



Young People and Health
Wednesday 23rd October
Nottingham CVS, 7 Mansfield Road, Nottingham, NG1 3FB

INFO SHEET

Bev Taylor Bev.Taylor@regionalvoices.org

Policy lead on public health, CQC and Healthwatch, Regional Voices
www.regionalvoices.org

Regional Voices champions the work of voluntary and community organisations to improve health, well-being and care across England. We are a partnership of nine regional networks. Together, we connect to over 25,000 voluntary and community organisations across England. Our coverage is broad, deep and well-established. We are a voluntary sector Strategic Partner of the Department of Health, NHS England and Public Health England and work with other partners, supporting voluntary and community organisations to understand changes within the NHS and support organisations to influence these changes, in order to achieve better outcomes.

Juliet Hillier Juliet.Hillier@brook.org.uk

Deputy Chief Executive, Brook www.brook.org.uk

Brook provides free and confidential sexual health services and advice for young people under 25.

The Young People's Health Partnership (YPHP) is a seven-strong consortium of organisations working with the Department of Health, Public Health England and NHS England as strategic partners to raise the profile of the health agenda across the voluntary youth sector. The partnership will champion young people's health needs whilst providing a conduit for youth organisations, the state and young people to work towards reducing health inequalities.

Marc Thrasivoulou (Young Person's Co-ordinator) marc@firststepsderby.co.uk

Rose Hibberd (Online Support worker)

First Steps Derbyshire www.firststepsderby.co.uk

FSD exists to raise awareness and give support to anyone whose lives are affected by any eating difficulty or disorder. First Steps is Derbyshire's only eating disorder charity. We support those affected by eating difficulties and disorders - this includes parents, partners and families - via support groups, online and telephone support, 1:1 support, dramatherapy and complementary therapies. Our support groups are non-judgmental, welcoming and there is no

pressure to participate. We also raise awareness in schools and in the community and offer tailored training packages to healthcare professionals and organisations.

Ian Tannahill ian@blendyouthproject.co.uk

Head of Youth Work Development, Valley CIDS www.blendyouthproject.co.uk

Emma Wightman Senior Youth Worker

Essence is a holistic healthy lifestyle programme delivered by Blend Youth Project for young women aged 13-16. *Essence* has a proven track record in supporting young women in their development of healthy self-esteem together with the necessary understanding and skills to make informed, positive and healthy lifestyle choices. Using a wide range of approaches to learning, the programme covers a range of health related issues including healthy eating, physical fitness, personal safety, sexual health & relationships, body image, skin care and hair care. Based in Derbyshire and part of the charity Valley CIDS, Blend Youth Project is committed to providing activities, programmes and support services designed to raise the aspirations & release the potential of young people.

Maureen O'Callaghan maureen@nowunlimited.co.uk

Director, Now Unlimited www.nowunlimited.co.uk

Maureen has over 30 years' experience of working with children and young people. She has worked in youth work, social work and education settings at a local, national and international level. She has worked in diverse roles; volunteering in a local youth club, developing a project for young parents, raising awareness of children's rights as Head of Youth Education for Save the Children and promoting active citizenship as Head of Youth and Schools for the British Red Cross. Maureen has recently set up a social enterprise whose services include the development and delivery of mindfulness-based activities for young people and the adults who work with them. Maureen is a strong supporter of the voluntary youth sector. She represented the voluntary sector in a DWP funded programme looking at workforce issues within the sector. She has been an active member of both local and the national Councils for Voluntary Youth Services and has recently joined the EMVY Steering Group.

Sue Thomas Sue@childrenengland.org.uk

Regional Manager, Children England www.childrenengland.org.uk

Sue Thomas works for Children England as Regional Manager in Central England. Her working life for the last twenty six years has been with the children and families voluntary sector and in the last ten years through the Children's Fund programme Manager, as Champion for Children in Stoke on Trent and working with infrastructure support organisations and providing sector representation at a local, regional and national level has focused on promoting and supporting the quality of collaborative partnerships between the sector and the local authority

commissioners and service providers to ensure children and families receive the services they need and deserve.

Louise Bates, Public Health Manager Louise.Bates@derby.gov.uk

Adele Styles, Children & Young People's Engagement Officer

Adele.Styles@derby.gov.uk

Derby City Council www.derby.gov.uk

Derby and Derbyshire are in the process of redesigning and re-commissioning their mental health and behaviour pathway to ensure that children, young people and their families are able to access the help they require to improve their emotional and psychological wellbeing. The project has adopted a commissioning approach in order to develop an integrated pathway based on a robust needs assessment which will enable children and families to access the right services at the right time to prevent escalation, redirect resources to preventative services and improve outcomes. As an integral part of this design young people have been consulted and listened to throughout the process so far, and this will continue throughout the entire commissioning process.

Sophie Contractor sophie@chagemakers.org.uk

Head of Programmes, Changemakers www.changemaker.org.uk

Changemakers' mission is to unlock the leadership potential of young people. We develop their skills, confidence and values, enabling them to understand that there are many ways to lead and that they each have the potential to make a difference. We support businesses, charities and the public sector to nurture young people's leadership potential and develop the way that they engage with young people.