nutrition.

## Group 4: **Get healthy to meet your idol!**

- Video footage of famous people/ celebrities learning or trying out new sports for fun (saying it's about obesity might put people off so focus should be on enjoyment)
- Monthly challenge: each month one person wins a local or national competition to meet their idol based on how they've started eating more healthily or started a new form of exercise
- 'Healthy 4 A Day' or 'Step Up Today' challenges
- Link the promotion of the above with websites with information on local sports centres or clubs
- Public workshops for everyone to try new sports or foods
- Promote all the above on social media, in schools and in communities

## Group 5: **Lobby the Supermarkets!**

- Work with supermarkets to make healthy foods more convenient and affordable
- Change the way nutritional information is written on packaging to make it clearer
- Provide information on the links between emotion and food

## Group 6: **Fitness Finder – Free App!**

- The app/website would provide the following information about sport groups or health related groups in the person's area: cost, location, who can attend (eg. age), what the activity is, times, price ranges
- App would have details of personal trainers
- People/ organisations would pay to advertise their classes
- App would be promoted in schools, social media, leaflets in lots of places
- People could pay so much a month for unlimited classes

Some of the groups also discussed the reasons why people may become unhealthy. These are the things they came up with:

- Not enough exercise
- Unbalance diet
- Medical issues

- Emotional/ comfort eating
- Prices of food
- Low calorie and fat foods actually contain more calories or other ingredients that are unhealthy
- Motivation

What do you think of our ideas? Could you make them a reality?

## Rife Blog Writing Workshop:

**“The thing I enjoyed most about YHWBeingMe was the chance to bounce ideas off other young people around health issues for adolescence.”**

**“I liked the Rife workshop: it helped me to get some ideas for my envision project at college.”**

After our healthy and balanced lunches, we got down to the serious stuff and engaged in some group discussion around our health. Following the discussion, a young journalist from Rife magazine told us all about the online Rife website and workshops. Jessica Barrett, a journalist, then facilitated a workshop on blog writing and got us all thinking about topics for our blogs. We

have all been invited to send our blogs to either Rife or Healthwatch for further support and to publish them. You can read some of our blogs on the Young Healthwatch Blog at: [www.healthwatchbristol.co.uk/young-healthwatch](http://www.healthwatchbristol.co.uk/young-healthwatch)

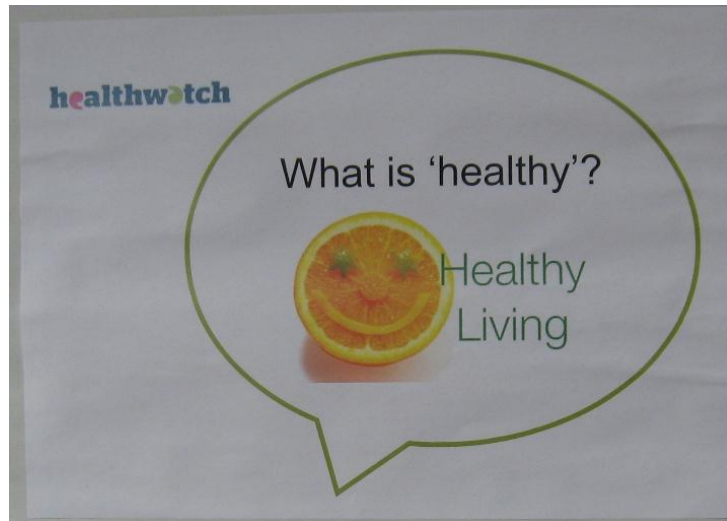


## Group Discussion and Our Views:

### Word Association Game:

The first activity of the discussion was a game of word association using the following starter words as prompts. The answers generated have all been inputted into word clouds. The larger the word in the word cloud, the more times it was said in our discussions.

1. When you hear the word ..... what do you think of?



Healthy  
Happy  
Self-esteem  
Wellbeing  
Mental Health



Healthy is...



Happy is...



## Self-esteem is...

“Very high self-esteem is: cocky, arrogant, greedy, popular, treating people like dirt/nothing”

“Low self-esteem is: jealousy, depression, anorexia, friends, family, confidence, respect, modest, lonely, no confidence, reflects on how you do things, not trying, scared of rejection.”



