



**Barnsley Local Area Transformation Plan – Chilypep
Monitoring Report
October 2018 – December 2018**

Outcome 1: Young People will directly influence services and support provided to them through the Future in Mind Programme, by working alongside partners to develop effective services and participation structures within their organisations and in the Future in Mind decision making structures

Activity/Outcomes/ Impact

October to December 2018

Outcome 1: Development work:

Strategic Development work

Chilypep managing director has supported the Peer review process and trailblazer application for the government schools programme, attending planning and review meetings and preparing documents to support the application and review, as well as attending Stakeholder events and the Yorkshire and Humber Commissioners network and Steering group. She has also led on the NHSE Takeover funding application to develop a toolkit for young people's participation in developing Mental Health Services. The bid was successful and work on this is now being taken forward. She is working closely with the lead manager for Mindspace to continue to develop the project and model of delivery.

Meetings with professionals and partners to develop and deliver programme work

October/November/December

October

- 18.10.18 Chilypep met with an OASIS member around prep of AVA training
- 24.10.18 Chilypep met with PHN to update/review progress of work with OASIS to date and next steps regarding the PHN consultation

November

- 7.11.18 Chilypep met with Healthwatch Barnsley to update/review surveys from CAMHS assessment

- 19.11.18 Chilypep met with Greenacre School to further explore the development of their MHFA Kit

December

- n/a

Meetings to engage potential new young people within OASIS

- 3rd October – Chilypep met with CAMHS and a new young person referred from CAMHS to OASIS. The young person has attended the OASIS sessions every week since becoming involved.
- 4th October – Chilypep met with a new young person and parent interested in joining OASIS. The new young person has attended the OASIS sessions every week since becoming involved.

Young Commissioners and strategic engagement:

This year we are involving young people in activity with a range of partners who are responsible for young people's services across the Borough as part of the LTP for Barnsley. To achieve maximum opportunities for young people we will be setting up specific roles within the group with young people to focus on different areas of work, depending on their skills and personal interest. In addition to the weekly OASIS meetings, OASIS members will feedback from participating in their different opportunities outside of the group sessions by reflecting on what role they had and learning obtained through a young person friendly feedback form. This will also help OASIS members remember the different opportunities they participate in along with the services they are working with. Additional to this for the members who learn through creativity as a way to evaluate the work we have asked them to create a scrap book in the weekly sessions around the work we do. The scrap books were presented at October stakeholder event. OASIS have also been given an individual personal file which they have taken ownership over and decorated and

personalised. The folders consist of their own weekly evaluations and session checklist of which they're tasked to complete 3 of the 4 working tasks in weekly sessions.

Chilypep has engaged wider partners within FIM

During the last 3 months we have worked with;

Barnsley CAMHS, MindSpace, Public Health Nurses, Barnsley Healthwatch, Barnsley Hospital women's/maternity and Children's departments, Stairways NHS Yorkshire and Humber, Public Health Barnsley, Luminar, Care4us Council, Residential Children's homes, Barnardo's – young carers, LAC Providers, AVA, DESAP, AHOY

and ensured the voice of YP is being heard through engagement with these stakeholders.

Barnsley Future in mind Stakeholder event

22nd October – Chilypep and 14 young people from OASIS attended and presented at the Barnsley Future in Mind Stakeholder event. OASIS presented a 25 minute speech around the key pieces of work achieved from July to September. The OASIS group received great feedback from partners and attendees truly valuing young people's participation.

- *I found the presentation quite enjoyable and impressive, the young people had definite knowledge of what they knew and their aims*
- *Really fun and enjoyed the personal perspective on everyone's individuality keep up the great work and focus on the impact/outcomes you are achieving.*
- *Excellent for everyone in Chilypep and OASIS to participate and hear how passionate you are about improving services and the amount of work you do.*
- *Young people- Very impressed by numbers now involved and breadth of engagement activities. Very committed and thoughtful group.*
- *An example of what young people can do give the opportunity. The enthusiasm shown was infectious. Not only in are the 'Future in mind' in good hands but so is the 'Future of Barnsley'.*
- *FAB. F= Facts and all very clear and well presented, A= Approachable- young people made it easy to listen and learn, B=Brilliant-Young people of Barnsley are impressive!*
- *Very good – tomorrows leaders!*
- *The mental health training presentation was an interesting, animated presentation.*
- *Great to hear the progress updates through visual means.*
- *Young people's stories and experiences were meaningful.*
- *Excellent, well done Chilypep and OASIS group! You should all be proud of the work you have done and confidence to do.*
- *Well done to all. Everyone was fantastic. It's not easy to get up (or sit down) and to talk to a room full of people. Brilliant projects, extremely worthwhile. Keep it up. Amazing.*
- *It is always refreshing to hear honest and genuine feedback and suggestions from young people.*
- *Very authentic, good to hear personal experiences.*
- *I found the speeches really engaging and at times quite moving. Loved how enthusiastic you all were and how supportive you are of each other. Much more interesting and engaging than normal presentations.*
- *Absolutely amazing work being done by all in the group. It was impressive that everyone spoke with such passion and commitment. I've worked in*

CAMHS for a long time and it was so refreshing to hear the positive work you are all doing. Thank You.

- *Inspiring, positive, energetic and the whole point in the future in mind programme.*
- *You are all amazing, inspirational young people. Your stories deserve to be heard. I could hear the passion you all had for making a difference. The projects you are working on are saving lives. I feel privileged to have met you.*



NHS Digital Innovations Event



- **31st October** – 8 OASIS member attended the Children and young people’s Mental Health clinical network Digital Innovations Shared Learning event.

8 OASIS members also facilitated their mental health first aid kit creative activities/self care sessions to professionals and young people in attendance at the event. 1 OASIS member also co-presented the MINDSpace website and awareness/promotion of the young people’s Open up directory for Barnsley. The Youth MHFA kit and Open up directory has been shared nationally across the Yorkshire and Humber mental health clinical network with a link provided on how to download this through the digital innovations catalogue. The young people were also recognised for their good practice work within the most recent bulletin from the network, as well as receiving a huge amount of positive feedback on twitter on the day with the #YHCYPMH

*“WOW, Awesome and Brilliant!!!!” These are some of the words used to describe our **Digital Innovations Shared Learning Event** that happened this week in Leeds!!! With over 130 young people and adults attending, the buzz at the event was electric! We had presentations on the [Brain in Hand](#) app and [Compass Buzz](#) to name a few. We also had some amazing young people representing [Chilypep](#) from OASIS & STAMP who spoke about their Digital Mental Health Passport, the amazing looking [MindSpace](#) website”.*

 **YHCN CYP MH/MAT TEAM** @... · Oct 31
Everyone having fun Getting crafty with Chilypep #YHCYPMH



  3  5 



Paul Scott @Pederosa · Oct 31
#YHCYPMH creating stress balls



  2  1 



MindSpace @wearemindspace · Oct 31
@MichelleSault looking forward to presenting with Davina from Oasis @Chilypep #JustNotMe talking about the MindSpace website & future MindSpace app #yhcypmh @WellspringAT @nhsbarnsleyccg



  3  1 

[Digital Catalogue](#) - click link to see the digital catalogue including some of the CHILYPEP/OASIS work

Open Up Directory

The Open Up Directory has been live to download since 22nd October 2018. This has also been promoted at national level at the NHS Digital innovations event as well as within every training course delivered to professionals and young people from the 22nd October-22nd December.

