

Young NCB Research Advisers Newsletter 17th September 2011



Who was at the meeting...

Young people: Jake, Alice, Adam, Ceyrone, Angel, Ugo, Ellie, Rishika, Kadeem, Ben, Roxane, Chloe and Grace.
Facilitators: Jo, Helena and Jen

What did we do?

We started the day with the post-it note game where everyone writes down the name of a famous person, sticks the post-it note on the forehead of someone in the group and they have to try and work out who they were. Poor Ellie was given Zachary Levi - but no-one knew who he was apart from Chloe!



Session 1: Risky behaviours

For research being undertaken by the CPRU the group looked at an information sheet and consent form that would be sent to young people who are being asked to take part in the research. We thought about what information we would want to know before we agreed to take

part e.g. knowing what would happen to the information after the interview, if the interview would be recorded and what the purpose of the research would be.



Helena will be feeding your views about what was missing and could be changed back to the CPRU so that they can make your suggested changes before it gets sent out to the young people.

Session 2: Websites and the newsletter

For this session we split into 3 groups. One group wrote an interesting article about the Young NCB Research Advisers for the Research Centre web page.



Another group wrote articles for Young NCB. You will be able to view both articles on the net shortly.

We also discussed the newsletter and how it could be improved. You said you liked it because *'It gives me a reminder of what we have done', 'I like that it is split into sub-categories so that you can easily find info', and 'I like it because of the photos.'* However, some of you thought it could be improved by having the Young NCB Research Advisors logo, using more colour and having more photos! So I hope you like the new version but if you have any other comments then please let me know.



Session 3: Evaluation of the meetings

After lunch we discussed the meetings we have had so far. Everyone was given a sheet of paper with a different statement on it and they had to ask everyone at the meeting if they agreed or disagreed with the statement and find out why they gave that answer.



- 10 of you agreed or strongly agreed with the statement that you liked being trained in different research methods because you *'find it interesting'*
- 13 young people either strongly agreed or agreed with the statement that they are able to participate fully in the meetings *'as everybody is willing to listen'*

Participation

- Information sent out in advance is prompt and clear. 5 people neither agreed nor disagreed with this statement. We agreed that information would be sent via email about the meetings as well as by post.



- 3 people neither agreed nor disagreed with the statement I feel there is value in my participation and it was agreed that the facilitators would provide more feedback on the impact of the young people's work.
- Finally you all agreed that you liked to hang out with members of the group as *'it is really nice to make new friends'*.

Finally everyone was asked to write down their thoughts on post-it notes about I like to discuss my views about..., Improvements to the meetings..., and I like the meetings because...



Reasons for liking the meeting included interesting topics, having a laugh, the discussions, and you get rewards for what you do.



There were several suggestions on how the meetings could be improved e.g. consultation through email about the agenda, the young people being more actively involved in running sessions e.g. running the icebreaker session at the start of the day and having a wider variety of tasks to do.



Everyone was asked what issues they would like to talk about and topics were:

- ◆ Politics
- ◆ Cuts
- ◆ Anti-social behaviour
- ◆ University fees and education
- ◆ Health
- ◆ Environment
- ◆ Transport
- ◆ Childcare
- ◆ Old people

We will look at these suggestions and try and implement as many as possible for the future meetings but if you have any further suggestions then please let us know.



Sessions 4 and 5: Health Survey

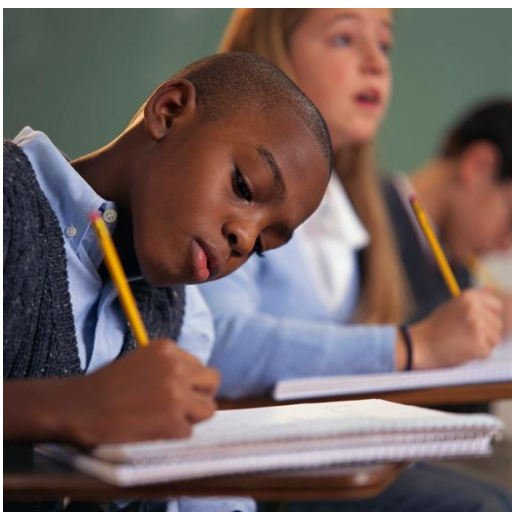
For the last 2 sessions the group worked on a health survey. Initially we asked the group to come up with a list of health issues that young people might be worried about. **Bullying, drugs, alcohol, smoking, parental abuse, teen pregnancy, obesity and mental health** were all raised as potential areas.

The staff then gave some training around what surveys are and why we use surveys. We looked at the advantages **(capture lots of information from a large number of**

people, quick to analyse, same survey can be administered at a different time by a different person) and some of the disadvantages (not helpful for exploring complex issues, the researchers decide on the responses to the questions, low response rates, they are boring) of using surveys.



The survey was then handed out to everyone and their thoughts about the questions and the responses were captured. Improvements included making it clearer about what confidentiality and anonymity mean, improving some of the responses to the questions and adding questions about teen pregnancy, and stress around exams.



Finally everyone was given some additional information about different types of questions.

• Ranking:

- Eg please rank the following in order of preference, from 1 to 12.
- Or 'top 3' eg 'Please indicate your top 3 lunch options in order of preference from the list below, by writing '1' '2' and '3' in the boxes

How important is it that you have access to the following services? Please rank the 3 most important services with 1 being the most important and 3 being less important.

GP Counselling services Support groups
 Sexual Health Services GUM clinic Connexions
 Family Planning Clinic other type of health centre or clinic

• Semantic differential:

Overall how satisfied are you with the health services at your school? Please circle a number

Not at all satisfied | _____ Very Satisfied
 1 2 3 4 5 6 7 8 9 10

What you thought of the day!

11 of you stated that you enjoyed the meeting a lot and 1 of you enjoyed the meeting a little. The best things about the meeting included:

- 'Seeing everyone again'
- 'Meeting friends and having a laugh'
- 'Writing articles for NCB website'
- 'Expressing my views'
- 'Discussing the health survey'

The most interesting parts of the day were evaluating the meetings and the health survey.

Next meeting and contact details

The next meeting will be Saturday 26th November at NCVO. We will be sending out information nearer the time but if you would like to run a session then please let me know.

If you have any questions or comments then please contact Jo: ilea@ncb.org.uk or 020 7843 6338