



Healthfest2020 Summary Report

Contents

Introduction	Page 3
Delivery of Healthfest2020	Pages 4 - 5
• Planning	
• Promotion	
• Delivery Programme	
Participant Feedback	Page 6
Key Learning and Recommendations	Pages 7 - 8
Summary	Page 9
Appendix - Full Participant Feedback	Pages 10 - 12

Introduction

Young Healthwatch Hillingdon (YHwH) is Healthwatch Hillingdon's (HwH) volunteering programme for children and young people. YHwH members work to ensure that young people in Hillingdon are aware of health and wellbeing issues that impact them and that their voices are represented throughout the local health and social care system.

In 2018 and 2019 they delivered free health and wellbeing themed events for children and young people in Hillingdon under the name of 'Healthfest'. These were public events open to all young people living, working and studying in Hillingdon aged 11 to 25 and involved multiple partners hosting stalls and activities based on various health and wellbeing topics.

The advent of Covid19 in early 2020 and the introduction of a public lockdown in March meant that engagement with YHwH members shifted online - very successfully through weekly Zoom meetings with HwH staff and staff from partner agencies - but there was uncertainty about how and when YHwH engagement with other young people could happen.

As the year progressed and social restrictions continued it became clear that running public events would not be a possibility so YHwH started to plan online engagement. As a starting point YHwH decided to plan and deliver an online programme of health and wellbeing activities for young people in Hillingdon under the name 'Healthfest2020'. This summary report outlines the delivery of the programme, participant feedback and how we intend to use key learning to shape future digital engagement.

We would like to thank partners for their support in promoting and delivering the programme:

- Brook
- Brunel University
- Hillingdon Clinical Commissioning Group
- Hillingdon Council
- Hillingdon Hospital
- Hillingdon Youth Council
- Kooth
- P3
- West Met Skills at Uxbridge College
- Whittington Health NHS Trust

Delivery of Healthfest2020

Planning

YHwH members decided on the content of the programme, suggested delivery partners and created an introduction and closing script. They modelled the content on previous Healthfest events with a focus on wellbeing and mental health support for young people.

Promotion

The promotional advert was designed by a member of YHwH and was uploaded onto both YHwH and Healthwatch Hillingdon social media and circulated to key stakeholders who work with young people in the borough. All sessions were uploaded onto Eventbrite where participants were able to book sessions up to two days in advance.

Delivery Programme

The Healthfest2020 Programme was delivered between Monday 10th and Friday 21st August. The table below outlines the sessions offered:

Date	Activity	Delivery Partner
Monday 10 August	Healthy Relationships (15 to 17)	Brook
	Looking After Your Wellbeing	P3
Tuesday 11 August	Mindfulness and Meditation (11 to 17)	Centre Myself
Wednesday 12 August	Employability Workshop	West Met Skills & Hillingdon Council
	The Future of Hillingdon Hospital: Have Your Say!	
Thursday 13 August	Poetry Workshop - Words of Wellbeing	Brunel University
Friday 14 August	Mindfulness and Meditation (18 to 25)	Centre Myself
	Anger Management (11 to 16)	Kooth
Monday 17 August	Overcoming Bullying (11 to 16)	Kooth
	Self Esteem (13 to 14)	Brook
Tuesday 18 August	Volunteering for Young People in Hillingdon	Hillingdon Youth Council
	HCCG Consultation Session - Connect About Current Affairs	
	Dental Health	Whittington Health Trust
Wednesday 19 August	Looking After Your Wellbeing	P3
	Mindfulness and Meditation (11 to 17)	Centre Myself
Thursday 20 August	Mindfulness and Meditation (18 to 25)	Centre Myself
Friday 21 August	Art Therapy Session (11 to 15)	Arts for Life
	Art Therapy Session (16 to 25)	Arts for Life
	Poetry Workshop - Words of Wellbeing	Brunel University

Of the sessions outlined above **10** were delivered. The remaining 9 sessions were cancelled due to lack of sign-ups.

16 individuals participated in the programme with session attendance detailed in the table below.

