

Want to know more or need help with a Public Health issue?

Please contact a Youth Health Champion in your school - see list below

Your School's Youth Health Champions

- Harriet Williams - Hampton College
- Hashim Mahmood - Jack Hunt School
- Iqra Khalid - Jack Hunt School
- Khadija Painda - Jack Hunt School
- Jenna Burns - Ken Stimpson Community School
- Fatima Painda - Peterborough Regional College
- Heather Ridgway - Stanground Academy
- Karl Caleco - St John Fisher School
- Sian Barnes - St Peter's School
- Andrew Leech - The King's School
- Heather Page - The King's School
- Faseeha Abid - The Peterborough School
- Imogen Pope - The Peterborough School
- Goda Zerlauskaitė - The Voyager Academy
- Kajal Karki - The Voyager Academy
- Lucy Mitson - The Voyager Academy

Welcome to our first ever Youth Health Champion newsletter covering health related activities in and around secondary schools lead by Public Health team based at Peterborough City Council. The team is based at Bayard Place and delivers a range of activities to improve the health and wellbeing of our city. This newsletter focuses on young people's lifestyle issues and opportunities available for them to adopt healthier ways to look after themselves...



Youth Health Champions (YHCs) work with young people in their school, academy or community by providing help and support while encouraging healthier lifestyles. YHCs can work towards the RSPH Level 2 Understanding Health Improvement course and can also explore personal areas of interest through different courses. YHCs become involved in many different areas of health, including diet, exercise, smoking, alcohol and mental health. The scheme begins to help students from Year 7. Many YHCs become involved through school, while others come from different routes. It provides a unique, exciting and important service for young people. This first quarterly edition of the Youth Health Champions newsletter aims to showcase some of the activities and achievements that YHCs have been involved in. I have been a YHC since 2013 and very proud to be the editor of this first edition. We hope to publish the newsletter every three months to keep you up to date with developments in the YHC programme with new and exciting stories.

Smoking Is Burning A Hole In Young People's Pockets - So We're Busting Common Myths!



MYTH # 1 - Smoking improves my mood/reduces stress.

Smokers tend to have higher stress levels than non smokers, as nicotine receptors in the brain make you want another cigarette. If the craving is not satisfied, you get stressed as withdrawal symptoms set in. Your stress levels are only reduced to 'normal' when you have another cigarette. Studies have shown young people who smoke are four times more likely to experience depression than those who don't.

MYTH # 2 - If I smoke only a few cigarettes a day, that's ok.

Smoking isn't safe, even if it's only one or two a day. Every cigarette contains 1 to 2 milligrams of nicotine, which reaches your brain seconds after you inhale. Immediately after your first puff you will have increased breathing, heart rate and blood pressure.

MYTH # 3 - Smoking is cool and sexy.

There's nothing very cool or sexy about having bad breath, yellow teeth, smelly hair, stained fingers and having wrinkles in your 20's. Moreover, studies have shown men who smoke are more likely to be impotent than those who do not. In one poll, 86% of teenagers said they'd rather date a non smoker.

Smoke is burning a hole in young people's pockets. So we're busting common myths! Join us for a 28 day Smokefree challenge by signing up with Stoptober.

www.stoptober.smokefree.nhs.uk or [@stoptober](https://twitter.com/stoptober)



Get In Contact



If you believe you have the desire to help others and an interest in learning about health through the Youth Health Champion scheme, please contact Abid Hussain on 01733 207186

Operation Smoke Storm at London and Suffolk

12 YHCs from Stanground Academy, Ken Stimpson School and St Peters School in Huntingdon presented Operation Smoke Storm poetry and their individual reflections on being involved in YHC project at the RPSH Arts, Wellbeing and Health conference in Portland Place, London on 4th June.



Jenna Burns from Ken Stimpson school

The feedback from delegates included comments like: *Congratulations to all the Young People for their excellent contribution and their*

visit to this establishment will stay with them for the rest of their lives. (Dr Liz Aylett – Clinical Lead Betsi Calwalder University WALES).

