

Nottinghamshire Health & Wellbeing Board

Young People's Health Strategy Celebration Event

Monday 16th January 2016

Following a consultation event with young people in 2015, The Nottinghamshire Health and Wellbeing Board, in partnership with young people have developed a Young People's Health Strategy.

On Monday 16th January 2017 The Nottinghamshire Health and Wellbeing Board hosted an event to celebrate the success to date of the strategy. The strategy aims to address key issues highlighted by young people and focusses on the importance of young people's health and what we can do to improve it. Just over 75 people attended including young people from all over Nottinghamshire to celebrate the excellent work completed so far!

The event was hosted by Councillor Joyce Bosnjak on behalf of the Nottinghamshire Health & Wellbeing Board. She welcomed members of the public as well as representatives from the County Council, District Councils, Health Services, Nottinghamshire Healthwatch, Nottingham Trent University, CCG's, young people from Nottinghamshire, and other voluntary & private organisations with an interest in learning how they can get more involved in their roles as well as learn more about young people services.

The event began with an introduction by Councillor Bosnjak, followed by brief presentations from Public Health around the strategy, the launch of Health for Teens, the first Young People's Health & Wellbeing focussed website for Nottinghamshire and Kooth, an online counselling service for young people.



Councillor Bosnjak with some of the young people (including the youth mayor of Mansfield) from Nottinghamshire who attended

The presentations were followed by workshops to showcase the innovations in young people's health services. Attendees were split into five groups and allocated to the five workshops and throughout the session they rotated around to give them the opportunity to hear about some of the young people's services on offer as well as being given the opportunity to try the new website.



Workshop sessions held showcasing young people's innovative services

Workshop 1: Health for Teens

The event also saw the launch of Health for Teens, the first Young People's Health & Wellbeing focussed website for Nottinghamshire. Young people told us they need access to better online information with:

- high quality content that empowers them to engage with health services
- manage their health and wellbeing
- supports them to access to local health services

As a result a young people's health website for Nottinghamshire has been implemented. This will act as a portal, providing young people with simple information about health and wellbeing and clearly directing them to the most appropriate local services and sources of support.

The website also links young people to websites that contain more detailed information about specific health and wellbeing issues and enabling us to recommend websites that are accurate, quality assured and suitable for young people.

The website is independent to Nottinghamshire County Council (NCC) and NHS websites as young people told us this would be a barrier to their access and it also links to all appropriate NCC and partner webpages and will be widely promoted by the School Nurses and the new Schools Health Hub. Young people have been actively involved in developing the content and the workshop also provided the opportunity for young people and stakeholders to provide any comments/suggestions towards further improving the website as well as giving the opportunity to try out the website.



Workshop 2: ChatHealth

Diane Sheppard, community health nurse came to talk about ChatHealth – A New confidential school nurse texting service for young people in Nottinghamshire launched by Nottinghamshire Healthcare's School Nursing Service.

With more and more children and young people using hand held mobile devices in their daily lives, the ChatHealth, text service is an easy way for young people to confidentially ask for help about a range of issues, or make an appointment with a school nurse. They can also find out how to access other local services including emotional support or sexual health services. Young people have said they like using the messaging service because it is:

- Less embarrassing

- Quick and easy
- Anonymous
- Non-judgemental

The texting service covers all of Nottinghamshire for young people aged 11 – 19, with the aim of offering a relevant, accessible method of contact and a flexible way to provide support.

Young people can receive confidential advice on a wide range of issues such as bullying, emotional health and wellbeing, sexual health as well as illnesses. It allows young people to send messages to a dedicated number which is delivered to a secure website. Once there, texts are responded to by Nottinghamshire Healthcare’s School Nursing Team within one working day. The service is available on Monday to Friday 9.00 am – 4.00 pm excluding bank holidays. During out-of-hours, anyone who texts the service will receive an automated message with advice on where to get help if their question is urgent. The ‘ChatHealth’ number is 07507 329952.

The workshop was really positively received and the quiz asking attendees to translate the ‘slang terms’ used by young people certainly created a lively discussion.

Workshop 3: Kooth Online Counselling

A new children and young people’s online counselling service went live on 4th January 2017 provided by Kooth. The service is provided to children and young people aged between 11 and 25 who live in Nottinghamshire and Bassetlaw and is free and confidential with no referral required.

The service offers:

- A chat function to speak to a counsellor
- A messaging function to contact the service
- Pre-bookable sessions with a named counsellor
- Live discussion groups
- Online magazine
- Information, activities and self-care tools

The workshop talked further about what experience young would have when accessing the service as well as providing general information around additional support. The feedback was very positive and there was a real buzz of excitement about the service.



