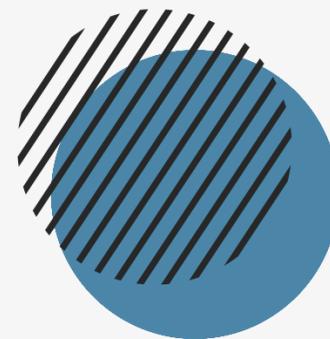


# CYP 5 WAYS & THE READING WELL LIST

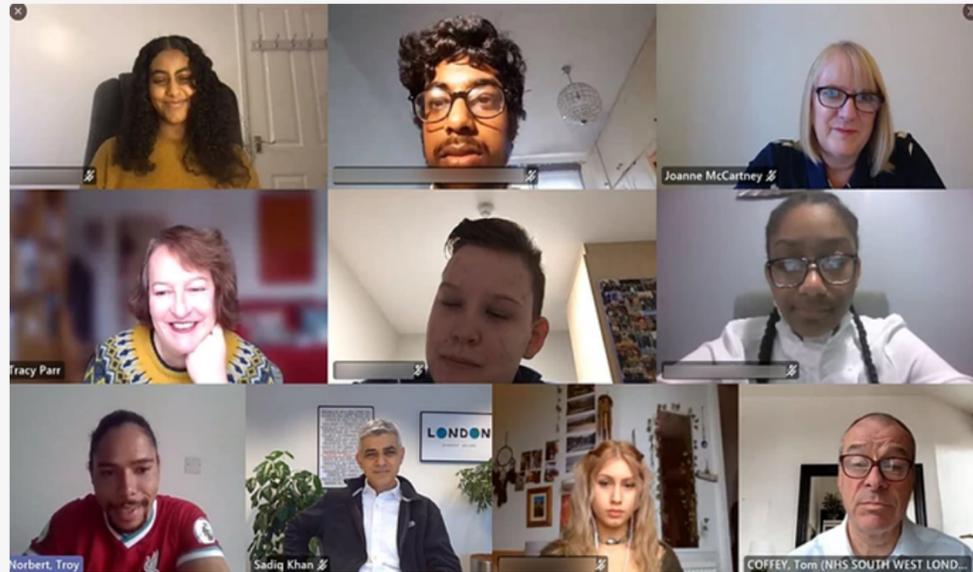
## YOUTH PARTICIPATION SUMMARY

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



# 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

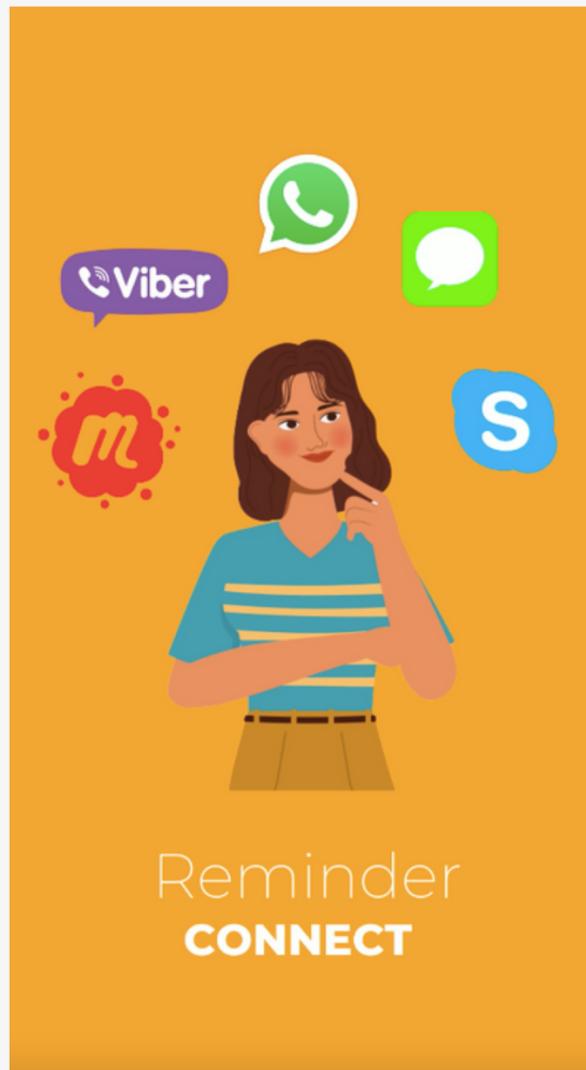
**How were young people recruited for the team?** Through self-referrals (i.e Email, WhatsApp)

**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



### 5 Ways to Wellbeing

This is one of five posters and contains just some of the ways to wellbeing suggested by the Good Thinking team and its Digital Health Ambassadors (aged 15 to 24). You can find free wellbeing apps and other resources for young people at [www.goodthinking.uk](http://www.goodthinking.uk)

1. Connect  
2. Active  
3. Learn  
4. Give  
5. Self-care

**2**

**Move**  
Doing active is important for your physical and mental health – it releases endorphins that help to put you in a good mood!

