

YOUNG HEALTH CHAMPION RESIDENTIAL Q&A

What do think of the YHC training?

- Overall, I thought the training was great! I love going on courses, meeting new people, new opportunities and learning new things we wouldn't necessarily really think about daily, especially surrounding mental and physical health. It's something I'm really passionate about!

How was the actual training/residential?

- The training was eye opening! Realising how different people cope with different situations in their own individual ways in order to help with their growth and development. Meeting people from all across the country, and coming together over a passion for the same thing was great! The energy was always exciting as everyone wanted to help everyone else get the most out of the training, making it beneficial to suit everyone's needs.

The residential. Wow! That was a different ball pit entirely! From the activities to the StreetGames staff! Steve, Rachel and Dawn were amazing teachers and helped me expand on my current leadership skills - from communication to confidence, they were there every step of the way; first thing in the morning to last thing at night. Their energy kept us going!

My favourite part of the residential was day 2, it was an amazing time to reflect and a great time to learn more about my new peers from all over the country! Tuesday night we walked up a hill in Ambleside and watched the stars and looked down on the town! This moment was something I'll never forget! It made me realise that I need to "live in the moment more", surround myself with positivity and that there is no need for "tunnel vision" through an iPhone screen 24/7. Upon returning to base, I told Rachel how I felt and I didn't realise how powerful my message was until I told her. For the rest of the residential I did not touch my phone. Instead, I surrounded myself with positivity and threw myself into any activity that was thrown at me to get the best experience out of the residential!!!

How have you developed your role as YHC since the training?

- I have developed my role in many ways! From using it in college to help understand people more, to my mentoring work I do with the younger pupils in the school community, as well as using it within my job! The training made me realise not to judge a book by its cover!! Everyone has a story!

Any other feedback/comments that you think you'd like to share with other young people?

- If you ever get the chance to take part in a training residential - grab it by two hands, and go for it! I was apprehensive at first because I had never been on a "training residential" before, but looking back now it was the best experience of my life! After my little late night walk on the residential I now know how to look after myself better and how to look after my wellbeing, as well as how to appropriately help others and their wellbeing in ways I never knew before this residential. Incredible!