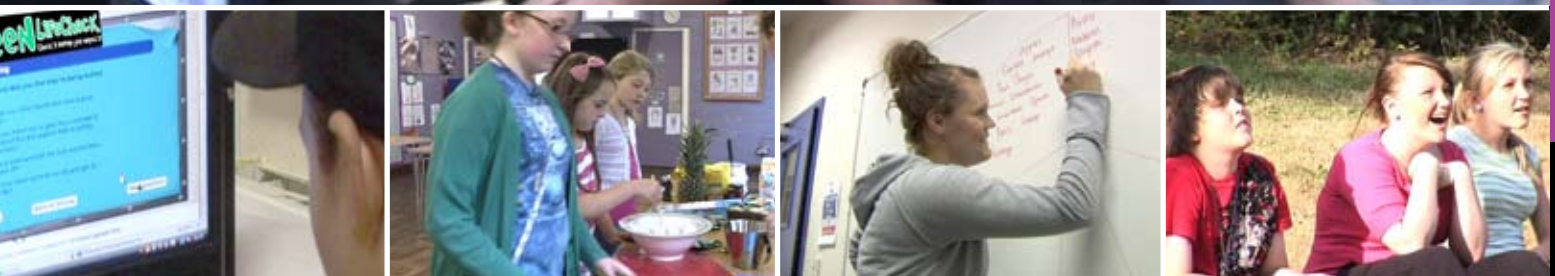


COMMUNITIES FOR HEALTH



NHS TEEN LIFE-CHECK Walsall's Programme Final Evaluation

Summary Report (May 2011)

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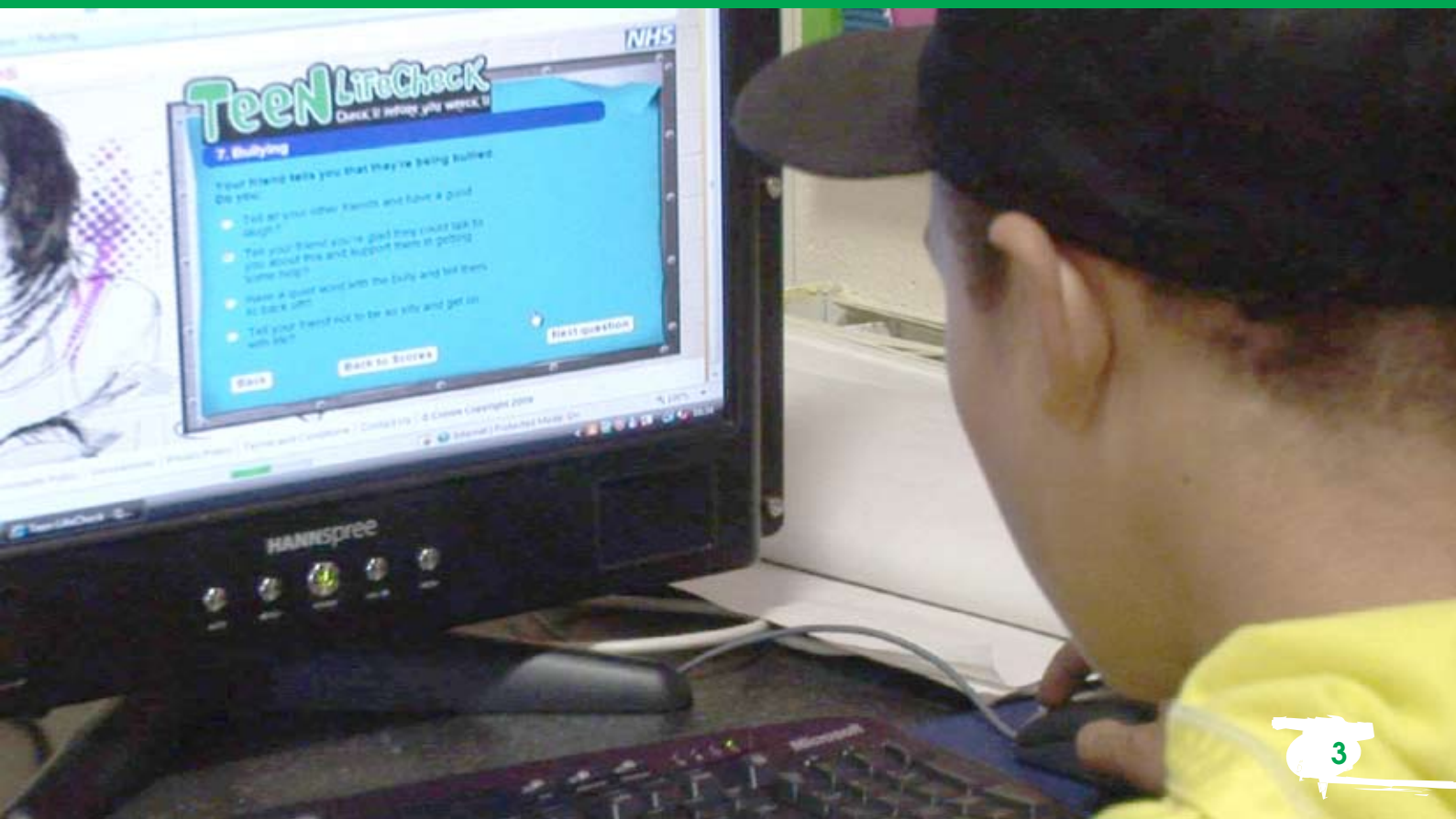


EXECUTIVE SUMMARY

NHS Teen LifeCheck was delivered in Walsall between July 2009 – October 2010. Walsall's programme was specifically designed to engage young people aged 12-15yrs through the voluntary and community sector organisations across the borough.

Walsall's Teen LifeCheck project was delivered through a 6 week targeted programme which was responsive to the young people's interest and needs highlighted through completing the online Teen LifeCheck quiz. (**appendix 2**).

Each 6 week programme provided opportunities for delivering a broad range of health based activity sessions delivered either by the centre's staff or external agencies with an additional structure in place to signpost and refer young people to local support services as appropriate. Young people were also given the opportunity to gain accreditation through the Local Authority Award.



Summary of project successes:

Throughout the Teen LifeCheck programme **a total of 153 creative interventions and activity sessions were delivered** through 11 voluntary and community sector organisations.

- **718 young people participated** in the Teen LifeCheck Programme (including open days and weekly activity sessions).
- **1,577 total attendances** were recorded across all individual Teen LifeCheck activity sessions.
- **28 direct referrals** have been made to local support services as a result of the programme.
- **82 young people successfully completed a portfolio for accreditation** to gain a Local Authority Award, with many more receiving participation awards by the community centre.

Impact on young people:

Young people described the project as being 'excellent, brilliant, enjoyable, interesting, educational, informative and fun!'

A focus group of 97 young people from across 7 organisations (51 male and 46 female) **showed the following results:**

- 72 young people (**74%**) said that the Teen LifeCheck Programme had **helped them in understanding more about specific health issues.**
- 89 young people (**91%**) said that the Teen LifeCheck Project had **helped them to know where to go for further information, help and support.**
- 82 young people (**84%**) said that the Teen LifeCheck Project had **helped them to feel more confident to ask for help and support.**
- 89 young people (**91%**) said that the Teen Life Check Project had **helped them to see where they could make changes to improve their health and lifestyle.** Particularly around exercise, diet, quitting smoking and sexual health.
- 53 young people (**55%**) said that as a result of Teen LifeCheck they had **made some changes to their current lifestyle** which has had a positive impact on their health and well being.

“excellent,

Impacts on the voluntary and community organisations who have hosted the project:

- Engaged with young people who have not previously accessed any of the existing provision within the centres.
- Developed a bespoke programme of activities that are user led and are specific to young people's needs and interests which are different to existing provision already delivered
- Support staff development by providing up to date health information and resources to continue to build into session delivery after the project
- Support staff to identify and attend training to develop their health based skills and awareness
- Strengthen links with external agencies to support signposting and referrals into local services and delivery of health awareness sessions
- Establish new partnerships with specialist staff to deliver targeted health provision e.g. SLA with NHS Walsall to fund a Young Person's Health Advisor to run a drop in session once a month on site
- Actively engage parents and carers more through their interest in the programme and the issues being addressed.

Health issues identified through the online health check that need to be further addressed are:

- Obesity
- Teenage Pregnancy and sexual health
- Smoking cessation
- Drug and alcohol
- Mental health/ emotional well being (specifically self image)

Recommendations for sustainability

- Identify and **source further funding** to support organisations to further develop the Teen LifeCheck programme and enable future targeted participatory activities and health information and advice to be delivered on site.
- Support community organisations to maximise and **build links with external agencies** within the delivery of health education sessions, referrals and on going support especially around sexual health, self image, obesity and teenage pregnancy.
- **Build capacity** for local community organisations and staff to deliver more health focused sessions through accessing appropriate training and information

brilliant,
enjoyable.”

INTRODUCTION

Walsall's NHS Teen LifeCheck project was funded by Walsall Communities for Health programme (Appendix 1) through two phases between July 2009 – October 2010. Walsall's programme was specifically designed to engage young people aged 12-15yrs through the voluntary and community sector organisations across the borough.

