



YOUNG HEALTH CHAMPIONS

Project Sessions...

Groups are supported to design and deliver a health project they feel passionate about. This raises awareness amongst peers and the wider community.

Young people aged 11-17 will learn...

On the training young people will learn the physical, social and emotional impacts of health, the inequalities that affect our health, and how we can improve our health to make positive change.

All young people will receive a certificate for their C.V. upon completion of their project.

How long does the training take?

Training will take place over 2 days, (please bring a packed lunch - refreshments will be provided).

Projects would then require further workshop sessions which will be determined in the future, depending on what the young people design.

Young Health Champions have worked with the NHS, Healthwatch, Public Health, school nurses and The Children's Society amongst others and even appeared on ITV news! Projects include diabetes, asthma, mental health, antibiotic resistance, hospital reviews, consultations and so many more...!



For more information please contact:
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