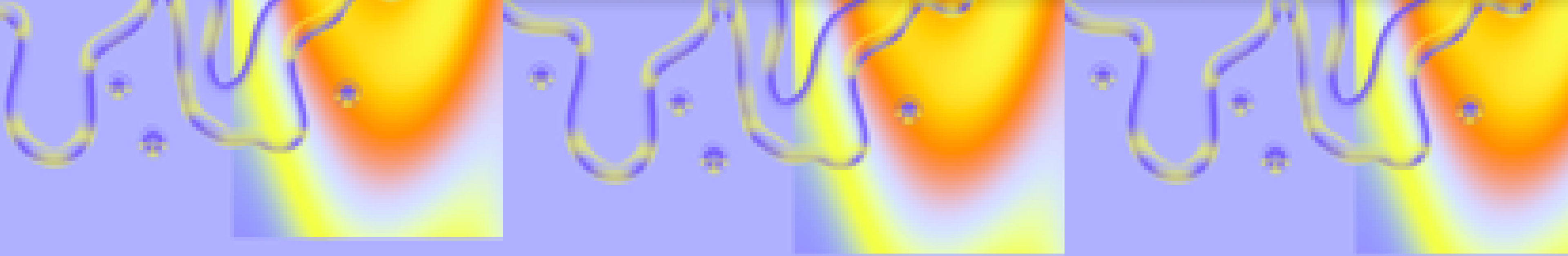


2023 Wrapped

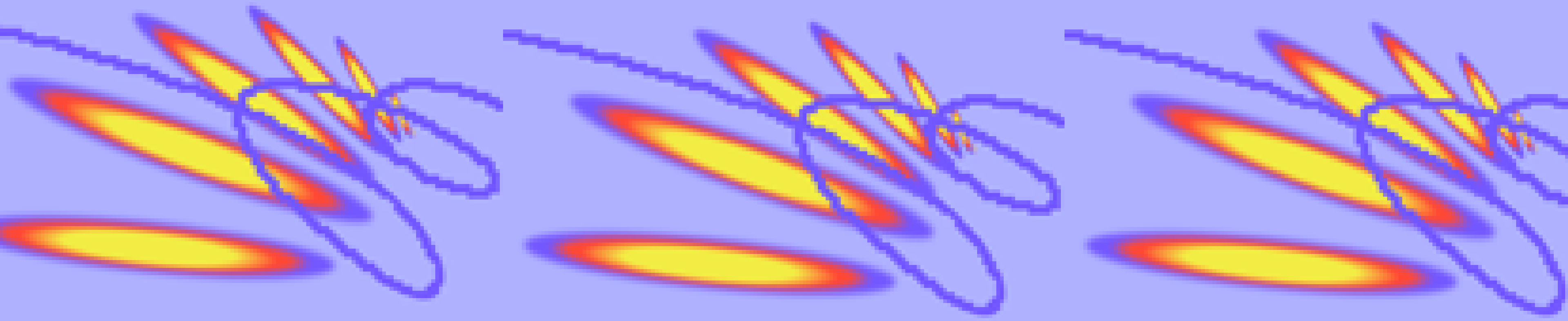
Your Wrapped is here

CAMHS Participation





**You did 276 interviews
in 2023**



As of 16th Dec 2023



CAMHS Participation

Episodes

- 1 LGBTQ+ Safety & Resources (595)**
- 2 Exam Stress during Exam Season (456)**
- 3 Talking about Self Harm and Scars (519)**
- 4 Living Pride (333)**
- 5 Young Person Sanctuary (353)**
- 6 Living with Dyspraxia (196)**