The 11 organisations that have delivered Teen LifeCheck locally are:

- Moxley People's Centre
- Old Hall People's Partnership
- Frank F Harrison Community Association
- Bloxwich Community Partnership
- Palfrey Community Association
- Collingwood Centre
- The Streetly Association
- Pool Hayes Community Association
- Walsall First Base- Streams Supported Housing
- Brownhills Community Association delivered at the Walsall Wood Youth Club and at Brownhills Activity Centre Community Youth Challenge Project

Managed by Walsall Council Community Development Team and Walsall Council Creative Development Team the Teen LifeCheck working group agreed two key objectives for the programme;

- To raise awareness on how to ensure health improvement information, advice and guidance, can be delivered to young people more effectively in non-health settings. i.e. Voluntary and Community Organisations
- To raise awareness on how best to configure health services to target and meet the health needs of all young people.

The project aimed to involve 300 young people throughout the whole programme. A target of 30 young people per organisation.

Walsall's approach aimed to support the voluntary and community sector organisations to deliver Teen LifeCheck through a 6 week targeted programme (**appendix 3**) which was responsive to young people's interests and needs highlighted through completing the online Teen LifeCheck quiz (**appendix 2**).

Each 6 week programme provided opportunities for delivering a broad range of health based activity sessions delivered either by the centre's staff or external agencies with an additional structure in place to signpost and refer young people to local support services as appropriate.

An evaluation case study of Walsall's Teen LifeCheck pilot project compiled by the West Midlands Communities for Health Network can be found in **appendix 5**



Summary of the project success

Outputs

Throughout the Teen LifeCheck programme **a total of 153 creative interventions and activity sessions were delivered** by **11** voluntary and community sector organisations.

These included for example: sports coaching (basketball, cycling, badminton), gym introductions, food preparation, cooking and tasting, health themed group sessions, self defence classes, community volunteering activities such as dog walking through a local charity, sexual health screening and advice, participatory team building activities.

718 young people participated in the Teen LifeCheck Programme (including open days and weekly activity sessions)

1,577 total attendances were recorded across all individual Teen LifeCheck activities

28 direct referrals have been made to local support services as a result of the programme. E.g. to T3, School Health Advisors, CAMHS, GUM Clinic (Walsall Manor). These are the known referrals reported via monitoring direct from support staff with many more self referrals unreported.

82 young people successfully completed a portfolio for accreditation to gain a Local Authority Award, with many more receiving participation awards by their individual youth centre.



‘One young person is grossly overweight. We are now working with their parents and dietician to improve his relationship with food’



‘Three young people have been identified as social users of cannabis. Further work will be done on a 1-1 basis to address this’

Brownhills Activity Centre

Outcomes

Impact the project has had on young people

Feedback from young people who took part in the programme has been positive highlighting that they found the Teen LifeCheck project 'excellent, brilliant, enjoyable, interesting, educational, informative and fun!'.

The project provided opportunities to:

- Develop a programme of activities that have been informed by young people's current needs and interests
- Support young people to identify and make positive changes to improve the current lifestyle and wellbeing
- Support young people to access local support agencies, and full sexual health screening and condom schemes

- Develop young people's knowledge and awareness focusing on health information and advice particularly around nutrition, physical activity, exercise, sexual health, alcohol and drugs
- Provide health information and advice in a place that they feel 'comfortable' and 'safe'
- Signpost young people direct to local support agencies via project referrals and activity based sessions
- Increase young people's awareness and confidence to know who to talk to and where to go to get help with health issues
- Support young people to try out new activities and continue to access youth and community centre provision after the programme has completed





“I really enjoyed the sessions. It was great to get the information and realise that others feel like I do about things”



“It was great to work in the groups, we had such a laugh. I like the game where I had Chlamydia and gave it to everyone”



“I really enjoyed it to be honest with you. I learnt a hell of a lot that I thought I knew about but obviously I was wrong”



“This has been great. Can we continue?...I want to do more”

Young people’s feedback via online evaluation.

Evaluation carried out via a bespoke online questionnaire designed through consultation with young people (**appendix 3**) evidenced that as a result of the Teen LifeCheck Project young people have commented on a number of positive changes they have made to their lifestyle to improve their health and well being. With many also identifying changes that they would like to make that would be of benefit to them.

A focus group of 97 young people from across 7 organisations

(51 male and 46 female) showed the following results:

72 young people (74%) said that the Teen LifeCheck Programme **had helped them in understanding more about specific health issues.**

89 young people (91%) said that the Teen LifeCheck Project had **helped them to know where to go for further information, help and support.**

82 young people (84%) said that the Teen LifeCheck Project had **helped them to feel more confident to ask for help and support.**

89 young people (91%) said that the Teen Life Check Project had **helped them to see where they could make changes to improve their health and lifestyle.**

Particularly around exercise, diet, quitting smoking and sexual health.

53 young people (55%) said that as a result of Teen LifeCheck they had **made some changes to their current lifestyle which has had a positive impact on their health and well being.**

"Exercise more and change my diet a bit"

"I'd like to cut down on my smoking due to the health damage it can do to me which I really didn't know about before"

"Live more healthier and have a more positive outlook on life"

"Use a condom...have safer sex"

"I don't feel so pressured about having sex, because I found out it's better to wait"

"I have stopped smoking with the nurse, I have some patches and I have more money now"

"I have cut down on drinking and smoking and also started using protection"

"I now get condoms from here (the centre)"

"I am eating more fruit and vegetables"

"I am eating better and going to the gym"

"I swim and walk more in my spare time"



"The young people have gained knowledge around sexual health, drugs, alcohol, sports coaching and cooking which covered the areas young people had identified they wanted to learn new skills around. They have learnt new skills which have enabled them to enhance their life skills and awareness around health issues"

"The young people can now correctly apply a condom. Have knowledge of contraception and know where and how to access local services. The importance of practicing safe sex and the consequences and an understanding of the importance of accessing services" Young Persons Health Advisor



The Teen LifeCheck Programme has proved to be a great success through its delivery by local Voluntary and Community Organisations. Impact reported through evaluation processes have highlighted:

- Opportunity to deliver alternative activities which are specifically health focused and different to existing youth provision within a community setting
- Engage with young people who have not previously accessed any of the existing provision with Teen LifeCheck *'attracting new young people into the centre's that weren't already attending'*
- Develop a bespoke programme of activities that are user led and are specific to young people's needs and interests
- Ability to deliver more exercise, fitness recreation activities and hands on cooking activities due to purchasing equipment and resources
- Purchase of useful resources to continue delivery of further sessions after the project has finished
- Funding to bring in outside agencies/ organisations to work closely with community organisations
- Changes to what is delivered as a service for young people e.g. health education sessions, healthy options in the tuck shop
- Support staff development by providing up to date health information and resources to continue to build into session delivery after the project ends
- Support staff to identify and attend training e.g. Chlamydia Screening to develop their health based skills and awareness
- Strengthen links with external agencies to support signposting to local services and delivery of health awareness sessions
- Establish new partnerships with specialist staff to deliver targeted health provision e.g. SLA with NHS Walsall to fund a young person's health advisor to run a drop in session once a month on site
- Engage with parents and carers more through their interest in the programme and the issues being addressed. With *'parents actively coming into the centre whilst the sessions were taking place'*



“We had parents ask to come into the sessions because they were interested to see what was happening and to learn about the issues too”



“We have now begun to sell a range of healthy options in our coffee shop that have proved quite successful”

Brownhills Activity Centre

Impact the project has had on staff:

- Enabled them to build better relationships with young people. Young people now have the confidence to talk to staff ... *"it's a conversation now"*
"The staff are nice and helpful. I am confident to speak with them"
"The staff are helpful, and they would help us if we had a problem"
- Gaining more insight into young people's health and wellbeing needs through the Teen LifeCheck quiz
"...some of the answers that were being given were quite surprising"
- Increase in confidence for delivering further sessions and 'learning and resources to build on for the future'
- Raising their awareness on the 'referral agencies to use and signpost young people to'
- Highlighted areas for future focused work within the community setting



“The project has made staff more confident and positive about delivering more sessions with the young people”

Brownhills Activity Centre

“This has motivated staff to consider delivering other projects. It encouraged better team working and had an empowering effect to encourage young people and helped build better relationships with young people”

Brownhills Activity Centre

Developments Since Teen LifeCheck

All of the community organisations involved in delivering Teen LifeCheck are now building on the programme and are committed to maximising the resources and skills gained.




Immediate developments undertaken by the community organisations since Teen LifeCheck have included:

- Continuation of activities on a regular basis e.g. cooking and fitness. Actively engage young people who were unable to attend specific activities to maximise opportunities and reach more young people
- Continue to ask young people what activities they would like to participate in and deliver sessions accordingly e.g. first aid training
- Keep in contact with young people who have been involved in the project sending a text to see how they are getting on, and continue to offer support and advice through the knowledge and skills gained by the staff
- Continue group talks and workshops and inform young people who are new to the organisation about the local services available to them
- Continue to promote the Teen LifeCheck online quiz to the young people to keep them engaged in activities
- Organise follow up sessions with external agencies e.g. police to talk at the youth club
- Build on young people's knowledge and deliver sessions not covered in the 6 week programme



“Currently we are delivering a number of sessions with the youth club around issues identified by the young people. We have also used a lot of the external referral agencies to deliver some of the sessions on our behalf”



- 
- “This has been an excellent project...we will address several sessions again due to high demand of interest”
- 
- “Provision has been made to produce similar programme as young people request it”
“This has been a great project- we intend to target a younger audience through the summer”
- 
- “We are using the sessions in youth club to promote healthier lifestyles with young people, this means that the sessions are there and ready for all to use whenever they want to. We have asked the young people which sessions they enjoyed and developed those to build on knowledge and things they may need to know”

“The centre has benefited from taking part as we have a wider knowledge of health issues. The resources that we have used are a really good source of information for the youth club meaning that the health issues are now able to be discussed and followed up really well by all staff. It has also raised the staff’s awareness of referral agencies to use.”