Well-being is...



- Social health = how you are socially, how comfortable you are in society
- Bullying might be an issue for wellbeing
- Hard to have wellbeing if you're hungry and cold
- Need support to reduce feeling isolated

Mental Health is...





## Which health and social care services have we used?

The group discussion gave us the opportunity to speak more about our own experiences of health care. There was also an anonymous feedback poster located in a quiet area of the hall on which we were invited to write which services we'd used. Between us we'd used lots of services including:



**Hospital Services:** BRI, Bristol Children's Hospital, Southmead Hospital, Frenchay Hospital, Bristol Eye Hospital, Accident and Emergency, Minor Injuries, Hospital Education Services

**Mental Health Services:** CAMHS, Riverside Adolescent Psychiatric Unit, Off the Record, School Counselling, Private Counselling, Support Groups

**Primary Care Services:** GP Practices, Dentists

**Other:** Sexual Health Services, Allergy testing, Physiotherapy

## What do we think of the health and social care services that we have used?

We gave the following comments on some of the services we'd used:

- We get healthy eating lessons in school, but the lessons are not good.
- Counsellors, teaching support and school nurses, are not always welcoming and sometimes not always there.
- Counselling in schools is not always there and is limited to 8 sessions which isn't enough as you can't talk about your issues if you will have to leave after 8 sessions. Plus there are waiting lists. Private counselling costs and not everyone can afford it.
- "You get pushed up the waiting lists for counselling if you're a priority, but how does that make you feel, if you're not."
- "I saw a nurse after I got in a fight and she spoke to me about why I was in the fight and managing anger."

## Who else helps us with our health and happiness?

We also identified the following people and activities as helping us with our health and happiness:

- Family and Friends: "parents and teachers who notice when we're upset and give us praise for our achievements"; "siblings and family who talk to you, encourage you, make you smile"; "talking with my sister"; "spending time with friends".
- Activities: "listening to music"; "being creative"; "dancing"; "music"; "reading"; "watching TV"; "drawing and art"; "diary"; "looking at cute stuff".
- Volunteering and being part of a youth group.
- Relaxation: "sitting in a dark space and focussing on my breathing"; "hypnotherapy helps me relax"; "stroking cats".
- Exercise: "gym"; "going for a walk".

## Some coping strategies are unhealthy:

Some people also identified coping strategies that they use when they feel stressed or upset, but which could be judged as unhealthy:

"Self-harm"; "alcohol"; "restricting food"; "smoking"; "excessive exercise".

## What issues stress us out and what needs to change?

Through the group discussion, feedback posters and evaluation form that we completed at the end of the day, we identified what issues stress us out or upset us and what needs to change to enable us to feel confident being us. The main themes were:

### **Stigma and bullying:**

- Misconceptions of mental health issues and prejudice towards people with mental health issues
- Disability and “getting called names and being upset”
- “Having to come out” and facing prejudice

### **Expectations and perceived norms:**

- “view of perfect body image”
- “boys view of girls”
- “society’s view of and projection of beauty”
- “people’s opinions”
- “appearance and how other people see me”

### **Health related issues:**

- There needs to be open ended and free counselling for everyone
- “Dyslexia being overlooked and not diagnosed”
- “Autism – I don’t want to have a diagnosis or get a label put on it”
- Coping with having a mental health illness
- Anxiety about food and weight
- Anxiety about social situations, relationships and friendships
- Appointments at the doctors, dentists or hospital
- “Feeling alone”

### **Education, employment and the future:**

- Career choices: “the possibility of failing education and not doing something I love or being happy with my life”
- Homework, coursework and exams
- Meeting expectations from teachers and family to get good results
- “School work can stress me out sometimes when you have lots to do and you just want to relax after a busy day at school”
- Getting into crime