- Sport**
  - Take part in your local Parkrun or visit an outdoor gym
  - Do a Joe Wicks workout at home
  - Sign up for a GoMammoth friendly league
  - Challenge your friends to a 'most steps per day' competition
- Media & Technology**
  - Get motivated with the Couch to 5k app
  - Find an online game that encourages you to be active
  - Use a fitness app to track your activities
- Faith & Community**
  - Run errands for a neighbour or friend
  - Do a sponsored run, walk or bike ride for a local charity
- Food**
  - Have a go at making some bread (kneading is a great workout!)
  - Walk around one of London's food markets

**\* Top tip \***  
Every little thing makes a difference – try standing or walking on the spot for a few minutes whilst gaming or watching a movie!

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**5**

**Focus**  
Being present and taking time for self-care is really important in the busy world we live in

- Sport**
  - Do an online yoga or meditation class
  - Go for a bike ride with a friend
  - If you're very active, make sure you get enough sleep
- Media & Technology**
  - Watch your favourite TV series or listen to a podcast
  - Make a self-care music playlist and chill out listening to it
  - Have a go at meditation by using an app
  - Enjoy your time gaming – don't always focus on the end result
- Faith & Community**
  - Visit your place of worship outside of hours and use it as a time to reflect
  - Go for a walk around your neighborhood and look for things you haven't seen before
- Food**
  - Eat food that makes you feel good – use lots of fresh fruit and vegetables in your cooking
  - Stay hydrated
  - Explore your local cafes and restaurants
  - Avoid distractions when you're eating

**\* Top tip \***  
A night in is no bad thing – light some candles, get a face mask on and enjoy your favourite movie!

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**3**

**Learn**  
Have new experiences, challenge yourself and gain new skills – you'll have fun, boost your confidence and improve your CV!

- Sport**
  - Try a new sport or gym class
  - Coach a junior team
  - Take a new running route
- Media & Technology**
  - Watch your favourite movie in a different language with subtitles
  - Listen to a new genre of music
  - Take part in a (safe) TikTok challenge
  - Give a new style of game a go
- Faith & Community**
  - Read up on other religions
  - Have a conversation with someone of a different faith
  - Learn another language through a community group or an app
- Food**
  - Cook a new recipe
  - Challenge yourself to try different types of food
  - Learn about food traditions from other countries

**\* Top tip \***  
Everyone can learn something new every day – why not keep a note of the things you learn so you can keep track of your achievement?

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**1**

**Connect**  
Staying in touch with friends and relatives enables you to share positive experiences and support each other

- Sport**
  - Watch your favourite team with other fans
  - Join a supporters club or online forum
- Media & Technology**
  - Go to the cinema with some friends
  - Use Teleparty to watch TV together online
  - Meet new people via Twitch
  - Share a Spotify playlist with your friends
- Faith & Community**
  - Attend a service at your local place of worship
  - Talk to friends and family about their faith
  - Get involved with a local community group
- Food**
  - Get together for a takeaway
  - Host a 'Come Dine with Me' evening
  - Share your cooking or baking creations on social media

**\* Top tip \***  
Always follow online safety guidelines. If you're meeting people on a social platform or gaming app

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5. Self-care

**4**

**Give**  
Helping others can give you a sense of purpose and achievement as well as being a chance to meet new people

- Sport**
  - Volunteer at your local sports club
  - Get involved with Parkrun, GoodGym or a similar organisation
- Media & Technology**
  - Share your knowledge of art, music or tech with others
  - Sign up for a fundraising event and promote it on social media
  - Host a charity stream when gaming
- Faith & Community**
  - Volunteer at your local place of worship, youth council or youth group
  - Raise money for a local faith/ community organisation
  - Show kindness every day (e.g. hold doors open, say thank you)
- Food**
  - Volunteer at your local food bank
  - Donate to the charity food collection at your local supermarket

**\* Top tip \***  
You can find volunteering opportunities and information about youth groups near you on your local council's website!





# 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

