



Youth Almighty Project Health sessions



Silksworth Community Centre
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*Report prepared by Amanda Gerry, SVSYF September
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Introduction

Continuing on from a successful pilot in 2010, Youth Almighty Project decided to continue offering health sessions for young people from their base in Silksworth park, 'The Youth Café'. These sessions were extended to cover new topics including well being and sexual health and relationships. The aim of these sessions is to ensure young people have a comfortable, safe setting in which to ask questions and explore different health topics that might affect them.

Background information

25 young people (12 male, 13 female) took part in themed youth work sessions during April – September 2011. Each young person completed a before and after 'health wheel' to record their journey of learning. These health wheels have been recorded to provide an accurate account of individual and group learning.

Session content

During youth work sessions at Youth Almighty Project, young people participated in group discussions, individual reflection, presentations, talks and activities covering the following topics:

- Sexual health and relationships
- STI's and safe sex
- Drugs
- Alcohol
- Healthy eating
- Sport and fitness
- Well being

The overall aim of the course was to introduce young people to a healthier lifestyle and offer informative and interesting sessions that would enhance the young people's knowledge and give them the opportunity to ask questions in a comfortable, safe environment. The sessions were mixed gender with a total of 25 young people participating over the course of 6 months.



The young people's journey - How it was measured.

At the start of the first session young people were asked to look at the individual questions on the health wheel and 'score themselves' according to where they thought they were at that time in their lives in terms of knowledge or experiences.

In the last session they were asked to complete another wheel, taking into consideration everything they had learnt over the course of the project. They were then asked to compare the results and ask themselves why the scores had changed (if they had).

Findings

The majority of young people came along to the sessions thinking they were quite knowledgeable about most of the sessions covered. The findings show that in fact they knew less than they initially thought.

Every young person who took part scored higher in all topics at the end of the course; everyone increased their learning by more than 12%, 16 young people increased it by 30% or more with one young person increasing their score by an incredible 113%.

Every young person who took part in the health session told us they had increased their knowledge of health issues and in particular have improved their skills in the following areas;

- Made and now eat healthy food
- Learnt about a healthy diet
- Taken up sports
- Gained additional knowledge about sex, drugs, alcohol and sti's
- Know where to go for help and advice and have talked to workers about issues that affect them.
- Understand more about myself

All of the young people who participated really enjoyed the sessions and everyone said they learnt something including improved life skills, being able to cook better than they thought they could, safe sex methods and where and how to access contraception.

The course has proved to be successful in engaging young people in issues around healthy lifestyles and all young people said they enjoyed taking part. Some suggestions from young people have included continuing the sessions with more emphasis on learning independent living skills including ironing, improving cooking skills etc.

Some young people have gone on to access other provision offered by Yap including Girls Group and generic youth sessions.

Conclusion

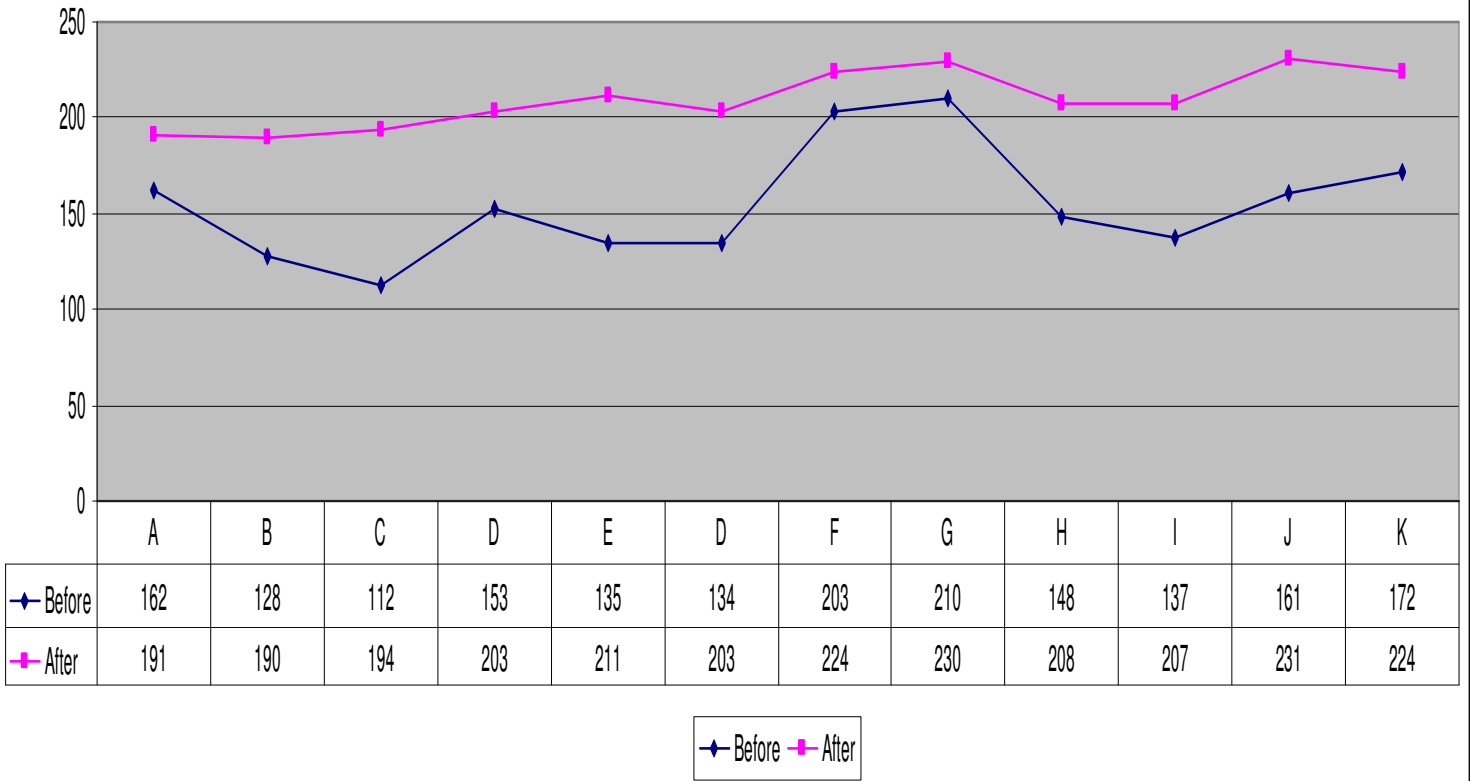
The Health sessions continue to prove popular with young people at YAP and are well attended by an even gender split of young people. The sessions are well planned and cover a vast variety of different topics related to health.