### **Family:**

- “Being a young carer”
- Parents’ expectations

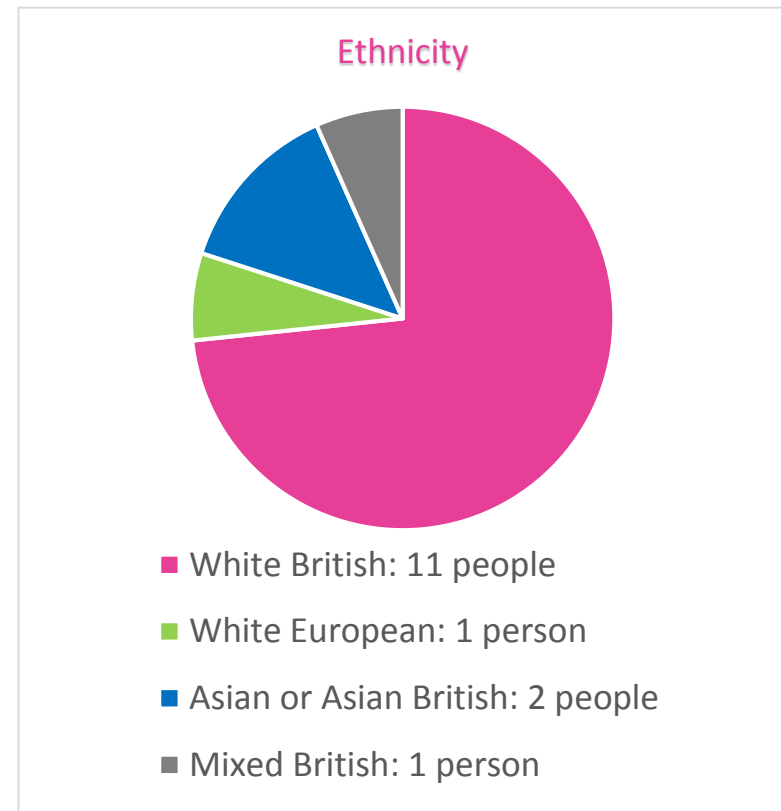
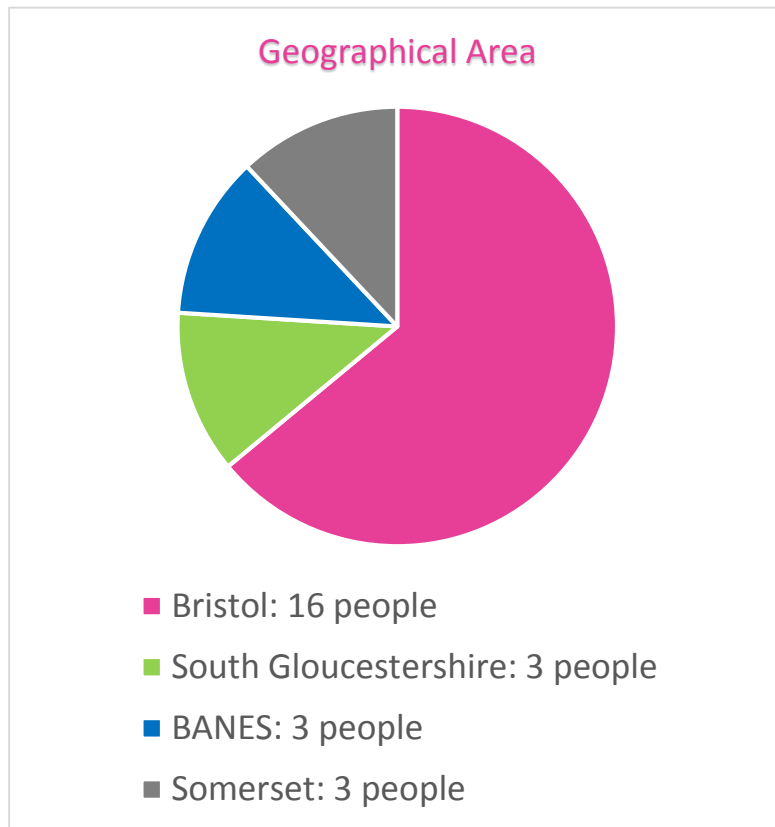
### **Social Media:**

