
The National Youth Agency working with young people,
youth and health services in Rotherham MBC

September 2009



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1. Introduction and Overview

The National Youth Agency (NYA) is England's national youth agency – involved in shaping youth work policy and helping improve a range of practice with young people in England.

The National Youth Agency supports those involved in young people's personal and social development and works to enable all young people to fulfil their potential as individuals through

- Informing, advising and helping those who work with young people.
- Influencing youth policy and improving services for young people.
- Promoting young people's participation, influence and place in society

The NYA have established a strong adolescent health team, and the following extracts help place the Section 64 work with Rotherham in an organisational and strategic context.

Vision

In line with Every Child Matters, the National Service Framework for Children, Young People and Maternity Services and Aiming High, our vision is that all young people are healthy and that they enjoy good physical and mental health and are supported to adopt healthier lifestyles and develop greater emotional resilience.

Aims

The NYA will work toward this by:

1. Promoting young people's influence, voice and place in the determination of their own health needs
2. Improving the practice, programmes and services offered to young people by the non formal education and health sectors (and particularly by youth and young people's services) to support young people to adopt and maintain healthier lifestyles;
3. Promoting the development of health education policy based on an improved understanding of adolescence and health and the contribution of non formal education and youth work approaches to achieving that;

4. Building the capacity of Children's Trusts and their partners to deliver improved health outcomes for young people at local level.

[The National Youth Agency Health Strategy 2007-2010]

Section 64 work with Rotherham's young people and youth and health services

The Department of Health approved a bid made to the Section 64 Grant scheme by NYA in 2006 which had the following aims

- To enable providers of youth work and other non- formal education to improve services so that young people in contact enjoy better physical and mental health
- To expand the understanding and raise the effectiveness of adolescent health within the non-formal education sector
- To promote non-formal education approaches to young people's health amongst PCTs and relevant health providers

The overall objective of the S. 64 work undertaken by NYA and partners in Rotherham was originally brokered through a professional grouping brought together by Rotherham MBC's Assistant Director for Children's Services in July 2007. Attendees at that meeting included Commissioners from the PCT and various Officers from the local authority's Children and Young People's Service (CYPS).

The work eventually agreed by this group fell within the broad parameters for the NYA's Section 64 programme, and could be summarised as follows

"Joint working to improve the health of young people in multi-agency, integrated services through work with key partners at local level..."

to be achieved by The NYA through

"Providing a series of inter-linked and sequential interventions to enable providers from Local Authorities, PCTs and the voluntary

sector to act more coherently to improve both policy and practice around improving young people's health”

2. Scope of the work

The original work areas are detailed below, and were based on identified local need, an assessment of existing strengths and weaknesses, and strategic planning documents. These three separate but linked pieces of work were identified locally in November 2007, looking to deliver outputs by May in the following year.

1. Work in the Wath on Dearne area on young people friendly health services

Based in Wath, a small former mining area of Rotherham, the project pathway was planned to take place as follows;

- Formation of a young people's group – by December 2007
- Group development, training and residential – January 2008
- Testing local health services – February 2008
- Recommendations and report writing – March 2008
- Seminar planning – March/April 2008
- Seminar delivery and evaluation – May 2008

2. Work with Rotherham CYPS to develop and finalise the the service's Voice and Influence strategy and documentation

Working across CYPS and relevant other stakeholders including the PCT, the pathway was planned to be as follows

- Agreement of activity scope by NYA and Rotherham CYPS by December 2007
- Observation of relevant field activity (see above) – January 2008
- Production of first draft of V & I strategy – mid February 2008
- Re-draft and production – April 2008
- Input to seminar and evaluation by case study and other means – May 2008

3. Stakeholder seminar in Rotherham

- An event planned and delivered by young people in May 2008 to capture the work taking place in Rotherham by young people's groups who were seen to be shaping and improving health services in their locality

However, this 3 part plan had to be re-shaped as the programme unfolded due to

- an over-ambitious delivery schedule, given the probable costs of the work set against the Section 64 funds available
- existing work being undertaken by the PCT on young people friendly assessment for health services being fast tracked to launch in April 2008, potentially leading to duplication of effort
- slippages against the timetable, which meant that the work was actually delivered between January and October 2008.

The resulting delivery provided a pragmatic and deliverable programme which retained the main thrust of the earlier local agreements whilst allowing pre-planned work to continue without unnecessary duplication. The final programme which evolved omitted phase 2 above (work on the local voice and influence strategy) and combined phases 1 and 3 over a longer time period than first envisaged.