We were all so delighted with your session and so impressed with the performances! Such a good example of the arts working to support 'health education' - (Dr Stephen Clift – Chairman, RSPH Conference London)

All of the performances were moving but the one that really took everyone's breath away was the quiet young man who walked to the front and began to sing so beautifully - not a dry eye in the house and such obvious conviction in his singing. (Laura Waters – Arts Programme manager Derby Hospital).

Young people finished their performances with standing ovation! Following their success, they were invited to attend annual NHS



The young people with Breda Watson from Health Education East of England,

Health Education East of England Workforce Development day in Suffolk on 15th July, with even more impressive views and comments. A HUGE credit to participating schools and academies and accompanying staff.

Breda Watson added her comments saying; *A pretty daunting environment for any experienced presenter! Following presentations from some very senior and influential people in the field of Arts, Health and Wellbeing...your YHC's stole the show. Their performances were great but the message they put across hit the nail on the head.*

Young Health Ambassadors Forum Cambridge

The Young Health Ambassadors Forum brings together young people from organisations such as Healthwatch, Cambridgeshire Clinical Groups, Citizen Advice Bureau and HEEoE, as well as linking into schools and YHCs.

The forum provides a voice for children and young people in the East of England. This group feeds into the work projects that the Strategic Clinical Networks are undertaking. There is a different learning focus for each meeting. Past learning has been on mental health, drugs & alcohol awareness, safeguarding training, first aid and domestic violence. Members are now trained in first aid and level 2 safeguarding.

Youth Health Champions, have been an integral part of this forum and their input is always invaluable in shaping some of the primary care services provided by NHS to our young people. We are very grateful to them and hope to develop this partnership even further in coming months and years.



Videoscribe by Jennifer Hodges, Signposting and Information Officer, Healthwatch Peterborough

The innovative Youth Health Champion programme, with its enthusiastic and dedicated YHCs, has worked closely with Healthwatch Peterborough for over a year now, offering invaluable insight to the local young person's perspective on health and health services.

These inspiring young people have allowed our youth engagement work streams to flourish into significant outcomes. For example, the Mental Health Awareness Videoscribe has now had over 700 views on YouTube and has been adopted by all Peterborough secondary schools. The YHCs played an important role in the design and development of this video by ensuring that the language and animations used were age appropriate and the overall message was clear. Two of the Youth Health Champions were even kind enough to narrate the video!

Due to the popularity and success of this initial video, Healthwatch Peterborough are again working collaboratively with the champions on further videoscribes addressing issues such as the Eatwell Plate and Primary Care Services. It has been a pleasure to work with such a proactive group of young people who are dedicated to improving not only their own but others health and wellbeing and I hope to continue working collaboratively with current and future champions.

First Aid by NHS St John's Ambulance Trust

On 17th April, seven youth health champions from four different academies joined the Public Health team at Peterborough City Council to attend the first ever First Aid course. This course is one of many courses arranged and paid for by the Peterborough Public Health team, as part of the YHC volunteer development pathway. The course was delivered by St John's Ambulance Trust, covering two separate First Aid qualifications: General First Aid and Sports First Aid, which are both valid for 3 years.



Tea, coffee and a balanced healthy lunch was of course on the cards as key ingredient to keep the young people's full attention to get through a very demanding and intensive full day. The young people's views are highlighted in the comments below:

Fatima Painda said "A huge thank you for providing such a great opportunity! It not only gave us lifesaving knowledge and skills but enabled us to help our loved ones and those in desperate need in an emergency when they need us most. My personal thanks to YHC team for their ongoing support and guidance to develop all YHCs. Thank you!"

Lauren Killick said "It has increased my confidence with first aid because I used to be very nervous about these particular events occurring but now I

am sure I will be able to help safely."

Heather Ridgway said "The course was amazing! All the public health team and other YHCs were really nice and made the course fun. I found out about some of the latest first aid tips, of which I wasn't already aware. The lunch was delicious!" **Jade Jordan said** "It expanded my knowledge so I feel like I can now help someone if needed. Thank you for this life changing opportunity."

Goda Zerlauskaite said "I can't believe how much I have learned in a day! It has made me feel more confident. Thank you for loads of hands on practice and the impressive number of manikins. I really enjoyed the course thank you!"



Goda, Lucy, Jade and Lauren with their certificates

Sian Barnes said "This course made me so much more confident doing first aid, especially resuscitation."