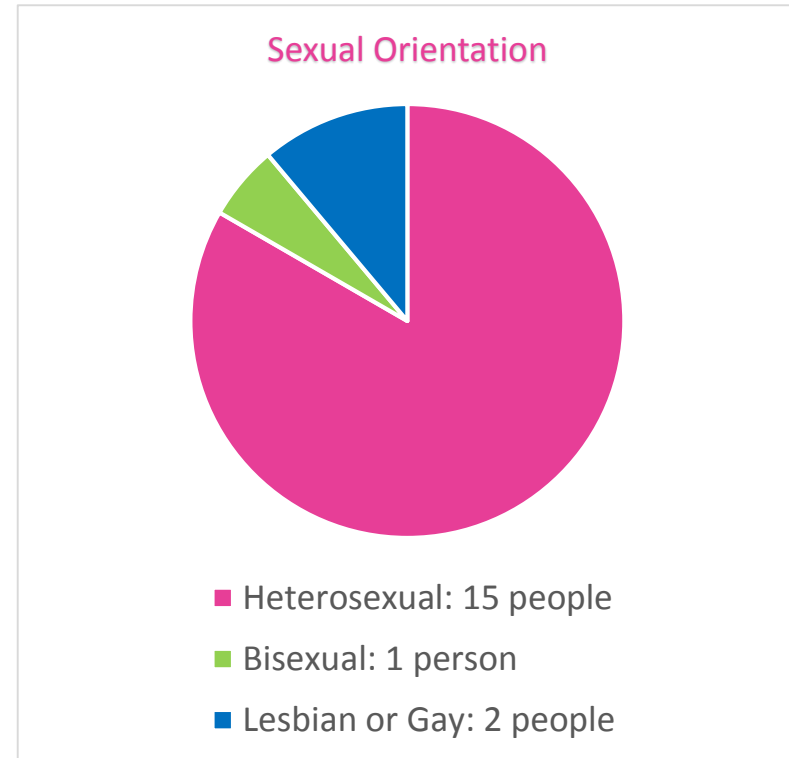
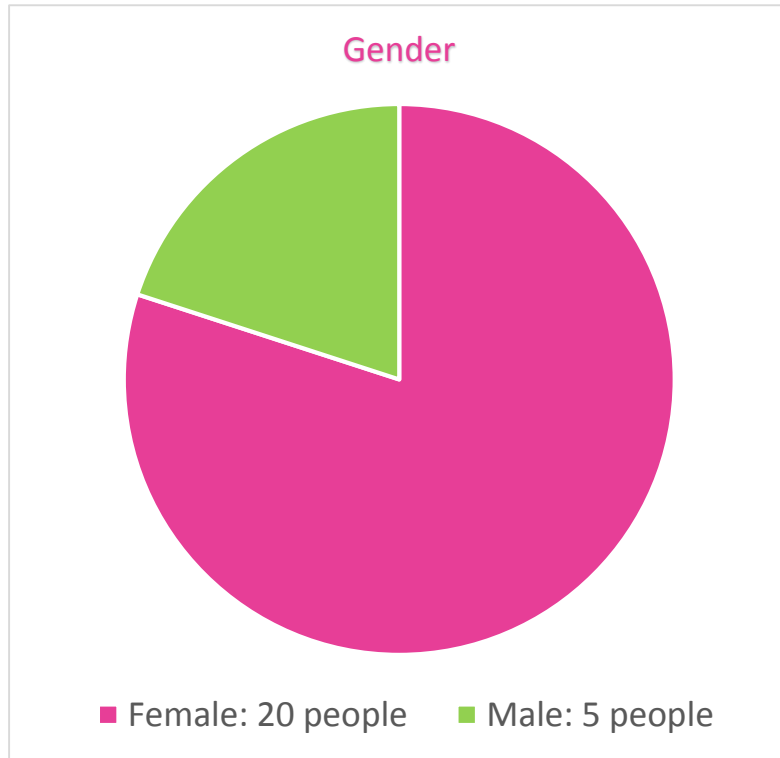
- “Everyone’s Facebook and Twitter obsession – I don’t use it and get annoyed by everyone talking about it.”
- “Friend requests from people I don’t know on Facebook.”
- “Social media is scary if you don’t know how to use it properly.”
- “Social media gives a false sense of reality, feel like if something isn’t on Facebook it didn’t really happen.”
- Worries about privacy settings on social media and apps
- Cyber bullying
- False information
- Spread misconceptions
- “I think social media has its pros and cons. It embraces freedom of your opinions; connection with new people; new friendships and such. However it makes you an easy target for hate, bullying and abuse. It changes your views on yourself, life and people around you.”
- “It can be good for spreading knowledge and helping each other, but there’s pro ana social stuff and it’s awful for my health; it’s been helpful for support.” (*\*Pro Ana Social Sites are websites or forums that promote restrictive eating and excessive exercise and share photographs of extremely thin men and women with the aim of encouraging viewers to lose weight.*)
- “Like everything else, has amazing potential for good and bad – depends how you use it.”