3. Personnel and Resources

Resources to support this work were available to the partners involved through Section 64 funds, and through the input of time and other essentials (e.g. venues and existing products) by all of the partners involved. The main personnel involved in taking forward this work were

- Richard McKie - National Programme Manager for Health at NYA
- George Simpson – Head of Rotherham Children and Young People's Services
- Vicky Whitehead and colleagues – Wath Young People's Centre/CYPS

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- Clare Cope and team – Participation Worker, Rotherham Young People Services
 - Bill Badham - National Programme Manager for Participation at NYA
 - Over 30 young people from youth facing organisations in Rotherham

4. Milestones and progress reports

A résumé of the work of the project over a 10 month period highlights the following features

- *Formation of young people's group (December '07)*
Youth work staff at the Wath Youth Centre used their knowledge of local young people's interests and needs to identify and engage a group of 9 young people from the locality, aged 13 to 18, and most attending the local school. The group was predominantly female (7:2) and were an all-white group including 4 young people with additional learning or physical needs. As such they were considered a fairly representative group for the area.
- *Group training and residential (January – March '08)*
Introduction and befriending sessions involving group games and tasks were used over an 8 week period to help them gel as a unit and discuss the task which had been set for them.
This work was further developed and a close team spirit created as a result of a 3 day residential in Lincolnshire. As a result of discussions held on that weekend, a case study was produced featuring the work of the Wath Youth Centre, and using pictures taken from that residential. (Appendix A)
- *Testing local health services (February - March '08)*
 - The young people's group spent some time using the PCT's locally derived "Young People Friendly" health services tool, learning to assess services against explicit benchmarks finalised by other young people and based on the Department of Health's "You're Welcome" quality criteria.
 - Visits to local services, including a local GP practice and an in - house school provision, helped inform

young people and build confidence in being able to deliver the professional seminar

- Mapping local health services and looking at the use of the “You’re Welcome” quality criteria helped the group establish a sense of what they currently receive – and would like to receive – from health providers in their locality. This work was to form the backbone of the group’s planning for the final event later in the year

Momentum was then lost as the young people focused on exams and other school imperatives over the early summer period. Youth work staff used a series of trips during the summer vacation period to re-form the group (now smaller) and re-focus on the agreed tasks

- *Seminar planning – (September – October ’08)*
Utilising the skills of the Rotherham CYPS Participation team, the remaining 5 young people in the group spent time planning and creating a programme for what became known – in their words – as The Big Health event. Decisions were made to showcase the work of other young people in the area who were involved in shaping and improving service provision, often by delivering interventions on a peer to peer basis. The full detail of the day – everything from booking the venue, choosing the menu, to the briefing of the main speakers- was worked through and allocated and delivered by the planning group, supported by youth work staff and funded through the Section 64 allocation made to the organising group.
- *Seminar delivery (October ’08)*
The “Big Health Meeting” took place in early October 2008, attended by a full audience of professionals from across the service sector in Rotherham and featuring the Chief Executive of Rotherham PCT, the national lead for the “You’re Welcome” programme and a series of workshops delivered by diverse young people’s groups, all focused on health access and quality, as perceived by local young people. The programme for the day, attendance list and evaluation are enclosed at Appendices B, C and D respectively.

5. Lessons learned?

- The most obvious and overwhelming success in this project came at the point of delivery of the big Health Meeting in October 2008. Rigorous and comprehensive evaluation data confirms a number of things
 - that the day was rated highly across all areas by the adult professionals attending; there was a unanimous positive response to the question “Would you attend another event like this?”
 - another key question - “What have you learned” - produced a long and varied list of learning acquired, much of it seeming to indicate a new or enhanced awareness about the value that young people can bring to discussions about health.
 - that both professionals and young people had learned much about other services and partner staff in their area on the issue of young people’s health
 - there was a raised professional awareness of the ability and potential of local young people to play a big part in delivering and determining their own health needs summed up by the comment about “ How creative and innovative young people are, given the opportunity”
 - that not all health provision is directly provided by or funded through the local PCT; a recognition of the volume and scope of community based provision was captured by the rather surprised comment about “the amount of work done by young people surrounding health that is independent of NHS Rotherham”
 - judging by the pledges made (see Appendix E) by all attendees at the event, there was plenty of evidence of **intention** to incorporate more the voice and influence of young people in health provision in Rotherham; longitudinal follow up was not included in the project design, so any measurement of **actual impact** is not possible. Suffice to say that if only 1 in 10 of the pledges are fulfilled the Big Health Event may well have achieved the kind of changes to young people’s services which can take much longer to achieve and

involve much greater expenditure through more traditional means.

