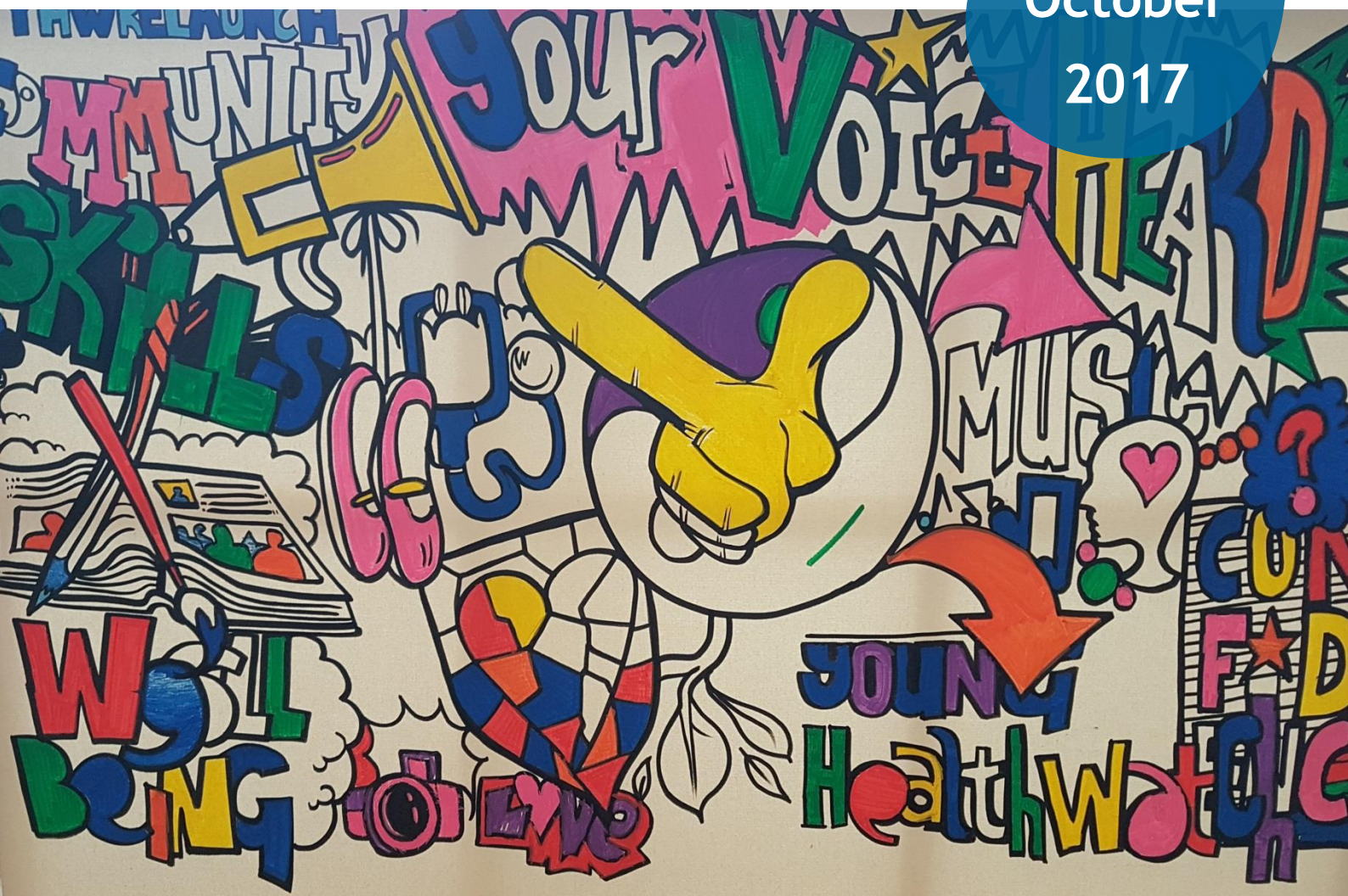


# Young Healthwatch Northamptonshire Relaunch

A Young Healthwatch report

October  
2017





---

# Summary

*In October 2017 Young Healthwatch Northamptonshire held a relaunch to spread the message about Young Healthwatch Northamptonshire, what we do and to encourage more people to join. We also wanted to discover the current key issues important to young people locally. We gained funding from the East Midlands Academic Health Science Network (Award for Patient and Public Involvement Groups in the East Midlands) and Northampton Leisure Trust to put on the event and continue with Young Healthwatch.*

*This report about the day has been written by the core Young Healthwatch Northamptonshire team.*

---



We had our first planning meeting on 11th August where we were introduced to the idea of the Young Healthwatch event. In that meeting the core team was created which included Tanzi, Moriam, Darcie, Anya and Maddie. We had a meeting every two weeks until the event. In our first meeting we discussed the layout of the event and what we wanted from the event, including the event name.

