



Sefton CVS
Supporting Local Communities

Sefton Council 



SYMBOL

NOVEMBER 2021

SEFTON YOUTH MAKING BETTER
OPPORTUNITIES WITH LEADERS

30TH NOVEMBER 2021

MENTAL HEALTH AND WELLBEING

01 SYMBOL

Sefton Youth Making Better Opportunities with Leaders (SYMBOL) meetings are an opportunity for young people to meet and work collaboratively with key decision makers in Sefton.

Young people are involved in the planning and delivery of SYMBOL activity and attendees vote on the topics that are important to them.

Being a member of SYMBOL means a young person can play an active role in their community, with a direct line of communication with key decision makers, such as Councillors, senior managers from Sefton Council and representatives from Public Health, Merseyside Police and more. SYMBOL meetings are held three times a year at different locations around the borough and more recently they have been held online due to the Covid-19 pandemic.

SYMBOL meetings have covered topics including:

- Sex and Relationships Education
- A Curriculum for Life
- Skills Development and Employment
- Economic Wellbeing

THE MEETING

The meeting took place on Tuesday 30th November 2021 and due to Covid-19 restrictions was held remotely on Zoom.

The topic for the SYMBOL meeting was Mental Health and Wellbeing - this topic was decided by the young people at the last meeting.

In the meeting, we discussed what services were already available in Sefton, as well as how young people think that services could be developed to better suit them in the future. We discussed how young people would like to receive information about services and how young people can look after their own wellbeing.

Secondary schools, youth groups and clubs were invited to bring along young people aged 13-25 to the SYMBOL meeting to discuss mental health and wellbeing.

In total there were 57 participants on the Zoom call, including Senior Leaders and Elected Members from Sefton Council, Young Advisors and Young People aged up to 25.

Of the 57 attendees at SYMBOL, 35 were aged 25 or under.

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As part of the meeting, there were three items presented by guest speakers.

Public Health Sefton and Sefton CCG

Kooth

Brain in Hand

Public Health Sefton and Sefton CCG

Public Health Sefton and Sefton CCG presented about Emotional Health and Wellbeing.

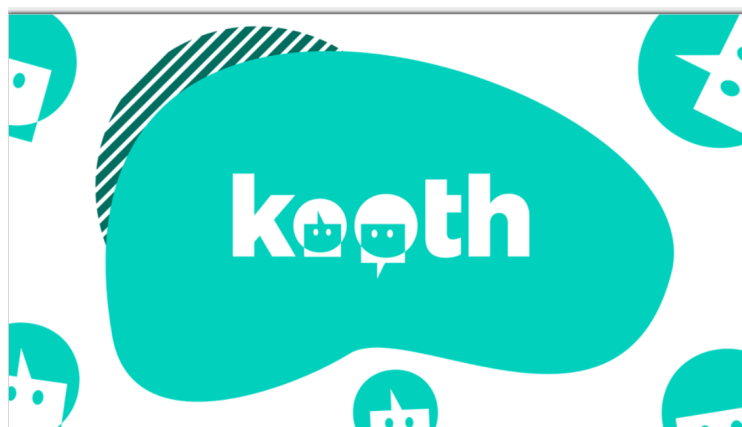
The presentation outlined what emotional health and wellbeing is and what can impact our wellbeing day to day.

The presentation also discussed how Covid-19 has had an impact on our emotional health and wellbeing and how young people can get help in Sefton. Contact details for services across Sefton were shared with the young people.



04 Kooth

Kooth is a digital mental health platform that gives children and young people access to an online community where they can access support from trained and experienced counsellors. As part of SYMBOL - Kooth presented a wellbeing workshop and discussed exercises that young people can do for their wellbeing including gratitude and coping mechanisms.



Brain in Hand

Brain in Hand is a mobile app to help people remember things, plan or help with anxiety, which is currently being piloted in Sefton for 12 months. As part of the presentation, there was a video shown of a young person who had been using Brain in Hand, he talked about the benefits of having the app.



05 Sefton Young Advisors Video

As part of the SYMBOL meeting, the Sefton Young Advisors developed a unique interview-style video to be shown at SYMBOL.

The making-process involved the Young Advisors talking to young people across Sefton to gather their views on mental health services. VideoScribe (a software package) was used by the Young Advisors to create an animation. The stories told in the animation were true accounts from young people in Sefton voiced in the video by Young Advisors to protect the identity of the young people that took part.