Workshop 4: C-Card & My Sexual Health

C-Card

Samantha Willis from Nottinghamshire County Council came to talk about The C-Card Scheme which is a free sexual health advice and condom service for young people aged 13-25.

It allows young people to get access to condoms, lubricants and ask any questions they have about sex, sexually transmitted infections (STI’s) and relationships with a trained C-Card Worker. The aim of the service is to reduce the rates of Teenage Pregnancy and Sexually Transmitted Infections through the provision of free condoms to young people in Nottinghamshire through the C-Card Scheme.

Currently there are:

- 211 Issue points
- 488 trained staff
- 7,578 young people aged 13-25 registered on the C-Card scheme
- Average of 2,000 active C-Card Users per year
- 59% of C-Card users are registered within a hot spot ward district

Samantha also provided web links for attendees to access for information or to see how they could further get involved. Web: www.nottscc.gov.uk/c-card & www.ccardnottinghamshire.co.uk

My Sexual Health

My Sexual Health provides free and confidential sexually transmitted infection (STI) screening and treatment, information and advice on sexual health matters and the full range of reversible contraception methods, including emergency contraception.

In April 2016, the provision STI and contraception services across mid-Nottinghamshire changed, in that all the previous Genitourinary Medicine (GUM) and Contraception and Sexual Health (CaSH) sites were combined to offer an integrated sexual health service called My Sexual Health. Mychelle Ward and Phil Eardley from the service talked about some of the details of the service as well as feeding back service user comments which have been extremely positive.

Workshop 5: ASSIST & Everyone Health

ASSIST (A Stop Smoking In School Trial)

Emily Clayton from Nottinghamshire County Council provided an overview of the ASSIST programme.

The ASSIST programme is a peer-led intervention aimed at promoting smoke-free behaviours among children aged 12-13 years. ASSIST combines a peer-led approach with the diffusion of innovation theory: it encourages the development and dissemination of new norms of smoking behaviour through the training of influential Year 8 students who work as peer supporters.

Peer supporters are trained and supported to have conversations with other year 8's about the risks of smoking and the benefits of being smoke-free. The ASSIST programme is estimated to prevent 20,000 young people from taking up smoking each year.

All year 8's are asked to fill in a questionnaire at the beginning of the programme, and by analysing the results of the questionnaire the training team will identify which year 8's are the most influential in the year group and we take 18% of them on to become peer supporters. The influential young people are required to fill out a diary of what conversations they have had. This valuable qualitative data has already allowed us to see some of the progress being made.

Everyone Health

Paul Mildenhall and Alex Julien from Everyone Health presented the workshop on ChangePoint Nottinghamshire- an evidence based lifestyle weight management programme designed to help you manage your weight and live a healthier life.

ChangePoint helps you taking control of your own health and wellbeing. The team of clinical experts: Nutritionists, Dietitians, and Physical Activity Specialists help to dispel myths and fads in the health, fitness and food industry to enable healthy management in weight.

The approach is drawn from years of academic knowledge, research and only uses the most up to date information out there to bring an effective, friendly weight management programme.

Delivered by Everyone Health, funded by Nottinghamshire County Council, and supported by other partners, ChangePoint is helping to improve the health and wellbeing of local communities.

There is a website available which allows individuals to choose what type of changes they would like to make, and find events, activities and services near them. As well as using this website, there are friendly Health Coaches people can talk to over the phone or in person.

- [Adult Weight Management](#)
- [Weight Management for My Child](#)
- [Weight Management Before and After Pregnancy](#)
- [Wellbeing At Work](#)

Web: www.everyonehealth.co.uk **Facebook:** www.facebook.com/Everyone_Health

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

Feedback & Pledges

- At the end of each workshop attendees were given the opportunity to make notes of any suggestions, comments or questions based on the things they had heard or seen from the event.
- They were also asked to make a pledge of how they can make a difference and/or something they can contribute based on the things they had seen and heard from the event. These were then collated and fed back.
- The event overall was extremely well received and the evaluation feedback supported how interesting and relevant attendees found it.
- All attendees were also sent out an 'electronic pack' after the event including details of the presentations and workshop contents.

Additional Information

All presentations and supporting information are available on request. Please email Tina Bhundia below if you would like to receive any of these.

If you have any questions or comments regarding the event or the Young People's Health Strategy please contact:

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