

Lewisham Junior Citizen Scheme

SUMMARY IMPACT REPORT

Strategic Drivers and Methodology

In November 2017, Healthwatch Lewisham took part in the Lewisham Junior Citizen Scheme. Healthwatch delivered a workshop around mental health and the Five Ways to Wellbeing. Healthwatch engaged 989 Primary School children over a two week period.

Healthwatch set out to:

- *Identify what knowledge of mental health the young people had.*
- *Teach the Five Ways to Wellbeing to every child who attended.*
- *Ask the children to each make a pledge on how they would improve their mental wellbeing.*

Findings

- *There was very limited knowledge around what mental health is. When asked to express words associated with the phrase “mental health”, a large majority of pupils used words such as “disabled” “ADHD” and “autism”.*
- *There was often surprise amongst the children when it was explained that everybody has mental health.*
- *None of the children who took part had any knowledge of The Five Ways to Wellbeing.*



Our CYP Officer, Fay Russell-Clark leading the workshops with local children



Local impact and outcome

It was apparent from the feedback received from the teachers who participated in the scheme that the Healthwatch Lewisham contribution was very valuable.

Highlights of the feedback from local teachers is detailed below:

“New for this year and it was a really valuable addition.”

Teacher, Kelvin Grove School.

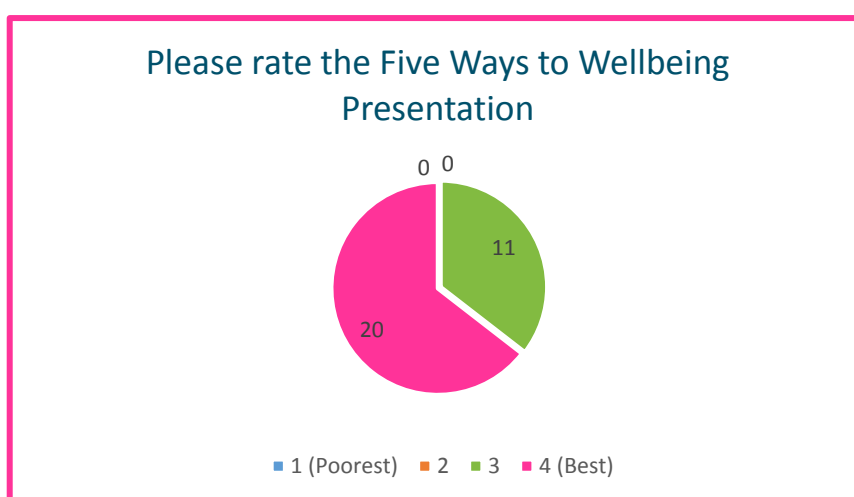
“Well done! A very passionate speaker. The children felt the difference.”

Teacher, Childeric School.

“Good pitch. New learning for children.”

Teacher, Haseltine School.

Teachers were also asked to rate the presentation on a scale of 1-4 with 1 being the poorest and 4 being the best.



Some of the pledges that the young people suggested included:

“Walking to school” “Smile at people” “Helping people that need it”

“Trying new sports” “Learn something new” “Help my teacher”

“Have more contact with my family” “Try different things”

“Talk to my family instead of just using technology” “Give others my time”

Due to the overwhelming positive feedback from teachers and the interest from the pupils, the Lewisham Junior Citizen Scheme have asked Healthwatch Lewisham to be permanent fixtures at the event which runs twice a year. In addition to our workshops, we recommend that children are taught in schools about mental health and wellbeing as part of their day-to-day learning.