Young people enjoy the sessions and everyone that participated left with increased knowledge of health issues.

There is scope to expand / change the format of the sessions offered to include more independent living skills and consider more cooking sessions. Using some of the expertise already in the community could help with this and introduce an element of inter-generational work, older members of the community passing on skills, knowledge and expertise to the younger members.

The young people's health journey (beginning and end) – collated scores

YAP Health Sessions 2011



A	B	C	D	E	F
Good at sport	eat Healthy	know how to cook	exercise regularly	know where to go for info about sex	Know about STI's
G	H	I	J	K	L
Have good friends	Happy at home	know where to go to get info about alcohol	Know information about drugs	Understand why my body is changing	Have people to talk to

Individual young peoples scores - Before course

	A	B	C	D	E	F	G	H	I	J	K	
1	10	5	2	6	6	4	10	9	8	5	4	3
2	7	6	4	8	6	3	6	4	4	4	5	10
3	7	3	3	1	8	5	9	8	7	4	8	9
4	8	4	4	7	5	6	8	10	7	8	8	6
5	4	4	7	6	4	4	8	8	6	6	4	5
6	7	5	6	6	4	4	8	9	5	5	5	6
7	7	6	4	5	5	5	10	10	5	5	6	7
8	6	5	4	6	5	5	7	8	6	5	6	7
9	5	5	4	4	6	6	10	9	7	7	8	8
10	5	5	5	6	6	7	9	9	7	7	8	7
11	7	4	5	6	6	7	10	10	5	5	8	7
12	7	7	5	6	5	5	8	8	5	5	5	6
13	9	8	6	9	6	6	7	8	7	6	6	5
14	9	4	3	8	3	3	9	9	4	4	5	8
15	9	5	3	9	6	6	8	8	6	5	8	7
16	5	4	3	4	2	7	6	7	3	3	3	6
17	1	5	4	4	6	5	9	9	7	6	7	7
18	3	3	4	4	3	4	4	10	4	4	4	8
19	5	5	2	7	4	4	7	10	3	3	6	7
20	9	7	7	9	7	7	10	10	8	8	9	8
21	5	6	5	6	5	5	6	6	6	5	6	7
22	5	6	6	6	6	6	7	7	7	7	8	7
23	5	4	4	4	7	7	8	6	8	7	8	7
24	8	6	6	7	7	7	9	8	7	7	8	7
25	9	6	6	9	7	6	10	10	6	6	8	7
	162	128	112	153	135	134	203	210	148	137	161	172

Individual young peoples scores - After course

	A	B	C	D	E	F	G	H	I	J	K	
1	10	7	6	7	8	8	10	10	9	8	10	5
2	8	7	8	9	8	8	7	7	8	7	9	10
3	8	8	9	7	10	9	10	9	8	8	9	10
4	8	7	8	7	8	8	9	10	8	9	10	10
5	7	7	8	8	8	8	9	10	9	9	9	10
6	7	7	8	8	8	8	9	10	9	9	9	10
7	8	6	6	8	6	6	8	10	6	6	8	8
8	8	6	6	8	6	6	8	10	6	6	8	8
9	8	8	8	8	9	9	9	9	9	9	10	9
10	6	7	8	8	8	9	10	10	9	9	10	9
11	7	8	8	6	8	8	10	10	9	8	9	8
12	8	8	8	8	7	8	8	8	8	8	8	8
13	9	8	8	9	8	8	9	9	8	8	9	8
14	9	7	7	8	8	8	9	9	8	8	8	9
15	9	8	8	9	8	8	9	9	8	8	9	8
16	9	6	1	10	10	1	5	10	5	6	10	10
17	1	8	8	8	9	9	9	9	8	8	9	9
18	9	9	10	9	10	10	10	10	10	10	10	10
19	8	9	9	9	10	10	10	10	9	9	9	10
20	9	9	9	9	9	8	10	10	10	9	10	9
21	6	8	10	8	10	10	9	9	9	10	10	10
22	6	8	8	8	10	10	9	6	9	10	10	10
23	6	8	8	6	8	9	9	8	9	9	9	9
24	8	8	9	9	9	9	9	8	8	8	9	8
25	9	8	8	9	8	8	10	10	9	8	10	9
	191	190	194	203	211	203	224	230	208	207	231	224

If you'd like to contact the project for more information
please don't hesitate to get in touch with us

Youth Almighty Project

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