

FEELING GOOD WEEK 2016

What is Feeling Good Week?

£10,000 is put aside for Feeling Good Week. Then, young people and organisations such as schools and youth projects can apply for an amount of the money (to a maximum of £500 per bid). The money has to go towards a project to improve health, physical health or general wellbeing for children and young people and must run during Feeling Good Week between 8th - 12th February.

This year Feeling Good Week 2016 was taken over by young people in Hertfordshire! Healthwatch Hertfordshire's Youth Health Ambassador, Frankie Walsh was asked to redesign the Feeling Good Week application process with young people. In previous years, no young people had applied for a cut of the money provided by East and North Herts Clinical Commissioning Group, Herts Valleys Clinical Commissioning Group and Hertfordshire County Council. This year however, after Frankie and Saint Albans Youth Council had completely re-designed the forms and look of Feeling Good Week 2016, **11 young people** submitted a project proposal in hope of becoming one of the successful projects to receive funding for Feeling Good Week 2016.

Below: The young people from Saint Albans Youth Council who helped Frankie from Healthwatch Hertfordshire re-design Feeling Good Week.



Information about Feeling Good Week and how to apply was sent out to many young people throughout the county through Healthwatch Hertfordshire's youth membership. Healthwatch aims to work with young people to ensure they get their voices heard at a decision making level.

Please visit the website for more information

www.hwhertfordshireyouth.co.uk

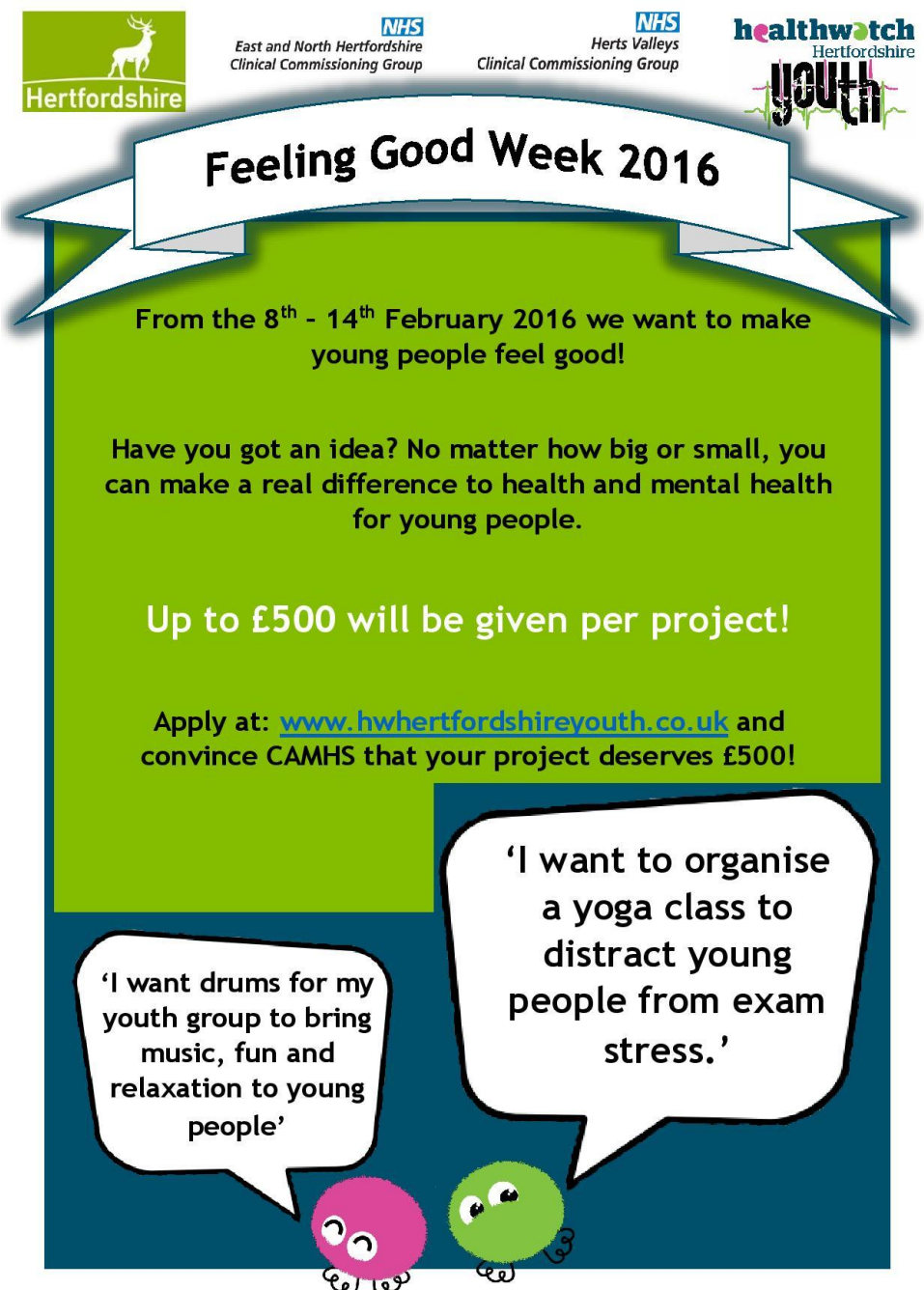
Below: Feeling Good Week 2016's key figures & the top 6 projects with the highest scores.