You're Welcome Standards



The full reports for 'You're welcome' assessments – Making young people feel welcome, was originally set to be completed and shared in November 2018. There has been a slight delay on this as we wanted to ensure we had a standardised template produced for collating feedback from the assessments and providing recommendations. The template was completed in December 2018 and the process for inputting the data/feedback has begun for CAMHS and completed for the Barnsley Hospital women's services.

Barnsley Hospital – You're welcome assessment – Please read the attached 'Hospital Women's services 'You're welcome' report

The Barnsley Hospital women's services 'You're welcome' report has now been completed within the produced standardised template and sent back to Barnsley Hospitals women's services. Please find the attached 'You're welcome' report. OASIS will continue to work with the hospital to support the implementation of recommendations. The next steps are to work with the women's services on implementing the recommendations and sharing the good practice within the participation toolkit OASIS will develop for the NHS takeover funding bid, of which OASIS were successful in securing. OASIS have also decided to include the template developed for assessing services against 'You're welcome' within their participation toolkit as a helpful support for others.

CAMHS Barnsley – You're Welcome assessment

The CAMHS joint assessment review findings will be written and produced within a public report through Healthwatch Barnsley.

The You're Welcome CAMHS assessment report will be produced by Feb 2019. The responses include a total of 65 from workers, 73 from parent and carers as well as a total of 32 from young people.

CAMHS SPA

Additional to promoting out the Youth MHFA book to young people through delivery of the self-help creative activities, Chilypep has also met the following organisations working with young people to hand over copies of the book and some of which have received a Youth MHFA box and resources;

- Recovery College
- MindSpace
- CAMHS
- Barnsley Hospital
- Barnsley Job Centre
- TADS
- Healthwatch
- Luminar
- PHN team
- Children's residential homes through LAC Provider meeting across Yorkshire and Humber
- YMCA
- A range of practitioners working with young people as part of safeguarding week during delivery of the Youth MHFA Lite training.
- Targeted Youth Support
- Luminar
- Barnardo's workers and young carers accessing the service
- National – NHS Digital innovations event
- Barnsley college New Peer Mentors
- Short Breaks – Newsome Avenue
- Barnsley Primary schools

The ongoing steps are for all services and organizations working with young people in Barnsley including partners under FIM help promote out the CAMHS SPA

poster, upload on to young person friendly platforms and put up in their settings.

Additional to this CHILYPEP and Healthwatch have included questions around CAMHS SPA within the joint CAMHS assessment with the findings evaluating whether or not young people and practitioners are aware of CAMHS SPA and if they are, how they know about this. The findings will be produced in the 'You're welcome' CAMHS assessment report by Feb 2019.

LAC and Care leavers development work

Chilypep supported one OASIS member to participate in consultation with AVA around the development of training to be delivered to LAC providers and social workers ensuring the voice of LAC is valued and input into the delivery of the training.

The meeting also resulted in the OASIS member feeling empowered to support the co delivery of training with AVA on the 25th October 2018. The young person from OASIS also represents the Barnsley Care4us council young people's group; as such, she also actively ensured their voices feed into the script developed. Chilypep also directly worked with AVA and other LAC from the young women's Recovery and Empowerment partnership project and the LAC - PHB project to create the 'In my shoes' script that was facilitated by the OASIS member as part of the training with AVA and for future training.

Feedback from the OASIS member; ***"Great meeting today in Sheffield with the AVA project ensuring looked after children and care experienced young people's voices are implemented into the training they're delivering to Children's social care professionals. I look forward to co-delivering with them"***.

On the 25.10.18 the cared experience young person from OASIS delivered training with AVA, the young person felt that her voice as a cared experienced young person really does matter with this being implemented within the training on the 'In My shoes' script and facilitated by young people with experience themselves; please find the attached evaluation report from social workers that participated in the training.

As the training was additional to the mental health training commissioned for Barnsley, but within the remit of OASIS and LAC and ensuring young people from OASIS that are Care Experienced have a chance to influence and shape services nationally as well as locally, we have added the evaluation from the training to the development work under outcome 1 instead of the training outcome 2.

Young Women's Experiences of Social Care – Training Evaluation

25th October 2018 – 11:00-14:00

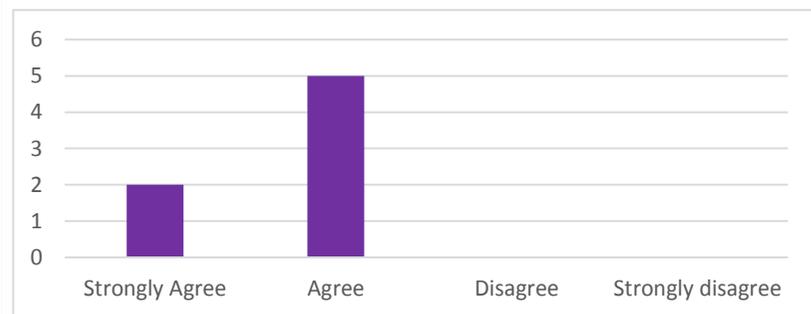
8 professionals attended training delivered by two care-experienced young women and AVA. The training focussed around young women's experiences of care, as well as training on a trauma-based approach to working with girls and young women, delivered by AVA. Professionals who attended were from Social Care, Foster Care, and Domestic Abuse and Commissioning teams at Sheffield City Council. 7 of the professionals filled in evaluation forms at the end of the training.

1. My knowledge on young women's experiences of Social Care has increased

2.

Participants were asked to rate this on a scale from 'strongly agree' to 'strongly disagree'. The results are as follows:

Answer	Number of professionals
Strongly Agree	5
Agree	2
Disagree	0
Strongly disagree	0

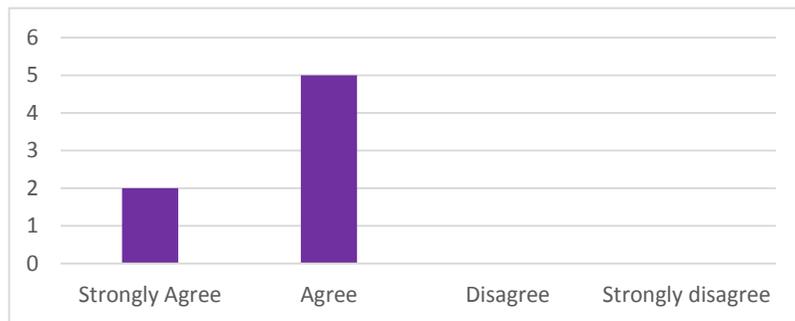


100% of participants felt their knowledge on young women's experiences of Social Care had increased, with the over 70% indicating they strongly agreed with this statement.

3. My knowledge around domestic and sexual abuse has increased

Participants were asked to rate this on a scale from 'strongly agree' to 'strongly disagree'. The results are as follows:

Answer	Number of professionals
Strongly Agree	2
Agree	5
Disagree	0
Strongly disagree	0



Once again, 100% of participants felt their knowledge had increased as a result of the training.