Brownhills Activity Centre

PRIORITIES

Needs assessment as highlighted by the online quiz

Health issues identified through the online health check that need to be further addressed are:

- Obesity- specifically opportunities for physical/exercise activities as young people are not currently accessing these
- Teenage Pregnancy and sexual health
- Smoking cessation
- Drug and alcohol
- Healthy eating
- Mental health/ emotional well being (specifically self image)



“The project was motivating and empowering to all staff, however it highlighted a need to continue to develop programmes in some areas i.e. sexual health and self image”



“Overall the 6 week project was very successful, all of the young people enjoyed the sessions with some having high levels of participation. A great deal of learning has taken place with scope to develop future projects”

Staff from Brownhills Activity Centre



Addressing identified needs:



“Brownhills needs to implement services that can address the high teenage pregnancy rate. Currently young people cannot access pregnancy testing in the area, they have to travel to Walsall and this prevents them from accessing the service”

Young People’s Health Advisor

“The young people want to campaign to improve sexual health services in the Brownhills district”

Young People’s Health Advisor

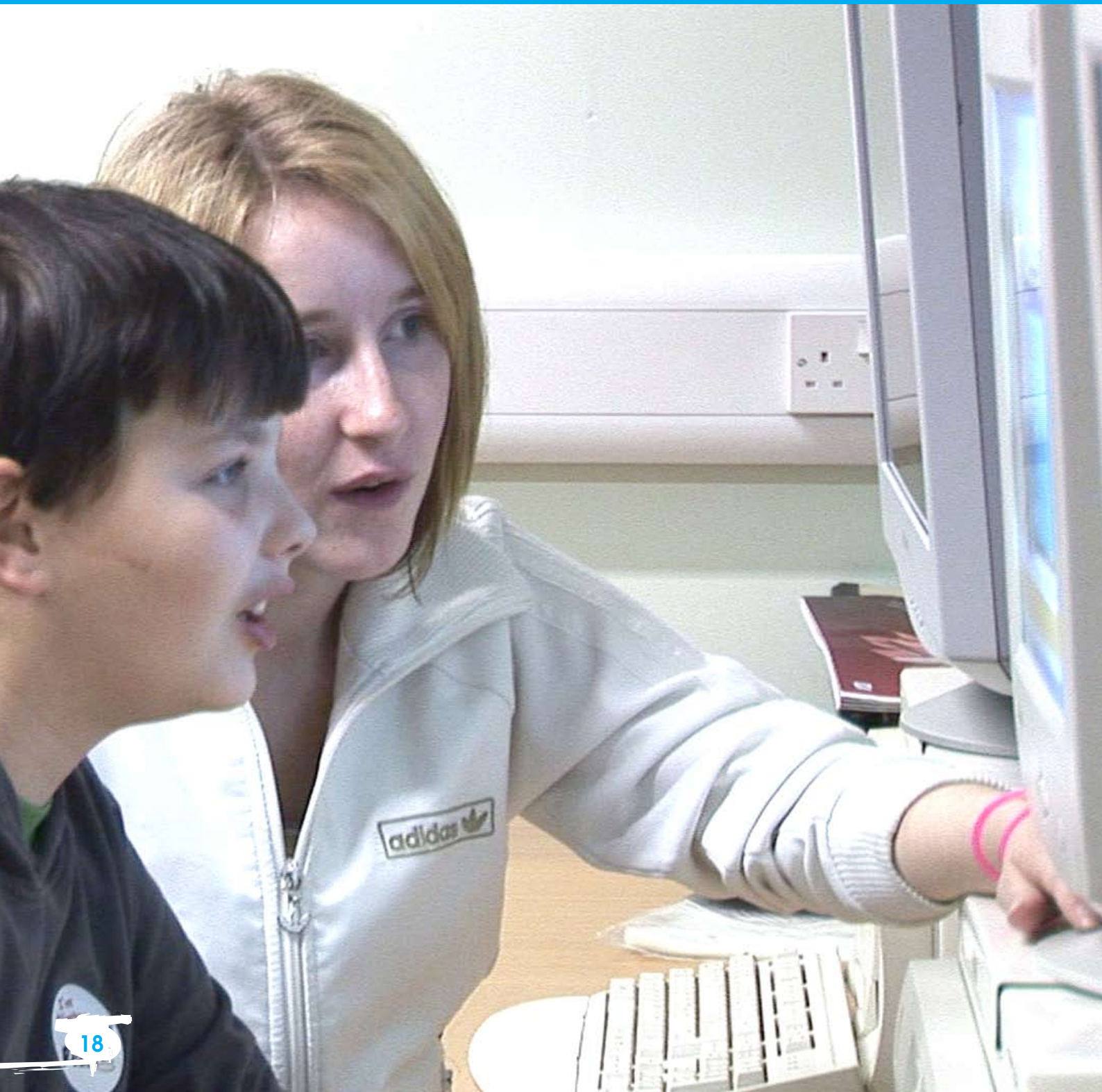
“Many of our members are 17-20yrs old and they lack knowledge of sex education and often ask more intensive questions. Teenage pregnancy, STI’s, drug and alcohol issues need to be targeted at this group – and needs funding”

Brownhills Activity Centre (Community Youth Challenge Project)

“One of the negatives of this is that Brownhills does not have local agencies. Young people from Brownhills will not access services in Walsall which may be an indicator to the rise in teenage pregnancies”

CASE STUDIES

Three case studies have been provided by community staff to highlight the impact of the programme on individual young people.





Case Study 1

Issue's associated with body image

“One of the young people who attends our youth club has complained about their weight. Staff had noticed that during the summer months, he always wore a thick heavy coat. During a discussion with a staff member he disclosed that he never took his coat off because he thought he was fat and that this may encourage other young people to bully him.

We invited him to attend the Teen LifeCheck Programme, but he seemed unwilling to attend the sessions. Staff considered that he may benefit from a 1-1 session, we delivered this whilst he was at the centre.

The session aim was to educate the young person about food and eating healthier. To consider that eating the wrong food may affect his skin problem. Look at means of reducing body fats by increasing physical exercise. Encourage him to have a positive self body image which in turn will increase confidence.

1. Discuss food values and the necessary nutrients required for a healthy body. (the young person accessed the internet to find calorific values of food)
2. Looked at how physical exercise can increase the bodies consumption of calories
3. Looked at the effects diet can have on the complexion
4. Develop confidence and respect for ones body

The young person was able to see how food increased body weight, he began to make slight changes to his diet (apple instead of chocolate bar, having smaller portions to eat). Staff contacted his GP to request a free pass to the local gym where he could be supported by their qualified staff to help access a fitness regime.

As a result to date the young person has now lost 2 stone in weight, this has been achieved by him making healthier options regarding his food and exercising regularly, he has a greater knowledge of how calories can increase body weight, but how exercise can allow you to eat high calorie food but work it off later.

His confidence has increased, he has a much better self image, his choice of clothing has now changed to tighter fitting jeans, however he does still wear a coat but this is a thin sports jacket and he wears the zipper open.”



Case Study 2

Sexual Health Session

"A young person aged 17 who was attending the Teen LifeCheck Project, revealed that he had had unprotected sex with a female. We tried to explain the dangers associated with this, but he did not seem to comprehend, stating that the girl was clean, pretty and smelt of perfume.

I asked if he would like a drink, I got him a glass, smeared butter and blue food colouring around the top and handed it to him, he refused to drink out of the dirty glass, his friends were asked to drink from the glass but they all refused.

We used this incident to portray the importance of using contraception to maintain a healthy body. In the following session we used the 'Chlamydia Game' to emphasise the messages we were giving.

For the next session we arranged for the expertise of the Young Person's Health Advisor (YPHA) to attend the programme. Our referral had specified Chlamydia and sexual health screening.

All of the eighteen young people who attended the session did submit a screening sample, however the individual mentioned above was very hesitant. In discussion with a member of staff, he revealed that having learned about the consequences of unprotected sex, he considered that he had put himself at great risk and thought that the sample would come back positive.

The YPHA supported him with a 1-1 consultation, this resulted in him accessing a full sexual health screening.

This young person, now access condoms through the Free Condom Distribution Service that we offer and through discussion has revealed that he will never again put himself at risk of infection.

18 young people accessed Chlamydia Screening
18 young people have knowledge of participating in risky sexual behaviour



Case Study 3

Alcohol Session

“The young person is aged 17, both parents are professionals. He is the middle child of three siblings.

Senior Co-ordinator Youth Workers have been working with this young person over a period of 6 months. Initially we informally discussed his drinking with him and the effect it was having on himself and his friends, however he refused to see the issues associated with his behaviour and relation to drinking.

