



Young people are an important priority for us!

**#MEFESTIVAL** **NHS**  
**Dudley**  
**Clinical Commissioning Group**

November 2014 saw the first **#MEFESTIVAL** for young people in Dudley borough. The festival was organised by Dudley Clinical Commissioning Group (CCG) on behalf of Dudley Health and Wellbeing Board and was a collaboration between the CCG, Dudley Council and Public Health, Dudley Council for Voluntary Services and Healthwatch Dudley.

**#MEFESTIVAL** was an opportunity for Year 8 students to join us from local secondary schools and find out more about health and happiness and share their views. The end result was a festival themed environment with loads of different interactive, fun and informative activities.

**180** young people from **16** schools in Dudley borough attended



# So what did you think?

## What happened and what you said...

**FastAid Black Country** delivered first aid training including CPR to 100 students

The best bit of the day was doing CPR on the dolls and practicing the recovery position

The best part of the day was Communic8 - Kim and Carl were awesome

**Communic8** worked with students to ask "what is health?" & "where do you like to get your information from?"

**KickAsh** the Deep Breath Tour followed the lives of a smoker and non-smoker and took a tour through giant inflatable lungs

I learnt that every 6 seconds someone dies from the effects of smoking



**Headmasters Office** was developed and managed by 2 members of **Dudley Youth Council** to look at how health and education can work better together

It's been fantastic, entertaining and fun. Thank you!



**Loudmouth Theatre** gave 2 interactive drama performances of One Too Many which looked at binge drinking and bullying

The best part of the day was watching Bully4U. It was amazing!!!





There was plenty happening outside too with a police riot van, the fire service fire dogs, ambulance service, beer goggle football and Black Country Radio



I really loved meeting Peppa, Ellie and Kai the Firedogs!

Our own **roving reporters** and **Social Breakfast reporters** asked questions and gathered views and opinions from students, facilitators and teaching staff. Plenty of tweeting happened and you can find our films on **Youtube**, simply search for **#MeFestival**

All students left with a goody bag



Our VIP Tent had a cyber dance coach, rowing challenge, Get Cooking station, videoke booth and a chill out zone with LED light up sofas. Community radio station The Bridge provided entertainment and Connexions, Kooth, Priory community pharmacy and Healthwatch Dudley were all on hand with useful information and fun activities!

It was amazing!

It was sick!

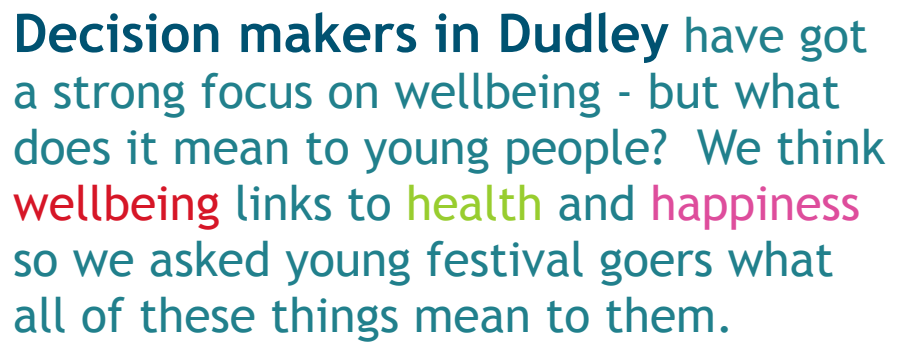
Entertaining & fun!

Had a wicked time

The VIP tent was awesome!

Lots of great activities to join in with

Fantastic experience!



A word cloud shaped like a heart, containing various words related to health and fitness. The words are arranged in a circular pattern, with 'EXERCISE' and 'HEALTHY' being the most prominent. Other words include 'DANCE', 'FOOTBALL', 'DIET', 'FRUIT', 'VEGETABLES', 'SMOOTHIES', 'LAUGHTER', 'HAPPY', 'BASKETBALL', 'CHOCOLATE', 'SWEET', 'TASTY', 'YUMMY', 'DELICIOUS'.

[illegible]

## What wellbeing means to us!





## Healthwatch Dudley teamed up with Dudley Youth Council last year to survey other young people about their experiences when visiting doctors surgeries.

Some of what they found out left us all asking more questions so we decided to start new conversations with young people at the #MeFestival.

The survey uncovered that young people thought that they could not visit their doctor or collect a prescription without a parent or carer, **so we asked:**

We received **149** answers to our questions about information and doctors surgeries

**Q. What ways would you like to find out about local health service and the age you can go to them without your parents or carers?**

We received 42 replies, you told us on the internet, in school with friends, from family, on the television, school trips, doctors or nurses, leaflets and balloons.