Total Listens

5853

Top Countries

- 1 UK (4410)**
- 2 Australia (148)**
- 3 USA (81)**
- 4 Ireland (63)**

Minutes Made

273

As of 16th Dec 2023



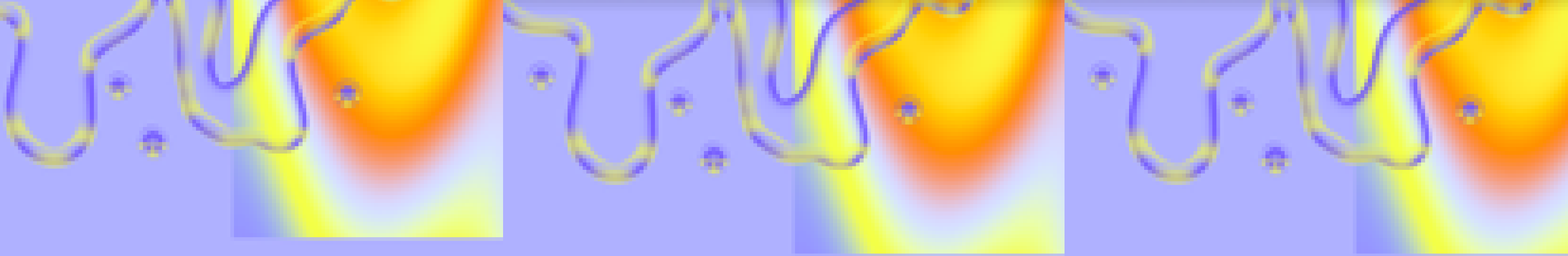
Workshops

- 1 Bedford Poetry Nights x12**
- 2 Gardening & Outdoor Crafts x7**
- 3 Music x3 days**
- 4 Luton Poetry Nights x2**
- 5 Baking x2**
- 6 Jewellery**