- Conversely, the partners in this project re-learned that successfully delivering the work of a health project with young people in any locality will be adversely affected by a number of issues, including
 - the resources available to support it and the need to scope this realistically
 - the need for partners across local authority and health providers to take into account other similar project work which may be running parallel, and the need to avoid duplication
 - the impact that school exam demands can make on young people involved in activities that are non-statutory, especially during late Spring and Summer periods

6. Acknowledgements

A very sincere thank you from The National Youth Agency to all those people who contributed to the full programme of work over a 10 month period, but especially to Vicky Whitehead and her team at Wath Youth Centre, and to the core group of young people from the centre who gave so much to the work, with such good humour throughout.

Appendix A:

Case study of Wath Young People's Centre

This is attached as a separate PDF file and is also available on the NYA's website at <http://www.nya.org.uk/files/119581/FileName/wath.pdf>

Appendix B

The Young People's Big Health Meeting

13 October 2008

Montgomery Hall

12:00-13:00	Registration/ Lunch/ Networking
13:00-13:10	Opening
13:10-13:25	Guest Speakers
13:25-13:35	Article 12
13:35-15:05	Workshops
15:05-15:15	Break
15:15-15:45	Cast Offs Theatre Group
15:45-16:05	Bridge Activity
16:05-16:10	Evaluation
16:10-16:15	Closing Remarks

Appendix C

THE YOUNG PEOPLE'S BIG HEALTH MEETING 13 OCTOBER 2008 Attendance List

Sarah Jordan
GP
Market Surgery
Wath upon Dearne
0844 4778634

Brian Lee
Practice Manager
Market Surgery
Wath upon Dearne
0844 4778634

Andy Rangecroft
Outdoor Education Officer
Rotherham Young People's Service
01709 515407

Vicky Whitehead
Senior Youth Worker
Wath Young People's Centre

Anne South
Youth Worker
Wath Young People's Centre

Helen Wyatt
Patient Engagement Manager
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Phil Bradley
Locality Manager
RMBC
Ext 6343

M Simmons
Teenage Pregnancy co-ordinator
NHSR
01709 302052

Andrew Burgin
Young Adviser
RMBC

Louise Orr
School Nurse
Kiveton Park Primary Care Centre
01909 510123

Fiona Goulty
Connexions PA
RMBC
Wath Young People's Centre

Alan Perry
C&YPS Prevention Worker
Wath Young People's Centre

Eileen Shaw
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NHSR
01709 302127

Russell Oxley
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International Centre
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Jeanette Hamilton
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Rotherham Healthy Schools
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Robert McLaren
Youth Officer – North Area
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National Programme Manager
NYA
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Morag Walder
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Wath Health Centre
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Lydia Catterall

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RPCT
01909 550523

Lisa Gash
Patient and Public Involvement
C&YPS
NHS Rotherham
01709 302049

Bianca Young
Patient & Public Involvement
NHS Rotherham
01709 302049

Andy Buck
CE
NHS Rotherham

Matthew Tomlinson
Maltby Linx

Rhys Slack
Maltby Linx

George Bailey
Wath

Emily Critchlow

Maltby Linx

Jessica Trueman
Maltby Linx

Casey Holman
Maltby Linx

Matthew Hickey
Maltby Linx

Helen Davies
Maltby Linx

Bethany Thomas
Maltby Linx

Aileen Carrol
Maltby Linx

Martyn Carrol
Maltby Linx

Leanne Pendle
Maltby Linx

Sally Millington
Maltby Linx

Courtney Berry
Maltby Linx

Emma Bacon
Maltby Linx

Amy Meese
Maltby Linx

Sian Trudgian
Maltby Linx

Kim Makin
Maltby Linx

Lauren Auty
Cast Offs

Simon Hibbert
Cast Offs

Carol Hill
Cast Offs

Laura Howard
Maltby Linx

Matt Flory
Cast Offs

Appendix D

THE YOUNG PEOPLE'S BIG HEALTH MEETING 13 OCTOBER 2008

Evaluation Summary (Notes taken from delegate evaluation feedback sheets)

What have you learnt?