During a weekend drinking session with his friends, the young person became unwell, friends rang an ambulance and he was admitted to hospital, he was diagnosed with an ulcer. Medical staff warned him that it could be aggravated by alcohol, and discussed implications of future drinking. This originally frightened him and he did stop for a while.

During the Teen LifeCheck session on alcohol we encouraged the group to share personal information regarding their consumption of drink, reasons why they drink, and any consequences that have occurred because of their drinking.

Staff directed the conversation to prompt his friends to voice their concerns regarding how under the influence of alcohol he is aggressive, challenging and his behaviour puts himself and others at risk.

The group discussion with him and his friends, enabled everyone to discuss their concerns, At this point he admitted that he had a drinking problems.

As a result of this an urgent referral was made to the Young Person’s Health Advisor and T3 (Drug and Alcohol Support Agency).

Staff at the youth centre continue to support this young person. To date he is responding to the support offered by Brownhills and continues to attend monthly appointments with T3 advisors”

Good practice to share and Challenges faced

Good practice:

The partnership approach to project management and delivery along with the commitment and enthusiasm from the voluntary and community organisations resulted in the Teen LifeCheck Project being successfully delivered and exceeding the target number of young people it aimed to engage. Contributing factors highlighted through evaluation also include:

- Project building on innovative approaches that have worked well previously, being delivered by community organisations and through a participatory activity approach
- Project building on existing partnerships in place between statutory and voluntary and community organisations
- Strength of the project partnership along with an active working group being established to support project delivery
- Involvement of community organisations in the planning of the local programme, who have the expertise and knowledge of their local area
- Involvement of young people in planning activities delivered at local organisations
- The commitment and enthusiasm of community organisations and the staff delivering the project on the ground, using their skills and expertise to develop a bespoke and innovative 6 week programme
- Partnership between Walsall Council Community Development Team and Walsall Council Creative Development Team to manage the project
- Designated staff at the centres to deliver the programme and work with/support young people and ensure good take up of the programme
- Local organisations and agencies in place to support signposting and referrals and active involvement in the project
- Opportunities to pilot creative approaches to gather documentation and evaluation feedback
- Programme being flexible to respond to the needs and requirements of the participating organisations and health issues to be addressed



Challenges Faced and the solutions found:

Challenge:

- Young people not wanting to engage with the programme for various reasons. Some of the barriers highlighted included, lack of motivation, reluctance to attend initial sessions, timing of project delivery- summer term and holidays weren't a good time, maintaining attendance without incentives, lack of confidence to do the on line quiz, embarrassment and a general forgetfulness that the sessions were running.

Solution:

- Staff used a variety of different incentives to get young people motivated into the programme e.g. discounts on swimming, and many used text's to remind the young people that sessions were running

Challenge:

- Due to current changes taking place within individual community organisations consistency of staff to support the set up and session delivery of Teen LifeCheck was difficult. This also had an impact on communication and getting the right information to the right people.

Solution:

- Close support from Walsall Council Community Development Team and Creative Development Team through ongoing meetings, liaison and training days to support sharing of information

Challenge:

- Gathering of evaluation and evidence of the impact of the project as young people didn't want to give feedback through evaluation forms.

Solution:

- Development of an online evaluation website (appendix 4) through consultation with young people who took part in the pilot phase. The young people were happy to talk to staff and the documentary film maker about how they had found the project, and many gave feedback online.

Walsall's Teen LifeCheck project has been included in the 'West Midlands Communities for Health Network Projects Evaluation' 2001 report which summarises the process and lessons learnt from the pilot phase. (Appendix 5)

http://www.wmpho.org.uk/lfph/docs/Communities_for_Health_Evaluation_West_Midlands_LFPH_2011.pdf

Two full reports and documentary DVD's have also been produced to profile and share in detail Walsall's approach to delivering Teen LifeCheck across the borough. These are available on Walsall's Arts into Health website:

www.walsallartsintohealth.co.uk



Summary of recommendations for sustainability

Funding

- Identify and source further funding to support organisations who have been involved in the delivery of Teen LifeCheck. Funding needed to help cover venue and staff costs. Give guidance and support to community organisations who want to apply for bids to develop the Teen LifeCheck programme.
- Opportunity for a partnership of the 9 community organisations to work towards a joint bid.
- Targeted funding for session delivery around obesity (physical activity and nutrition), teenage pregnancy and sexual health, substance misuse, and mental health/ emotional wellbeing.

Building links with external agencies

- Support community organisations to maximise links with external agencies within the delivery of health education sessions, referrals and on going support especially around sexual health and self image.
- Maximise opportunity to share contacts and information around local service providers and referral agencies e.g. via Council, NHS, Sports Centres etc



“I still have young people asking for information from the Teen LifeCheck sessions three months on. Some young people don't mind talking to me now even with their friends. It's made them more aware that they can talk about things and now have the confidence to do so”

Host Community Organisation

Build capacity for local community organisations to deliver more health focused sessions

- Identify and signpost community staff to training courses to support them in the delivery of health education sessions e.g. drugs, alcohol and sexual health. Need for staff to have current and up to date health information.
- More resources to support delivery of future sessions and map community organisation provision to enable them to become a local health information centres and build partnerships for local organisations to deliver health information and advice on site.

Targeted communication and Signposting

- If Teen LifeCheck remains an online resource links need to be made to ensure the local services are highlighted on their so that young people accessing the site independently can follow links to local services.



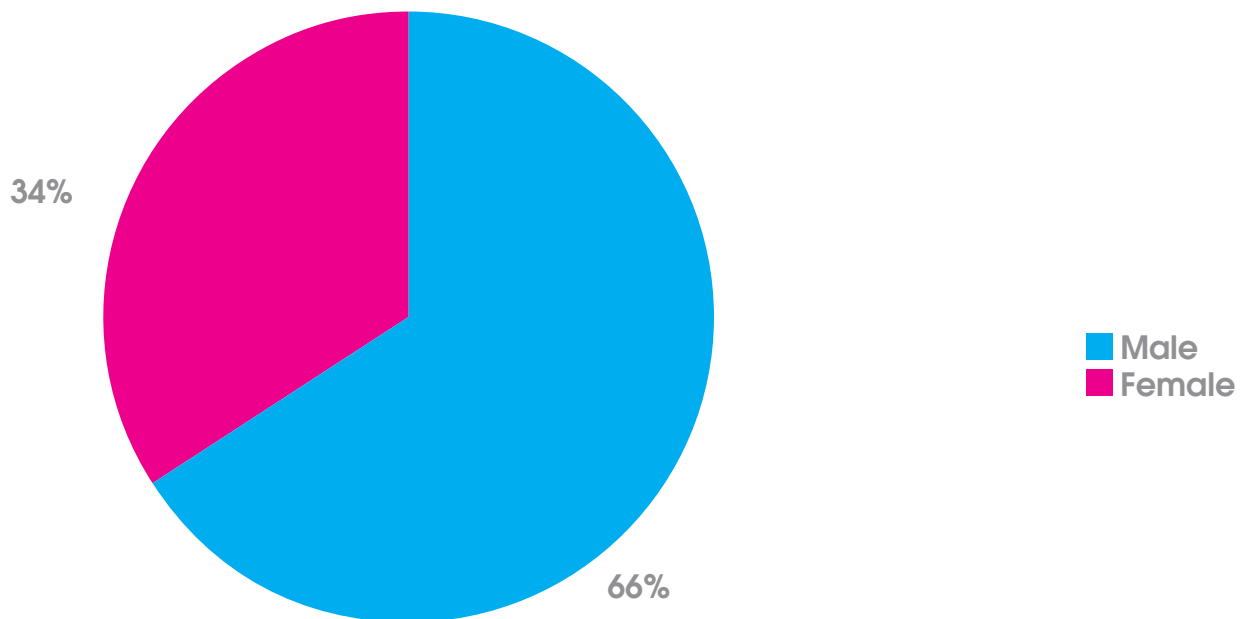
“The project has been a catalyst to new resources, opportunities and ideas”