## Section 3: Who came to #YHWBeingMe? Demographic Information:

25 young people attended the event. Everyone was asked to complete an equalities monitoring form at the end of the session. Some people chose not to complete every section.



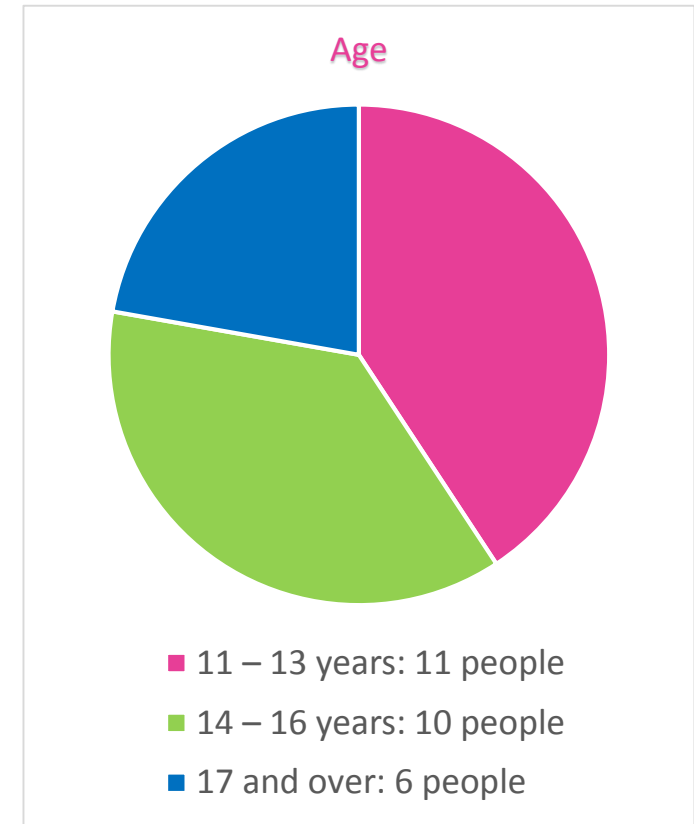
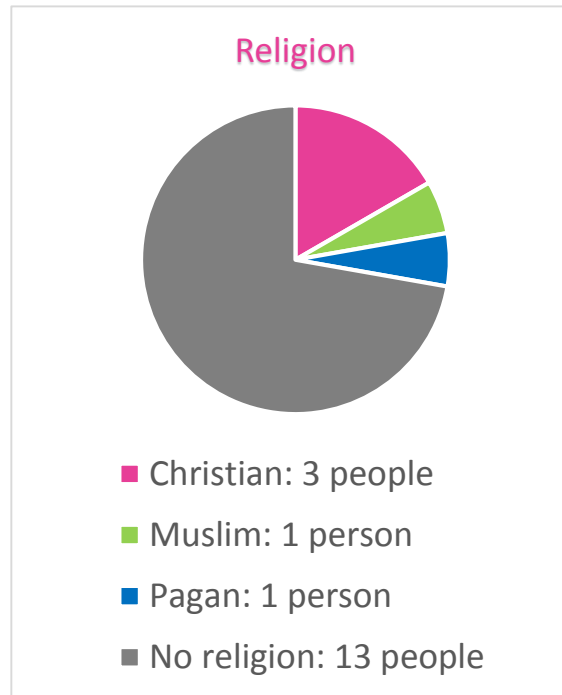
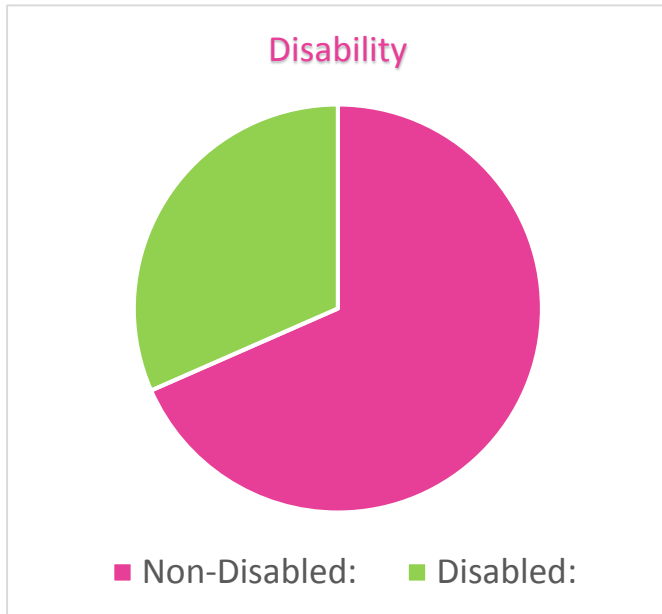


