

### Background

Newry and Mourne Locality Planning Group (LPG) was established in 2016. Membership of the group include a range of community, statutory and voluntary organisations with a remit for children and young people in the area. The group aims to improve the well-being of children and young people through a multiagency planning approach.

The group set it's priority areas for 2016-2017 with one of the priorities to improve mental and physical health of children, and young people.

The LPG's Mental health Sub Group worked in partnership for a Young Minds Matter Conference at the Canal Court Hotel on World Mental Health Day – 10<sup>th</sup> October 2017. The conference was aimed at building resilience in young men from Years 9-10 from schools in the Newry and surrounding areas, aiming to inform on local support services and to try new activities which can help maintain good health and well being.

### Outcomes 1 & 2 (SAOG Plan 2014-17)

- All Children and Young People are Healthy
- All Children and Young People Enjoy, Learn and Achieve



Link for video:

<https://youtu.be/gq9vLfcyOu8>

## How much did we do?

- 4 hour event inviting up to 30 students from 12 schools in the Newry locality area, hosted by Barra Best, BBC NI
- 25 services/organisations set up information stalls relevant to the health and well being of young men in the Newry locality area
- Activities included drumming, laughter yoga, mindfulness, Lego Walk, internet/cyber safety, men's identify workshop and Be Positive mental health session

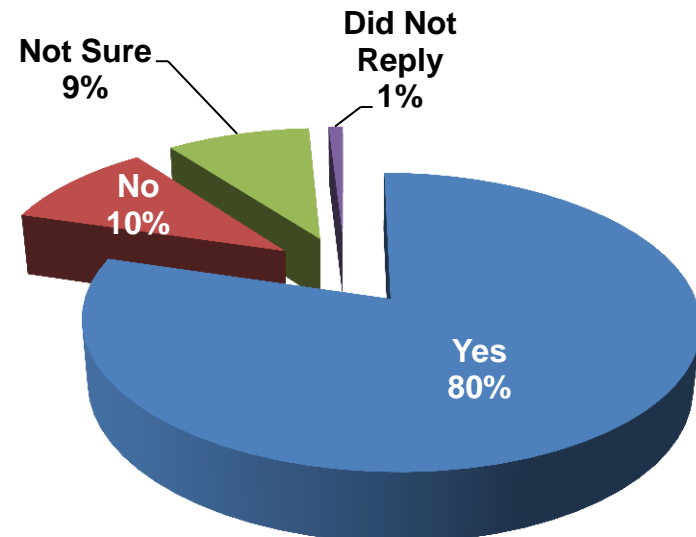
## How well did we do It?

- Partnership of 7 services/organisations in the Locality Planning Group
- 223 young men from 9 schools attended at the event, 50 professionals, volunteers and teachers attended
- Every young man had 5 activity workshops, a session each on cyber safety and masculinity and gender, and time to attend all the information stalls
- 108 completed evaluation forms were submitted

## Is anyone better off?

- 104 (95%) of young men stated they were happy with the overall event
- 81 (75%) of respondents agreed their knowledge or understanding of services for young people had improved
- 105 (98%) of respondents agreed that the presentations and information provided at the event were good or excellent
- 106 (99%) of respondents rated the selection of agencies at the event was good or excellent

Has the event given you an opportunity to meet young people from different community backgrounds?



Why were you happy with the event?  
(Top answers):

1. It was fun/ enjoyable 37 replies
2. I learnt about good mental health 16 replies
3. It was informative/ educational 16 replies
4. The activities/workshops 11 replies
5. Met new people/new friends (8 replies)

Do you have any suggestions for future events? (Top answers):

1. No (25 replies)
2. It was perfect/I loved it (8 replies)
3. More activities (8 replies)
4. More time for activities (4 replies)
5. Make speeches shorter/ less talking (3 replies)

TELL US WHAT YOU THINK

Students

"It was fun and relaxing and it taught me what being a man meant"

"It really opened my eyes and be more aware of having good mental health as before I didn't care about it"

"I really enjoyed this event and it benefitted me a lot"

"It helped me feel more confident and happy in my own skin"

"I learnt that the more you laugh the better you feel. I know now more resources that I can use that will help me. I also know how to keep myself safe online"

"I got out of school where I'm usually stressed and finally was able to enjoy myself"

Stall holders

"It was great that the young people from the local schools were able to come together and receive information on mental health in an informal, relatable manner"

"I have no suggestions for improvement, I thought it was well organised and very enjoyable"

"I felt that every aspect of the day was excellent in delivery of removing the stigma attached to mental health particularly among young men"

"Excellent event - relevant for all agencies working with young men. Great to see that it was so well attended by local schools. Well done!"