Total Social Media Followers	Total attendees
478	93

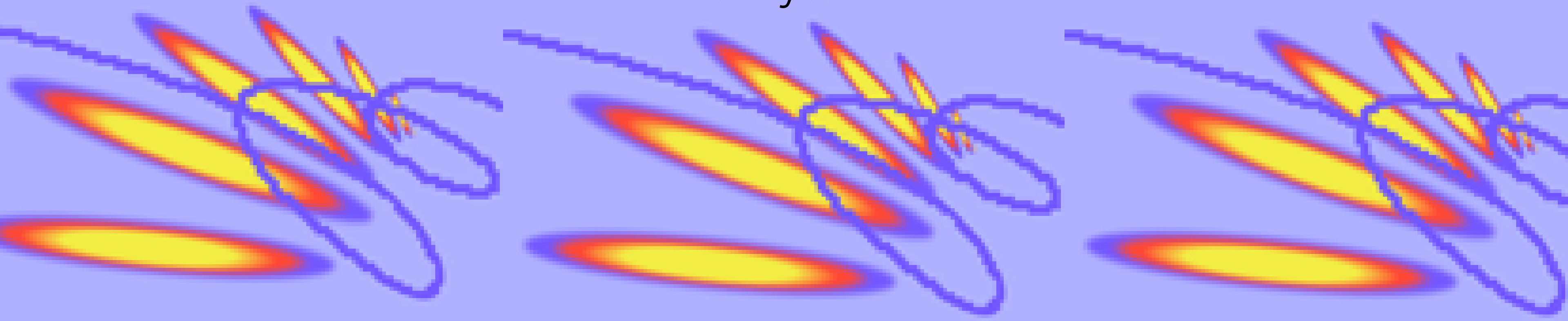


CAMHS Participation



You had something special with your top projects

Here's how you spent time with them across
the year

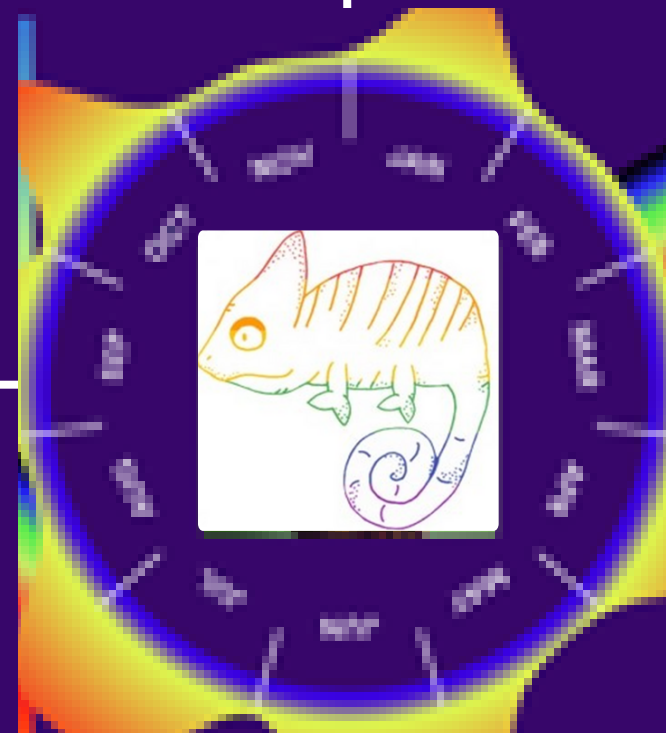


JANUARY

- LGBTQ+ safety/resources podcast
- ASC Diagnosis Pack

FEBRUARY

- MHSTs in Schools Research project
- Healthier Together website Phase 1 review



MARCH

- Spring Chameleon Magazine release
- Apps review

APRIL

- Improving transitions meeting- birth of Transitions Open Day
- Lots & lots of recruitment training

MAY

- University of Reading Co-production training
- Center Parcs Sports & PE Conference
- Exam stress podcast

JUNE

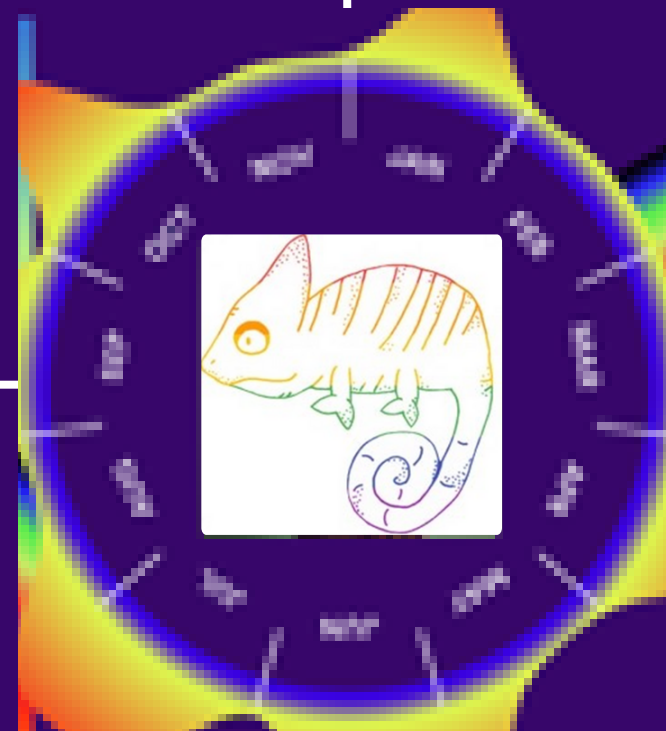
- SEND Health Focus Week Workshops
- Tackling Inequalities in South Luton Event
- Talking about self harm and scars podcast

JULY

- Sanctuary Cafe Visit
- Summer Chameleon Magazine release

AUGUST

- Participation Awards
- Autism in Females video filming
- Start of sustainability project
- Living Pride podcast



SEPTEMBER

- Anti-bullying video filming
- PALS Poster & Leaflet
- Young Person Sanctuary Podcast
- Autism training at Evergreen
- Self Harm & Risk training at a school

OCTOBER

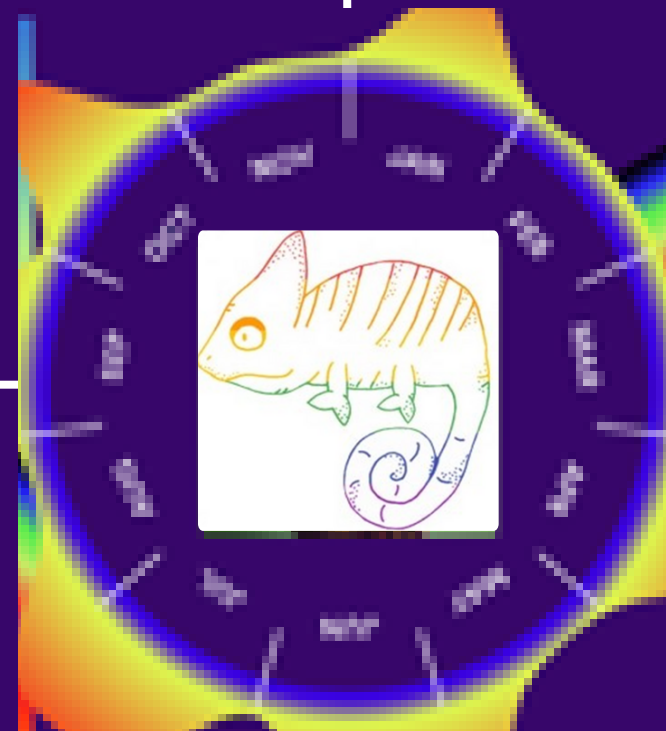
- University of Hertfordshire Co-production training
- Autumn Chameleon Magazine release