- How much work has already been developed on the youth work side that can help the health service, providing strategic direction on the day taking work forward.
- Ways that you're welcome could be better used.
- School nurse, role not known
- That no one seems aware of the school nursing service – groups talking about health not aware.
- That young people have just as many issues as adults but need help in signposting to appropriate services and being assertive
- Young people have a lot of interesting views, good to listen to
- We have been running a workshop on what health services there is stereotyping
- What rights young people have
- How many young people have a strong interest in involvement improving health services
- That I have condoms
- Not everyone is comfortable discussing sexual health
- Jonnies are always fun
- Jonnies can amuse people for ages
- That condoms rock and should be part of everyone's lives
- That services say they want to hear young people – time will tell.
- Problem solving and good debate
- Different Health professionals have different view points
- Young people need to be listened to by Health Service professionals
- About all of the rights young people have in decision making
- That adults do care about younger people having rights and they do want to listen

-
- Lots of things to do with health and bullying
 - Condoms are important and adults can help with issues
 - Not everyone is interested in discussing sexual health
 - That children should have a say in the decisions made by adults
 - Adults opinions of young people
 - New experiences to do with young people
 - That young people and adults need more of these conferences to make better connections
 - That adults can feel uncomfy talking about condoms
 - That the Wath YPC and Maltby Linx and LGB youth groups exist and that we could work with them in future
 - Groups and networks that are in place
 - How creative and innovative young people are given the opportunity
 - That young people are very keen to make changes to improve health services for young people
 - That young people can be fun!
 - About activities lead by young people
 - Perceptions of young people
 - Some of the services/projects going on
 - What different adults think of children
 - That condoms are slippery
 - Children and young people are confident and have views and able to influence services
 - About Safe Haven
 - That children have the same rights as adults
 - That young people are even more enthusiastic and committed than I thought to changing health services
 - That young people are eager to have a say
 - Networked, school bullying issues

What have you found interesting?

-
- How well the young people have been at structuring and facilitating sessions and keeping control of the group
 - The Cast Offs theatre stuff
 - Young people's views
 - All the session, really enjoyed enthusiasm of young people
 - Mixing with and listening to young people's views
 - Other people's views
 - Everything
 - Our workshop
 - The mix of people attending
 - Cast off theatre group
 - Meeting everyone from all the different agencies
 - I like raspberry toffee
 - The theatre group
 - All of it, but the workshops were amazing – well done
 - All the days activities
 - Different perspectives of young people/youth workers and NHS
 - Cast offs workshop
 - Learning about all of the different projects
 - I found it all interesting and have taken it all on board
 - The facts about bullying!
 - Everything
 - Meeting everyone from all the different agencies
 - Delivering the activity and to see everyone taking part! Also doing the theatre activity
 - Amount of work that the group put in was evident in the success of the day
 - The Cast Offs section
 - Everyone talking about scenarios
 - Cast Offs
 - All of it
 - All the discussions
 - That condoms have many uses
 - Young people's ideas e.g. Safe Havens
 - The amount of work done by young people surrounding health that is independent of NHS Rotherham
 - Having interaction with young people through the mixed workshops
 - Safe Havens
 - Workshops

-
- The acting thing, Matt is a great actor!
 - That people are acting on behalf of young people
 - The workshops
 - Young people's views
 - The condom people
 - Everything! Its been full of surprises
 - The new projects that have been put in place to challenge bullying
 - Bullying project

[Your comments about the workshops](#)

-
- Great although occasionally the youth workers could have been a bit more quiet
 - Safe Havens, good
 - Wath, good
 - Maltby, didn't really get it
 - Well run and thought out
 - Safe Havens, excellent model will share with my local comp
 - Condom one seemed a bit futile
 - Interesting, good to hear other people's views and opinions
 - Our Workshop went brilliant
 - I was involved in them
 - All excellent, great input from young people
 - Condom in my eye interesting
 - Delivered so cannot comment
 - I delivered but Linx was the best
 - Maltby's was to best and most enjoyable
 - Excellent, thank you
 - Very well thought out and well delivered
 - Good
 - Informative, good to be run by young people
 - Cast Offs workshop was excellent as was the condom one
 - Very engaging and informative
 - All very good and interesting and informative
 - They were good fun!
 - Very informative and got the point across
 - Delivered so cannot comment
 - I thought the condom activity was best!
 - Well constructed and carried, very useful
 - Very interesting and informative
 - Had a lot of fun
 - Good fun, interactive
 - A bit rushed, longer discussion would have been good, shame there weren't people taking notes
 - Good idea to mix the ideas of adults and young people
 - Fun
 - Fun, vibrant, 'Fast'
 - Very good, time was an issue in one group, too much content Wath YC
 - Excellent
 - The facilitation of the bullying workshop was excellent
 - Good, but some a bit dull at times, but good

-
- Very good
 - More time and input/feedback from CYP
 - More consideration should be given to compulsory activities (i.e. condom use not everyone is comfortable with this)
 - All interesting
 - Ace
 - Informative and enjoyable
 - Enjoyed the bullying one

Would you attend another event like this?

