



Supporting Young People to
Take Charge of Their Mental Health

POWER ^{OF} **YOUTH**
CHARTER

1 Year on from Signing The
Power of Youth Charter

June 2023

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Background

In May 2022, we signed the Power of Youth Charter and outlined our commitments to Youth Social Action.

1 year on from signing the charter, we wanted to share and celebrate how we have been meeting these commitments!






What is the Power of Youth Charter?

The Power of Youth charter provides a framework for organisations to empower more young people to shape decisions, take social action and make a positive difference.

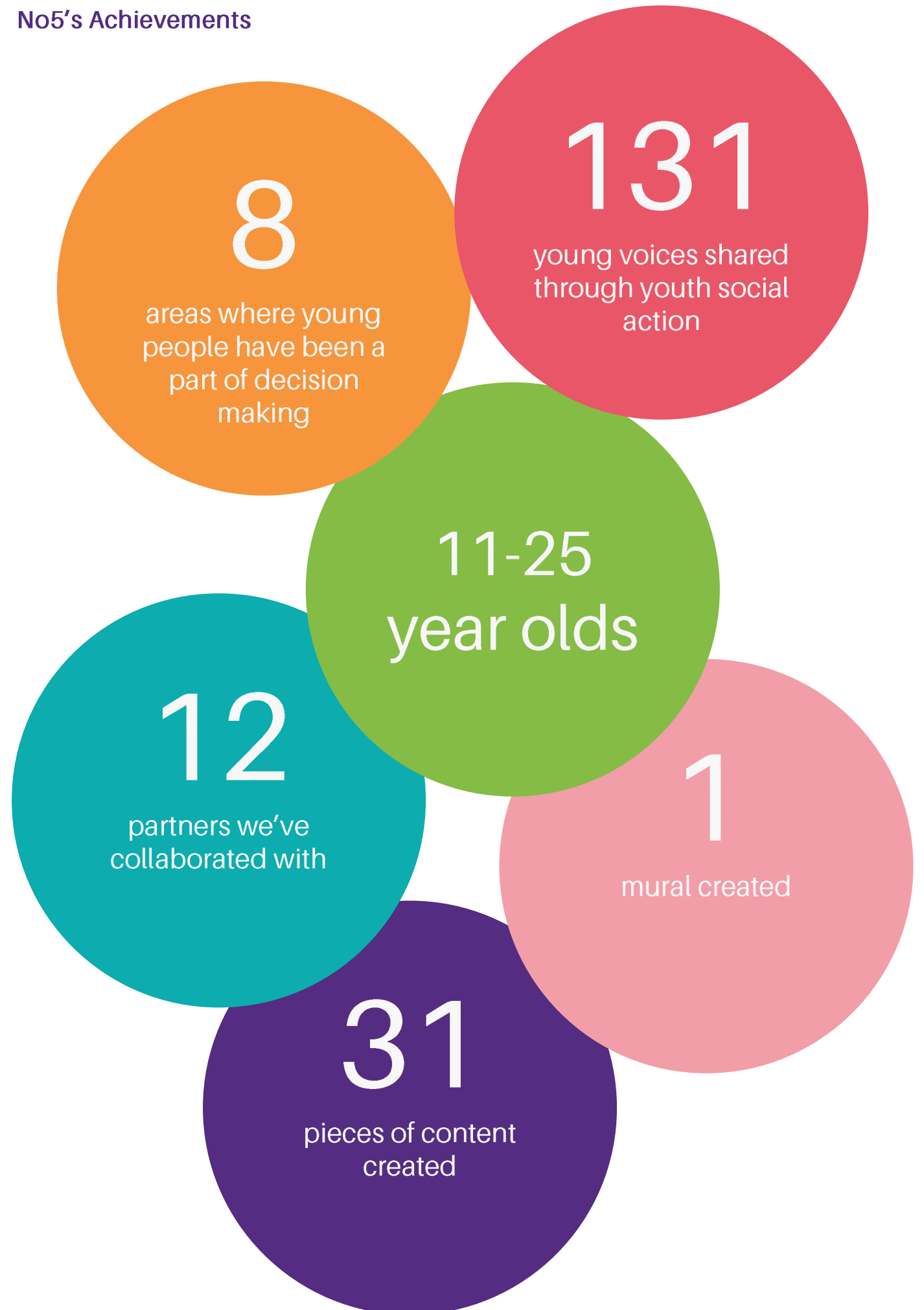
By signing the charter we made a public commitment to empower young people to make a difference, give them opportunities to shape their future, and recognise their impact!