Date	Activity	Attendees		
		Young People (sign ups)	YHwH Members (sign ups & facilitators)	Professionals
Monday 10 August	Looking After Your Wellbeing	1	1	1
Tuesday 11 August	Mindfulness and Meditation (11 to 17)	0	2	0
Wednesday 12 August	Employability Workshop	2	3	0
Thursday 13 August	Poetry Workshop - Words of Wellbeing	2	1	0
Friday 14 August	Mindfulness and Meditation (18 to 25)	1	1	0
	Anger Management (11 to 16)	4	1	1
Monday 17 August	Self Esteem (13 to 14)	0	2	0
Wednesday 19 August	Looking After Your Wellbeing	1	1	0
	Mindfulness and Meditation (11 to 17)	1	1	0
Friday 21 August	Art Therapy Session (11 to 15)	1	0	0
		13	13	2
Total attendance:		28		

Participant Feedback

Following sessions, participants were asked to complete short feedback forms about their experience of Healthfest2020. There were 16 responses to the survey. Of these respondents:

- **100%** were satisfied with the content of the sessions e.g. the information and activities
- **100%** were satisfied with how the session was run e.g. how it was organised, how the presenters interacted with everyone
- **94%** were satisfied with how the people running the session responded to their questions
- **100%** were satisfied with being able to access the sessions e.g. booking on Eventbrite, using Zoom

Responses to the question “What was the best thing about the session?” included:

“The new breathing techniques I’ve learned - I will definitely incorporate these techniques into my daily routine to help me calm down.”

“I loved the relaxed demeanour of the presenter and having various options of communication was great”.

“The fact that everyone interacted and we were able to work together and contribute to creating a final poem”.

Responses to the question “What could have been improved about the session?” included:

“I would have loved it to be a bit longer but other than that it was great!”

“Just more people within the call to get more people talking! But this can’t be helped, the session was really useful :-)”

“When introductions are done, maybe they can share a little about themselves.”

Full responses to the survey including demographics are included in the Appendix to this report.

Key Learning and Recommendations

In addition to reviewing participant feedback, to assess the learning from Healthfest2020, a SWOT analysis was conducted with HwH staff and members of YHwH.

Strengths	Weaknesses
<ul style="list-style-type: none"> • Keeping people engaged in health and mindfulness throughout the lockdown and quarantine as this would've been a hard time for some people. • Many people from other organisations were involved which helped to bring other people's ideas into the programme. • Each workshop/ event was different meaning that everyone would have been able to find something that they were looking for. • Well organised. • Led by young people. • Sessions catered to a broad range of interests or addressed key concerns/issues experienced by young people. • Safeguarding processes worked well including Zoom features and set up of HwH staff sitting in on sessions. 	<ul style="list-style-type: none"> • Having to cancel some meetings due to lack of people attending (perhaps we could work on promotion if we were to do another Healthfest2020 online - or in person) • Lead time may have been too short - more time to promote the event may have been beneficial. • Perhaps hold the events over one week instead of two. • As the programme is free, there is no commitment for young people to attend sessions that they have signed up for. • Lack of interest/uptake from young men. Many of the delivery partners were female and the topics may have appealed more to young women. The programme needs to be more inclusive.
Opportunities	Threats
<ul style="list-style-type: none"> • Mindfulness sessions over Zoom or perhaps video's uploaded to social media weekly or monthly of different members carrying out 5 minute mindfulness sessions (during corona and maybe even continuing afterwards). This could help students or people who are genuinely stressed during this time. • Another Healthfest. • Workshops about current affairs over Zoom (something young people do not get enough of in my opinion). • A really good idea to bring the event online. Could look at the most popular sessions of Healthfest and deliver at least one of these sessions monthly. 	<ul style="list-style-type: none"> • Promotion - we need to promote everything as best we can online and perhaps now that some of us are back in school we could promote it through schools. • Competing with a growing number of organisations who are moving over to digital platforms and are targeting the same audiences as us. Need to find ways to stand out and be creative so that we can grab the interests of young people. • Young people who do not have access to digital technology may be marginalised. Need to find a way to get them on board. • As schools/colleges reopen, it may be more difficult to keep YP engaged.

The table below shows points of key learning and related recommendations for digital engagement moving forwards.

Key Learning	Recommendations
<p>The lead time into the programme was too short which limited the promotion time. This definitely impacted on the number of sign-ups to the programme.</p>	<p>Lead time was only two weeks for promotion. This should be at least a month for larger programmes of activity. For one off sessions, targeted promotion with partners and schools could work with a lead time of two weeks.</p>
<p>Partnership working is essential to:</p> <ul style="list-style-type: none"> • a robust and varied programme of activities • broad and successful promotion • ensuring there is no duplication in provision as more organisations move to online provision for the same audiences • enabling different young people to access programmes/activities 	<p>Continue to link in with partner organisations because this really added to the programme and will ensure there is no duplication of provision.</p> <p>Explore the work being done by partner organisations around digital accessibility to enable more young people to participate in activities. For example, the local authority and Hillingdon Carers Trust both provided laptops and tablets for young people during lockdown.</p>
<p>It was overambitious to host so many sessions so quickly and with little lead in.</p>	<p>Create a longer term programme of regular activities rather than condense many activities into a short space of time e.g. one or two sessions monthly or during school holidays.</p>
<p>Schools reopening may help with promotion and sign-ups but it also may mean that engaging young people could be more difficult due to other activities on offer and school work and pressures.</p>	<p>As above, create a longer term programme of regular activities e.g. one or two each month so that they support wellbeing rather than conflict with other activities.</p>
<p>Zoom worked well as a delivery platform. Particularly in relation to accessibility, security and safeguarding measures that can be put in place.</p>	<p>Continue to use Zoom as a delivery platform.</p>
<p>The programme did not attract young men which unfortunately demonstrates a lack of inclusivity.</p>	<p>Consult with more young men before planning other programmes to support greater inclusivity.</p> <p>Target partners working with young men for direct promotion.</p>

