

YOUNG HEALTH CHAMPION CASE STUDY (BRATHAY 2017)

“Being at the Lakes allowed me to get the confidence I needed to meet new people and work with strangers. Experiencing it has allowed me to bring this confidence into my everyday life, making me confident to be myself and to meet new people. One thing I liked about being at the Lakes was learning more about mental health. It allowed everyone to discuss mental wellbeing and what to do in order to deal with these issues.

Another thing that I liked was doing the mountain walk because we set a goal and reached it with an amazing view of the lake which was nice and relaxing. We also did a meditation session on top of the mountain to reflect on ourselves and our experience. I enjoyed the opportunity to go into the town to do an activity because we were allowed to go around in small groups and have our own time to go to the shops. Another amazing experience was the karaoke night because lots of people got up to sing – even the staff! It was fun because everyone was having an amazing time, supporting each other, cheering each other on when they were singing and getting involved in the dance off.

During the four days nobody was judged, everyone was supportive and friendly. The raft building experience was great because we worked in small groups so everyone got involved and helped to look after each other. It was great to take all of our rafts out onto the lake then had the chance to jump into the lake which was a good laugh. Since the trip in October everyone that went is still in contact with each other which proves this trip was a success and friendships were made.

One thing I didn't like about the trip was the time spent in the classroom to work on the booklet, but this was for a qualification which couldn't be helped. Overall, everyone from our project that was on the trip had an amazing time and would love to go back and do it again. It was one of the best experiences in 2017 and getting the qualification during the week means that you can put it on your CV. It was an opportunity that not everybody does and even though it's a booklet it was interesting and shows life skills to take into every day.”