## Gender:

Although many boys booked places on the event, not all of them attended on the day. In future, Healthwatch will work to attend groups where boys are already meeting to hear their views. In previous engagement work, Healthwatch has been able to hear from boys and some of their feedback can be read in section 5.

## Disability:

Non-Disabled:	13 people
Visual Impairment:	2 people
Learning Disability:	1 person
Mental Illness:	1 person
Other Disability:	2 people



Disability: Healthwatch has received feedback from pupils, parents and teachers at Claremont School (a school for children with complex needs) that self-esteem is an issue for them. Healthwatch will be working with Claremont School and pupils in 2015 to hear more about what they need from health and social care services.

## Section 4: Our Main Message

### **Mental Health and Wellbeing Support for everyone:**

- Young People attending #YHWBeingMe wanted Healthwatch and society in general to focus on issues to do with self-esteem and mental health. This point is most clearly represented in Word Cloud One.
- Pressure from peers and the media, anxiety about school, exams and future career options and stigma and prejudice were identified as factors which affect emotional wellbeing and raise stress levels.
- There was a clear understanding among the attendees that physical and mental health are closely linked with each other. The ideas generated during the Healthy Living Workshops reveal that young people feel there needs to be more education about healthy eating and exercise and that this education needs to be provided not only to pupils in school, but also to families, through the media and in supermarkets or on the high street. There is also a focus on exercise and healthy eating being promoted as enjoyable and sociable activities that everyone, from children to adults to celebrities, can engage in.
- There was a call for attention to be moved away from a focus on diagnoses and labels for mental health illnesses or other health conditions, and for support to instead be given to everyone before a mental health illness develops or in the early stages of its development. This support should be available to all and should not be time limited.

Healthy-Eating  
**Mental-Health**  
Self-esteem



## Section 5: Previous Healthwatch Engagement Work which supports the findings of the #YHWBeingMe Event.

The feedback given by young people attending the #YHWBeingMe event echoes the feedback that young people have given Healthwatch during focus groups facilitated by Healthwatch during 2014. The #YHWBeingMe event was attended by young people aged 11-19 years of age, but Healthwatch had heard similar feedback from young people attending groups that cater for 16-25 year olds. The following reports are included in the appendices of this report as supporting material:

### Healthwatch and Kids Company

28.07.14: Kids Company Bristol provides a comprehensive package of care to exceptionally vulnerable young people. The Healthwatch report is based on the feedback given by approximately 40 young men and women who were between the ages of 19 and 25 years who attended the drop in. The main themes of the report are:

- **CAMHS is inaccessible to many young people**
- **A&E departments need to have more awareness of mental health needs and give people attending A&E support with their mental health**
- **Young People value the support offered by the Kids Co Drop In as they feel listened to**

### 1625 Independent People's Youth Forum.

28.08.14: 1625ip support young people (aged 16-25) who are at risk of becoming homeless or are already homeless. Healthwatch spoke to approximately 20 people and five 1625ip staff members attended the Youth Forum. Of the young people attending all but two attendees were male.