Summary

Overall, despite fewer young people engaging than we would have hoped for, we feel the programme was a real success. The feedback shows positive impact on participants, and viewing the programme as a pilot for future Healthwatch Hillingdon digital engagement, the key learning and recommendations provide a solid guide for how to conduct this moving forwards.

Appendix - Full Participant Feedback

Which session did you take part in?

- 4 x Anger Management Workshop - Friday 12 August (25%)
- 3 x Mindfulness and Meditation (11-17) - Tuesday 11 August (18.75%)
- 2 x Looking After Your Wellbeing Workshop - Monday 10 August (12.5%)
- 2 x Employability Workshop - Wednesday 12 August (12.5%)
- 2 x Mindfulness and Meditation (18-25) - Friday 14 August (12.5%)
- 1 x Self Esteem Workshop - Monday 17 August (6.25%)
- 1 x Words of Wellbeing Poetry Workshop - Thursday 13 August (6.25%)
- 1 x Looking After Your Wellbeing Workshop - Wednesday 19 August (6.25%)

Where did you hear about Healthfest2020?

- 8 x I'm a member of Young Healthwatch Hillingdon (50%)
- 4 x Healthwatch Hillingdon social media (25%)
- 2 x work email (both responses from the same professional) (12.5%)
- 1 x My school (6.25%)
- 1 x A member of Young Healthwatch Hillingdon told me about it (6.25%)

What was the best thing about the session? (14 responses)

- The new breathing techniques I've learned - I will definitely incorporate these techniques into my daily routine to help me calm down.
- Holly was brilliant
- Everything
- I was able to learn new mindfulness and meditation techniques and try them out in the session
- Session had a good content to cover this subject
- My questions got answered and the way it was organised
- The fact that everyone interacted and we were all able to work together and contribute to creating a final poem.
- It felt very friendly and laid back!
- It was a good session on making young people aware that there is a service out there for them that they can connect with, I loved the relaxed demeanor of the presenter and having various options of communication was great.
- They made everyone comfortable
- That everyone was sharing ideas
- The session was delivered well using a PowerPoint
- The tips given to help with stress/ anxiety around topics that were personal to the people attending.
- That everyone was asking and sharing ideas

What could have been improved about the session? (9 responses)

- I would have loved it to be a bit longer but other than that it was great!
- Nothing
- Having more time for the session, more interaction with participants e.g. what makes you angry? Go around asking a response from everyone?
- Just more people within the call to get more people talking! But this can't be helped, the session was really useful :-)
- When introductions are done, maybe they can share a little about themselves
- I think it was great
- If it was a bit longer
- Some useful links could've been included- e.g. mindfulness videos to watch.
- Nothing everything was great

How old are you?

- 5 x 18 years olds (31.25%)
- 3 x Prefer not to say (18.75%)
- 2 x 17 years olds (12.5%)
- 2 x 16 years olds (12.5%)
- 1 x 20 year old (6.25%)
- 1 x 19 year old (6.25%)
- 1 x 13 year old (6.25%)
- 1 x Non response (6.25%)

Are you...?

- 16 x Female (100%)

How would you describe your ethnicity?

- 5 x Asian/Asian British - Indian (31.25%)
- 3 x Any other Mixed background (18.75%)
- 3 x Any other White background (18.75%)
- 2 x Black/Black British - African (12.5%)
- 1 x Asian/Asian British - Pakistani (6.25%)
- 1 x Prefer not to say (6.25%)
- 1 x Non response (6.25%)

Do you consider yourself to have a disability?

- 16 x No (100%)

What is the first part of your postcode?

- 5 x UB10 (31.25%)
- 4 x UB3 (25%)
- 2 x UB7 (12.5%)

- 2 x UB4 (12.5%)
- 1 x UB8 (6.25%)
- 1 x HA2 (6.25%)