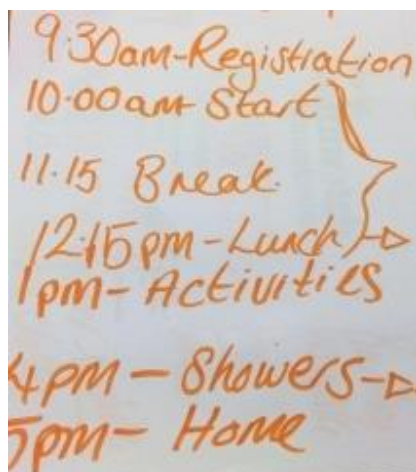
#YHWReLaunch

24<sup>TH</sup> October  
2017



We decided to name the event ‘Young Healthwatch Relaunch’. We felt that it kept it simple and felt other young people could see it as an opportunity to join something new rather than something that had already been established. They could be part of the new image of Young Healthwatch and help create and shape it. The hope was this would give young people the opportunity to voice their opinions and create change, which is what Young Healthwatch is about.





We did a brief outline of the agenda for the day and we reviewed the details and considered a potential key speaker. We set up a WhatsApp group so we could decide the plan of action, share ideas and requirements before each meeting.



We all created our own info-graphics about the event so they could be shared on social media. We discussed the best way to advertise the event to young people.



We determined that creating new social media accounts for Young Healthwatch on Instagram and Snapchat (Facebook and Twitter are already up and running) would be the most accessible to young people.



We decided on the Nene Whitewater Centre in Northampton ([www.nenewhitewatercentre.co.uk](http://www.nenewhitewatercentre.co.uk)) as our venue as that would be suited to all needs as they have good disabled access and we could take part in an activity without having to move location. We knew that the activities that we wanted to do at the Whitewater Centre had to encourage team working and confidence building.

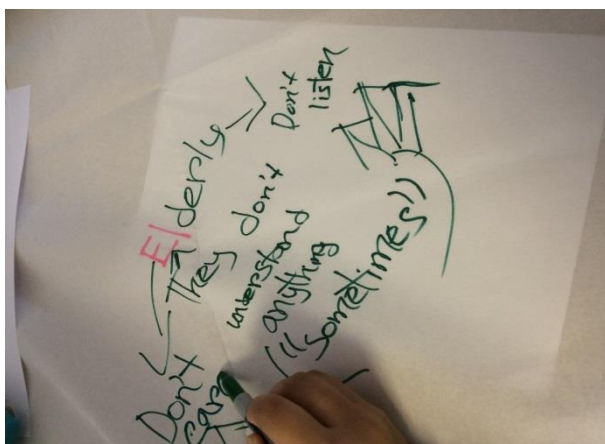


We wanted the young people that attended to feel really involved in the day and make sure that their voice was heard. To do this we put white tablecloths and pens on the table so everyone could write down their thoughts and ideas throughout the day to make it more engaging. We added sweets on the tables because we wanted it to be really interactive.

On the day of the relaunch we all arrived early to the venue to decorate. We went through the agenda of the day and ensured that the goodie bags that the young people would receive at the end were filled with the correct items. The goody bags were given to us by Igus, a local manufacturing company ([www.igus.co.uk](http://www.igus.co.uk)). Some of the items in them were given to us by Northampton Leisure Trust ([www.trilogyleisure.co.uk](http://www.trilogyleisure.co.uk)).



We started the event by welcoming everyone and introducing the core team. We had prepared a PowerPoint presentation which explained what Young Healthwatch is and why each of us joined it. We had made videos of our personal journey and what Young Healthwatch has done for us.



We asked the young people on the day what health and social care issues were important to them and what skills they wanted to gain from being part of Young Healthwatch. We found self-esteem, anxiety and dealing with stress were the main issues facing the young people and their friends and peers.



We discovered one of the key skills young people on the day wanted to gain was confidence and public speaking. These issues and skills will be something to focus on in the future and will form the basis for future projects and training.

