



KELMSCOTT SCHOOL YOUTH HEALTH CHAMPIONS

HEALTH AND WELLBEING CAROUSEL DAY



On the 6th October 2016 the Youth Health Champions held a Carousel Day for Year Eleven students. The aim of the day was to educate and inform young people about health issues.

The topics included at this event were: stop smoking, dementia awareness, sexual health and bullying. The Leisure Centre even brought two rowing machines for the Year Eleven and Twelve students to try –showing exercise can be fun and beneficial.

There were many other interactive activities, and information was provided in the leaflets and booklets.

We received positive feedback from the Year Eleven and Twelve students and felt this was a very successful and enjoyable event.

Pupils were able to wear beer goggles showing them the effects alcohol can have on a person. The stop smoking stand offered a carbon monoxide test to measure the carbon monoxide inside the lungs. Pupils were able to see how much sugar and salt goes into some of their favourite foods, making them more aware of what they eat.

Pupils said that they would like to find out more about police, domestic violence and LGBT issues.



We would to thank the following people for making this day so successful and for giving their time to support it:

- PC Carl Clarke—School's Officer
- Joanne Bullar—Dementia Development Practitioner
- Social Services Dementia Support Team -London Borough Of Waltham Forest
- Zaya Fullerton - Public Health Strategist
- Claire Mulrenan - Public Health Strategist
- Jason Hill - Police Officer YEC— Youth
- Jacqui King –Sexual Health Young Persons Lead
- Charlie Nevill– Out Reach Assistant
- Renata Bruozyte—Stop Smoking Services
- Swabrina Nkoju- Public Health Strategist
- Sasha Taylor—Walthamstow Leisure centre
- Noel Beckford -Walthamstow Leisure centre