WE WILL...

- P** *PRIORITISE SUPPORTING YOUNG PEOPLE TO TAKE SOCIAL ACTION*
We will create opportunities that empower more young people, particularly from low-income and ethnic minority backgrounds, to be positive changemakers 
- O** *OPEN UP OUR DECISION-MAKING STRUCTURES*
We will offer opportunities for young people, particularly from low-income and ethnic minority backgrounds, to participate in decision-making, leading and shaping both the activities they are involved in and wider organisational decisions 
- W** *WORK COLLABORATIVELY WITH OTHER ORGANISATIONS*
We will work collaboratively with other organisations to create more high-quality opportunities, reach young people from low-income and ethnic minority backgrounds to take part, share learning and achieve shared goals 
- E** *EVIDENCE THE BENEFITS OF YOUTH SOCIAL ACTION*
We will capture and share insights, stories and data on how we are working with young people, and the positive impact this has on them, their communities and our organisation 
- R** *RECOGNISE AND CELEBRATE YOUNG PEOPLE'S IMPACT*
We will use our communication channels to advocate for and celebrate young people as positive and powerful changemakers. 

No5's Achievements



Supporting Young People to Develop their Passions

One of our commitments when we signed the Power of Youth Charter was to 'prioritise supporting young people to take social action'. Over the last 12 months we have supported young people to be a part of 4 incredible projects:

Creative Expressive Art Workshops

In June 2022, we ran a 2-day creative expressive art project where young people passionate about art came together to create a diversity welcome for the No5 waiting room!

During the 2 days, young people said they felt more creative, enjoyed exploring new art mediums, made new friends and felt less anxious.

"I have felt more creative and listened to." – Feedback from a young person



Summer Transitions Project

August 2022, saw our first Summer Transitions project which supported young people who may struggle with the transition to the next academic year or be at risk of permanent exclusion from school. Over the week, new friendships were made, confidence grown, new skills built and the 22 young people created amazing songs and rhythms which told their stories! For some young people, they discovered and built skills and talents they didn't know they had!



In April 2023, we invited back the young people from the summer and some new young people to professionally record two of the songs created in the summer and record music videos to accompany them (watch this space for information on when they will be shared). The young people brought their passions, new and old, to the 3 recording days including new instruments and dance!

"It was a very fun experience working with such talented young people. There was a great atmosphere in the group, with different people joining in where they wanted. A great opportunity to improve my skills and work independently." – Feedback from a member of the delivery team

Together We Can Say It Loud – Voting in Local Elections

In April, a group of 5 local young people came together and created a campaign to encourage local young people to vote in the local elections and educate them on the need to have a Photo ID to vote.

In just 1 day they created; [a blog](#), 3 videos, [a social media toolkit](#) including graphics and posters to be shared across 3 weeks, a fabric banner, and a 10 second billboard graphic that was displayed outside Reading Train Station and across the Reading Buses Network!

"Thank you to the members of No5 that provided this opportunity as it allowed me to try something new and get out of my comfort zone."

"During this project I was able to build upon my creativity, work in a team with people from many different backgrounds and help No5 with their campaign." – Feedback from a Young Person



Young Ambassadors

Throughout the year, our Young Ambassadors have continued to champion their passions by creating blogs, graphics, resources, and videos! Some of their content has been shared by national partners such as 'The Children and Young People's Mental Health Coalition' and has been used in our Diploma in Counselling Young People Level 5 training for counsellors!

You can view our Young Ambassador's blogs [here](#) on our website and their videos [here](#) on our YouTube channel!



Confidentiality in Counselling Myths Busted - with Elii and Nathanya



Mental Health Myths Busted - with Max and Nathanya



Counselling Myths Busted - with Tia and Nathanya

Including Young People in Decision Making

We committed to 'opening up our decision-making structures' when we signed the Power of Youth Charter and over the last year there have been 8 areas of work that young people have made decision in. Here are some of the highlights:



Welcomed our first Young Trustee

We were delighted to welcome Ben Stone to our Trustee Team in the winter of 2022! Ben became No5's first Young Trustee and is an integral part of decision-making at No5!

When asked why he became a Trustee, Ben said:

"I'm part of the trustees of No5 to make sure young voices are heard in our decision making and I will give my all to make sure I do the best I can in this role for you."

Collaborative Focus Groups

Throughout the last year, No5 has held two series of focus groups to allow young people to build, shape, design, and feedback on future services.