NOVEMBER

- Voice of the Child Conference
- Bedford Reception Mural Painting commenced
- Living with Dyspraxia podcast

DECEMBER

- End of Year Meet up



2023 End of Year Survey Results

Your Wrapped is here

CAMHS Participation



Have you enjoyed your time in Participation this year?

Yes

Yes

Yes

Yes

Yes

Maybe/unsure

Maybe/unsure

Why do you enjoy participation?
What do you get from it?

I've enjoyed meeting new people, making new friends, and developing my confidence through podcasts, films, and face-to-face meetings and activities.

I enjoy the community - I've met so many lovely people and made good friends here. I also enjoy getting the sense of work. As a young person who will go into employment soon this makes good practise.

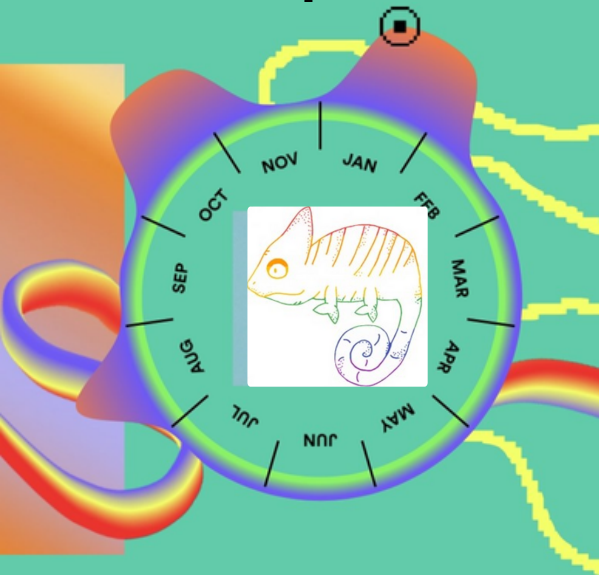
Everyone is so lovely and supportive! It's really nice seeing participation flourish and all the work we do together, as someone that has been in participation for quite a while now it really warms my heart when new people join and we sort of pass along the torch. It's a great community, we need to do more in person meetings :)

i do enjoy staying up to date on emails etc and being part of a community

I enjoy meeting new people, changing peoples perceptions on mental illness/neurodiversities, and developing my professional skills.

User participation gives me a feeling of fulfilment and purpose, as well as community and support.

I haven't really done much, I only joined a little while ago but I'm glad to have had the chance to join:)



What was your favourite project you did in participation this year?

There were so many things I enjoyed, it's so difficult to choose just one! I really loved participating in the Autism film this year, as it was really fun and I was in a safe environment where I felt at ease while I was being filmed. I was also very comfortable with the people who were with me, and I developed so much confidence by doing this film!

The voice of the child presentation was my favourite! It was very satisfying to spend your personal time to actually try and make a difference to the new generation of young people. I was very proud by the end of it and the experience as a whole was very fun.

The Meeting with the sanctuary cafe was such a pleasure to be part of. Seeing a project like this one come to life and actually run effectively and being used makes me really happy.

Delivering training at new places- Schools, Evergreen, university & conferences. I love delivering training and this year participation gave me lots of opportunities to present at new places.

I've only done interviews but they have taught me so much and I've developed my social skills more and more.

What projects would you like to see/be involved in the next year?

I would love to be involved in more meetings, podcasts, and art/craft events next year, as well as face-to-face meet ups and potentially even starting interview training!