Host Community Organisation

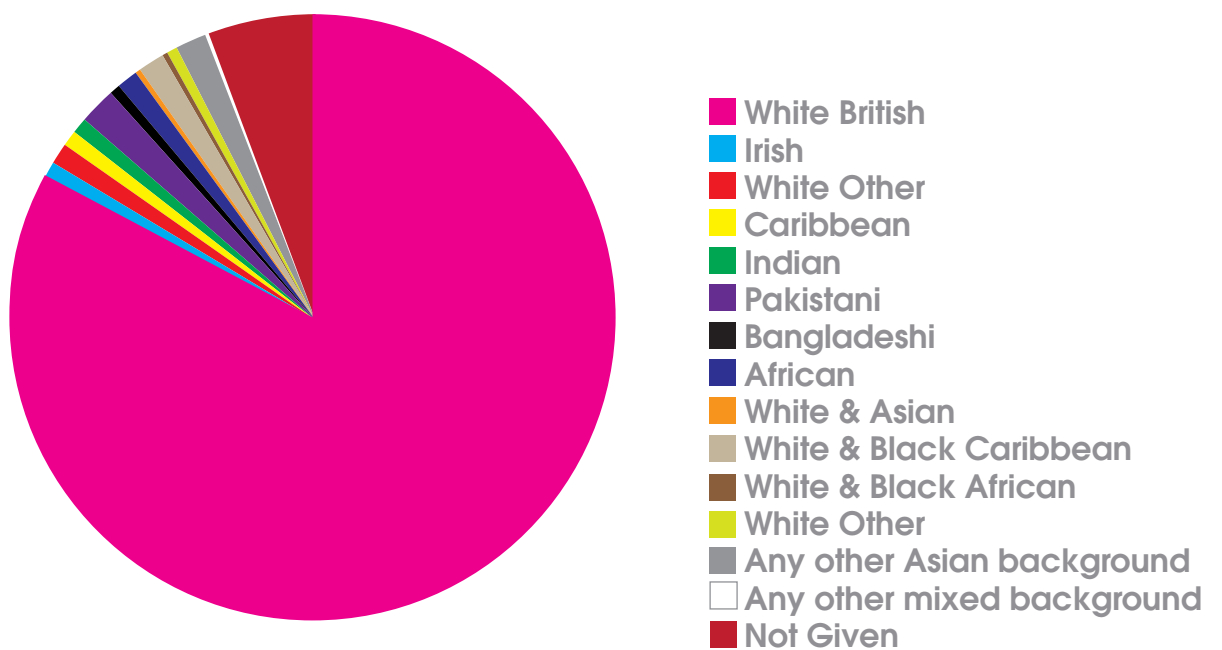


MONITORING

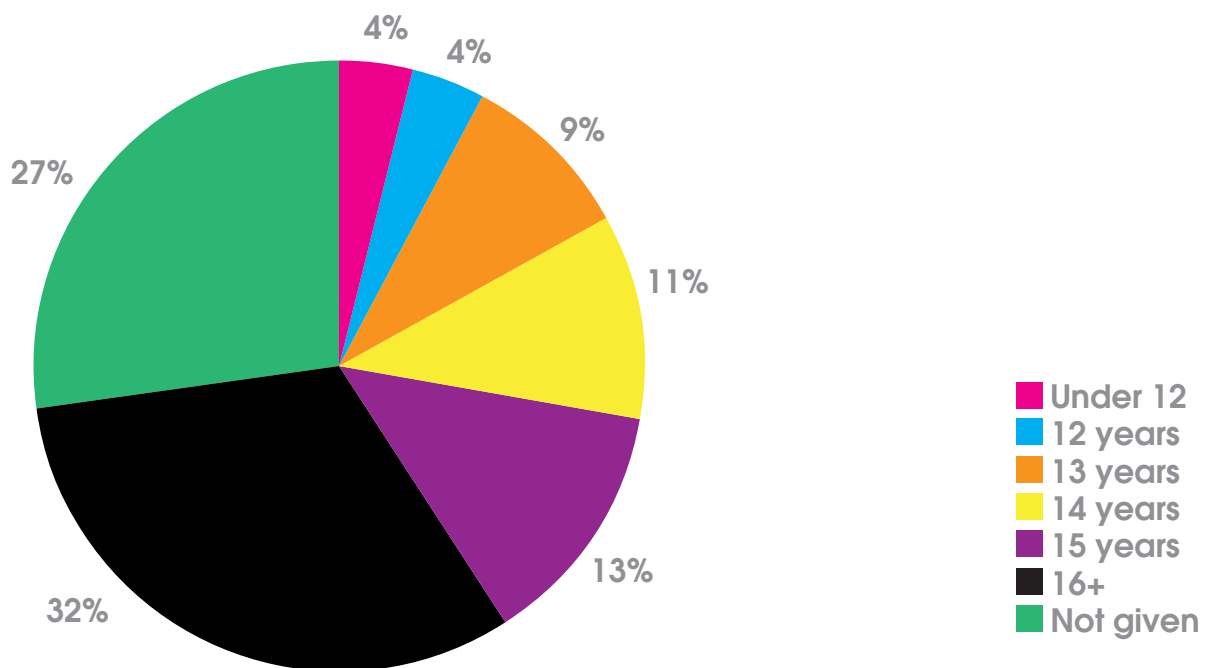
Total Participants - by Gender



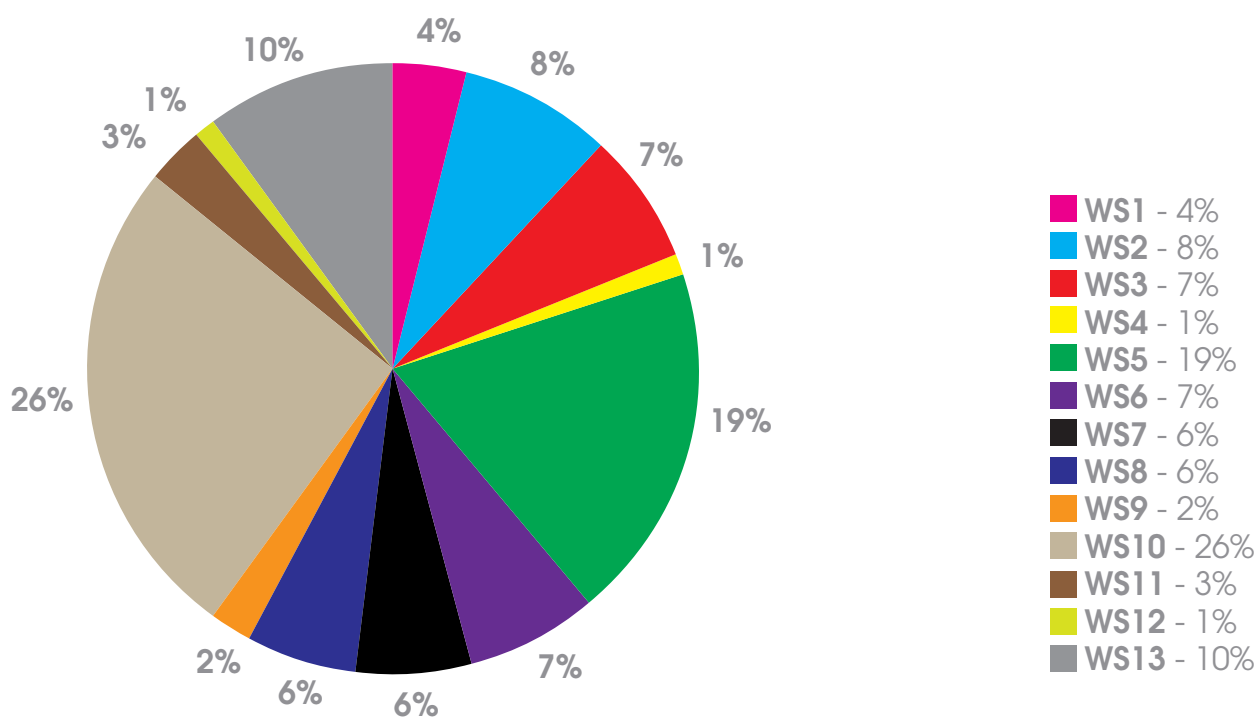
Total Participants - by Ethnicity



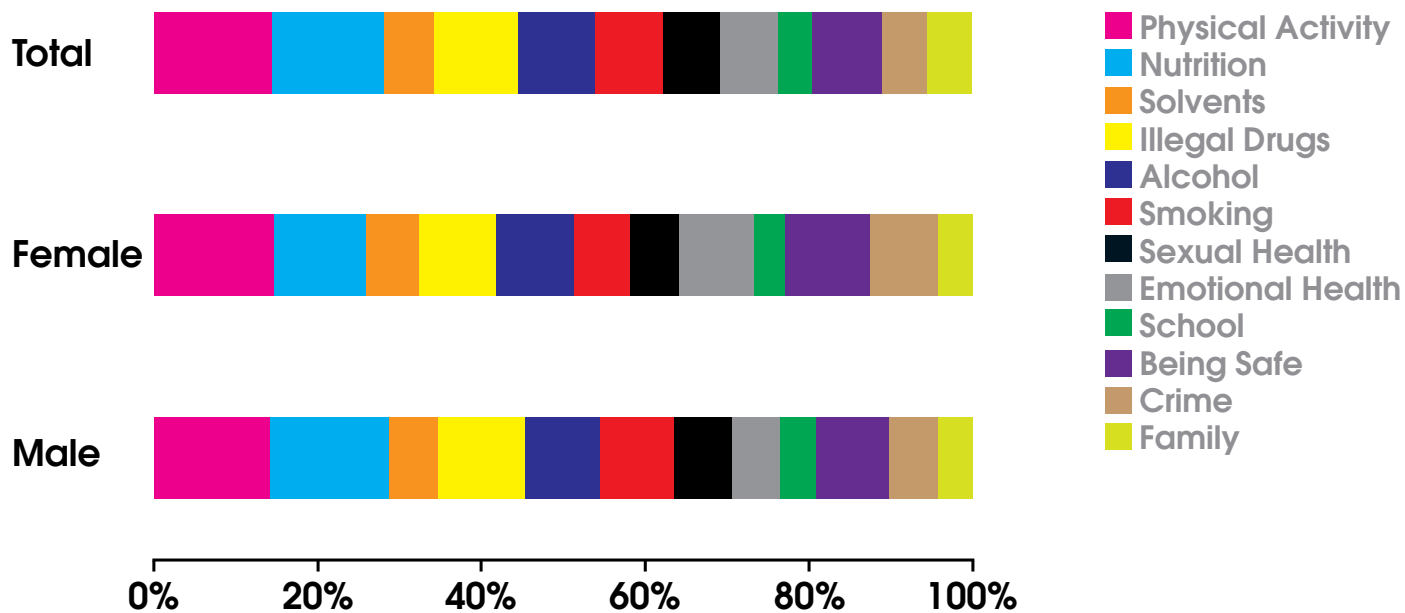
Total Participants - by Age Group



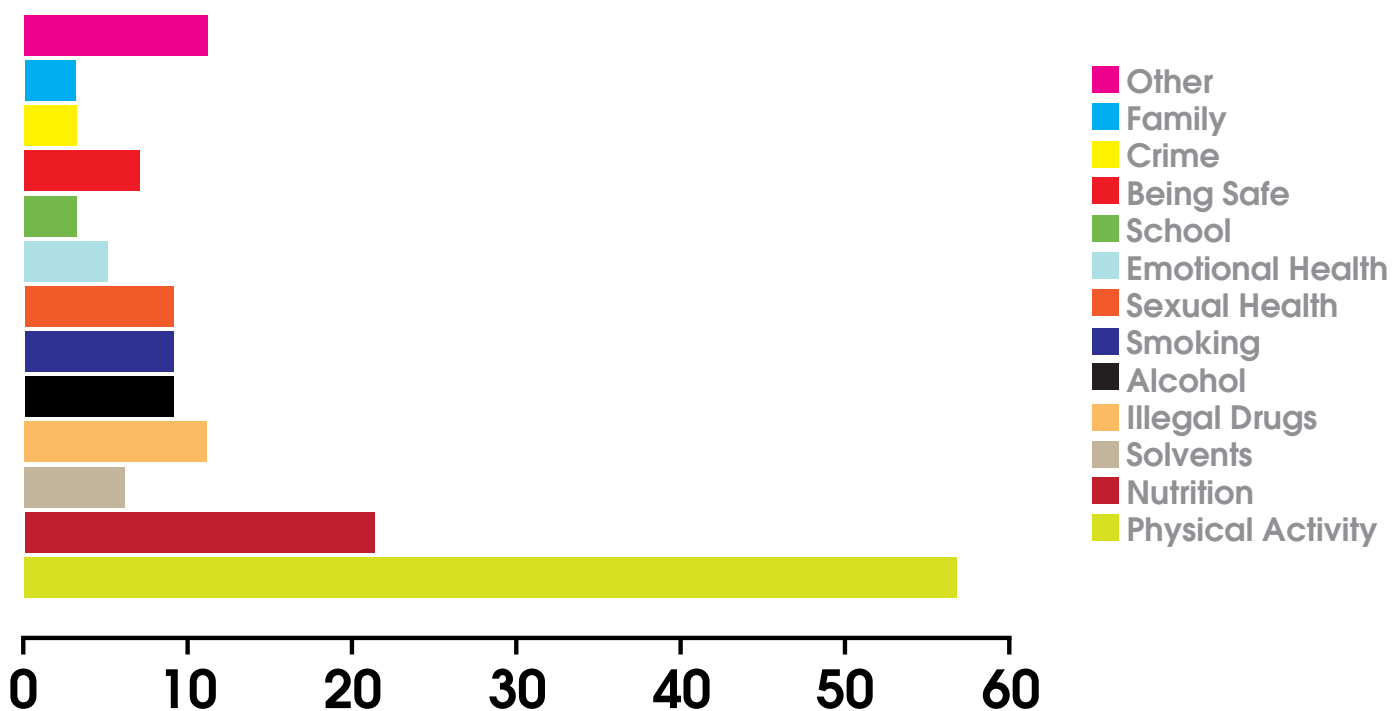
Total Participants - by Postcode



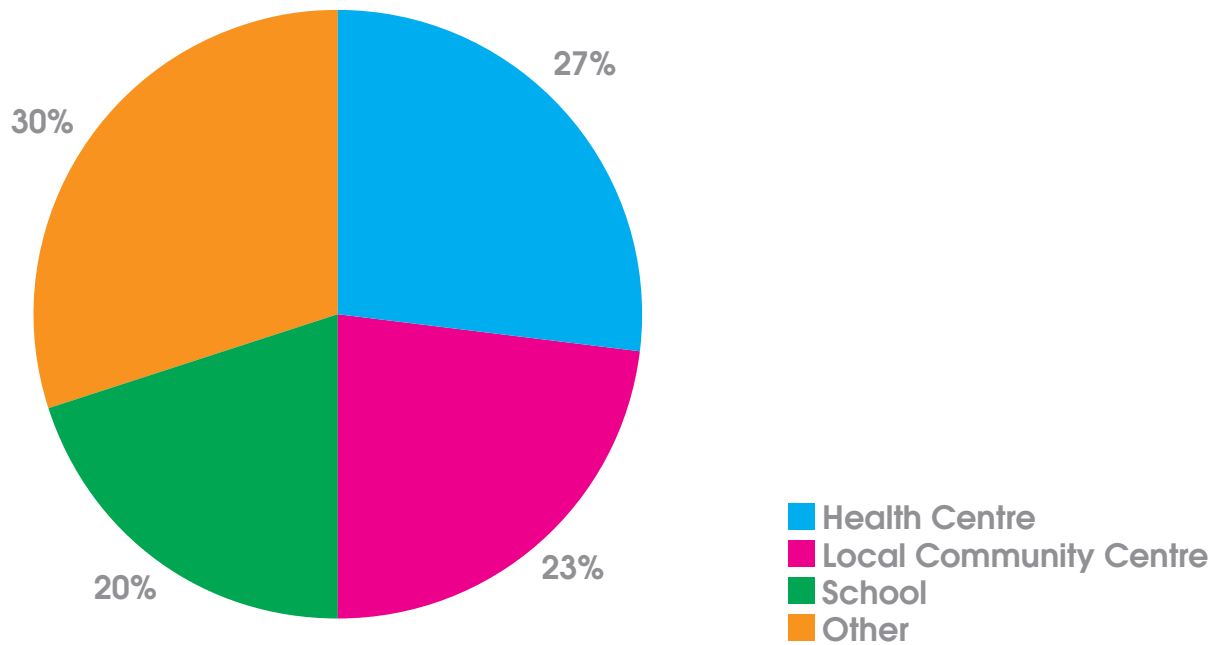
Number of young people participating in Teen Life Check individual activity sessions



Number of young people participating in Teen Life Check individual activity sessions



Where would you feel more confident speaking to someone to get health advice?



Reflections from young people and staff

Staff's reflections on young people's participation in **Teen LifeCheck**



“One of the girls found the session on drugs with the police gave her an opportunity to talk about her concerns for a friend who was on drugs and she got advice on what she could do”



“Young people have gained confidence in working on their own and with others”



“Young people have gained skills which they can use towards other areas of work or within their own social life”




“Listening skills improved especially when having outside people to deliver the sessions”



“Improve behaviour from certain individuals due to engagement in the programme”

What young people said they liked...

 “The number of activities provided... new gym facilities....the breakfasts....football.... cooking as we got to take something home..... sports and coaching....Reach Up Tower- “Fantastic”refreshments being provided... sexual health discussionhaving a go with the pregnancy suit ...being filmed for the DVD....Online evaluation....food and tasting sessions.... Chlamydia game... meeting new people...sexual health sessions when we played the condom game...everyone working together on the cooking...games in the group activities...fitness sessions...dance mats...gym activities...cooking and food tasting...it was fun to do...it was a good laugh...I liked the quiz... going on the computer...”