The first of these focus groups has been around [Reading Young People's Hub](#), where young people have been sharing what they think is important for the Hub to look and feel like, the location and accessibility, what support and activities it should offer and so much more! These young people helped influence the launch of our [campaign](#) and have shared their voices to their wider community through multiple videos!



The second series of focus groups focused on building a signposting website, which young people told us was important in our Restart Youth Report.

In these sessions, young people told us:

- they wanted a website, rather than an app,
- they wanted the website to ask them questions about what was going on for them to help tailor the responses
- that it was really important for no information to be stored about them from using the site
- what language, colours and designs would help them feel comfortable and allow them to easily navigate the site

Their feedback led to the website being built and designed by 4 young people (3 on internships and 1 on work experience) as it was crucial to them that this website was made for young people, by young people!

No5's Young Ambassadors

Our Young Ambassadors have continued to play a central part of decision making at No5! They provided crucial feedback on the re-design of our leaflets and the redesign of the No5 website, as well as joining in on focus groups and provide feedback and insights of our service offers and to other services locally. This has led to our referral form being reviewed and new additions added to our monthly young people's newsletter!



No5's Lived Experienced Young Leaders

Our three Lived Experienced Young Leaders have been an integral part of decision making at No5 in the last year! Together they have shaped and created projects, led on the redesign of our website, shared the need of CPD training around Climate Anxiety, helped shape decisions made within the clinical team and have led Focus Groups and Young Ambassadors in their own decision making activities!



Recognising and Celebrating Young People's Impact

In our commitment to 'recognise and celebrate young people's impact' we committed to offering our Young Ambassadors either an award or certificate, which is now also included in other young voices work.

We are delighted that we can now recognise young people's engagement and participation and celebrate the impact they have through the AQA Unit Award Scheme! We decided on AQA based upon young people telling us that it was important their certification could be recognised by future employers and that it needed to be something they themselves were familiar with.

Here are some examples of where young people will be awarded a certificate:

No5's Young Ambassadors

Our Young Ambassadors have been championing youth social action and making a huge impact to both local young people and No5 through their volunteering, content creation and involvement in various youth voice and social action projects! To celebrate their work and help them evidence these contributions to future employers, they will now be awarded an AQA Unit Award Certificate for each area they make an impact in.



Summer Transitions - Young Leaders

Following the success of last year's Summer Transitions Project and the Music Sessions in April, we will be inviting back some of the older young people to take on a young leadership role within this year's project! They will be working with the delivery team to support delivery and mentor some of the young people, this could be through song writing skills, devising dance routines, leading an activity or more! This will then be certified through an AQA Unit Award Certificate at the end of the week.



Working Collaboratively with Other Organisations

For our commitment to 'work collaboratively with other organisations', we have worked with 12 local partners across Reading. Here is just some of the collaborative work we have been a part of or taken lead on:

Part of the 'Young Voices Group'

We have been working alongside local partners Starting Point, Reading FC Community Trust, Brighter Futures for Children and Reading Borough Council on young people-led projects that aim to have young voices central to all decision making. To date, young people have created a version of the Extra Familial Harm Strategy and presented it to key decision-makers and stakeholders and are now working with the Community Safety Partnership as part of their Safer Street project.

Involvement in the Youth and Community Forum

We have continued to lead on the Safe Places and Signposting group, and have been involved in the Youth and Community forum since September 2021, looking at how we can restore community-based, open-access, drop-in activities, information, advice and support for local young people.

The Safe Places and Signposting group provides a space for local organisations to share what support they offer local young people, highlighted gaps in the provision and space to share innovation and best practice.

The information shared in this group has allowed us to create our 'What's On In The Community' blog, which has led to local young people being able to easily find what support is on offer to them!

Focus Group Delivery

Most of our focus groups have been held in collaboration with other local partners such as Reading Football Club Community Trust, Starting Point, New Meaning, Me2Club and many more to ensure we are hearing from young people from across the area and from different backgrounds! This has also allowed young people to have the opportunity to influence change and decisions in their local area!

Summer Transitions Project Delivery

Our Summer Transitions Project heavily involves working collaboratively with local organisations. The project is delivered by 2 No5 counsellors, Rabble Theatre and Chris Mitchell music, with the April 2023 section as being supported by Starting Point! We also work collaboratively with local schools and other partners to share the project with the local young people it would best support and to sign them up.

This has allowed us to reach more young people that would benefit from the support this project offers and for the project to be delivered by people and organisations that really champion their interests!





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