

Case Study

YOUTH INVOLVEMENT WITH YOUTH IN MIND BERKSHIRE CONFERENCE



It was so important to the team organising ‘Youth in Mind Berkshire’ that the voice of children and young people should be heard the loudest. Meaningful involvement for the team meant using the Young People’s Mental Health forum and OxWell survey results to inform workshop topics. The theme of involvement was carried all through the conference and on the day young people from the three local authorities attended, performing various tasks from interviewing delegates and helping introducing the speakers to creating social media posts, and networking.

“I think young people talking about mental health and actually being heard and listened to is such a powerful movement.” Young person



The young people also worked with the Involvement co-ordinator before the conference to produce a short film, ‘don’t assume you know us’ which was shown to the delegates where the young people were able to share with the audience the information that they most wanted them to know. The filming on the day was done by students from Reading University and the photography by students from Reading College. The young people attending were able to attend workshops and invited to challenge the speakers during the Q & A sections and challenge they did!