**People Participation and Better Days**

The team’s award winning People Participation (People Participation awards and ELFT staff awards for Better Days) continue to build on its programme of success involving and co-producing with children and young people with SEND. Also, highlighted as best practice by the Luton SEND inspection OFSTED letter, the Better Days campaign is now a permanent feature of CAMHS providing a wide range of co-produced activity for from 9- 25 years olds – sessions for younger children are held separately. Activities include regular poetry sessions, baking, dance and movement, gardening, music, outdoor craft and more. People Participation have launched a Trans Social group in Beds and Luton, held Better Days Workshops in Luton, etc. Click here to see more details

* Continued to ensure there is effective service user representation on all interview panels for CAMHS staff
* Launched a Trans Social group in Beds and Luton
* Co-produced podcasts with young people on a diverse range of topics. The latest podcast on Dyspraxia is linked [here](https://camhstalk.blubrry.net/2023/11/13/episode-45-living-with-dyspraxia/).
* Support the production of Chameleon, a regular newsletter produced by children and young people
* Started work with Mental Health Support teams to co-produce films and podcasts aimed at children and young people, parent carers and schools to tackle bullying. Films and podcasts will completed and shared across Beds and Luton.
* Work with Mental Health Support teams on autism training in schools and Evergreen (Luton based Tier 4 unit) – co-produced with young people and co-faciliated with young people
* Delivered co-production training for the University of Hertfordshire (for clinical psychology trainees) and University of Reading (Education Mental Health practitioners). Co-produced and co-facilitated with young people
* Ongoing work on gender identity training – co-produced and co-facilitated with young people and delivered to CAMHS staff including Evergreen. Training has been delivered in schools and online for teaching staff. Currently working on training package for Police.
* Working closely on transition from CAMHS to Adult Services including a transitions feedback form, co-produced with young people, to get understanding about transitions process and how it can be improved.
* Working on co-creating with young people a transitions e-learning module. The e-learning module is for CAMHS and Adult Services practitioners and it will include audio clips of young people talking about their transition process.
* South Asian peer focus group in Luton starting in Feb 2024 to both improve access to CAMHS and create a Safe Space for young Asian people to talk about mental health. There is no requirement for young people to be open to CAMHS.
* Young people from South Asian background are involved in a Triple Aim Quality Improvement project in CAMHS. The project aims to improving access to CAMHS through tackling health inequalities and working with community partners to identify and develop community resources which are culturally competent.
* People Participation has worked to engage young people developing the Crisis Sanctuary cafes for young people in crisis and how to make the Luton café young person friendly and accessible. Worked with sanctuary café staff at BLMK Mind to promote the cafes via a podcast. The Luton sanctuary was the first to open in Beds and Luton and opened in March 2023.

Better Days Workshops in Luton:

* 2 Poetry workshops: 10 people
* 1 Jewellery workshop: 6 people
* 1 Baking workshop: 5 people
* 3 Groundworks gardening workshop: 6 people

Social media:

BetterDays social media followers is at 473. On our two latest posts we got 22 likes showcasing the Luton poetry workshop. We had 12 people follow our link to the dance and movement workshop registration.

Podcast:

* 20,405 listens total - pod
* 558 listens in the month of Nov
* We have listeners in countries from all 5 continents
* Our highest listens on a podcast are 955 for episode 9 - let's talk about CBT
* University of Reading has used it as part of their curriculum for Educational Mental Health Practitioners

**We have 19 young people that are engaged with participation work from Luton.**