Feeling Good Week 2016		
Key figures <ul style="list-style-type: none"> • £19,379.27 • Awarded (an average of £450.68 per successful bid) • 55 bids received (43 successful, 12 unsuccessful) • 10 applications received directly from young people • 1 joint application (young person and professional) 		
Seven highest scoring bids:		
Organisation	Score	Amount awarded
Grange Junior School The school will be focusing on emotional and physical health. All lessons throughout the school will be adapted to focus on emotional and physical well-being. E.g. PSHE - Healthy eating, Literacy - Emotional Literacy. The school will also be professionally taught Yoga For Kids to promote calming, better sleep and increasing energy levels.	50	£495
Youth Connexions Watford A yoga teacher will come in and deliver an hour session (3 times that week) to look at methods of relaxation and trying yoga. Young people have asked this themselves as they haven't experienced it at all. This is crucial for many of these young people as they are in sixth form or college and have pressures of exams.	49	£400
Herts 1125 Who Not What Would like to gather real life quotes from young people within the LGBT+ community about emotional health and wellbeing. A visual piece of art will be created that will provide a focus for public health, health and wellbeing board and others during the year of mental health in February.	48	£400
Phase The project is called 'creative space'. It will be a fortnightly drop in arts café open to anyone between the ages of 13 and 18 who relates in any way to using harmful coping strategies such as self-harm or disordered eating.	47	£500
HABS Family Support Team Would like to offer 3 workshops to each secondary setting linked to self-esteem, body image, photo editing and confidence. This will be linked to feeling, thoughts and behaviours and the unwritten rules in society for girls and boys.	46	£500
Brockwood Primary School Would like to use the trainers of Clearminds to deliver two workshops. A class or year group workshop for year 6 pupils on ways to stay calm, focused and how to cope with stress. A workshop for as many parents of the children involved to attend	46	£500

This year's projects were incredibly inventive. The applicants had really thought about the concept of what 'Feeling Good' actually meant to them. The projects ranged from circus skills workshops, street dancing, laser tag, cooking, yoga sessions and wellbeing days/weeks and assemblies. Some bidders used their funding to purchase resources which not only supported an activity during Feeling Good Week, but also can be used over and over again; two schools planned "sensory rooms"; others purchased long term resources such as wellington boots for garden play time, buddy benches, games etc. which supports mental health work in their organisations; several set up peer mentoring or nurture groups.

This year we decided to visit projects that were taking place during Feeling Good Week 2016. The people who visited included, Sarvjeet Dosanjh (Senior Commissioning Manager - CAMHS), Vicki Jeffery (Commissioning Manager - CAMHS), Shelley Taylor (Young People's Public Health Officer - Public Health Service), Nuray Ercan (Operational Manager - Healthwatch Hertfordshire) and Frankie Walsh (Youth Health Ambassador - Healthwatch Hertfordshire). In this report you will find short articles about some of the projects we visited during Feeling Good Week 2016!

Right: The poster created by Saint Albans Youth Council for Feeling Good Week 2016



The poster is for 'Feeling Good Week 2016' and features a green and blue color scheme. At the top, there are logos for Hertfordshire, NHS East and North Hertfordshire Clinical Commissioning Group, NHS Herts Valleys Clinical Commissioning Group, and healthwatch Hertfordshire youth. The main title 'Feeling Good Week 2016' is on a white banner. Below it, the text reads: 'From the 8th - 14th February 2016 we want to make young people feel good!'. This is followed by: 'Have you got an idea? No matter how big or small, you can make a real difference to health and mental health for young people.' and 'Up to £500 will be given per project!'. The application information states: 'Apply at: www.hwhertfordshireyouth.co.uk and convince CAMHS that your project deserves £500!'. At the bottom, two cartoon characters (a pink one and a green one) have speech bubbles. The pink character says: 'I want drums for my youth group to bring music, fun and relaxation to young people'. The green character says: 'I want to organise a yoga class to distract young people from exam stress.'