Perhaps maybe a guide to how young people can create their own opportunities. I would also enjoy more art related projects as an artist myself :)

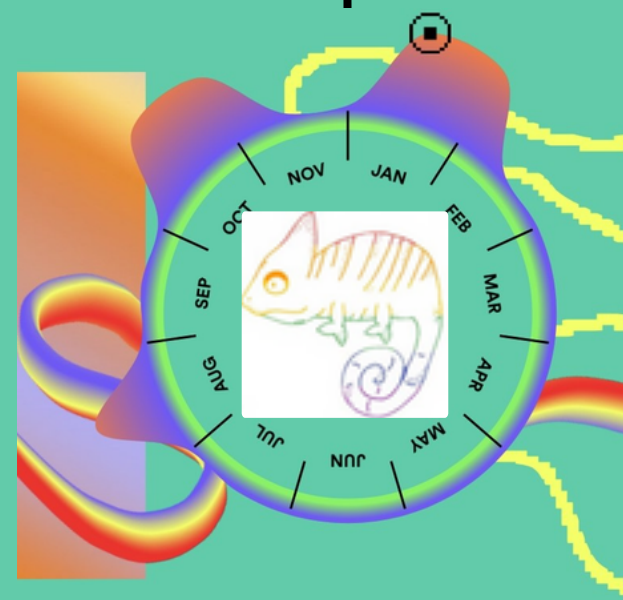
Culture awareness and I would love to see the book club coming back :)

I would love to see more in person meetings as most of the time I can't do online due to college hours

I would like to present at more places to further educate professionals. I would like there to be more group participation meetups because I haven't met a lot of the new people and it would be nice for everyone to come together and share their ideas.

I'd love to work on an art mural!!!

More crafty bits? Or just a friendly group in real life that everyone can meet up and just talk? Doesn't have to be mental health stuff just being able to talk to people about your favourite things can help!



What is good about participation/ what would you like us to keep on doing?

I really love how friendly everyone is, and how there is no pressure to put your camera/ microphone on during meetings, as well as taking as much time as you need to prepare yourself for podcasts etc. I also really love reading and participating in the chameleon newsletter, as well as seasonal activities, such as the halloween craft event day!

I enjoy getting rewarded for the effort that we put in. Whether that be by the payments or the annual recap party. It may sound "selfish" but the recognition can be a good boost to self esteem and also help establish your own sense of autonomy.

Keep being the amazing people that you all are! I don't think it's been said enough but you guys as a team are amazing, friendly and warm.

I like the whatsapp group, its nice to be able to speak to other people and give advice.

everyone is so welcoming and encouraging and optimistic. it's a safe space and the staff are very informative

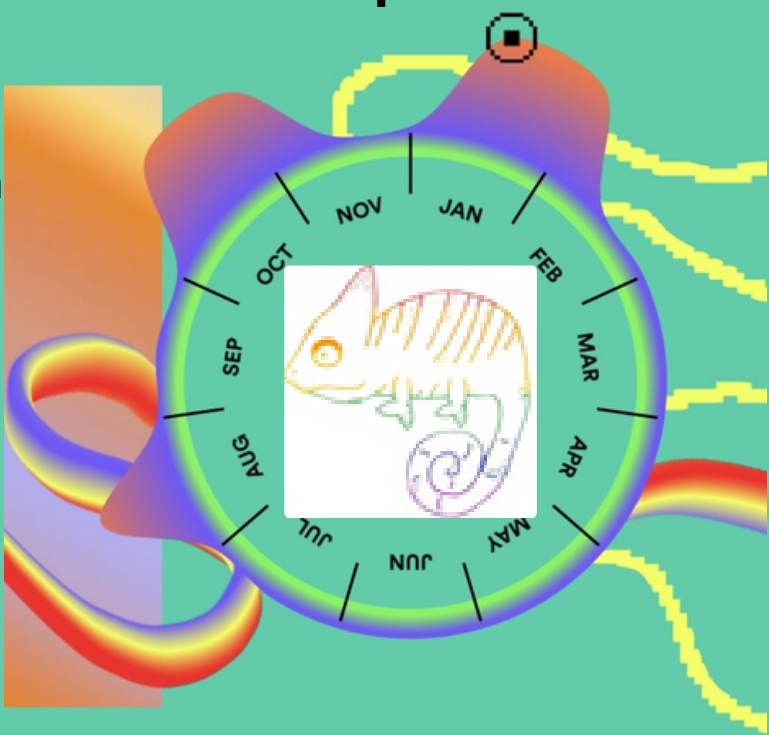
Is there anything that could be improved/ done differently in the new year?

