

## A YOUNG HEALTH CHAMPION DISCUSSES THEIR EXPERIENCE

I attended the Brathay residential in November 2017, for the Young Health Champion training. Despite already being a Psychology student studying at Chester University, I still found the course really informative and useful, I also felt it gave a great opportunity for me to receive some experience and put skills I was learning into practice. The atmosphere of all the staff and other service users was amazing, and I really think that was due to the positive attitudes of the staff (and Young Advisors).

Since attending the course I've thought back on what I learned there and tried to apply it to everyday life. As well as this, I am currently coaching an inclusive sports session every Saturday for young people with learning difficulties, and believe my knowledge from the course has helped me settle into this role. Overall I left the experience feeling positive about what I had attended and didn't regret it for a second! I would recommend the residential to anyone, regardless of background or interest in mental health, I thought it provided information which should be available to everyone, in a comprehensive way which was easy and enjoyable to follow.