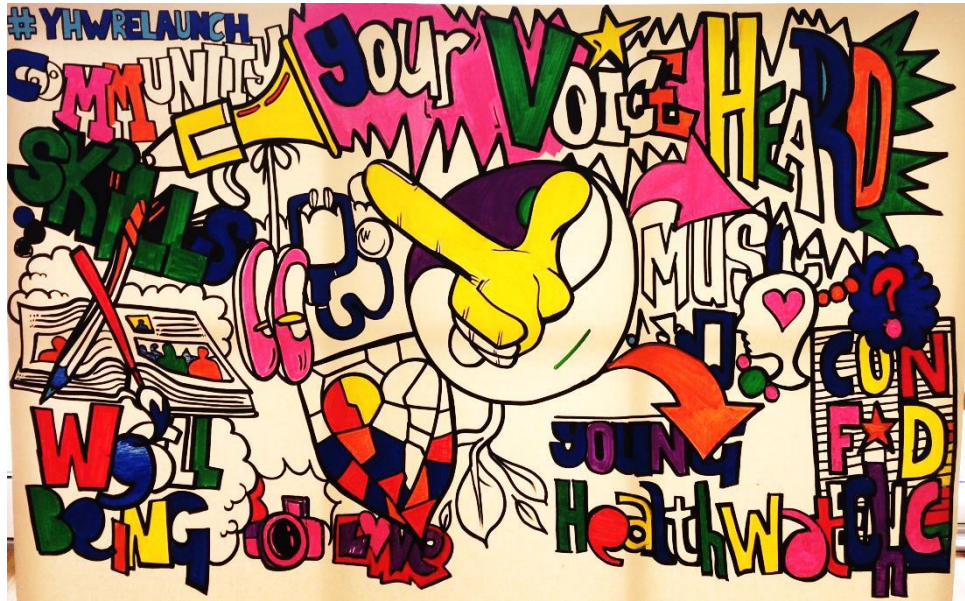


The reason why we chose Lemon Pop Academy ([www.lemonpopacademy.com](http://www.lemonpopacademy.com)) as our guest speaker is because it would be really interactive for all the young people on the day and everyone could take part. This could give young people on the day the opportunity to be part of a Young Healthwatch project, as the canvas from the day can be used again and added to.



Marvin (from Lemon Pop Academy) asked everyone to draw their ideas, he talked to everyone who attended the event and got to know them and the story behind their drawings. A big canvas was then created based on everyone's drawings. We all got to colour in the canvas in vibrant paint pens.





During lunch everyone had the chance to get to know each other better, it was a very warm friendly atmosphere. Although the room was filled with different age ranges we all had something in common.



In the afternoon we were separated into two groups where we developed team building skills, the activities ranged from physical to intellectual skills. This meant that everyone got a chance to have their input and use skills that they had. We worked well as a team until the last task where we struggled to solve it. The main issue was that no one was listening to each other anymore and in order to solve the task we all had to work together.



Once we had demonstrated our team building skills we went outside and gathered our resources to build our rafts. The rafts seemed very difficult to build, however once we all started it was very straightforward and we all had a sense of achievement as the final product was ready. Getting on the raft in the water was the scariest part of the day for some of us.



The two groups were very different once they got in the water. One group got the hang of manoeuvring the raft, they also managed to do all the set tasks given to them without falling in the water. The other team fell in the water and struggled to complete the tasks given to them.



The event was a fun and interactive day. We got to meet new people and created a bond with them which will help us in the future when working with them on future Young Healthwatch projects.

All the feedback we received on the day was positive and everyone that attended joined Young Healthwatch Northamptonshire. The feedback form and feedback received are attached in Appendix 1 and Appendix 2.



# Next steps for Young Healthwatch Northamptonshire

Young Healthwatch Northamptonshire now plans to meet every six weeks. In these meetings we will respond to local consultations, give feedback to local and national commissioners and service providers and make sure that young people in Northamptonshire have a say on services that they use.

We now have a core group of young people that we will work with and look to recruit more.

We are always open to new members to join our core group and if you would like to be involved then please contact:

0300 002 0010

[enquiries@healthwatchnorthamptonshire.co.uk](mailto:enquiries@healthwatchnorthamptonshire.co.uk)

## Acknowledgements

Healthwatch Northamptonshire would like to thank ...

