



## A Chance to Share What We've Learned So Far...

On Wednesday 25<sup>th</sup> January 2017, Loui and I were specially invited to give a presentation to health professionals in the borough at the Health in Schools Steering Group. We were asked to promote the programme, talk about the work behind it, how the programme works in our school and what our key successes and challenges were. We explained the youth health movement and the variety of work we have completed, training we have received and future plans. We also spoke about promoting better health and wellbeing to our peers.



When we walked in to the committee room we were both really nervous, but were put at ease when we saw people drinking cans of drinks and eating crisps and nuts. It was also quite casual and we didn't feel under too much pressure. We enjoyed giving the presentation and the meeting attendees were all very supportive of us and they were all really interested in what we do. We have seen Claire before because she helped us with some of our training and came to our carousel days, so it was very strange to see her as the Chair of the meeting.

After we had finished our presentation we answered any questions they had. It improved our confidence and communication skills and it allowed us to experience something different and new. We wouldn't be afraid to do it again and we appreciated the opportunity.

Rhiannon and Loui

Youth Health Champions

Claire Mulrenan works for the Public Health Team, Waltham Forest Council with a focus on Health in Schools. She leads on the [Healthy Schools London programme](#) and is also responsible for coordinating the Youth Health Champions programme across Secondary Schools in the borough.

*On the Youth Health Champions programme she says "There are so many challenges facing young people today, and it's essential we give them the tools and knowledge to safeguard their own health and wellbeing. The Youth Health Champions programme aims to do just that. We know young people, particularly adolescents, receive much of their advice on health and wellbeing from peers and it's vital we ensure this is accurate and reliable. The YHC programme is about empowering young people to look after their own health and wellbeing along with that of their peers. We are proud to be the first borough in London to roll out the programme and I have been overwhelmed by the work we've already seen across the borough. The Kelmscott Youth Health Champions Team have been fantastic and have already organised Health Carousel days, scheduled drop in sessions and even spoken at the 150<sup>th</sup> Anniversary event for the London Fire Brigade. Pretty incredible for a team that's only been established for a couple of months!"*