Collective feedback from young people at all 11 organisations

 “I really liked all of it” Jordan, aged 17

 “I liked how everything was set up” Sam aged 14

 “I liked the friendly atmosphere” Sophie, aged 17

 “I liked how simple it was” William, aged 17

What young people said they have learn.



“Effects of eating an unhealthy diet, and the effects of having a high intake of salt and sugar and fried foods”

“How I felt better after physical activity like swimming”

“More about my individual fitness levels”

“My ability and skills in cooking and about healthy recipes”

“To take more respect at home”

“Coaching tips and team skills”

“A lot about sexual health – especially STI’s”

“How magazines change photo’s to make famous people look better”


“We didn’t know we could get STI’s so easily”

“Being pregnant is really hard, I’m not going to do this soon”

“If you put spices in burgers they taste far nicer than shop bought one’s and they are healthier”

“I never realised about how easily it is to catch things like STI’s. I will always wear a condom now”

Feedback from the young people who took part in the roll out programme

 “I have learnt more about sexual health... drinking and drug awareness...safe sex and different STI’s and what they do...healthy food..... the services available... understanding stuff that I didn’t know before...learnt loads of stuff week by week...”

 “Units of alcohol...ingredients of cigarettes... calorie intake...different vitamins...different healthy fruit and how to use the fitness suite to keep fit and healthy...”


Collective feedback from young people at all 4 pilot organisations

 “It was good, I’ve learnt about being more healthy. I liked the sexual health session because it was interesting” Will, aged 16

 “I have learnt about areas I need to work on”
Luke, aged 18

 “I have learnt about my lifestyle and my feelings” Bradley aged 17

 “I have learnt what my thoughts are on things”
William aged 17

 “I have learnt how to make pizza”
Simu aged 13



How young people said they **felt** at the sessions...