- East Midlands Academic Health Science Network - [emahsn.org.uk](http://emahsn.org.uk)
- Northampton Leisure Trust - [www.trilogyleisure.co.uk](http://www.trilogyleisure.co.uk)
- Lemon Pop Academy - [www.lemonpopacademy.com](http://www.lemonpopacademy.com)
- Nene Whitewater Centre - [www.nenewhitewatercentre.co.uk](http://www.nenewhitewatercentre.co.uk)
- Iqus - [www.igus.co.uk](http://www.igus.co.uk)







---

# About Healthwatch Northamptonshire

Healthwatch Northamptonshire is the local independent consumer champion for health and social care. We are part of a national network of local Healthwatch organisations. Our central role is to be a voice for local people to influence better health and wellbeing and improve the quality of services to meet people's needs. This involves us visiting local services and talking to people about their views and experiences. We share our reports with the NHS and social care, and the Care Quality Commission (CQC) (the inspector and regulator for health and social care), with recommendations for improvement, where required.

Our rights and responsibilities include:

- We have the power to monitor (known as “Enter and View”) health and social care services (with one or two exceptions). Our primary purpose is to find out what patients, service users, carers and the wider public think of health and social care.
- We report our findings of local views and experiences to health and social care decision makers and make the case for improved services where we find there is a need for improvement
- We strive to be a strong and powerful voice for local people, to influence how services are planned, organised and delivered.
- We aim to be an effective voice rooted in the community. To be that voice, we find out what local people think about health and social care. We research patient, user and carer opinions using lots of different ways of finding out views and experiences. We do this to give local people a voice. We provide information and advice about health and social care services.
- Where we do not feel the views and voices of Healthwatch Northamptonshire and the people who we strive to speak on behalf of, are being heard, we have the option to escalate our concerns and report our evidence to national organisations including Healthwatch England, NHS England and the Care Quality Commission.



# Appendix 1 - Feedback form



Anything else you would like to tell us about today?

Would you like to join Young Healthwatch?

Yes

No

Name:

Email:

Phone number:



---

# Appendix 2 - Feedback from the day

## What worked well?

Well organised.

Very organised.

Lemon Pop, Marvin. Very engaging.

Lemon Pop Academy.

I liked Marvin.

Marvin was cool and I liked the art aspect.

Marvin.

Drawing with the man. Everyone has worked well as a team.

The team work canvas. We all engaged and worked well to colour in the canvas in a civil manner.

The art, everyone enjoyed it. Everything really, it was really fun. Wish I could come here every day.

It was a really good day, I really enjoyed Lemon pop.

Lots of activities.

Working with different people.

I liked the variety of people!

The teamwork.

Communication between tables.

It was really fun and a great sense of achievement after building and using our rafts.

The fun activity - Rafting.

The water rafting.

Rafting.

There wasn't much listening to do (which is a good thing). The instructors were pretty cool as well. The food was brill.





---

## What did not work well?

Stay on the raft, nothing else.

The first time we fell in the water.

Technology.

Indoor team building.

The blue mat task, everyone was just too stressed, maybe if we had a break before that.

Some of the activities, e.g. the blue mat.

Ran out of squash at the end.

Nothing, it was all very fun!

## Anything else you would like to tell us about today?

I didn't want to do it at first, then they said to get in a wetsuit. I thought it looked really fun so I did it. I had so much fun (I fell in twice)

Fun day, worthwhile.

Just it was brilliant everything. Don't change anything.

The people were nice and friendly and got you joined into everything.

I enjoyed talking to others, communication and Lemon Pop.

Marvin (the Lemon Pop guy), was very engaging and fun. The Graffiti wall was super fun and included all ages. The raft building was really fun. The indoor team building was ok, I would have preferred to colour the canvas.

Make the water activities longer or try different water activities.

We should carry on finishing the Lemon Pop Academy work.

It was very fun and a fun day, very happy to take part.

I loved rafting and I jumped in the water.

**All young people said they would like to join Young Healthwatch.**



# Contact us

Address: Healthwatch Northamptonshire  
3<sup>rd</sup> Floor, Lakeside House  
The Lakes, Bedford Road  
Northampton  
NN4 7HD

Phone number: 0300 002 0010

Text message: 07951 419331



Email: [enquiries@healthwatchnorthamptonshire.co.uk](mailto:enquiries@healthwatchnorthamptonshire.co.uk)

Website: [www.healthwatchnorthamptonshire.co.uk](http://www.healthwatchnorthamptonshire.co.uk)

Facebook: [www.facebook.com/Healthwatchnorthamptonshire](http://www.facebook.com/Healthwatchnorthamptonshire)

Twitter: [twitter.com/HWatchNorthants](https://twitter.com/HWatchNorthants)

We confirm that we are using the Healthwatch Trademark (which covers the logo and Healthwatch brand) when undertaking work on our statutory activities as covered by the licence agreement.

If you require this report in an alternative format please contact us at the address above.

© Copyright Healthwatch Northamptonshire 2017

