

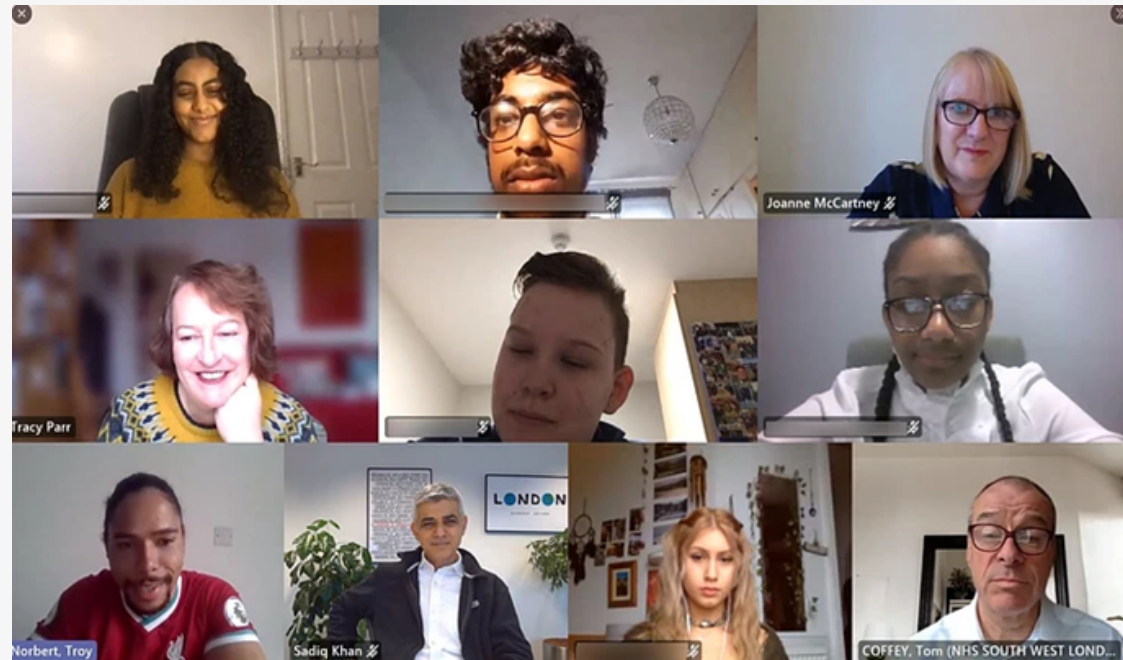
# CYP 5 WAYS & THE READING WELL LIST YOUTH PARTICIPATION SUMMARY

Partnership For Young London



# OUR MISSION

Improved wellbeing for young people in London



# OUR VALUES

London is a world where every young person's right to wellbeing is recognised and fulfilled

# CYP MH ENGAGEMENT SUMMARY

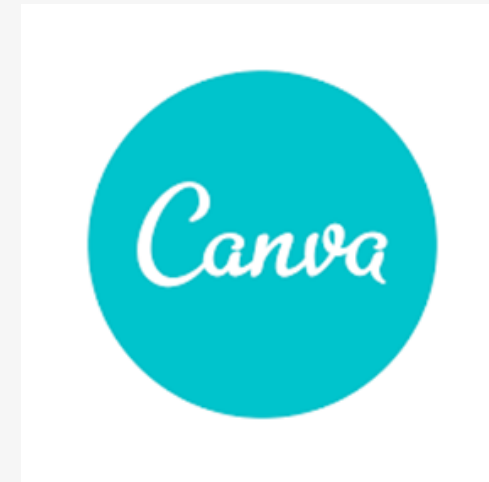
Engaged with **100+** young people

**40** big collaborations/events in 2021/22

**The drivers for young people to participate in the work we do?**

youth voice, collaboration and confidence

# SPECIAL THANKS TO



MAYOR OF LONDON



MHFA England



indie\_SAGE

Following the science

# DIGITAL HEALTH AMBASSADORS (DHA'S)



**What is the project about and?** Good Thinking, HLP and PYL collaborated to create the DHA programme, which was set up around 3 years ago to allow young people between the age of 13-25 to have their voices heard in making a difference to services in areas such as health, politics, education etc.

**What's your role in it?** Our team works to create opportunities for these young people, having meetings monthly with this group of young people, support these young people with any enquiries.

**What methods did we use to engage young people?** social media, newsletter, Yubo collab, website, case studies, focus groups.

**How were young people recruited for the team?** Filled out a DHA application and then had a 1-1 with the team.

**How we involve young people?** We have monthly meetings, sent out opportunities, invited to our board meetings eg- GT, user feedback, social media campaigns etc.

**How do we support them?** Applications eg- uni. CV support, peer research, emotional support, sign posting, reimbursement

**How do we retain young people on your projects?** continuous opportunities and developing their capacity

**What outcomes do we look at?** empowerment, signposting to trusted partners, confidence, end results of projects

# CYP 5 WAYS TO WELLBEING



**What is the project about?** This project involves working closely with Good Thinking on the 5 ways to wellbeing and how they can improve their mental health in line with their interests (Sport, Media, Faith & Community or Food)

**What methods did we use to engage young people?** Social Media (Mainly IG) and Youth Steering Group meetings

**How were young people recruited for the team?** Through self-referrals (i.e Email, WhatsApp)

**How we involve young people?** Feedback on initial stages of creating video/posters, and recruiting 5 DHAs to film one of the 5 wellbeing. E.g., One individual told us how they stay active through football/coaching.

**How we support them?** 1-1s, offer enough time to give feedback, allow creativity within idea sharing

**How do we retain young people on your projects?** Continue to offer any work around this project or other projects!

**What outcomes do we look at?** empowerment, signposting to trusted partners, confidence, social media skills







# THE READING WELL LIST

**What is the project about?** The Reading Agency are working with us and a group of 13-18 year old from England and Wales to create a new Reading Well list. Which is a selection of books around mental health conditions which young people can access for free.

**What methods did we use to recruit young people?** Existing partners, PYL's newsletter and email call out

**How we involve young people?** They are involved in the workshops for book selections, feedback for posters etc.

**How we support them?** Supporting them to feel that they can share their ideas openly, Supporting with representation eg- welsh and .

**How do we retain young people on your projects?** Goody bags, vouchers, continuous development and feedback

**What outcomes do we look at?** empowerment, developing a service, confidence



THANK  
YOU