“refreshed.....exhausted...motivated...involved and informed... great... good... comfortable... interested...happy...safe...more active”

“I feel safe in an environment that is non judgemental”

“Staff made you feel that you mattered”

“I felt good about doing Teen LifeCheck”

Mark aged 17

“I want to do this more often, it feels good. I feel stronger...I want to join a gym now”

Jordan, aged 17

“I felt better after the session...it was good. I’ll be back next week”

Josh aged 17





What **changes to your lifestyle** do you want to make now?

“To use the gym more”

“Consider what to buy when purchasing food and if there are healthier options e.g. reduced salt/sugar”

“To do more physical activities”

What changes would you like to make to the Teen LifeCheck Programme?

“Longer sessions – so we could have more in depth sessions”

“Split the sessions to accommodate different ages”

“To have to opportunity to talk more about sexual health”

“Do something more interesting around staying safe”

“Make the online quiz more confidential - because staff had to print it off”

“Change some of the questions as it didn’t always give me the choice of answer I wanted to give”



“I only went to a couple of times and really enjoyed it especially the sexual health session”

Daniel, aged 17



“It’s very educational but also entertaining. I liked everything about it!”

Kirsty, aged 14



“It gave me something to do instead of being bored at home and I learnt about drug misuse”

Kim, aged 15

Quotes from young people from Bloxwich Community Partnership



“He (my son) would not mix with other young people his age, he would not go out and he lacked confidence. Going to the Teen LifeCheck, has given him the confidence to talk to people and mix with other young people, also he now says what he wants and has an opinion and that’s good for him”.

Mom of a participant at Old Hall People’s Partnership

“The young people said they felt comfortable being involved in the sessions as they were in a friendly environment with a friendly face to make them feel safer to interact”

Aaron Lawrence Frank F Harrison Community Association

“The young people involved enjoyed Teen LifeCheck, as it was a good way of improving their lifestyles and they enjoyed the extra sessions that were put on”

Feedback from Frank F Harrison Community Association

“Young people have said that Teen LifeCheck was good and they are sad there are no more sessions, they liked meeting up and talking about life issues and how they can change them”

Feedback from Old Hall People’s Partnership

“The Teen LifeCheck programme has gone really well and the young people who engaged in it showed a positive attitude to the programme and learnt new skills and knowledge around their health”

Aaron Lawrence Frank F Harrison Community Association

“The pilot went well. The online quiz was a good tool for the young people to start looking at their lifestyle and engaging with the programme. The young people enjoyed the interactive sport sessions as this was keep fit but in a youth friendly way. The pilot was a good way to gather good practice from all pilot organisations”

Denise Birkett Old Hall People’s Partnership

“Overall the Teen LifeCheck Project is an excellent tool and user friendly way of monitoring problems faced by young people today. We were given excellent support by Council Officers in this project”

Fred Gleeson Moxley People’s Centre

“We would enjoy doing the programme again”

Feedback from young people at Frank F Harrison Community Association

“The process for involving referral agencies in the programme was excellent and was good reassurance knowing the agency to refer to for supporting information”

Fred Gleeson Moxley People’s Centre

“We only referred one young person to an agency, this was because the service was doing a talk in a Teen LifeCheck session and the young person wanted extra support and they arranged a counselling session”

Bloxwich Community Partnership

“All young people that have engaged in the programme enjoyed and took part in the sessions really well. They showed a positive attitude especially towards the practical sessions”

Aaron Lawrence Frank F Harrison Community Association

“Activity sessions worked well such as interactive sports, fruit tasting, fitness classes”. Young people commented to staff that they ‘would like to be involved in the project again’ and ‘would like the project to carry on’

Feedback from Frank F Harrission and Old Hall People’s Partnership

“Teen Life Check was well attended and the whole programme went very well... it was good having the ability to buy extra resources to improve health sessions and it was beneficial having experienced staff to deal with issues”

Bloxwich Community Partnership-organisation feedback

“Having workers who knew the area and young people in the area was a great help in recruitment. The worker/ young person relationship was a key factor in making them feel part of the programme and wanting them to come back”

Denise Birkett Old Hall People’s Partnership



“From our organisations point, taking part in the pilot has enabled us to:-

embed into generic youth programmes a healthier lifestyle element that is interactive and informal, this has been achieved by the use of the online quiz but mainly having the resources that we purchased through the project and staff and young people have used these to engage in informal educational sessions.

We have also engaged a health worker from NHS to run drop in sessions for young people once a month and that came as a result of the pilot.

Staff also gained knowledge of other agencies and have built up a network of contacts that they can use for referral or support”

Denise Birkett Old Hall People’s Partnership



I feel that the programme added value to the whole of our provision that we currently offer young people. The project allowed us to reach some of those young people who do not use our facilities on a regular basis and hence gave us the opportunity to springboard a working relationship with them. It was well organised with a variety partners working together enabling us to offer a substantial programme to the young people addressing some of the issues raised from the lifecheck.

The excellent materials that were purchased will be used as an ongoing resource within various areas of provision for our young people.

I feel staff have also benefited from the project giving them a greater understanding and awareness of some of the issues facing young people.

I would welcome the opportunity to attract more young people on to another teenlife project, thus allowing wider participation of our facilities and opportunities available to them.

Sue Frank F Harrison Association

Appendix 1

Walsall Council Communities for Health Programme

Walsall Council's Communities for Health Programme has been established as a result of funding received from the Department of Health. The aim is to use creative interventions to tackle and reduce health inequalities through a programme of projects and interventions across the Borough. This has largely concentrated on Walsall's most pressing health issues; obesity, affected by poverty, poor living conditions, poor diet and a lack of physical exercise.

The strategic aims of Communities for Health have been to:

- Engage communities in their own health and develop their capacity to support individual behavioural change for healthier lifestyles;
- Build partnerships between organisations and communities;
- Develop innovative practices for community based health improvement.

The Communities for Health Steering Group made up of representatives from departments within the Neighbourhoods directorate of Walsall Council along with NHS Walsall decided to support community-based projects that have some sustainability and which tackle major issues.

NHS Teen LifeCheck is one of the most recently funded Borough wide programmes which has been delivered through two phases. The pilot phase was delivered September - December 2009 with further delivery June - November 2010.



Appendix 2

NHS Teen LifeCheck Overview

NHS Teen life check was set up in the Government White Paper 'Our health, our care, our say'. The drive behind the initiative is to improve health and social care services across the nation.

NHS Teen LifeCheck provides an opportunity to explore how best to deliver health services to young people. It aims to demonstrate different approaches to enhancing services in order to promote the health and well-being of young people in the broadest sense, particularly targeting the most vulnerable young people in Walsall. Using the Every Child Matters framework, the provision covers key health with the purpose to improve adolescent health and reduce health inequalities.



What is the NHS Teen LifeCheck?

The NHS Teen LifeCheck is an online quiz designed for young people aged 12-15 year olds in order to promote the health and well-being. It offers the opportunity to explore a range of health issues and is easily accessible by the internet. The tool empowers young people to take greater control of their health by:

- Raising awareness of risk-taking behaviour
- Signposting to further sources of support and advice
- Supporting behaviour change and helping to set SMART health improvement goals.

The Teen LifeCheck is a voluntary confidential website accessed independently by young people but it can be introduced and explained in a communal setting.

Young people are able to check out their life and see how they are getting on. The Teen LifeCheck has a range of information, videos, quiz and top tips within the programme. and can receive optional reminders to help them stay motivated.

Young people are able to print off their individual LifeCheck results and discuss them with someone they trust such as, staff/youth worker, GP, health trainer or they can work towards their goals alone, seeking support when needed.

The Teen LifeCheck covers a range of health and well-being issues including:

- Physical activity
- Nutrition
- Solvents and illegal drugs
- Alcohol, Smoking, Sexual health
- A range of emotional health issues, for example, bullying, self-worth and communication, feelings about school, family dysfunction
- Safety in the neighbourhood
- Being a victim of crime.

Appendix 3

Walsall's Programme

Through developing Walsall's programme the aim was to maximise the expertise of the voluntary and community sector organisations and their knowledge of the local area and cohort of young people.

Each organisation had to opportunity to devise and run the sessions/ activities based on what the young people wanted or needed to know, and taking on board the results from the Teen LifeCheck online quiz. The sessions were run by qualified staff in each community organisation or by professional organisations who were bought in to deliver the session. Young people have been encouraged to take part in the sessions after using the Teen LifeCheck website.

Community organisations were able to apply for up to £5,000 for delivery of their Teen LifeCheck Programme, to cover expenditure on venue and staff costs, resources, publicity and marketing and accreditation costs.

To kick start the programme each organisation organised an open day, which promoted the Teen LifeCheck project.

To attract the young people to the centres the Council's new climbing frame 'Reach Up' was used at each open day, alongside a wide range of other participatory activities.

Throughout the open day and through the duration of the following week the young people were encouraged to participate in the Teen LifeCheck online quiz.

After going on the website and completing the Teen LifeCheck, young people were given to opportunity either to discuss any issues within a group setting or to arrange to have a one to one session with a member of staff.