Maybe more art therapy sessions for people to attend and make creative things. I feel that something like this could help me take a break from stressful college work and revision by doing something fun and enjoyable. It would also give me something to look forward to.

I think people got confused sometimes with all of the projects concerning the times etc I suppose it is down to us to schedule and plan but I sometimes would forget I agreed to do something. Maybe I suppose a reminder the day before would help. Still great though :D

I would love to see more in person meetings as most of the time I can't do online due to college hours

I found it a bit difficult to go to any of the projects because I don't really know anyone, I guess maybe just a meet up too make some friends or just chat about stuff, maybe a movie or upbeat tv show day?



Do you read the Chameleon magazine?

Yes

Sometimes

Yes

Sometimes

Yes

No

Yes

Do you enjoy creating for the magazine and reading it? Would you do anything differently/do you have any ideas for it?

I really love reading the chameleon magazine and participating in it through sending my photos and artwork.

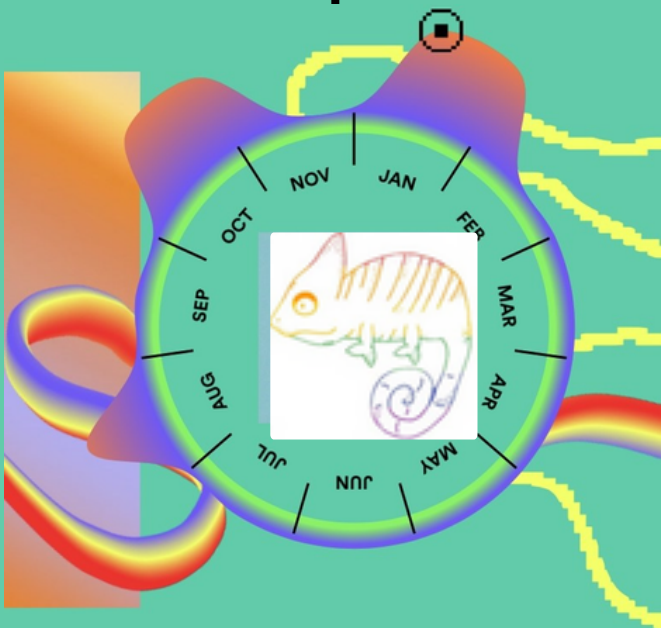
I like creating and casually reading the magazine at my appointments in charter house. There isn't much I would do differently.

I really enjoy writing for the chameleon and seeing all the artwork and pets! Maybe making a section with a crossword or little games like sudoku or even a draw by connecting the numbers? I think this would work with the physical versions of the chameleon a lot better than the digital one

Yes, i wish that the magazine was put in the charter house waiting room- the Chameleon magazine they have in there is from months ago and it would be nice if they could update it so that patients can read the new contents.

im so busy at the moment i haven't been able to contribute but i plan to in the future!
a favourite songs section would be cool

I'd like to next year



Do you listen to the CAMHS Talk podcast?

