

02 April 2009

Dear Colleague

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### **An opportunity to develop and accredit health and wellbeing awareness activities with young people**

Thank you for expressing an interest in UK Youth's exciting new 'Healthaware Challenge' programme, which has been made possible with the generous support of the Department of Health.

The Healthaware Challenge addresses health and wellbeing issues by encouraging young people to participate in and develop their own health and wellbeing projects, for example:

- delivering peer education sessions on healthy eating
- researching sexual health information from the internet
- developing information on safety tips for other young people
- designing and completing health questionnaires etc.

Because of its exciting new approach, young people engage first hand with the challenge of how to change people's attitudes and behaviour for themselves and learn key skills along the way.

In its own right, the Healthaware Challenge is an innovative way for workers from a wide range of disciplines to access support and resources for developing their health and wellbeing work with young people. In addition to the regional events which took place between February and March 2009, we have put together a package of resources for workers, promotional badges to help engage young people and will be rewarding groups, recognising and celebrating the achievements of young people's engagement in health and wellbeing activities. Throughout 2009-2011 we will be hosting further events and disseminating examples of good practice in the Healthaware Challenge.

As the Healthaware Challenge project is linked to UK Youth's Youth Challenges and Youth Achievement Awards there are also opportunities for young people to gain accreditation through ASDAN for their involvement. To find out more about the Youth Achievement Awards, visit UK Youth's website [www.ukyouth.org](http://www.ukyouth.org).

There are a number of ways in which your youth group or project can be involved in the Healthaware Challenge programme and access the numerous benefits the project offers:

- Any interested group can simply register to be part of the Healthaware Challenge. As a registered group you will be sent a free copy of the toolkit, 20 promotional badges to help engage your young people in the programme, and you will be kept informed of the latest project developments
- Young people who complete one or more Health and Wellbeing Activities as part of a registered group will receive a 'Healthaware Activity' certificate recognising their involvement. The Healthaware Activity certificates can recognise any health and wellbeing work you undertake with your young people and can, of course, be linked to the wide range of ideas in the toolkit. In

addition to helping to motivate and recognise young people, these certificates can assist your organisation to record and evidence your involvement in the field of health and wellbeing.

- Groups can attend one of the events (both for the wider network and the registered YAA groups) that UK Youth will be holding throughout the project. After attending we will ask groups to register their interest in the Healthaware Challenge so that they can continue to access the programme's benefits.
- Once registered, groups will be invited to take advantage of a special package to help them accredit their Healthaware Challenge through the Awards. This offer includes 2 half price multiagency training places on YC/YAA introductory training (see dates attached), half price registration until March 2010 as well as 30 half price Award booklets. This equates to a potential saving of over £550 and is only made possible by Funding from the Department of Health. Please note that this is only available to new groups, not those already registered, or who have previously been registered, to deliver the YAA.

All Healthaware Challenge groups will be asked to produce a short (ie one page) report back on the health and wellbeing activities that they deliver with their young people in order to assist us in reporting back to the Department of Health. Workers have consistently said that they are lacking in quality resources to support their health and wellbeing work so we have put together an exclusive 'thank you' package where any group which reports back to us can select 3 of any of the following resources including (subject to demand):

- **Mind Matters – Actions** – A publication to help you enable young people to make informed decisions about key issues such as smoking, drugs, alcohol, crime and sex (RRP £21.00)
- **Mind Matters – Loss and Grief** – A publication helping young people explore their responses to different kinds of trauma and life difficulties (RRP £21.00)
- **Mind, Body and Society** – an accessible resource focusing on building the physical and mental health of young women which includes over 70 activities to explore issues ranging from eating disorders, healthy eating, body images, media portrayal etc (RRP £18.00)
- **Boys2men** – a practical guide to working with young men and running a fatherhood programme, opening up broader matters such as sexuality, sexual health, responsibility, relationships and masculinity (RRP £28.00)
- **Portfolio Building** – a resource to help you help your young people to build a portfolio of learning (RRP £34.00)
- **Youth Active Challenges** – a handy toolkit of sports and physical activities designed to support the Youth Challenges and Youth Achievement Awards (RRP £15.00)
- **Drinkaware Challenges** – a toolkit of ideas for use in your youth setting to get young people thinking about alcohol, and how it affects them, both directly and indirectly (RRP £15.00)

In addition all the groups who report back will get an exclusive **UK Youth Healthaware Training Ball** to use for your warm up activities. We shall also be hosting 3 events in February and March 2010 (based in London, Sheffield and Birmingham) to celebrate and showcase some of the great work that groups have undertaken as part of their engagement with the Healthaware Challenge. Groups who report back will automatically be offered a free delegate place at any one of these events and may have the opportunity to showcase their achievements.

I have enclosed a brief Registration form that I would ask you to complete and return to me as soon as possible if you are interested in becoming one of the organisations supported to access the Healthaware Challenges. Please note that there is no deadline for applications and so once the funding has gone – it's gone! If you have any further questions relating to this letter or the scheme, please do not hesitate to contact me. I look forward to hearing from you shortly

Yours sincerely

**Yvonne Richards**  
**Education & Training Manager**

Patron  
HRH The Princess Royal

President

**The Healthaware Challenges**  
 Accrediting Health and Wellbeing Work with Young People  
**Registration Form**

Name of Key Contact:									
Position held:									
Name and Address of Organisation:									
Email:					Postcode:				
					Phone:				
Are you an existing YAA group?			Yes:		No:		Reg No:		
What geographical area does your project cover? (please note this programme is England-wide only)									
London		South East		South West		East Midlands		East	
Yorks and Humber		North West		North East		West Midlands			
Please provide us with a brief description of your organisation:									
What is the target group of young people that you work with? (please provide numbers, statistics and/or examples to illustrate this):									
What types of health and wellbeing activities do you plan to cover with your young people? (please tick all that apply)									
Emotional Health & Wellbeing		Sex and Relationships		Substance Use					
Healthy Eating		Active Lifestyles		Safe and Well					
Other (please describe):									
How many young people do you plan on introducing to the Healthaware Challenges between now and March 2010?									
Less than 5		5 - 10		11 - 15		15 - 20		More than 20	
<b><i>I would like to register my group for the Healthaware Challenges as outlined in the accompanying letter:</i></b>									
Signature of key contact:							Date:		

Please return this form to Charmaine Simpson at P.O. Box 45184, London, N15 3XL, email to [yaa@ukyouth.org](mailto:yaa@ukyouth.org) or fax to: 01425 675107