4. What skills and/or tools have you learnt from this training?

Participants were asked to write in a box what they had learnt from the training, in terms of skills or tools. Their responses were:

- Trauma theory
- Body work
- The impact of trauma
- The viewpoint of young people who've experience care
- Not to make assumptions
- Communicate better
- Try to offer stable workers
- There's a need for chronology
- Trauma-informed working
- The washing line exercise
- Useful ways to describe brain function and trauma
- Trauma informed presentation was excellent
- I have learned of many resources I can access
- I was surprised how different care leavers' views were from professionals and will consider this in my practice
- More resources that I can tap into

5. What is your one key 'take-away' from today's session?

Participants were asked to write in a box what their one key 'take-away' from the training was. Their responses were:

- The young people's involvement and that they devised this training
- Look at what we can do with foster carers to reinforce this
- Impact of mental health
- Trauma is stored in the body
- The exercise with the tops and pants was a great intro into thinking about care from a YP point of view
- Poor coping skills – have survival skills
- That we need to increase training opportunities for carers around Domestic Abuse, self-harm. Currently relying on MAPS who can't deliver frequently

6. On a scale of 1-10 (with 1 being poor and 10 being excellent) how well did the young trainers do today?

Participants were asked to rate this on a scale from 1-10. The results are as follows:

1	2	3	4	5	6	7	8	9	10
0	0	0	0	0	0	0	0	1	6

Every participant rated the young trainers very highly on the scale, indicating excellence. 86% of participants rated the young trainers as 10/10, and 14% (one participant) rated the young trainers as 9/10.

7. Any other comments?

Participants were given a final box to make any final comments on the training. This is what they said:

- I really enjoyed the session. The young trainers were very good and knowledgeable
- Both the young trainers were excellent and clearly felt very passionate. They delivered brilliantly.
- Really good session, thanks very much! Especially the young women – articulate and knowledgeable
- They were fantastic!!
- Really clear, focussed and well-paced. Informative and great to have young person's perspective
- The exercises, listening to the case study, identifying the actions, pants and tops were all challenging, involving and thought-provoking. They also gave us strategies to take into the workplace. Great workshop!

Young People Interviewing Staff

No requests for young people to participate on interview pannels happened this quarter

Public Health consultation with OASIS focused on creating an action plan of development work

The group have already given their feedback and helped to create a new feedback form that is younger person friendly for the Public Health Nurses to use with young people they see. OASIS continue to work with Public Health to look at how they support and engage young people aged 0-19 with a particular focus as to how they can support young people with their mental health in school.

On the **9th August** a staff member from the PHN team brought ideas to the OASIS session around areas of work for consultation with young people to inform their service. Since then weekly work toward the PHN action plan with OASIS has begun, some pieces of work completed and some ongoing. Within the action plan table those highlighted in green have been actioned and worked on by OASIS.

Public Health Nurses and OASIS - Action Plan

OASIS	PHN
Consultation with young people in schools 'what support would young people want from PHN' 'Do PHN change their name?' 'Difference between 'school nurses' (physical first aiders) & public health 0-19'	Change feedback form based on OASIS feedback.
Young people to suggest new names for service	Inform wider team of discussions in the session
Young people need to be informed about the differences between PHN and school nurses	To develop promotional material and bring back to OASIS to review eg. video idea
How to include social media in promoting PHN services	Create a description of the service and what it offers for Barnsley Open Up Directory.
Video development	
Include PHN in Barnsley Open Up Directory	

PHN Consultation

Consultation and creative methods developed, and process of consulting young people has begun with young people from OASIS, and MH Ambassadors from Kirk Balk and Horizon.

PHN in Open up directory

PHN team created description for open up directory and page completed

Inform Wider team – PHN development Meeting

OASIS attended the PHN development meeting to present back work to date and involve/inform wider team of **100** participants on the **11th December** 2018. After the young people presented their work with the PHN team at the development meeting, Chilypep received two requests from services to work alongside the OASIS group. The ladder of participation was also included within the presentation referencing the PHN work with OASIS to all 5 levels of the participation ladder.

“I attended the BMBC development day yesterday and found your service fantastic, I’m a public health nurse and I work within two of the local secondary schools, myself and the school nurse was wondering if you would be willing to meet with us so we could talk about how to integrate you into our schools?”

“We met at the 0-19 nursing event. I’d be really interested to speak to your young people about the proposed changes to RSE, gain their opinions on the RSE they have received so far and get their feedback on the teenage pregnancy action plan. Please let me know when would be convenient.”

Reviewing National local area transformation plans - Stairways Input to October 2018 LTP Refresh

Review

OASIS has helped ensure that the recently refreshed Local Transformation Plans (known as LTPs) are continuing to meet the needs of children and young people across Yorkshire & the Humber. It is really important for us to make sure that this is the case.

Young people have read two allocated plans – **Kirk Lees** and **Vale of York** and input views to what they think to it. To help guide young people Stairways gave a list of criteria to look for. These criteria are called ‘*Key Lines of Enquiry*’. They are taken from the Stairways’ Charter for Children and Young People’s Mental Health Services, Chilypep’s Barnsley Manifesto and the Future in Mind Easy Read version, but young people can also tell stairways anything else that springs to mind.

OASIS feedback on the plans have been typed up and sent back to Stairways.

Input to national campaigns

OASIS members supported and signed the Young Minds mental health crisis petition. This was handed it into Downing Street on 22nd November 2018.

The young people's mental health crisis is happening now. It's real and it's urgent. Despite greater public awareness and some new funding since 2015, it remains far too difficult for young people to get the help they need.

But right now, the NHS is putting together a Long Term Plan which will decide where to invest more money over the next decade. **This is the opportunity we've been waiting for.**

Young people and their families can't carry on like this for the next ten years. This is our chance, let's make it count.

YoungMinds is #FightingFor a new era for young people's mental health, where help is available to every young person who reaches out.

The young minds petition calls for an **ambitious new funding settlement** matched by a **fresh approach** to how we support young people with emerging needs.

This means:

- **Faster access to mental health services for those who need it**, from a system equipped to meet growing need
- **New ways for young people to get help early**, before they require specialist support

Because of data protection laws, you have to be over 16 to sign the petition. You must also be resident in the UK to sign. The form asks for your address only to verify that you live in the UK.

For more details visit youngminds.org.uk/fightingfor

Youth MHFA Kit

Development of a Mental Health First Aid Kit in Greenacre School during MH week.

- Greenacre School tasked every teacher to develop and create their own Youth MHFA kit alongside the young people in their class during MH week. Chilypep/OASIS went to visit the school to see the work being done and a meeting took place on the **10th July** to explore further development of this across primary school settings and settings for young people with special educational needs. The next steps are for Greenacre School to get back in touch with CHILYPEP after the summer holidays to focus on the development of the kit.
A meeting took place with Greenacre school on the **19th November** to further explore the development of the kit. Greenacre has developed emotional wellbeing measures which are being implemented into their Ofsted reporting procedures. This now looks at the emotional wellbeing development of young people and provides relevant interventions either class intervention or individual. As part of this the teachers have been asked to write up methods they use around exploring emotional wellbeing in relation to the 5 EWB measures, with this is mind and guides being created for these, discussions included these being part of their mental health first aid kit which Chilypep/OASIS will support the development of.
- **29th October** – Chilypep and 2 young people from OASIS facilitated Youth mental health first aid kit activity workshops to young carers accessing Barnardo's

service. The Youth MHFA half day training was delivered to young carers on the **29.10.18** which also included the creative wellbeing activity workshops from the Youth MHFA kit. After delivery of the training Chilypep received great feedback from Barnardo's Project worker

"I just want to let you know how fantastic the Mental Health Awareness day was. Honestly it was amazing and the young people were just bursting with positivity from it. Everyone that attended said how good it was and they were glad they had come. I hope the feedback you got on your evaluations reflected the positive feelings people had. I hope we can work together again, I know the young people would love to".

