

**STREET
GAMES**

Changing young people's lives through sport



WELLBEING WHILE WAITING

2023 - 25

ABOUT THE PROJECT

Wellbeing While Waiting (WWW) is a partnership project led by the UCL's Social Biobehavioural Research Group, funded by the Prudence Trust. Young people referred for NHS mental health support currently face long waiting lists, and up to three quarters experience deterioration in their mental health while waiting. Social prescribing offers an opportunity to help young people in this situation, by connecting them to non-medical forms of community support such as skills development, peer support, befriending and social or cultural activities. Over the last three years, through the WWW research project, we have worked with Child and Adolescent Mental Health Services (CAMHS) across England to develop and test a social prescribing model that can be scaled nationally to help many more young people.

Supported by StreetGames, a team of ten young people acted as an advisory group throughout the project, providing valuable insight and reflections on the processes and the findings, providing inspiration for disseminating results to their peers.

ABOUT THE YOUNG ADVISOR GROUP

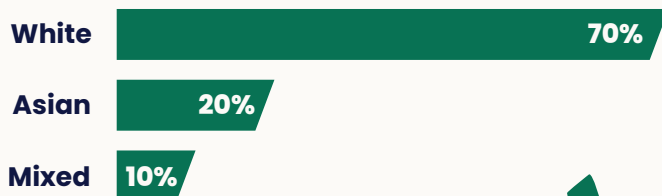


10
Young People

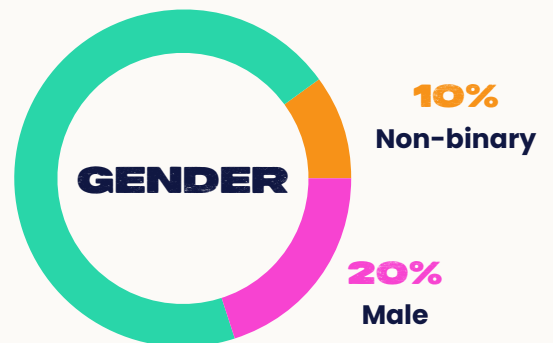
AGE



ETHNICITY

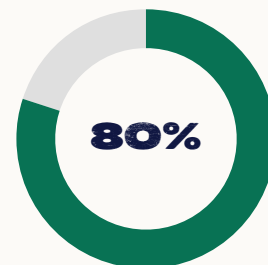


70%
Female

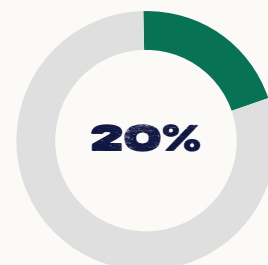


GEOGRAPHY

Manchester
Bradford
Norfolk
Shropshire
Birmingham
Devon



Lived experience of mental health problems



Disability

ACTIVITIES/OUTPUTS

The Youth Advisory Group (YAG) was originally recruited from the participating sites from the research. Over the 2-year period, the group evolved with participants moving on to other things, and new members joining.



DOCUMENT

Do's and Don'ts of Engaging Young People, with a particular focus on a Social Prescribing setting. This was shared widely to the Social Prescribing Youth Network (SPYN) and across the StreetGames network.



IDEA GENERATION

For the published research papers, the young people created assets and ideas in response to the findings and co-designed some potential visual tools to help the research reach a younger audience.



MEETINGS

With representation from across the country, meetings were held online at a time that was convenient for the group. There was one meeting held in London, where 6 of the group came together to discuss the findings of the research with the team at UCL and were also able to squeeze in a bit of sightseeing whilst in the capital.



I JUST WANNA SAY THANK YOU TO EVERYONE WHO PLANNED THIS EVENT, IT'S NOT EASY TO GATHER ALL OF US FROM AROUND THE UK BUT YOU MANAGED TO DO IT AND I HAD SO MUCH FUN TALKING TO EVERYONE. THANK YOU!



WHAT YOUNG ADVISORS SAID

WHAT THEY GAINED FROM BEING INVOLVED

Young Advisors described the project as a space where they grew personally and developed new abilities. Many reflected on how their confidence had noticeably increased, especially in group settings, and how much they valued the opportunity to learn in a supportive environment. Their comments highlight how the group offered both personal development and meaningful experiences.

- Increased confidence and willingness to speak up.
- Development of transferable skills such as communication and teamwork.
- Greater knowledge of social prescribing and youth mental health.
- Positive experiences, including feeling listened to and the London trip.

“ I FEEL LIKE I HAVE GAINED A LOT MORE CONFIDENCE BECAUSE I HAVE NOTICED THAT I HAVE STARTED TO SPEAK MORE AND WHEN WE FIRST STARTED I WASN'T REALLY SPEAKING TOO MUCH SO I THINK IT'S HAD A MASSIVE IMPACT ON MY CONFIDENCE. I ALSO FEEL LIKE I HAVE GAINED A LOT OF KNOWLEDGE ABOUT SOCIAL PRESCRIBING TOO. ”

SKILLS DEVELOPED

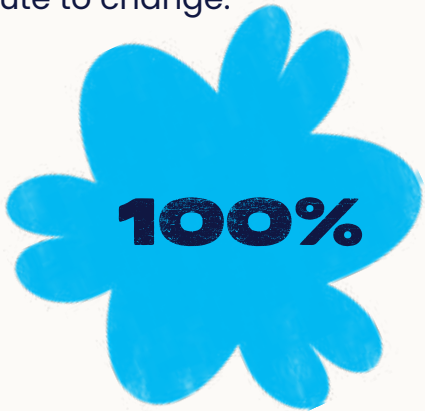
Young people reported strengthening a wide range of skills during the project, gaining confidence and practical abilities that will support them beyond the programme.





FEELING HEARD AND INFLUENCING CHANGE

Young people reported feeling valued throughout the project, agreeing unanimously that their voices were heard and that they gained a better understanding of how they can contribute to change.



**strongly agreed
their voice was listened to and valued**



**strongly agreed
they understand how young people
can influence change**

Has being part of the group made a difference to you personally?



**YES IT HAS INCREASED MY CONFIDENCE SIGNIFICANTLY
IT HAS MADE ME STEP OUT OF MY COMFORT ZONE
MORE FREQUENTLY TO WORK WITH NEW PEOPLE.**

(IT HAS) GIVEN ME A PURPOSE



How would you rate your volunteering experience?



4.8 / 5

“

IT WAS A FANTASTIC EXPERIENCE PUSHING ME OUT OF MY COMFORT ZONE AND ALLOWING MY VOICE TO SUPPORT THOSE WITH MENTAL HEALTH MAKING THEM FEEL HEARD.

”



TO VIEW THE WIDER RESEARCH FROM THE WELLBEING WHILE WAITING PROJECT, CLICK HERE.