Lucy Mitson said "I learnt a lot from a simple sling to performing CPR-thank you for very comfortable and happy environment with PH staff and St John's trainer who were all great and I had a great time and learnt a lot from this invaluable course. Thank you again."

Hopefully more YHCs will be able to have this fantastic opportunity in the near future.

MoreLife Holiday Club

Six YHCs helped, from Monday 11th to Friday 15th August, with the free week long MoreLife Holiday Club at Stanground Sports Centre. The club is for young people who are above a healthy weight. The young people can make new friends and have lots of fun, whilst learning about being healthy, and taking part in lots of exciting activities and team games. Each day there were two physical activities, an art & craft creation and two lifestyle sessions. The physical activity included swimming, basketball, dodgeball and rounders, with dodgeball being the young peoples' favourite. The arts & craft included creating a healthy breakfast and an eatwell plate.



The lifestyle sessions ranged from understanding food labels to thinking about the amount of our time spent in front of screens. The young people had to provide their own packed lunch, so the staff and volunteers could help them to understand how they could make their normal lunch more healthy. The lunches definitely improved from crisps at the beginning of the week to more fruit and salad towards the end! One of the best lifestyle sessions was 'What's in my drink?', which surprised both the young people and the volunteers, when we learnt that there are about 56 teaspoons of sugar in a two liters bottle of coca cola. As volunteers, we can all say we learnt something new during the week, as we're sure the children did. It was fantastic seeing the children being happy and active. We all wish the young people well and hope they continue their new and improved healthy lifestyle and achieve success.

YHC Evaluation

Rod Grant is currently supporting the Youth Health Champion programme evaluation, to understand the benefits that the programme gives and influence future funding. On 22nd July Rod led a focus group with seven YHCs, where he listened to our opinions and experiences.



It was good to hear that, as young people, our views were sought after. It was clear that the programme gives the young people many unique opportunities, ranging from studying RSPH Level 2 courses to going to London to present poetry. Also it's clear that our work affects our friends and other young people, through helping them to reduce or even stop smoking, for example. 2nd focus group took place on 17th August with a different group of young people from St Peters, St John Fisher, Jack Hunt and King's school students. Thank you Abid and the public health team for all your hard work and we hope the result of the evaluation reflects this!

Everyone had a different route into the YHC programme. Most became involved through school, but a few discovered the programme through alternative paths, such as career's fair or contacting Public Health independently.

The resounding conclusion was that Abid is an exceptional leader and is paramount in the success of the programme because he really understands and appreciates the young people, in a way that many adults do not.

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Youth Health Movement National Link with YHC project

The Royal Society for Public Health (RSPH) is leading the national Youth Health Movement, a network of Youth Health Champion programmes.



Abid and his team of Youth Health Champions have been an active and innovative part of the programme and their activities and videos are used as examples of good practice in the RSPH training programmes. To see them in action on our new website, please follow the link www.youthhealthmovement.org.uk/ Alix Sheppard Youth Health Programme Advisor, Royal Society for Public Health.



Other Activities by Heather Page

Over the past three months, YHCs have been involved in many different activities, with many RSPH course successes:

- Three YHCs represented the YHC programme at the Sir Harry Smith Community College careers fair, engaging with students from Year 7 to Year 13 and the teachers.
- 78 GCSE students at Ken Stimpson Community School passed their RSPH Level 2 course, with 20 expressing an interest in becoming active YHCs.
- 20 A level students at Neale Wade Academy in March also passed the course, with 15 expressing an interest,
- The YHC induction took place with the first NCS cohort, with 15 students from St John Fisher School and Jack Hunt School signed up for RSPH Level 2 courses, leading the way to becoming YHCs.

Further information:

www.peterborougheducationnetwork.co.uk

www.peterborough.gov.uk/healthcare/public-health/youth-health-champions/

Youth Health Champions #YHCAbid



Do you have any ideas or can think of any ways to improve the YHC?

NEXT EDITION IN DECEMBER WILL INCLUDE:

STOPTOBER
STEP INTO THE NHS DAY
YHC QUALIFICATION (THREE FULL DAYS OR 38 HOURS)
YOUNG PEOPLE'S FORUM
YHC INTERVIEW & MUCH MORE!