The feedback from young carers participating in the Youth MHFA kit activities was reflected as a positive experience which included;

- ***I feel peaceful and de stressed***
- ***I like the stress ball thing!***
- ***I found the activities really fun and would recommend doing it again***
- ***The creative wellbeing activities were very fun***
- ***The calm jar is really good and stress ball activity is calming and helps to play with the ball***
- ***I enjoyed all the activities; it was very relaxing and enjoyable. Lizzie was very nice and funny!***
- ***I liked the stress balls because it keeps my hands busy***
- ***I likes the stress balls, there easy to make and look cool***
- ***I loved making positive quote book and making them look tie dyed, Davina was so helpful!***

Youth MHFA kit activities were also facilitated at the NHS 'digital innovations' Event

Public Health funding for development of Mindspace App

- **21st August-** 9 OASIS members attended development meeting /consultation with web designers DESAP and Mindspace and Public Health Barnsley for Department of health funding bid in regards to the MindSpace platform for online counselling and forums for young people in regards to developing an app around this

"I wanted to say thank you for such a productive meeting. The young people were truly remarkable sharing their personal experiences, including how they overcome their own mental health difficulties." MindSpace

“Just to echo your sentiments, Roger and I were delighted with how well the workshop went yesterday. The young people who attended gave truly invaluable feedback and we are so excited about the huge potential for the app. For the remainder of this week I will be pulling all the feedback together and looking at it with the feedback we also got last week at our other workshop, once analysed I shall report back and prioritise the various functions in order of the ratings and share with the group.” DESAP

On the **18th October** Mindspace visited OASIS to further consult with the young people around clarification of questions for the app designers. The app may take a year to be developed.

CHILYPEP AGM

On the **1st October** 10 OASIS members and 2 OASIS members’ parents attended the Chilypep AGM (annual general meeting).

Chilypep Away Day

On the **1st December** 3 young people from OASIS attended the Chilypep away day. This gave them the opportunity to influence the organisation, telling us what they think we do well, and what they think our future priorities should be, as well as any areas for improvement. Their views will feed into our future development and improvement plans.

VAS Awards

Chilypep were shortlisted for the VAS ‘Make a difference’ Awards and won the **‘Voice and Influence’** category.

On the **22nd November** 3 OASIS members attended the Awards event.

The awards ceremony took place on Thursday 22nd December. The awards organisers, Voluntary Action Sheffield, say the ceremony is to showcase the work of dedicated organisations and individuals in the city who work to improve the lives of others.

The Voice and Influence Award, sponsored by the Business Improvement District (BID), recognises the importance of people’s engagement in local democracy and the vital role people play in giving others a voice to influence the city.

Chilypep have been working with young people to make sure their voices are heard around issues that are important to

them.

Chilypep OASIS project member Beth Goodwin said:

“What a phenomenal achievement and great recognition for the hard work we do at Chilypep to change services for the better. Our voice and influence as young people really does make a difference and this has been showcased in winning the award. What a brilliant end to the year!”

Chilypep’s purpose is to give young people in Sheffield and Barnsley the platform and the power to realise the potential of their own voices and have influence over decisions that affect them not only at a local level, but also nationally.

OASIS Christmas creativity

Oasis celebrated Christmas with creativity this year making Christmas crafts and having a relaxed, fun session of which required no work to look at. Young people wrote positive feedback on the oasis private Facebook group page. One particular OASIS member who finds it hard at times to express emotions in a positive way wrote a very nice comment to thank staff for the Christmas session, which we recognise as a big step and personal progression within that young person.

“I’m about to be nice so keep clam people. I’d like to say congratulations and a massive thank you Charly and Amber for today. You were both amazing and made it one of the best sessions ever. So again thanks. And don’t expect me to be nice in the future. This is already too nice for me. Thank you for the party yesterday Charly and Amber much appreciated and a lot of respect for you both”



ASDAN Certification for OASIS

22 ASDAN certification - November 2018; this includes new members of OASIS and existing members. We received the ASDAN certification in December 2018 and posted these out to young people over the Christmas period with a letter of thanks and reminder of their achievements.

- 8 Citizenship
- 10 Leadership
- 4 Developing Self

Total number of sessions in October-December: 11 OASIS Sessions

Average attendance each week: 14 OASIS Members

Topics covered:

- PHN development work, consultation facilitation to other young people and prep/plan of presenting work at 0-19 development day

- 'You're welcome' CAMHS and Barnsley Hospital – write up
- Development of MindSpace app
- National transformation plan reviews
- Digital Innovations event prep
- Self-help apps consultation
- Creative wellbeing sessions
- Outcome star personal evaluations
- Writing the NHS takeover bid application – successful
- Planning next year's work Jan 2019-June 2019
- OASIS personal folder work
- Development of a young person friendly participation model
- Understanding participation

Active Members: 25, including 3 new members this period. 1 member referred from CAMHS and 1 from a parent and 1 member through word of mouth. 1 OASIS member is currently taking a break from the group and may re-join in the future.

OASIS OUTCOME Stars

Chilypep has worked with young people from OASIS new and existing around their star outcomes. As the OASIS group has grown due to more and more young people wanting to become part of the project and due to receiving referrals from CAMHS and schools, Chilypep has analysed the outcomes of the young people into two separate diagrams, one showing the ongoing progression of the **existing** OASIS members and the other showing the progression of the **new** members.

It is clear to see that the existing members are continuing to thrive within the OASIS project as well as the new members in relation to all 8 outcomes.

OASIS Reflection feedback

Outcome 2: Teaching, schools staff and young people's workers will have improved skills, knowledge and confidence to support young people's mental health and emotional well-being, and be more aware of when to make an appropriate referral to the relevant agency

Activity/Outputs/Outcomes

Development Work:

This year we were asked to develop a mixed programme that schools could choose from, so as to make the training more bespoke for each school's needs. As every secondary school in Barnsley has had participants attend mental health training through Chilypep, we are now focusing on training others working with young people outside of educational settings as well as primary schools, with the MH training having a focus for delivery to now reach Barnsley's Children and Young people's Workforce.

The CAMHS SPA Poster has been promoted out during delivery of training from the end of January 2018 and will continue to be promoted out through delivery of ongoing training to the children and young people's workforce and young people.

Overview of MH Training October- December

Total Number of Participants trained in MHFA: 94

Total number of Youth MHFA training sessions delivered to professionals and young people/students: 7 Youth MHFA training courses delivered from October-December 2018. This includes the following;

- Three – 2 day Youth MHFA courses.
- Four – Youth MHFA (Half day) courses.

Total number of bespoke MH training sessions delivered: 2 Youth MHFA Kit activity workshops to young carers at Barnardo's and young people and professionals at the NHS 'digital innovations event'. Chilypep only collated verbal feedback from facilitation of these workshops.