Hertfordshire

NHS East and North Hertfordshire Clinical Commissioning Group

NHS Herts Valleys Clinical Commissioning Group

healthwatch Hertfordshire youth

Feeling Good Week 2016

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'I want to organise a yoga class to distract young people from exam stress.'

Kingsway Infant School



‘What a lovely idea, the kids had so much fun! Their faces lit up when it was their turn to perform’
- Parent

Kingsway Infant School put on a Circus Skills Workshop for the whole school to enjoy. The Circus Skills Workshop was a fun filled day for all the children regardless of age or ability. During the sessions the children were encouraged to stretch themselves and learn new skills.

Some parents were invited to join Kingsway Infant School at the end of the day for a performance to demonstrate the exciting new skills the children had learnt!



John F Kennedy Catholic School

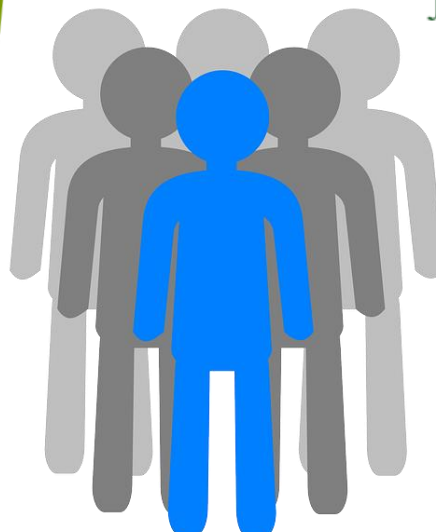


Students from the John F Kennedy Catholic School in Hemel Hempstead have been working with the online community radio station 'Radio Dacorum' on their Dragons Apprentice challenge. The students were taught by Radio Dacorum on how to do an outside broadcast and the radio station came to the school to broadcast LIVE on air on two separate lunchtimes during Feeling Good Week 2016 from the school hall during students lunch break to fellow pupils and worldwide (as it is online).

Students from the Dragons Apprentice challenge interviewed pupils from different year groups to talk about support that young people can get for:

- Exam stress and any other worries that trouble young people and that they can get help with.

We want to get over to our peers that no problem is hard if you share it. We will call the radio broadcasts 'a problem shared' - **Young Person, Feeling Good Week** application.



JOHN F KENNEDY
CATHOLIC SCHOOL
INSPIRE • ACHIEVE • SERVE

Youth Connexions - Watford Youth Projects



Youth Connexions (Watford Youth projects) put on a healthy eating project during Feeling Good Week 2016 with the support of staff who received a food hygiene training course.

Young people:

- Designed healthy menus and learnt how to cook a meal from scratch whilst considering the nutritional value of the foods they eat.
- Researched what is needed for a balanced diet and how they can incorporate key food groups into their diet.
- Gained some basic cooking skills and basic food hygiene skills; and have learnt how to cook a meal from scratch.
- Are working towards an AQA in food hygiene and healthy eating.
- Have gained practical skills and knowledge to support their physical health and nutritional needs.

Phase - Creative Space Project



During Feeling Good Week 2016, Phase launched their new project 'Creative Space'. The project will be a fortnightly drop in arts café open to anyone between the ages of 13 and 18 who relates in any way to using harmful coping strategies such as self-harm or disordered eating. It is being launched in response to the need for follow up work after young people have been through an 8-week therapeutic self-harm support course in their school run by Phase.

The project aims to:

- Provide a safe space for young people who are choosing misunderstood coping strategies (such as self-harm and disordered eating) to deal with their emotions and/or circumstances.
- Equip young people with creative tools to explore and express their emotions and identity.
- Build young people's confidence.
- Encourage young people to explore some of the issues surrounding self-harm and mental health, through group discussions.
- Provide information and support on a range of topics.

The project is running under the youth work organisation Phase and is enabled through the skills Phase has and the connections they have with the local secondary schools. Currently they have had contact with 40 young people who self-harm, all of whom would potentially benefit from this drop in service.

Grange Junior School



I visited the school and sat in on two sessions of Mindfulness - Year 3 and Year 5. Mindfulness is a mental state achieved by focusing your awareness on the present moment, while calmly acknowledging and accepting your feelings, thoughts, and bodily sensations and is used as a therapeutic technique. The gentleman delivering the training tailored the session for each group taking into consideration the learning level of the class. He used a PowerPoint presentation to aid him in focussing the children's attention to his session. The sessions consisted of a mix of mental exercises, physical movements and discussions about their mind and how they were feeling relating it back to everyday situations. The children looked like they gained a lot from it and responded really well. Additionally all the children made pancakes in the canteen! - **Nuray Ercan, Healthwatch Hertfordshire**



Pin Green Play Centre



Three Play Centres in Stevenage applied for £500 to run a Feeling Good Week project at each of their play centre's in the town - St Nicholas, Bandle Hill and Pin Green.

