

Young NCB Research Advisers Newsletter

5th March 2011

Research
Centre



Who was at the meeting?

Young people: Jake, Robert, Ben, Abbie, Linda, Thomas, Ellie, Alice, Kadeem, Ugo, Ellie, Ceyrone, Grace, Angel, Rishika, Roxanne, Labomi, and Chloe.

Facilitators: Ciara and Louca-Mai

Other staff: Ivana, Jo, Sara-Jane, Miranda and Anna.

What did we do?

The day began with a game of truth and lie where everyone had to think of one truth and one lie and then the group had to guess which was which. We then did a quick reminder of the group rules, and a brief update on what we did at the last meeting in January. We then talked through what we'd be doing during the day and answered any questions.

Session 1: The Conference

Louca-Mai and Sara-Jane gave a quick update on the plans we have been making for the conference where we want to show case how young people can be involved in the various stages of the research process. The conference is now fully booked which is great news!

We've also confirmed who will be doing what on the day. For example Adam, Labomi and Rishika will be sitting with an adult at the registration desk when people arrive at the conference, where they will be giving out packs and getting people to sign up for workshops. Ugo and Ellie will introduce the conference and will do a warm up with the audience. At the start of the conference we'll be showing our video on how young people can be involved in research.



At the meeting everyone who was involved in making the video seemed to really enjoy being movie stars for the day!!! Ugo and Ellie then had a quick practice at introducing the conference and Ben and Grace took some questions from the floor in preparation for their roles on the panel. On the day, we'll need help directing people to the workshop rooms and during the presentations and we'll need two people to operate the roving mikes so that the audience can ask questions and to hold up stop cards to make sure that all the presenters stick to their time!



Ben, Ugo, Ellie, Adam, Labomi, Rishika will also be helping out at the workshops making sure the equipment is working and that the workshop leader has everything they need. Grace will be leading a workshop with Louca-Mai and Ciara which should be fun!

Everyone seemed really excited about the conference on the 29th and at the next meeting we'll do an update as to how the day went.

Logo and name for the group!

We also had a quick chat about our name and logo and everyone seemed happy to call the group the Young NCB Research Advisers. For the next meeting we'll look at some ideas for a new logo as some people thought the colour scheme could be improved. **If anyone wants to have a go at doing this, please email your design to cdavey@ncb.org.uk**

Young NCB Research Advisers



Session 2: the Media

Anna (from the NCB media department) then did a session on how NCB uses the media and here she asked for your views on a survey which the media department wants to send out to young people to find out what they know about sustainability and what they think about key environmental issues.





Session 3: Giving your views on a leaflet which will help children with mental health difficulties and emotional problems, track their progress when visiting a doctor

Everyone seemed very interested in the last session where we split into groups and asked everyone to comment on a new leaflet which has been designed to help children give feedback to doctors on whether they feel their treatment is making a difference. You had lots of brilliant ideas about these leaflets which you said shouldn't resemble school or homework in any way (for example, it shouldn't use lines or squared paper).



You also said you wanted to keep the style of the cartoons which you thought looked good. Someone came up with the brilliant idea of having a roller coaster to represent the ups and downs of the journey when you're on the road to recovery.



You also suggested that the leaflet should be called 'My journal' rather than 'My CAMHS Journal' and that the pictures of the cars at the front were inappropriate. Miranda has now taken all your suggestion to the designers and she said she will send the group the new design for you to comment on.



During the session Miranda gave out some booklets which they use with young people and these are freely available on the website <http://www.ucl.ac.uk/clinical-psychology/EBPU/publications/children.php> and free hard copies are available from ebpu@annafreud.org

Session 4: What you thought of the meeting!

At the end of the meeting you filled in some evaluation forms. Out of the 14 forms we received, 11 of you said you enjoyed the meeting 'a lot' because you had lost of opportunities to participate, things were clearly explained to you, and you liked the venue. When we asked what the best thing about the meeting, 4 people mentioned preparing for the conference and 3 of you said you liked making the video, and working together in groups.

The most important thing you said you learned from the meeting was helping re-design the PRU leaflets which help children chart their progress when visiting a doctor over a period of time – 6 of you mentioned this, and 5 of you said the thing you learned most concerned the conference. Out of 11 forms, 4 of you said the meeting was excellent, 4 of you said the meeting was good and 3 of you said the meeting was very good.



Here's some of your comments:

"I think the meeting should be shorter by like an hour"

"I am so happy I have another 2 years left- I don't want the meetings to end"

"Go out more, so we don't stay in same environment"

"It's been a really enjoyable day, I feel that the group have really bonded together and we can all look forward to achieving a lot in the future. I extremely enjoy being able to be a part of NCB and I look forward to the conference and all the other fantastic opportunities "



Next meeting on Saturday 18th June at NCVO. We will send you maps and all the information you need for this meeting in the post.