- **Health Professionals (including GPs and A&E staff) do not refer young people to mental health services and when referrals are made, the waiting times were too long.**
- **Looking past appearances:** staff should try to see the patient as a whole person and not judge them based on prejudice or stereotyping. Staff should also listen to the patient instead of basing decisions on physical test results alone.

## Section 6: What happens next?

### Healthwatch encourages young people to make a change themselves:

Based on the feedback given by young people at the #YHWBeingMe event and through focus groups and our other feedback mechanisms, Healthwatch has developed a volunteering project for young people.

#### **Volunteering opportunities for young people – Young Champions:**

Young People wishing to get involved with Healthwatch and have a say in the future of health and social care services, are invited to become Young Champions. In this role, they will be given training and support and can choose to take part in activities such as:

- **Young Champion:** Speak to your peers (at a youth group or in school) and tell them about Healthwatch and how they can get involved. Let Healthwatch know what your peers say about their experience of health and social care services.
- **Young Commentator:** Young people can blog for us about the #YHWBeingMe event or about a health and social care issue that is important to them.
- **Young Commissioner:** Young people can volunteer as a Young Commissioner with the CCG **Young People's Reference Group**. In this group they can have a direct impact on the recommissioning of Children's Community Health Services in Bristol, South Gloucestershire and North Somerset.

### Healthwatch develops projects for the future:

#### **Healthwatch Projects:**

1. **Our Stories and Being Me Sessions:** Healthwatch will continue to invite people of all ages to share with us their stories and experiences of using health and social care services. Healthwatch will work with young people, voluntary sector services, community groups and health and social care services to facilitate 'Our Stories and Being Me' sessions which will aim to:
  1. provide the opportunity for young people to share feedback and opinions about health and social care services and have their voice heard;

2. provide access to Wellbeing resources and ideas (such as the Resilience Lab online resource produced by Off the Record);
  3. empower young people to access services and be involved in making decisions about their care.
2. **Develop a Schools and Colleges Project:** Healthwatch will offer schools and colleges a two sessions programme to enable students to voice their opinions and experiences of health and social care services and issues and develop their awareness of wellbeing and build resilience. (Bristol and South Gloucestershire)
  3. **Work with voluntary sector organisations and community groups** to speak to more young people about their health and wellbeing through focus groups and workshop activities.
  4. **You Tube Video:** Work with First Born Creatives to produce and release a You Tube video based on the footage recorded at the #YHWBeingMe event and at other events. (Bristol and South Gloucestershire)
  5. Work with **Bristol Children's Hospital** to develop blogs and video stories about looking after your mental health and wellbeing whilst in hospital.
  6. **Future Events:** Have a follow up BeingMe event for children and young people with a disability or long term illness.
  7. **Share the findings within this report with:**
    - **Healthwatch Network of Networks**
    - **Bristol Young People Friendly**
    - **NHS Youth Forum**
    - **Resilience Lab:** Healthwatch to share the ideas given by young people for relaxation and happiness with Off the Record and their on-line Resilience Lab. Healthwatch to promote this report and Off the Record's Resilience Lab to all the young people

who attended the BeingMe event and other young people organisations.

- **Clinical Commissioning Group:** Healthwatch to write to Bristol, South Gloucestershire and North Somerset Clinical Commissioning Groups – who are currently recommissioning Children’s Community Health Services – to notify them of the findings in this report and recommend that they commission services that provide support to build resilience and wellbeing to all young people.

**8. Young Healthwatch Facebook Page:** Healthwatch will use its Young Healthwatch Facebook Page to share information about mental health, wellbeing and support services with its followers and promote, through example, a healthy way of using social media.

**9. In BANES,** Healthwatch and Bath Area Play Project are working together to speak to children and young people from across the district, including people that are accessing Voluntary and Community Sector services through the Children and Young People’s Network; younger residents from the rural parts of BANES, particularly the Somer and Chew Valleys, and those using services that will be involved with the recommissioning of Children’s Community Health.