-
- Yes
 - Yes
 - Yes
 - Yes, but disappointed so few services attended, they missed out
 - Yes
 - Yes
 - Yeah
 - Yeah
 - Yes, but would welcome more involvement
 - Yes, if there is sponge cake and no condoms
 - Yes!
 - Yes
 - Yes
 - Yeah!
 - Yes
 - Yes
 - Yes
 - Yes
 - Yes
 - Yes
 - Yes
 - Yes, definitely!
 - Yes!!
 - Yes of course
 - Yes
 - Hell yeah! I thought it was a great educational event
 - Definitely
 - Yes
 - Yes
 - Yes, and we would like to be informed – could possibly help out with planning and publicising – if we could support in any way
 - Yes
 - Yes, based on Wentworth South
 - Yes
 - Yes
 - Yes
 - Yes
 - Yes
 - Definitely
 - Yes
 - Yes

-
- Yes
 - Yes, yes, yes!
 - If I was invited
 - No problem, count me in
 - Yes

What are you taking away from today?

-
- Inspiration – you should all be very proud young people for what you have achieved so far
 - Ideas and some work to do!
 - To promote your service
 - Determined to keep working hard to improve my services
 - Knowledge re young people
 - Young people's views should be listened to, good to hear that their views are taken seriously
 - Lots of information
 - Leaflets and info
 - A list of new youth assessors for YPF and plenty to think about
 - A lot of booklets and pens and little friends
 - Positive feel about young people friendly provision. Contacts with engagement team
 - A pen/balloon, lots of leaflets
 - A pen
 - Condoms rock!
 - To continue to support young people
 - More understanding of young people
 - My pledge
 - My folder
 - Condoms are a part of life
 - Everything because I think we need to use it all in our daily lives
 - Everything
 - Everything, for we use all the information
 - Positive feel about young people friendly provision. Contact with engagement team
 - That condoms are important and lots of info on adolescence health
 - Commitment of young people and youth workers quality of work
 - More ideas to take to group
 - More ideas to work in group
 - New contacts
 - Links, names, ideas
 - Affirmation of young people addressing serious concerns in a fun way
 - A determination to give young people health services that they want and need

-
- Young people are important and need to have a voice
 - Learn from young people about their experiences. Change services where necessary. Encourage services to consult regularly with young people
 - More knowledge and understanding
 - Appreciation of what the young people are doing
 - A lot of booklets and a free pen
 - That young people have a voice
 - That young people are able to work in partnership with the NHS
 - Literature to cascade to my colleagues
 - Bullying happens but it shouldn't, everyone has rights and condoms should be part of everyday life and a balloon
 - A big smile ha! And the hope that more work will happen as a result of today
 - The enthusiasm of young people
 - Need to consult and involved young people in decisions about them

PLEDGES MADE

Did you add to the Bridge if so what is your pledge?

(Extracted from the Bridge exercise conducted with delegates)

- To mention the good work of Rotherham and in particular the role of young people when talking to the other areas around the country
- To publicise the event in magazines etc
- To continue to support young people and listen
- Continue to make my service (School nurse) young people friendly
- Had to leave early – visit booked
- Listen to young people help them to reach their goals
- That I will continue to do health projects
- To carry on attending health group
- To make sure the YPF Accred Scheme happens
- To make people more aware of PSHE
- Continue to support young people to access health provision
- Teach more young people about condoms
- More funding for this type of thing
- To try to get services better for all young people
- To listen to young people
- To support young people at all times and listen
- Nothing
- To provide LGB provision and support LBG young people. To raise awareness of homophobia in Rotherham
- To be as involved as I can in changing the world
- I did and I pledged to keep bugging adults for equal rights
- Yes, to do as much as I can
- For us as young people to have a voice
- Continue to support young people to access health provision
- To pledge to adults that we have a voice so listen to us
- Yes, Guess!!
- To continue my work with the forum group on sexual health
- To work with others so don't get embarrassed over sexual health
- To inform young people (through the above groups) of opportunities for them to get involved in planning services
- Yes to better engage with young people
- Talk about safe haven to the schools in Wentworth South
- Create more awareness of youth clinics contraception and sexual health services
- Not to be judgemental, to listen and be positive to young people ideas/opinions
- Consult more! Learn and share!
- Review information and share learning with colleagues

-
- Make sure they have fun
 - Help stop bullying
 - Listen and engage with young people
 - To offer choices
 - To keep bugging adults to build something in our area
 - To support and listen to individual young people and be aware of their needs in group situations
 - To help young people in any way possible re issues, bullying
 - To do something about rolling out the bullying project at Wath into other schools