

You said we did- Youth Recovery and Wellbeing College

You said...

Young members of the [Humber Youth Action Group](#) shared how the pandemic had a negative impact on their mental health. For example, many described feeling highly anxious in new social situations or being where there were large groups of people. This led many to feel socially isolated and lacking confidence.

We did...

This generated conversations around how we could support young people post-pandemic. This led to the co-production of a non-clinical, safe, and inclusive provision which has a focus around mental health and wellbeing called the [Youth Recovery and Wellbeing College](#).

This new service puts 11–18-year-olds at the heart of its provision. The Youth Recovery & Wellbeing College provides a safe community for all where they can explore fun and empowering face-to-face and online sessions to improve their wellbeing, grow their knowledge, expertise and confidence, as well as engage in new and exciting experiences. For example, young people can access learning modules, that are co-produced with our Humber staff, to build their knowledge and C/Vs.

You said we did- Humber NHS Cadet Programme

You said

Young people said that they wanted support in being able to explore the various careers routes on offer within the NHS.

We did

In November 2023 we launched the Humber NHS Cadet Programme in collaboration with St John's Ambulance service. Young people aged 14-18 will be able to access an 11-month programme which will help them develop new skills, grow their confidence, and meet new people, build their experience and CV. The programme will be shaped by young people and tailored to their needs and interests. Our Humber staff will also be joining sessions to inspire young people to think about the various career routes on offer and share their own personal journey.

You said we did Humber Youth Action Group

You said

Young people said they wanted more inclusive resources to support young people to recognise the signs of unhealthy and abusive relationships and understand the resources available to them.

We did

The Humber Youth Action Group co-produced with our Trust's Safeguarding Team a set of thought-provoking posters that was shared within the community to reach young people. In addition, a dedicated online webpage was created to share information on local support groups and resources.

This had a quick close feature to ensure those accessing this information are kept safe. The Humber Youth Action Group have been invited to the White Ribbon Roadshow to showcase this work and plans are in place to continue this important piece of work in collaboration with the East Riding Local Authority and Community Vision.