The play centres ran a week's programme introducing the children and young people to new foods.

Many of the children who attend the free open access play schemes are from a low income family and the children's diets can be very restricted because of the cost. Cooking activities are always very popular at the centres although are limited to snacks and cakes due to cost. The project allowed the children to discover working as a team, to try new foods, to develop new skills, to prepare foods, cook them and eat them together. This gave the children the chance to chill out, make new friends and chat after their school day. The children and young people were encouraged to research and choose the recipes that they wanted to cook. The children worked together looking at the budget for the week and created a shopping list; menus and posters to advertise what they were cooking day to day.



At the end of the week the children and young people collated their recipe ideas and developed a recipe book. The young people also made their own badges using a badge making kit for Feeling Good Week 2016.



Three Rivers Youth Project (Youth Connexions)



The young people, who live in the Chorleywood area, take part in a Youth Connexions project regularly on a Monday evening in Rootz Café, and came up with the idea of making a short film to publicise Feeling Good Week. Supported by youth workers, the young people received a grant for to produce and direct a short film raising awareness of the issues of body image, healthy relationships and bullying - which they plan to circulate around schools, youth projects and other organisations in order to raise awareness of the subject.

The grant enabled the group to buy the services of a professional film making expert to help them, but they devised the storyline and filmed it themselves - as well as starring in it! They decided to focus on the different emotions that they think young people experience strongly and to show, through film, that the most important feeling of all is to be happy in yourself.

Read the full report at -

<http://www.youthconnexions-hertfordshire.org/about-youth-connexions/news/young-people-in-three-rivers-district-say-%E2%80%98it%E2%80%99s-ok-to-be-happy!%E2%80%99/>

Watch the video at -

<https://www.youtube.com/watch?v=072Zmmlxpdo>



Broxbourne CE Primary School



Broxbourne CE Primary School gave every class within the school the opportunity to participate in a session of yoga using their Feeling Good Week 2016 funding.

The yoga instructor Jade of Yogasori was really enthusiastic and cleverly combined the exercise moves into a story which the children could participate in and enjoy. The sessions were fun, healthy and the children looked like they were 'feeling good' throughout! Each session ended with a few minutes of relaxing music while essence was sprayed into the air.

After the sessions we were able to have a chat with Helen Melidoro, head of year and SENCO lead for the school who explained that the yoga session is a welcome addition to the suite of extra sessions they already actively provide throughout the year for those students who may benefit from them. Their holistic approach is evident in all that they do to nurture happy, healthy children. - **Feeling Good Week 2016 Visitor**



Letchmore Infants and Nursery School



Letchmore Infants and Nursery School celebrated Feeling Good Week 2016 by running a number of activities to promote wellbeing. The school introduced Feeling Good Week to their school council and Eco club members to gain their thoughts and ideas and fully involve them in adverting and organizing the event.

Activities included:

- *Tiny Movers Dance sessions
- *Children's first aid sessions
- *Time to Talk sessions
- *Developing our buddy system in the playground
- *Inviting parents into school to take part in keeping healthy activities including making fruit kebabs
- *Children's yoga

We are hoping that the children will experience a number of fun activities to boost wellbeing and enjoyment whilst at school. Through these activities we are hoping to raise awareness of keeping healthy, basic first aid - including using the recovery position as advised by our school nurse, and developing the children's ability to make and sustain friendships. - **Letchmore Infants and Nursery School (Feeling Good Week application).**



Youth Connexions St Albans



Youth Health Champions held free 'all comers' street soccer tournament in St Albans during half term!

Teaming up with StreetWise Soccer, the Health Champions secured funding from Feeling Good Week 2016 for a one day street soccer tournament that took place in February Half Term. St Albans Girls School offered their gym as a venue and on 18 February, a day of free activities for girls and boys aged 11-18 was made available to local young people in St Albans District.

"It's been such a privilege to be able to train as a Youth Health Champion. Part of taking on this challenge was to be able to give back to the community. This was a great day that definitely made lots of people feel good and allowed us to engage with the community. I know we all look forward to putting on many other events and are already planning our well-being stall in St Albans Market for the 19th March" - **Youth Health Champion and Vice Chair of St Albans Youth Council Jamie.**

"The tournament was amazing! I had so much fun playing with and against my friends. Also, it got me out of the house and off my iPod which was the best part as far as my parents were concerned! After the tournament I had football training with a few of the people competing at the tournament and no one could stop talking about how enjoyable the day was. Thanks for organising it and I hope there are many more of them in the future." - **Alex, age 12.**