Only when it’s relevant to me

No

Only when it’s relevant to me

No

No

Only when it’s relevant to me

No

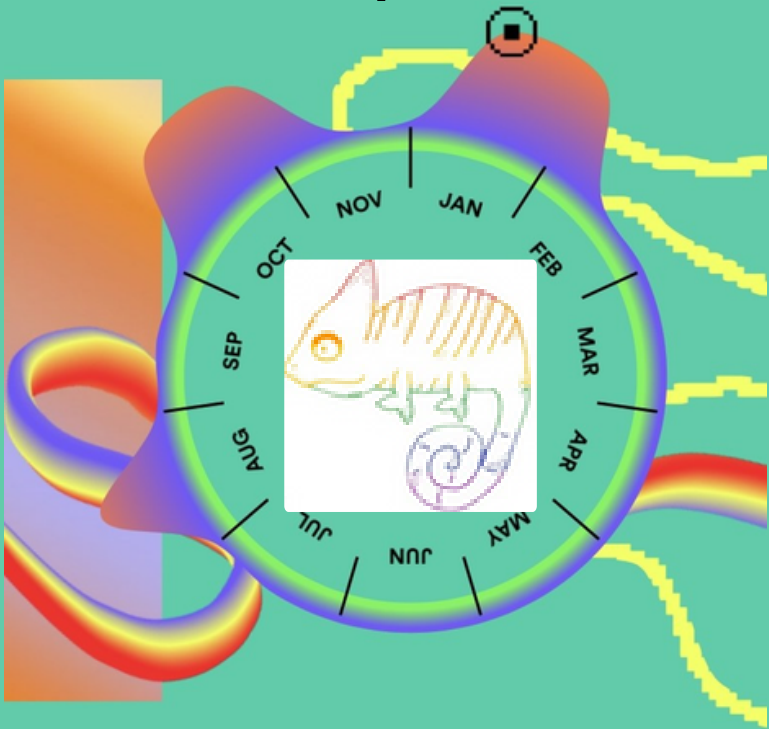
Do you find the CAMHS Talk podcast useful? Is there anything you'd change about it?

Yes I love the podcasts, I have been involved in a few myself and I feel it is really important to educate people on topics that can be misconstrued. I think it is beneficial to share real life experiences to help other people (professionals, parents, carers, other family members, friends etc) to know how to support the individuals/ young people.

I don't listen to the podcast yet.

It’s very useful and love the aspect of giving young people the platform to share their stories and experiences

yes! Very useful!



Do you have any CAMHS Talk podcast topic ideas?

Separation anxiety, selective/situational mutism, dyscalculia, aromanticism/asexuality (and other unfamiliar LGBTQ labels)

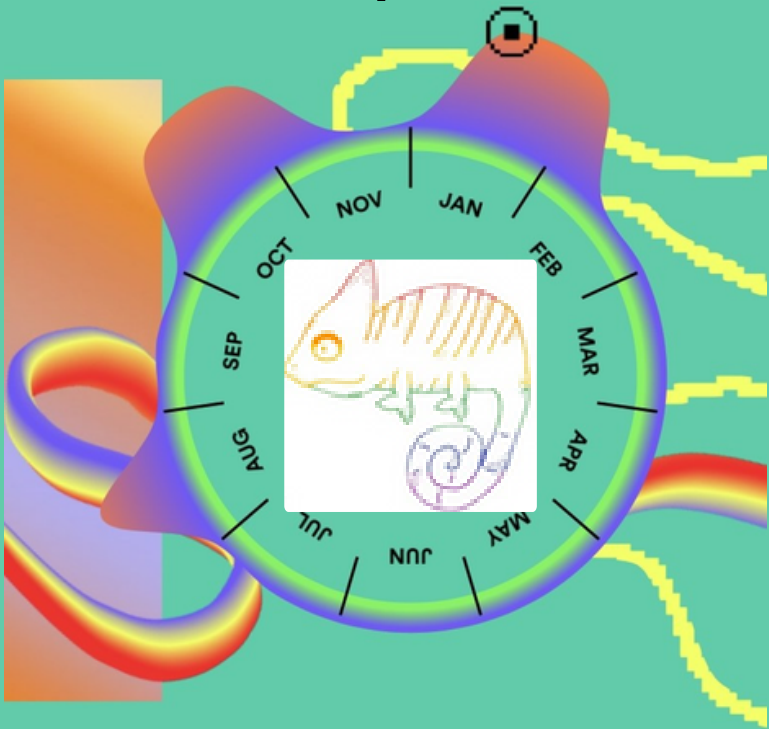
Difference in autism between girls and boys, learning how to adjust from leaving therapy, side effects or not wanting to take medication , the difference between suicidal ideation and thoughts and when and where to get help

One on seasonal depression, how do holidays affect our mental health, music and mental health

growing up mentally ill

Any other comments

Great service and I'm so happy I joined it!! Also the group chat is very open and people have a space where the can be vulnerable and honest about their feelings. I'm glad the group chat isn't exclusively "work". I like seeing pet or baby pictures etc :)



THANK YOU

**We can't believe all the work
you've done this year. It's had a
massive impact!**

Here's to next year!

Participation Wrapped 2023