Training dates delivered October-December 2018

October

- 19th October – Day 1 of the 2 day Youth MHFA course at Newsome Avenue-Short breaks
- 29th October – Youth MHFA (Half day) delivered to young people and staff at Barnardo's

November

- 1st and 2nd November – 2 Day Youth MHFA at Barnsley Town hall to LAC providers and Barnsley Hospital staff
- 7th November – Youth MHFA (half day) at Barnsley college – to new peer mentors
- 9th November – Youth MHFA (half day) at Horizon College to LAC provider
- 16th November – day 2 of the Youth MHFA 2 day course, day 1 delivered on the 19th October at Newsome Avenue Short breaks
- 23rd November – Youth MHFA (half day) at Outwood Shafton Academy to TA's

December

- 10th and 14th December – Youth MHFA 2 day course at Hoyland common primary school to primary school teachers and maternity hospital nurses and mindspace staff

Future Training dates set for delivery Jan – May 2019

Jan

- 23rd Jan – Youth MHFA (half day) LAC provider - horizon

Feb

- 15th Feb – Youth MHFA 1 Day at GreenAcre school
- 12th and 13th Feb – 2 day Youth MHFA at Newsome Avenue
- 22nd Feb and the 1st March 2 day Youth MHFA – Targeted youth support at Barnsley town hall

March

- 7th March, 14th March, 21st March – Youth MHFA Lite (half day) Greenacre school

April

- 9th and 10th April 2 day Youth MHFA – LAC provider – Horizon

May

- 7th and 9th May – 2 day Youth MHFA to Barnsley hospital children's ward staff

Tutorials in Barnsley college delivered to students October – December 2018

11 tutorials (three 30-minute and eight 1-hour), with **136 attendances**. One person attended two tutorials, so there were **135 participants**.

- **10/10/18: Tutorial** (Peer Mentor Promotion), **30 minutes**, Barnsley College: SciTech - **9**

This tutorial was to adult learners. Although they cannot be involved as peer mentors, we have kept their details as they were interested in any future volunteering roles.

- **18/10/18: Tutorial** (Peer Mentor Promotion), **30 minutes**, Barnsley College - **18**
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- **16/11/18: Tutorial 2** (Mental Health, Stress and Coping Mechanisms), **1 hour**, Barnsley College: University Campus - **5**
- **27/11/18: 2 Tutorials** (Men's Mental Health Awareness), **1 hour each**, Barnsley College - **21**
- **28/11/18: 2 Tutorials** (Men's Mental Health Awareness), **1 hour each**, Barnsley College - **30**
- **5/12/18: Tutorial 1** (Mental Health, Stress and Coping Mechanisms), **1 hour**, Barnsley College - **10**
- **5/12/18: Tutorial 2** (Mental Health, Stress and Coping Mechanisms), **1 hour**, Barnsley College – **17**
- **Reach of the training delivered in Barnsley Q3 2018-9**

Organisations and attendances

Organisations	Attendances
Schools and Further Education College	
Barnsley College (including 6th Form College)	147
Churchfield Primary School	2
Greenfield Primary School	2
Hoyland Common Primary School	1
Hoyland Springwood Primary School (Every Child Matters Trust)	1
Kings Oak PLC	2
Mapplewell Primary School	1
Outwood Academy Shafton	20
Penistone Grammar School	1

Silkstone Primary School	3
Tankersley St Peters Primary C of E	1
Thurgoland CE Primary	1
Totals	182
Non-school organisations (public sector, charities, private sector)	
Barnardos	17
Barnsley Hospital NHS Foundation Trust (BHNFT)	4
BMBC	9
BMBC: 0-19 Service Public Health	1
Chilypep	2
Dove Adolescent Services / Dove Care	22
Local Care Force	1
Mindspace	1
Priory Group	2
Totals	59

Outcomes from Barnsley training in Q3 (Oct-Dec 2018)

Mental Health First Aid Courses (three 2-day and four ½ day), 105 participants	
Confidence of how best to support young people with a mental health problem	
Total Responded	105
Total increased between start and finish of course	101
Percentage increased	96%
Knowledge & Understanding of how best to support young people with a mental health problem	
Total Responded	105
Total increased between start and finish of course	99
Percentage increased	94%

Bespoke: 1-hour Tutorials (all) (eight sessions, 91 attendances)	
Understanding /in-depth knowledge around mental health for this topic	
Total Responded	87
Total increased between start and finish of course	76
Percentage increased	87%
Confidence in talking to others about mental health (& stress)	
Total Responded	86
Total increased between start and finish of course	69
Percentage increased	80%
Bespoke: 1-hour Tutorials (Mental Health and Stress) (four sessions, 40 attendances)	
Ability to recognise signs of common mental health difficulties in yourself / others	
Total Responded	37
Total increased between start and finish of course	35
Percentage increased	95%
Peer Mentor Promotion (three 30-minute sessions, 45 attendances)	
Understanding of the CHIL mentor programme	
Total Responded	45
Total increased between start and finish of course	43
Percentage increased	96%
Likelihood of getting involved with Chilypep or the CHIL mentor programme	
Total Responded	45
Total increased between start and finish of course	34
Percentage increased	76%

Outcome 3: Young people will have greater resilience and coping skills, helping them deal more effectively with the difficulties they face during key developmental transitions, by receiving emotional wellbeing support.

Activity/Outcomes/ Impact

Mental Health Ambassadors/Transitions work

Development work

11.10.18 – Chilypep met with Mindspace to discuss how Transitions project will progress. Plans changed from our original meeting partly due to the amount of time MHA's are allowed with us until having to concentrate on their exams. New cohorts of ambassadors are going to be trained in the new year. We will carry on the project with the new ambassadors. Going forward Chilypep will be working with the existing set of MHA's till Dec and continuing on the project with the next set of MHA's in Feb (after their training) the new cohorts may be in different schools.

Transitions Consultation work

Horizon's MHA's came up with the idea of having suggestion boxes to gain views from the wider school populations, with five questions about transitions. This has now been completed and will be added to the transition report for Feb 2019. Nearly 200 young people took part and sent back comment forms. The MHA's have worked with Chilypep and Mindspace to go through the comments and categorise them into themes. They then worked to come up with solutions and support for the worries students had. The report will also include the findings around general transitions that OASIS, MH Ambassadors also participated in.

2.11.18 Half day session along with CHIL mentors, mentors pitched their ideas for how transitions could be better and MHA's gave feedback and asked for more personal stories to be included. 9 CHIL mentors and 7 MHA's took part in the session.

19.11.18 - Peer mentors asked about making transitions case studies as a result of feedback from MHA at Peer mentor training afternoon.

21.11.18- A young person from the Peer Mentors made a transition story video; this is now on the Chilypep website along with a short interview.
<http://www.chilypep.org.uk/news/2018/12/11/transitioning-from-secondary-school-to-college-a-young-persons-story/>

30.11.18 Suggestion boxes went out into six schools as well as each delivering an assembly about the transition's projects. Chilypep supported the development of a script for each assembly and horizons MHA's made a video alongside them initiating action and leading the assemblies their selves.

6.12.18 The suggestion boxes feedback around transitions is being developed into a report with the MH Ambassadors from Horizon leading this- Going through answers for Q1-3 from suggestions boxes, tallying common issues and then coming up with solutions that could ease those issues.

From Horizon, Netherwood and Holy trinity

https://forms.office.com/Pages/ResponsePage.aspx?id=JBfIZffD_U28ryiSI-Y9drGJK9Bxj3JHoMevhKKGZfZUNkYVVBUMkUzWEpSU0M2RTU5RjFUMVFNTC4u

and

https://forms.office.com/Pages/ResponsePage.aspx?id=JBfIZffD_U28ryiSI-Y9drGJK9Bxj3JHoMevhKKGZfZUNkYVVBUMkUzWEpSU0M2RTU5RjFUMVFNTC4u

12.12.18 The suggestion boxes feedback around transitions is being developed into a report with the MH Ambassadors from Kirk Balk leading this - Going through answers for Q1-3 from suggestions boxes, tallying common issues and then coming up with solutions that could ease those issues.