A programme of activity was devised from issues raised by the young people to enable them to find out or learn more about.

A confidential area was also available for those young people who did not wish to talk about personal or any other issues within a group session.

A contact list of local and national referral organisations was compiled to support Walsall's delivery of Teen LifeCheck. This would provide organisations with a variety of ways (face to face, internet, leaflets etc) for young people to have easy access to health information.

Appendix 4

'Yourbook' online evaluation developed through consultation with young people from Walsall's Pilot Project

Yourbook

Welcome Back User 0123456789
Logout

How has taking part in Teen LifeCheck project helped you?
 (Please pick any of the statements which apply to you)

1) The Teen LifeCheck project has helped me understand more about specific health issues

Not helped
 Has been some help
 Has helped a lot
 Don't know

Specifically it has helped with:

<input type="checkbox"/> Nutrition	<small>Showing out of 5 (1)</small> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="checkbox"/> Physical Activity	<small>Showing out of 5 (1)</small> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="checkbox"/> Smoking	<small>Showing out of 5 (1)</small> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="checkbox"/> Alcohol	<small>Showing out of 5 (1)</small> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="checkbox"/> Illegal drugs	<small>Showing out of 5 (1)</small> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="checkbox"/> Sexual Health	<small>Showing out of 5 (1)</small> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="checkbox"/> Emotional Health and Well-being	<small>Showing out of 5 (1)</small> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

2) The Teen LifeCheck project has helped me to know where I can go for further information, help and support

Not helped
 Has been some help
 Has helped a lot
 Don't know

3) The Teen LifeCheck project has helped me to feel more confident to ask for help and support

Not helped
 Has been some help
 Has helped a lot
 Don't know

4) The Teen LifeCheck Project has helped me to see where I can make changes to improve my health and lifestyle

Not helped
 Has been some help
 Has helped a lot
 Don't know

What changes would you like to see made?

FF Answer here...

5) I have made some changes to my current lifestyle as a result of the Teen LifeCheck project

Yes
 No
 Don't know

What changes have you made?

FF Answer here...

6) Where would you feel most comfortable speaking to someone and getting health advice from?

Health Centre
 School
 Local Community Centre
 Other

7) Any other comments?.....

FF Answer here...

ADVERTISE

Teen LifeCheck

My Walsall

Walsall's Children & Young Person's Plan
The Walsall My Future

Visit the site www.mywalsall.org

Mobile Signposts
Text 0800 16 64444 for young people's health advisors. Or sexual health.

Your BUMP is 84444 for Smoking in Pregnancy Support Services.

Visit us at www.walsall.gov.uk/index/community_and_welling/community_development.htm

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Appendix 5

West Midlands Communities for Health Network Project Evaluations

NHS Teen LifeCheck: Walsall Case Study

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NHS Teen LifeCheck Summary

NHS Teen LifeCheck involved partnership with various organisations and was based within voluntary and community organisations. The NHS Teen LifeCheck quiz and a local programme of activity based around key health themes including open days and drop in sessions were provided for young people with the aim to raise awareness of health issues, signpost them to support and advice, support behaviour change and set health goals. It also was used to raise awareness of how communicate with young people regarding health issues in non-health settings and how to meet their needs. Feedback from staff and young people has been positive, and young people report increased learning and awareness of health issues.

What the project hoped to achieve

The main aim of the project was to work in partnership with Walsall Council, NHS and Voluntary and Community Organisations to roll out NHS Teen LifeCheck (an online health needs assessment quiz) alongside a bespoke local programme of activity to young people in Walsall aged 12-15yrs. The project was to be delivered in two phases:

- Phase 1) pilot phase to involve 4 voluntary and community organisations in deprived areas (September-December 2009)
- Phase 2) programme roll out to involve a further 8 organisations across the Borough (June 2010 –September 2010)

The objectives are to raise awareness on how to ensure health improvement information, advice and guidance, can be delivered to young people more effectively in non-health settings. i.e. Voluntary and Community Organisations and to raise awareness on how best to configure health services to target and meet the health needs of all young people. The website would be supported by a 6 week programme of activities devised as a result of the findings from the Teen LifeCheck online health assessment quiz. The project aimed to involve 120 young people through the pilot phase. A target of 30 young people per organisation.

Primarily young people in Walsall target age 12-15yrs would be targeted as specified by NHS Teen LifeCheck guidelines however the local programme would benefit a wider cohort of young people outside that age group and was adapted appropriately for them. The project aimed to benefit young people through accessing the Teen Lifecheck quiz and engaging in the programme by raising awareness and skills regarding health and risk-taking behaviour, raising confidence and esteem by taking part in group activities, and signposting to further sources of support and advice and supporting behaviour change and helping to set SMART health improvement goals. The organisations also benefit by building partnerships with young people's support/health services. The project supported government objectives and built upon the voluntary, community and health services that are already provided to young people.

What activities and interventions the project did

The pilot of Walsall Teen LifeCheck Project incorporated information days for organisations involved which provided support to them, open day events at the organisations for young people, Teen LifeCheck Quiz undertaken by young people and supported by drop in sessions, consultation with young people around the activities, promotional products produced, 6 week programme of participatory activities around key health themes delivered by centre staff or outside agencies. Also documentary DVD film capturing the project, end celebration events at the organisations, evaluation and feedback with each organisation and consultation with young people to develop interactive evaluation tools to be used in phase 2.

Phase 2 completed and followed similar format. The voluntary and community organisations were well placed to deliver the programme within the timescale and with the resources provided, based on their experience, expertise and knowledge of the area and young people. Additionally participatory activities that engage young people in exploring health issues have been widely used and evidenced as an effective approach particularly when young people have been consulted around the activities they want to take part in.



Were the objectives achieved?

Throughout the Teen LifeCheck pilot running from 2nd September -31st October'09 a total of 57 activity sessions were delivered. These incorporated a range of fitness and exercise activities, food preparation and fruit tasting for nutrition and healthy eating awareness and DVDs games and quizzes around alcohol, smoking and drug education. A total of 185 young people participated in the Teen LifeCheck Pilot Programme (including open days and activity sessions), with a 335 attendances recorded across all individual Teen LifeCheck activity sessions delivered as part of the pilot programme. 124 young people accessed the Reach Up project through Teen LifeCheck and 7 young people from Bloxwich Community Partnership successfully completed a portfolio for accreditation of a Local Authority Award. Also 10 young people were referred into local support services. Detailed participant monitoring is available in evaluation report and in the pilot phase this was young people aged 10-16+ from Walsall.

Feedback from staff involved in the project has been very positive in terms of delivery highlighting the successes and impact of the project on young people, and the centre's themselves. Feedback from young people involved in the project has also been very positive in terms of what they have enjoyed, liked, learnt and felt about the project (all highlighted in the evaluation report). In phase 2 an online website will capture evaluation information in more detail. The centres have continued to run sessions after the project has finished using health education resources purchased as part of the pilot, given support, and signposted young people to services and promoted the Teen LifeCheck online quiz. Also centres are delivering first aid training which was highlighted as a further need by young people and established a health advisor to deliver drop in sessions for young people once a month.



What resources were used

From each of the five organisations a range of staff participated in the delivery of the Teen Lifecheck, Principal Officers, Support Staff, Youth Leader and Youth Workers. The Pilot programme was delivered over approximately 8 weeks, with an open day followed by session delivered over a six weeks which concluded with a celebration event, additional staffing hours was also incurred by one-to-one sessions with young people.

The delivery of the programme involved 24 staff at 136 hours each, so approximately 3264 hours. The programme organisation and set up hours involved 10 staff at 15 hours each, so approximately 150 hours. There were also working group staff and management/co-ordination and evaluation of Teenlifecheck. A number of volunteers were involved, helping with sessions and open days but hours are not known. From the Teenlifecheck budget, each organisation were funded to pilot and deliver the Teenlifcheck, this covered Youth Development Officer, Youth Workers, managerial and administration costs. Resources were also purchased to enhance sustainability, marketing and publicity and premises costs and DVD production. There was additional support from external agencies in delivery of activity sessions and additional support from project partners such as the steering group, working group, finance and administration etc.

Reasons for success/lack of success

The project was successful because it built on approaches that have worked well previously, and built on existing partnerships in place. The project steering group and working group supported project delivery and the involvement of voluntary and community organisations in the planning of the local programme was beneficial. Involvement of young people in planning activities delivered and the commitment and enthusiasm of the community organisations and the staff delivering the project on the ground also added to its success. Partnership between Walsall Council Community Development team and Walsall Council Creative Development Team to manage the project was successful. Designated staff at the centres to deliver the programme and work with/ support young people and ensure good take up of the programme and using a range of methods/ approaches to promote the project also added to its success.

Evaluation report and documentation DVD of the Pilot phase 1 is available and results from the evaluation are being used as recommendations when developing phase 2. The project engaged with new young people who had not previously accessed the voluntary and community centres or targeted support services before. Overall comments from organisations are that they were very pleased with how the programme was co-ordinated by Community Development Team and Creative Development Team, and staff and young people enjoyed Teen LifeCheck. Need further funding to expand and target young people not participating in activities at community organisations.

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To find out more about NHS Teen LifeCheck log onto
www.dh.gov.uk/lifecheck or www.teenlifecheck.co.uk



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