The video highlights the importance of making sure young people have a safe space to talk and the importance of talking about mental health.

Examples of what young people told us:

Some positive accounts included:

- The waiting room making me feel at ease
- A wide range of methods for therapy to suit everyone
- Learnt a range of methods to communicate my feelings

Some ideas for change included:

- Making it clear when next appointments are
- Changing the subject so it doesn't get boring
- Explaining the methods so it doesn't feel as daunting

To watch the video - please follow the link below:

https://www.youtube.com/watch?v=y_bKOcTyRQY

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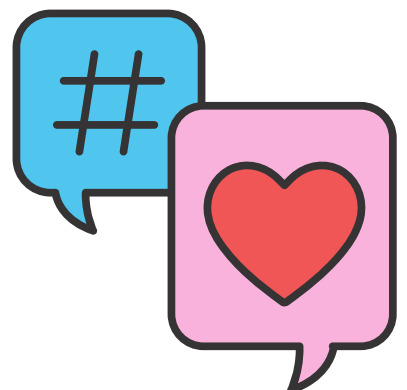
BREAK OUT ROOM 1

INFORMATION ABOUT MENTAL HEALTH SERVICES

Young people discussed how they would like to access information about mental health and wellbeing in break out rooms, facilitated by Young Advisors.

Young people told us:

- Information in school, people talking to us in assemblies
- Social media campaigns
- Informing family members so they can tell children
- Clubs
- Community Centres
- College
- Having people in person telling us rather than having just a focus online



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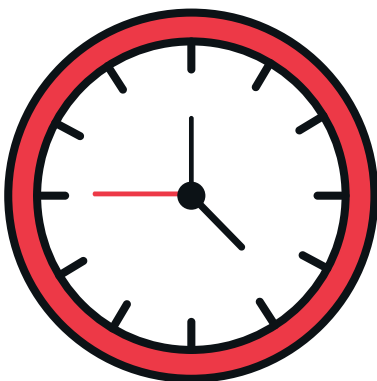
MAIN ROOM DISCUSSION

CHANGES TO MENTAL HEALTH SERVICES

Young people discussed what they would like to see develop in mental health and wellbeing services.

Young people told us:

- Reducing wait times
- More positive case studies
- Continuing support when moving to adult services
- Less complicated referrals
- Having accessible information



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QUESTIONS

Q1 - BEFORE THIS MEETING, HAD YOU HEARD OF KOOTH?

During the SYMBOL meeting - we asked young people questions for them to answer in the chat box on Zoom.

When asked if before the meeting, they had heard of Kooth, the majority of young people on the call had heard of Kooth.

For those that had not, the meeting was a great way to introduce them to Kooth and remind those that had heard of Kooth in the past.

Q2 - DO YOU FEEL THAT YOU HAVE LEARNT SOMETHING IN THIS MEETING?

From the young people that answered this question in the chat box, all felt that they had learnt something from the SYMBOL meeting.



ENGAGEMENT

To advertise SYMBOL, Sefton Young Advisors create a poster for each meeting which is shared with schools, colleges, youth groups and on Twitter.

However, for this SYMBOL meeting in attempt to gain greater awareness, Sefton Young Advisors created a short video, to go alongside the poster, inviting young people to come and join the conversation around mental health and wellbeing. The video was then circulated and shared to a wider audience.

Although using new forms of engagement (the video), we recognised the difficulties of engaging young people online because of digital fatigue, particularly due to the increased use of online communications during the pandemic. To encourage participation and as a way of thanking the young people for their time and input we hosted a prize draw at the end of the meeting. All the young people who attended were entered and had an equal opportunity to win a £30 Love to Shop Voucher which we believe acted as an incentive to get involved.

For this SYMBOL meeting, we had a much better turn out from young people and had more than double the amount of participants compared to the last meeting.

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MORE INFORMATION

At the end of each SYMBOL meeting, we ask the young people what they would like to discuss at the next SYMBOL meeting.

The top two answers that young people picked were climate change and jobs/volunteering.

The SYMBOL planning group and Sefton Young Advisors will decide which of the two topics will be at the next meeting.

ACKNOWLEDGEMENTS

Sefton Young Advisors would like to thank all those that attended the November 2021 SYMBOL meeting.

Also, thanks to presenters, speakers and young people involved in the video for SYMBOL.

For any more information about SYMBOL or Sefton Young Advisors
please contact:

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