**Q. In a recent survey by Dudley Youth Council & Healthwatch Dudley 3 in 10 young people would not talk to their doctor about mental health including stress. Who do you think young people would talk to?**

9 young people answered this question, 7 said family or friends and the remaining 2 said other people that they were close to or anyone.

**Q. In a recent survey by Dudley Youth Council & Healthwatch Dudley 1 in 10 young people said they would not talk to their doctor about general and/or long term illness. Who do you think these young people who would talk to?**

There were 16 replies, 11 said family and/or friends, 2 said teachers, 1 said the internet and 1 said not forums or Wikipedia because people put fake information on there. Sadly, 1 young person said nobody.

**Q. What one thing would make your doctors surgery feel more welcoming?**

We received 67 wide ranging comments from how surgeries look and feel - brighter colours, more organised posters, up to date magazines, television or radio, more child friendly with more welcoming staff and better waiting times. 23 young people wanted better connectivity, electronics, games and Wi-Fi. 1 young person said they wanted more reassurance about confidentiality.



## We also wanted to know...

Q. Who would you feel comfortable talking to if you had a health problem or a mental health problem including stress?

You said, health care professionals, your parents, friends and friendly people who understand my problem.

Q. How do you think your school could support pupils' health

You said: Through better trained school nurses Raising awareness through workshops Having regular check ups Private one to one sessions Creating a club at lunch or after school where we talk about some of the problems that we might have so we can sort it out together

Q. If you were to access a service around your health and happiness what would be a great name to call it?

You said: Happy helpers Great banter The happier the healthier! Healthy selfie! 21 to be happy! Being Me Just us Live Laugh Love Healthy ways Kiddies Clinic Live your loveling life Happy health Friendly service for you Be happy be healthy Health and happiness is important Health and happiness



# So what next?

All of the information you have shared with us will help us to make sure that **health** and **happiness** starts to work better for young people in Dudley borough.

We know that you really enjoyed the day and we had tonnes of positive feedback. We are already busy planning **#MEFESTIVAL 2015** so watch this space!

Although we are all separate organisations, we **work together** to try and make improvements for you and our local communities. Opinions you have shared will help shape the **physical activity strategy** and help with planning a **website for young people**.

We are really keen to explore the idea of building a **network of Young Health Champions**. You shared your ideas about how this role could work and what the role would be and we will be working to develop those ideas and involve you further.

100 festival goers now know how to do **CPR** and treat a patient that may be unconscious or bleeding severely. We know some of these are keen to take up different **physical** and **sport activities** because they enjoyed the rowing challenge.

## Want to find out more?

Please get in touch with Helen Codd on 01384 321719 or email [helen.codd@dudleyccg.nhs.uk](mailto:helen.codd@dudleyccg.nhs.uk)



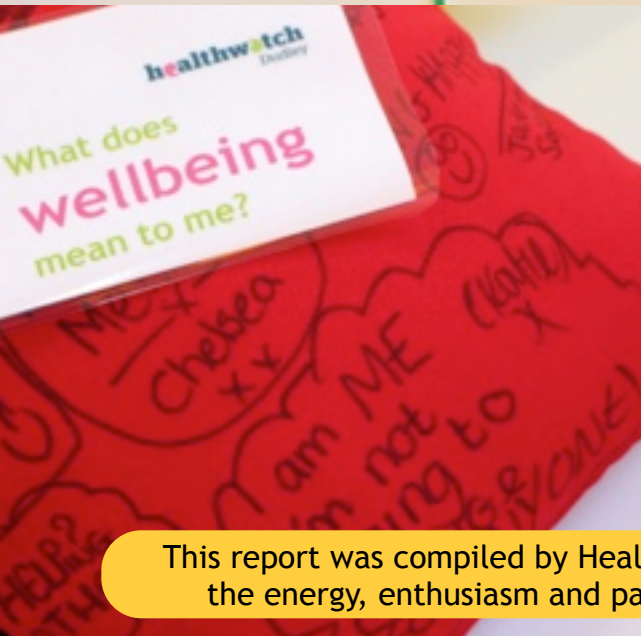


What  
makes us  
happy?

BEING  
ME!

# #MEFESTIVAL

**NHS**  
Dudley  
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This report was compiled by Healthwatch Dudley with Dudley CCG to capture and share the energy, enthusiasm and passion of young people's voices at #MeFestival 2014!