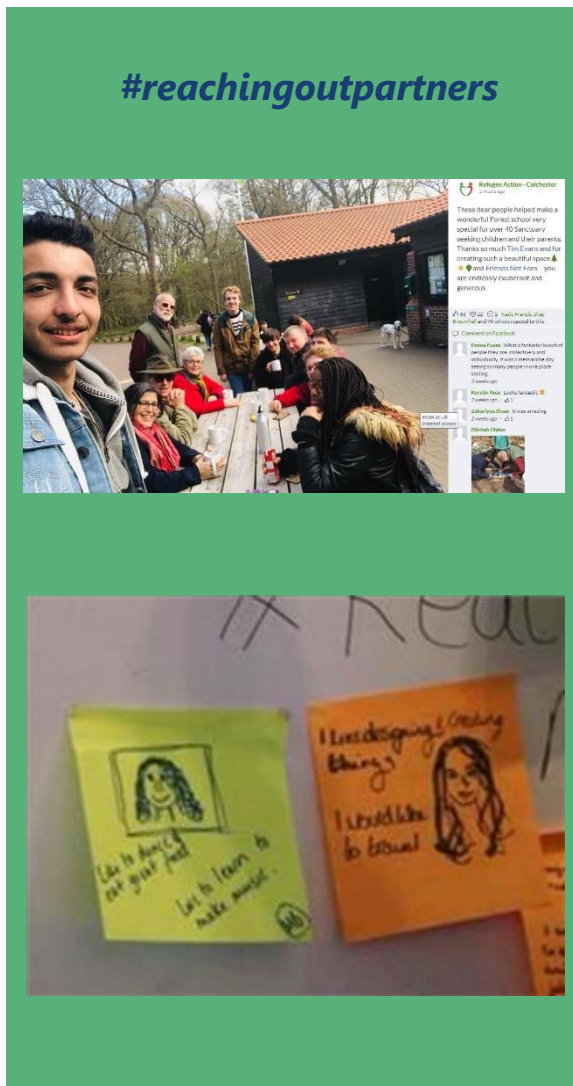


# Reaching Out North Essex

## Strengthening new partnerships

*Diverse and strong community voices*



### Listening and learning to each other

We are learning from each other and valuing the individual talents, knowledge and experience that we each bring to the project. The partnership group includes people with such diverse lived experience, cultures and ideas and we are investing as much time as we can in getting to know each other. At our last meeting we each created a thumbnail portrait of ourselves. This was more than just an icebreaker as it enabled us to gain a little insight into a few common interests that connect us despite our different roles and experiences. Taking time to build relationships and really listen is vital. Zak is the youngest member of our team and from the very beginning his message has been clear and consistent – treat each other with love and kindness. At first this sentiment seemed a little out of place in the context of research; however listening to him explain why this is important has inspired us to adopt this as core principle for the project.

### Creative projects engaging children and young people

Our community partners have each co-produced a plan with young people designed to creatively engage the communities of children and young people that they work with in talking about health and wellbeing priorities. Plans have been submitted to the Oversight Group and funding for each has been approved. Each project involves a unique approach to facilitating initial conversations with children and young people about what matters to them in a setting that they will feel comfortable and enjoy. The hope is that the outputs from these ‘mini projects’ will provide the focus and stimulation for the ‘Young Minds Inspiring Health and Wellbeing Research’ event on 12<sup>th</sup> June (further details overleaf).



## Community partners reaching out 'mini' projects

### **Firstsite** Young Art Kommunity YAK

#### **Mood Mosaics & Our Mind**

Collaborative project involving children and young people of different ages making a series of art works to reflect their mood over a period of time. This will be displayed as an artwork to show prevailing themes of what matters to children and young people and how they are feeling. The young people are also exploring the possibility of developing this into an app.



#### **Reaching Out to Sanctuary Seekers**

A Forest School activity designed to provide a fun and relaxing day out for refugees, asylum seeking children, young people and their families. There will be a private space set aside in the forest where Zak will interview children and young people about their experience and what matters to them. The film and photos and narrative will form a report.



#### **Reaching Out to Youth Voices**

Provide a session plan for Youth Leaders to facilitate discussions with young people about mental health and wellbeing. Diverse youth groups will be invited to apply for funding for materials to run the sessions and provide pizza. The plan is to attract diverse groups and reach over a 100 young voices. This will be presented as a report.





### Junior Ambassadors Community Celebration Event

The plan is to contribute to the Celebration event which brings together the children, families and local community involved in the JWA project. This event is a celebration with food and entertainment from different cultures. We have been invited to share outputs from the Reaching Out Project and other relevant health and wellbeing related research engagement activities.



## What next – our event on 12<sup>th</sup> June – spread the word!

### Young Minds Inspiring Health & Wellbeing Research

Free event\* | Wednesday 12th June | 5-8pm  
Firstsite Gallery, Colchester

Join us for an evening of informal discussion about young people's health & wellbeing research. Help us to plan more engaging and innovative research' answering questions that are important to young people.'

Can you help to inspire more creative and relevant research with young people's ideas at the heart of it?



- Everyone welcome, including:
- young people
  - families & carers
  - health & social care researchers
  - health & community services and groups

- Share your health & wellbeing experiences with researchers
- Help researchers decide what to research in future
- Enjoy an exhibition of creative works based on health & wellbeing
- Have fun & network!
- Find out how you can get involved in health research

Register to attend at [bit.ly/NIHRYoungMinds](https://bit.ly/NIHRYoungMinds)

\*If you're aged 18-25 you can also apply for a £5 travel voucher. Food and refreshments available too. For more information email [crneastern.ppi@nihr.ac.uk](mailto:crneastern.ppi@nihr.ac.uk)

This event is being planned with and for young people to create an informal space where they will feel comfortable to share their experience and ideas with health researchers. An experienced facilitator will encourage the young people, community partners and researchers to be open and honest about opportunities to create research together.

We are hoping that researchers will be inspired by the creative ideas that the young people have designed and used to engage their peers and wider young community in talking about what matters in health and being research.

There will be creative space to explore innovative ideas and approaches to overcome some of the perceived barriers to involving children and young people in health and wellbeing research.

More than anything, this will be a chance to make new friends and research partners.

Register: [bit.ly/NIHRYoungMinds](https://bit.ly/NIHRYoungMinds)



## Our Goals

- Build new community partnerships
- Create different pathways for children and young people to influence health & wellbeing research
- Empower children and young people to have their voices heard
- Explore creative ways to find out from children and young people what matters most to them
- Promote health & wellbeing, especially mental health
- Strengthen dissemination & impact of what we already know about local health & wellbeing priorities

## Our Values

- Every voice is equal
- Promote value of lived experience
- Respect & welcome diversity of thoughts & experience
- Be kind and inclusive
- Be honest about what we can't do
- Shared ownership of decisions, plans and outcomes
- Appropriate reward and recognition



*This project is funded by a grant from NIHR INVOLVE and the Research Design Service for one year from September 2018 until August 2019. It is one of four Reaching Out projects funded across England. For further information:*

<https://www.invo.org.uk/current-work/reaching-out/>

## For further information

Tracey Johns Project Lead  
NIHR Research Design Service East of England  
School for Health & Social Care  
University of Essex  
CO4 3SQ

Email: [tracey.johns@essex.ac.uk](mailto:tracey.johns@essex.ac.uk)  
Mobile: 07557 939045  
Telephone: 01206 874582

Website: [www.rds-ee.nihr.ac.uk](http://www.rds-ee.nihr.ac.uk)



**#reachingoutpartners**

***Thank you to all members of our Oversight Group and Partnership Group***