From Kirk Balk, Holy trinity and Netherwood

19.12.18 Further development of the transitions boxes feedback for the report with MH Ambassadors from Horizon - Going through answers for Q4-5 from suggestions boxes, tallying common issues and then coming up with solutions that could ease those issues.

From Horizon, Netherwood and Holy trinity

20.12.18 Further development of the transitions boxes feedback for the report with MH Ambassadors from Kirk Balk - Going through answers for Q1-3 from suggestions boxes, tallying common issues and then coming up with solutions that could ease those issues.

From Kirk Balk, Holy trinity and Netherwood

Protocol for identifying mentees/mentors in secondary schools/academies transitioning to Barnsley college/sixth form development

The forms have been checked and signed off by the MHA's, currently looking at getting them onto the CHILYPEP website and getting them circulated in Horizon and Kirk Balk and then further afield.

29.11.18 Horizon MHA's designed an online form for showing interest, in being a CHIL mentor or being matched up with one. The draft version of this has been completed

3.12.18 An online form consultation Kirk Balk for showing interest, in being a CHIL mentor or being matched up with one. The draft version of this has been completed

MH Ambassadors have also been involved in the wider strategic consultation work with OASIS participating in the Public health nurse 0-19 creative consultation.

Barnsley College

Wellbeing Wednesday sessions

3/10/18

10/10/18 (WMHD stall)

17/10/18

24/10/18

31/10/18 – no session due to half term

7/11/18 – no session MHFA training for new mentors

14/11/18

21/11/18

28/11/18

5/12/18

12/12/18

35 students have engaged this quarter, 4 of those attended regular sessions

Although Old Mill mentors weren't trained until the start of November, Chilypep with the support of sixth form mentors, has been putting on weekly wellbeing Wednesday activities. Since the new mentors have been trained, they have designed some of their own activities to run at wellbeing Wednesday sessions. Since October there have been 9 wellbeing Wednesday sessions.

Activities included:

- Transition zines
- Mental health superheroes/villains
- Exploring negative self-talk
- Campaign planning
- How to manage our own emotions
- Stresses
- Wellbeing games
- Christmas and new year themed activities

GAINSpace activities

The sixth formers decided to relaunch GAINSpace for the week of world mental health day (10th October). They had lots of ideas for activities and decided to prioritise the ones that got the best feedback from other students.

The descriptions of the activities are as follow:

“Doodle Art Whether you’re an artist or an amateur art can be good for your mental health

Press play Play different instruments and listen to your favourite music

Feel good activities Making bath bombs, stress balls and more! All to improve your emotional wellbeing

Games Sesh Play board games, share mobile games and wellbeing apps”

The activities in GAINSpace continued weekly until 24th October when our contact at sixth form informed us that some students had been misusing the space, which resulted in damage to a sofa. This delayed the activities in GAINSpace for some time as the college staff locked GAINSpace and were deliberating moving the contents of the room to somewhere else in college. After much deliberation the sixth form staff team agreed that the space would be kept locked unless mentors needed access for activities. It was then further delayed due to the admin staff not adding the student's access for 2 weeks. They were able to resume activities on the week beginning 10th December.

The mentors are getting back into the activities for the few weeks left before Christmas then it will be reviewed at the Mentor Christmas party.

The original poster for the GAINSpace activities was agreed with by the mentors for temporary use. One of the mentors showed an interest in designing a new poster which is now up. This will be reviewed with the mentors at their Christmas party.

Sessions and attendance:

15 students engaged with these activities, many of these attended weekly sessions

One to one mentoring

There have been three referrals for mentors since October; one of the referrals decided they did not want to go ahead, two of the referrals have been matched with a mentor.

One mentee and mentor have met a few times at group sessions and are arranging for one to one sessions to begin in the new year.

The other mentee and mentor have not yet met, this mentee was a new referral in December who does not want to come to group sessions. There was also a delay due to the mentor taking ill, she has therefore been unable to meet with a staff member for support before the initial meeting

Events

Sixth form – World mental health day 10/10/18

On the 10th October the mentors planned activities to take place at the sixth form in GAINSpace on world mental health day including: Lavender dough, bath bombs, dreamcatchers, chill and chat, and cake decorating.

A total of 4 mentors facilitated these activities alongside staff.

A total of 10 students engaged with the activities.

Old Mill Lane – World mental health day 10/10/18

At Old Mill Lane we had an interactive stall, the interactive stall included the following:

- Gathering feedback on how you could support someone suffering from mental health difficulties
- Pick a lolly (representative of how many people are affected by mental health issues)
- Making lavender dough

The interactive stall was successful amongst student with a total of 30 students engaging with various activities on the stall or coming along to

talk to Chilypep and find out more.

Chilypep's AGM 1/11/18

5 Peer mentors attended the AGM (annual general meeting) creative wellbeing activities from the Youth mental health first aid kit.

Away day 1/12/18

2 mentors attended and have shown interest in being involved in a Chilypep fundraising group

22nd October Stakeholder event

1 mentor attended the stakeholder event

Tutorials

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Outcomes from tutorials in Q3

Bespoke: 1-hour Tutorials (all) (eight sessions, 91 attendances)	
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Peer mentor training

1/11/18 – getting to know each other, what is a mentor, self-assessments, boundaries, confidentiality, MHFA kit introductions

2/11/18 – problem solving, communication, transitions, working with the Mental Health Ambassadors

7/11/18 - Youth Lite training

The peer mentor training took place on the 1st and 2nd November and the Youth Lite training took place on the 7th November. The cohort was a mixture of sixth form and Old Mill students (majority from Old Mill). There are now 10 new mentors trained.

Originally 37 showed interest in the training. The majority signed up in tutorials, at stalls, and others came to enquire in GAINSpace. Although only 10/37 completed the training, some students who could not make the dates have shown interest for future training and have come along to various mentor sessions.

10 developing self ASDANS have been awarded to mentors for completing mentor training

10 youth lite certificates have been awarded for completing the youth mental health first aid course.

Feedback from training

Students reported an increased knowledge of:

- What being a peer mentor means.
- Their role as a peer mentor.
- Knowledge of mental health.

Below are responses to the **questions**, this includes themes and direct quotes

“Something I have learnt throughout the training is”

Some of the learning that the mentors highlighted from the training includes:

- “The statistics and how to help people with mental health problems”
- “How support can really help”
- “Even just your presence can help”
- “How to help others”

“Something I would like to know more about”

It seemed that learning even more about mental health was a reoccurring theme:

- “Each illness”
- “In depth of each illness”
- “Science behind mental wellbeing”
- “More about the different problems”

The possibility of the full 2 day MHFA training has been discussed as a way to support this.

“Something I enjoyed about the training”

The main themes that came up for what people enjoyed most included learning new skills and being part of the group:

- “Everyone was really nice”
- “Meeting new people”
- “Making friends and new skills”
- “Meeting new people and being able to help”
- “Mental health first aid”
- “Groupwork – learning about mental health”

“Something I would like to change about the training”

All responses either “N/A” or “Nothing”

Outcome stars

There are difficulties getting the mentors together at the same time due to college timetables, due to this the average of the initial outcome stars have been done over a few months and will be revisited in February.

BRV - Boys work

BRV Programme. Belonging Resilience Vocabulary. The BRV Project, (Belonging, Resilience, and Vocabulary) aims to improve emotional literacy within boys and obtain with them a better understanding of themselves, whilst improving their educational outcomes. Through it they can learn the tools and techniques to recognise, communicate and manage their emotions, and realise their agency to become active, empowered students/citizens.