**10. In Somerset,** Healthwatch works with Somerset Rural Youth Project to engage with and support young people. Their website is: <http://www.sryp.org.uk/>

## Section 7: What will you do differently?

Healthwatch hopes that the event held on 28 October 2014 will act as a catalyst for further work, by both ourselves and other organisations, with children and young people to promote health and happiness. Following the event, Healthwatch has already received comments from the young people in attendance about what they will do differently as a result of the day's activities. We invite you, as readers, to follow their example and make a pledge to look after your health or help others to do so. For some inspiration, have a look at what the young people who attended have said they'll do differently from now on....

“[I will] think more deeply about what we call ‘wellbeing’ and other phrases.”

“I will start getting involved with Rife.”

“[I will be more] open with food and talk about health.”

“[I’ll] keep listening.”

“Maybe join NHS University Hospital Bristol Youth Council.”



“Eat more healthy stuff.”

“I will start blogging about mental health.”

“[I will] look into more about obesity and healthy eating and perhaps look to encourage that as the Executive Officer at my sixth form.”

“I think I will be more healthy.”

“[I’ll start] making homemade smoothies.”



“[I’ll be] making different/ new foods.”

“I think our views will be heard.”

## Section 8: Contact Details for Healthwatch.

We want to hear from you about your experiences so that we can tell services your needs to create the best local services.

Whether you are a young person, parent, health and social care worker or teacher, we want to hear about your experience of GPs, hospitals, community services and social care.

- Do you agree with the findings in this report?
- Do you have your own ideas and opinions to add to the report?
- Would you like to make a pledge to take care of your own or someone else's wellbeing?

Please use the contact details given below to get in touch with us or go to our websites to find information about our Facebook, Twitter and text contact details.



### Bath and North East Somerset

**Telephone us:** 01225 232 401  
**Email us:** [info@healthwatchbathnes.co.uk](mailto:info@healthwatchbathnes.co.uk)  
**Visit our website:** [www.healthwatchbathnes.co.uk](http://www.healthwatchbathnes.co.uk)  
**Write to us:** Healthwatch Bath and North East Somerset, The Care Forum, The Vassall Centre, Gill Ave, Fishponds, Bristol, BS16 2QQ



### Bristol

**Telephone us:** 0117 2690400  
**Email us:** [info@healthwatchbristol.co.uk](mailto:info@healthwatchbristol.co.uk)  
**Visit our website:** [www.healthwatchbristol.co.uk](http://www.healthwatchbristol.co.uk)

**Write to us:** Healthwatch Bristol, The Care Forum, The Vassall Centre, Gill Ave, Fishponds, Bristol BS16 2QQ



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**Visit our website:** [www.healthwatchsomerset.co.uk](http://www.healthwatchsomerset.co.uk)  
**Write to us:** Healthwatch Somerset, Somerset Rural Youth Project, Unit 2 Suprema Estate, Edington, Bridgwater, TA7 9LF



**Telephone us:** 01454 543402  
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**Visit our website:** [www.healthwatchsouthglos.co.uk](http://www.healthwatchsouthglos.co.uk)  
**Write to us:** Healthwatch South Gloucestershire, The Care Forum, The Vassall Centre, Gill Ave, Fishponds, Bristol BS16 2QQ



## Appendix:

### Websites for organisations mentioned in this report:

Steen the Chef: <https://www.facebook.com/Steenthechef>

Juicy Blitz: <http://www.breadyouthproject.org.uk/juicy-blitz/>

Circomedia: <http://www.circomedia.com/>

A'n'K (Bristol): <http://www.ank.uk.com/>

REACH (South Gloucestershire): <http://www.southglos.gov.uk/health-and-social-care/children-and-family-care/reach/>

SHINE (BANES): <http://www.bathnes.gov.uk/services/public-health/public-health-strategies-and-policies#Managing>

RIFE Magazine: <http://www.rifemagazine.co.uk/>

Thank you to all the organisations who ran activities and offered support at the event. Healthwatch would also like to thank HITZ Rugby Bath, Time to Change, SEAP, Off the Record, 4YP and Arthritis Care for bringing information along to the event.

### Other Healthwatch Children and Young People Reports:

To read the Healthwatch Reports on engagement with Kids Co, 1625ip, St Mary Redcliffe and Temple School and Bristol Children's Hospital, please use the following link: <http://www.healthwatchbristol.co.uk/find-services/resources>