The BRV programme enables boys / young men to learn to like themselves and respect others. To become emotionally literate, growing in confidence and self-esteem, whilst exploring authentic- self, culture and contemporary masculinity and hope, in order to reframe what it is to be a young male in 21st century Britain.

October 16th to November 5th - BRV sessions were closed at Horizon College due to paternity leave.

From October to December 2018 some **24** boys from year 8, year 9, and year 10 from Horizon College, have so far successfully completed eight interactive BRV sessions, all boys on track to gain ASDAN's in personal development.

The planned sessions covered:

- Core/ British Values
- Consequences and choices
- What is it to be male in 21st century Britain?
- CSE and you
- Country lines postcode cultures
- Healthy relationships
- Mental health
- What is emotional literacy?



Year 9s



Year 10s



Stakeholder event
2018

Specialist One to Ones for BRV

During this quarter we have delivered one to ones with some very vulnerable boys

5 regular participants and **3** drop in's Subjects inclusive off:

- Emotional, physical and sexual abuse.
- Self- harm and life-threatening activities.
- Identity/gender, sexuality and heritage.
- The males in, out and around your lives
- Internet safety
- Staying safe, signs of danger

"Hi my name isI am 15 years old, I have been working with BRV

On the one to ones for the last months sorting out how I have been feeling.

When I was 13, I was abused by a friend of my dad, he did it to other boys too. He is in prison for 26 years now

and, I live in foster care home now.

I'm not allowed to see my mum without supervisors and I sometimes feel really sad and there is no point on

Keep on going. The BRV has learned me how to trust the right people and to look after myself more

He tells me things to keep me safe and I can trust him about anything".

Boy 15 years old, BRV One at One Horizon College 2017-2018.

One to one support for Oasis Members.

The young people attending Oasis have a range of complex needs and difficulties to that end One to One sessions have been provided before the sessions which have proven to be very popular.

To date there has been **14** sessions delivered to **5** y/p.

Some of the themes covered:

- The nature of good and evil, voices from elsewhere.
- Actively seeking life threatening activities and consequences
- Identity, Subjective self (a challenge, realignment and grounding).
- Sexuality and risky behaviours
- What is and is not Love
- Core values, needs vs wants and aspirations.
- Staying safe emotionally and physically.

Current and future BRV projects

Meetings on 13/11/18 and with boys 05/12/18 with a support worker for capstone foster care

Commissioned Pilot to work with **6** LAC, boys aged 13- 14 years old to explore Identity, Mental health, masculinity and emotional literacy as well as attachment, County lines and grooming. Start date TBA (January 2019).

Meeting on 09/11/18 and with boys 19/11/18 (International men's day).

Agreement to deliver BRV project to **10** boys from Construction Barnsley College. Start date (January 16/01/19).

Meeting on 11/11/18 with staff from Endeavour

Planning meeting for Endeavour to work alongside BRV to offer opportunities for BRV graduates in terms of education and employment Opportunities, with outdoor education. Ongoing planning stages.

“Hi Marcus

Firstly, I would like to say a massive thank you for the work you are currently doing with some of our most vulnerable and challenging young people. They thoroughly enjoy their sessions with you and we certainly welcome the work that you cover with them as I fear that without this, they may not go on to make more positive choices in life and continue to demonstrate some really risky behaviours.

Secondly, I would really love it if you would consider a piece of work with a cohort of young people who are extremely vulnerable due to their SEN/SEMH needs. Among the group, there would also be a young man who is a LAC. The work would need to address such things as suicide prevention, risky behaviours, some MHFA work and most definitely work around CCE/CSE? Let me know your thoughts and thank you once again.”

S. Dickinson – Strategic Lead for Mental Health & Wellbeing/ Deputy Safeguarding Lead Horizon Community College Barnsley

Other communications in terms of BRV delivery awaiting include:

- **Two cohorts of 20** boys at the Deurne Advanced Learning Centre, Rotherham
- **Two cohorts of 20** boys at Outwood Academy Shafton, Barnsley
- **Two cohorts of 20** boys at Penistone Grammar school, Sheffield

Outcome 4: Develop and deliver an awareness raising, anti-stigma, and information campaign to promote positive mental

health, reduce stigma, and signpost young people to available services and support

Activity/Outcomes/ Impact

Open Up Directory

The Open Up Directory has been live to download since 22nd October 2018. This has also been promoted at national level at the NHS Digital innovations event as well as within every training course delivered to professionals and young people from the 22nd October-22nd December.

[Digital Catalogue](#) - click link to see the digital catalogue including some of the CHILYPEP/OASIS work – Youth MHFA Kit and Open Up directory

Campaign Post Card developed for OASIS Inspiring your inner hero campaigns #NotJustMe

Chilypep are shining a spotlight on the amazing campaigns the OASIS group members have come up with. Some OASIS members have developed campaign postcards created using the groups ideas and input to raise awareness and challenge stigma around the issues that matter most to them.

Gender identity and equality, suicide prevention and building self-esteem, confidence and celebrating individuality are the themes of the campaigns, using the postcards as a visual prompt to get people talking and making positive change!

Continued promotion and development of more individual inspiring inner hero campaigns will be developed through a comic strip story to promote positive mental health and challenge stigma next year, identified as a piece of work from young people themselves.

Suicide Prevention

This World Suicide Prevention Day Chilypep's Barnsley-based OASIS group came together to spotlight the stigma surrounding young men and boys' mental health and encourage them to talk about their feelings. Suicide is the leading cause of death for men under the age of 50 and the OASIS group want to help those feeling desperate to reach out and ask for help. To add their voices to the #AlrightPal campaign supported by Barnsley Council, the OASIS group created the following video clip to demonstrate the different ways people react to men opening up. The first scenario in which a young man admits to a friend that he is feeling low shows a series of negative, stigmatising responses such as 'man up,' 'get over it,' 'you're bringing everyone down.' The second scenario offers more supportive, encouraging responses.

Since the development and promotion of the clip and postcard this has been shared with a public health nurse that promoted this within their suicide prevention awareness work.

Click the link below to listen to the audio clip.

<http://www.chilypep.org.uk/news/>

Inspire your inner hero

Let's talk!

In a world of 7.5 billion people there will always be someone willing to listen so let's #Talk

OASIS members Ben, Georgie, Davina and Caitlin campaign aims to encourage people to talk and open up about mental health.

Logos: CHILYPEP, #NotJustMe, NHS Barnsley Clinical Commissioning Group, OASIS, and a circular logo for 'MIND AWARENESS SERVICES'.

Youth MHFA kit

Youth MHFA Kit, providing creative self-help wellbeing sessions to young people and teachers. Workshops identified to take place with young people starting in May Mental health week. National influence of the Youth MHFA Kit has begun with elements of this built in to bespoke training set to be delivered at Wakefield College in June. The Youth MHFA Kit has also been send into the NHS 70 year's good practice online marketplace and a poster designed for this. A postcard to promote the Youth MHFA Kit, manifesto and resources was designed in May 2018 with 200 of these printed and will be promoted out during stalls, events as well as on social media.

The new updated Youth MHFA book has been printed and available for download from the 24th April 2018. . CHILYPEP had **500** copies of the Youth MHFA book

printed and began handing out to young people in a multitude of young people's settings. The process began throughout May 2018 Mental Health week in the areas Chilypep delivered workshops and activities from the Youth MHFA kit. All 500 printed copies of the Youth MHFA book have now been handed out and will be continued to be promoted throughout delivery of training to the children and young people's workforce.

Youth MHFA Kit workshop/activities

29th October – Chilypep and 2 young people from OASIS facilitated Youth mental health first aid kit activity workshops to young carers accessing Barnardo's service. The Youth MHFA half day training was delivered to young carers on the **29.10.18** which also included the creative wellbeing activity workshops from the Youth MHFA kit. After delivery of the training Chilypep received great feedback from Barnardo's Project worker

"I just want to let you know how fantastic the Mental Health Awareness day was. Honestly it was amazing and the young people were just bursting with positivity from it. Everyone that attended said how good it was and they were glad they had come. I hope the feedback you got on your evaluations reflected the positive feelings people had. I hope we can work together again, I know the young people would love to".

The feedback from young carers participating in the Youth MHFA kit activities was reflected as a positive experience which included;

- ***I feel peaceful and de stressed***
- ***I like the stress ball thing!***
- ***I found the activities really fun and would recommend doing it again***
- ***The creative wellbeing activities were very fun***
- ***The calm jar is really good and stress ball activity is calming and helps to play with the ball***
- ***I enjoyed all the activities; it was very relaxing and enjoyable. Lizzie was very nice and funny!***
- ***I liked the stress balls because it keeps my hands busy***
- ***I likes the stress balls, there easy to make and look cool***
- ***I loved making positive quote book and making them look tie dyed, Davina was so helpful!***

Youth MHFA kit activities were also facilitated at the NHS 'digital innovations' Event and received lots of positive feedback on social media.

Development of a Mental Health First Aid Kit at Greenacre school.

Each class were asked to develop their own mental health first aid kits for use within the classroom setting. All 17 classes across Greenacre School including satellite provision, were asked to develop a kit. Classes were asked that objects/ activities be placed in the boxes that could be used to support the mental health

and well-being of each child and young person across all programme areas throughout School. This included pupils in free flow (reception) classes through to College students.

All staff were asked that the boxes stay in each classroom and that this is an ongoing resource available for use, as and when needed by pupils to support their mental Health and wellbeing.

Examples of objects in the boxes were such as bubbles, sensory objects, lavender fragranced products, feelings cards, magic sand, stress balls, feathers, music CD's etc. (We can provide photographic evidence of the contents of each box if needed). Staff are encouraged to add items to the boxes.

- **10th July 2018** – Chilypep attended the SEMH Meeting at Greenacre School to discuss the further development of a youth MHFA kit for primary schools and young people with special educational needs and offer of the Youth MHFA training to teachers. The next steps are for Greenacre School to get back in touch with CHILYPEP after the summer holidays to focus on the development of the kit.
A meeting took place with Greenacre school on the **19th November** to further explore the development of the kit. Greenacre has developed emotional wellbeing measures which are being implemented into their Ofsted reporting procedures. This now looks at the emotional wellbeing development of young people and provides relevant interventions either class intervention or individual. As part of this the teachers have been asked to write up methods they use around exploring emotional wellbeing in relation to the 5 EWB measures, with this is mind and guides being created for these, discussions included these being part of their mental health first aid kit which Chilypep/OASIS will support the development of.
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- ***I found the activities really fun and would recommend doing it again***
- ***The creative wellbeing activities were very fun***
- ***The calm jar is really good and stress ball activity is calming and helps to play with the ball***

- *I enjoyed all the activities; it was very relaxing and enjoyable. Lizzie was very nice and funny!*
- *I liked the stress balls because it keeps my hands busy*
- *I likes the stress balls, there easy to make and look cool*
- *I loved making positive quote book and making them look tie dyed, Davina was so helpful!*

Youth MHFA kit activities were also facilitated at the NHS 'digital innovations' Event and positive feedback was tweeted on the day from professionals and young people taking part.

Manifesto

The OASIS 'Our Voice Matters' Manifesto has been reprinted at 200 copies and has been distributed alongside the Youth MHFA book. This has been continued to be promoted out on delivery of every training course to the children and young people's workforce as well as young people themselves.

The manifesto has also been promoted and used in guidelines as good practice nationally through the Stairways Yorkshire and Humber clinical network group. Stairways ask for feedback every year on the local area transformation plans nationally. To help guide young people Stairways gave a list of criteria to look for. The OASIS Manifesto is references and promoted within their criteria's for reviewing the plans. These criteria are called '*Key Lines of Enquiry*'. They are taken from the Stairways' Charter for Children and Young People's Mental Health Services, Chilypep's Barnsley Manifesto and the Future in Mind Easy Read version.

The OASIS Mission statement has been designed and 200 a5 poster prints printed.

The OASIS manifesto was shared and promoted out by the public health 0-19 nurses on their development day to 100 staff members.

The OASIS manifesto has also been shortened down and designed into a one page manifesto in December 2018 and is available to download from the chilypep website by following the link;

<http://www.chilypep.org.uk/uploads/Our%20Voice%20Matters%20Manifesto.pdf>

Peer Mentors Transition Video

Change can be scary. One of the biggest changes young people face in their lives can be transitioning from one school to another, primary to secondary and secondary to college.

Young people need to feel supported and encouraged during these stressful transition periods in order for them to make the most of these opportunities for new experiences.

Our CHIL Peer Mentors in Barnsley College have been working on telling personal stories about transitions to let other young people know that they're not alone and that many young people have the same fears and anxieties about transitions as they do.

In response CHIL Peer Mentor Melissa Jane put together this personal video about her transition from secondary school to college. Commenting on why she made the video Melissa said: "I wanted to share my experience because I thought it would help others my age and be relatable."

<http://www.chilypep.org.uk/news/2018/12/11/transitioning-from-secondary-school-to-college-a-young-persons-story/>

OASIS Self Help Interviews in response to the guardians article around the increased numbers of young people using self-help apps

Mental Health apps are increasingly being used by young people as an extra form of support.

For young people struggling with mental health there's a new form of support becoming widely available. Not a therapist in a doctor's office or a traditional service, this type of support comes from their smart phone and can be reached anywhere there is an internet connection.

2018 has seen an increase in the number of apps available aimed at young people to help support their mental health and emotional wellbeing.

A rise in young people experiencing ill mental health along with severe cuts to services which would traditionally support them has led to an increase in the number of apps available as well as the number of those downloading and using them. But are they a suitable substitute for traditional support? Which apps

should young people use? Where can they find them?

Chilypep spoke to the young people we work with in Barnsley, aged between 15 and 19, to find out what young people really think about this digital support network and found mixed feelings and opinions.

“I think it’s good that young people are turning to self-help methods. It’s easier to access support and self-help on phones and apps especially out of hours.” Said one young person.

Another young person commented “It’s good that we can get some help at any time through the use of apps but it’s bad that we can’t get that help in person.”

When asked whether the young people found the apps personally helpful one young person said: “Sometimes but not when I’m at crisis point, you need to be calm enough to be rational and able to concentrate to use and understand the apps.” Another said: “I use them as they can give good advice but aren’t always helpful.”

The young people said that some of the most commonly used apps they has personal experience with were Alive, Safety Plan, WYSA, and Calm Harm.

Chilypep have been working with young people in Barnsley with funding from Barnsley Clinical Commissioning Group to develop resources for young people experiencing ill mental health.

This includes the ground-breaking Youth Mental Health First Aid Kit which launched in October 2017 and the Open Up Barnsley Directory or mental health services.

This includes a guide to young people mental health friendly apps and websites.

Follow the link to the story on the Chilypep website below; <http://www.chilypep.org.uk/news/>

