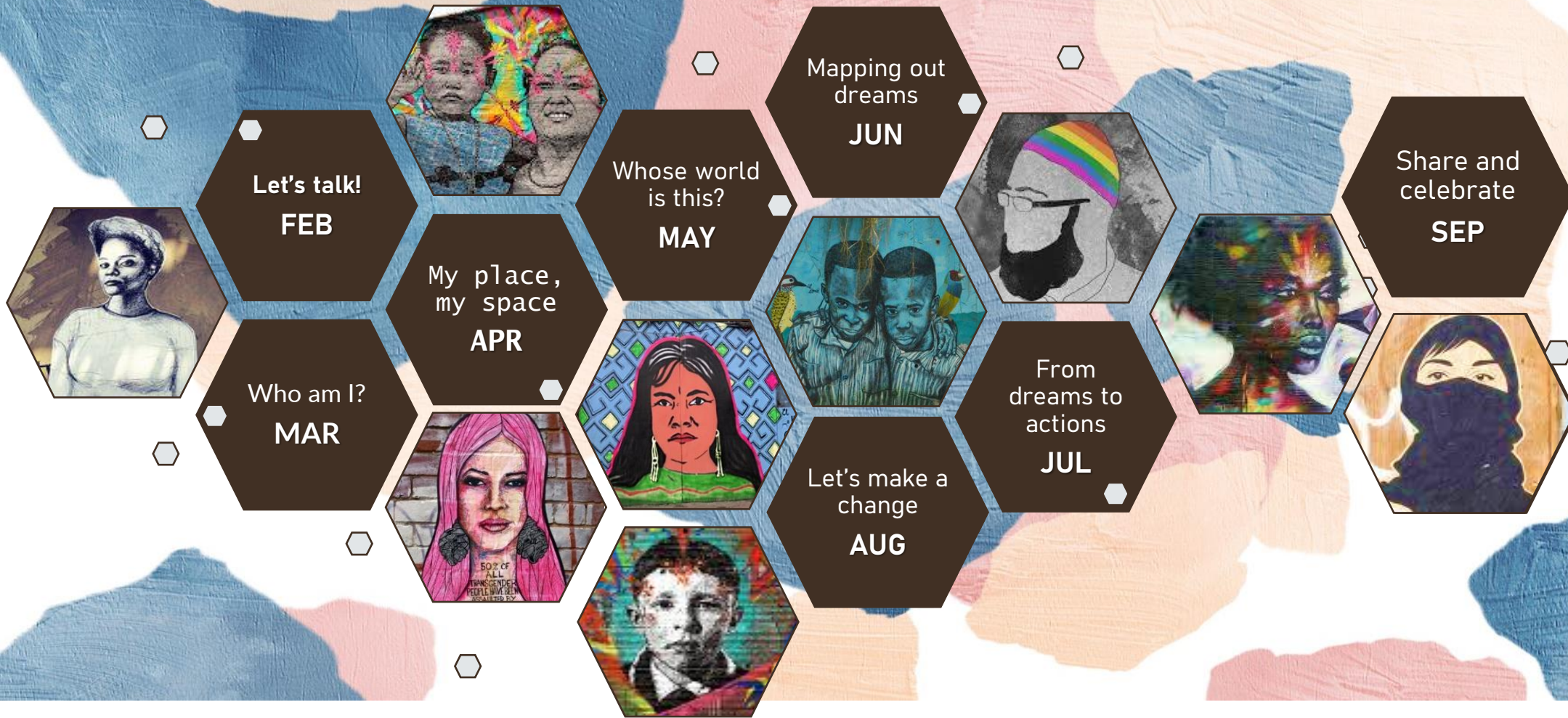




# IT'S GOOD TO TALK



A creative platform for young people to connect and reflect on mental health and emotional wellbeing



# IT'S GOOD TO TALK

A creative platform for youth to connect and reflect on mental health and wellbeing

Between February and September 2023, YES is hosting a series of workshops on mental health and wellbeing for young people in the borough of Brent. The workshops will be hosted at the Granville Centre and offer a safe space for young people to talk, build community and collective resilience.

# WHAT IS THIS ALL ABOUT?



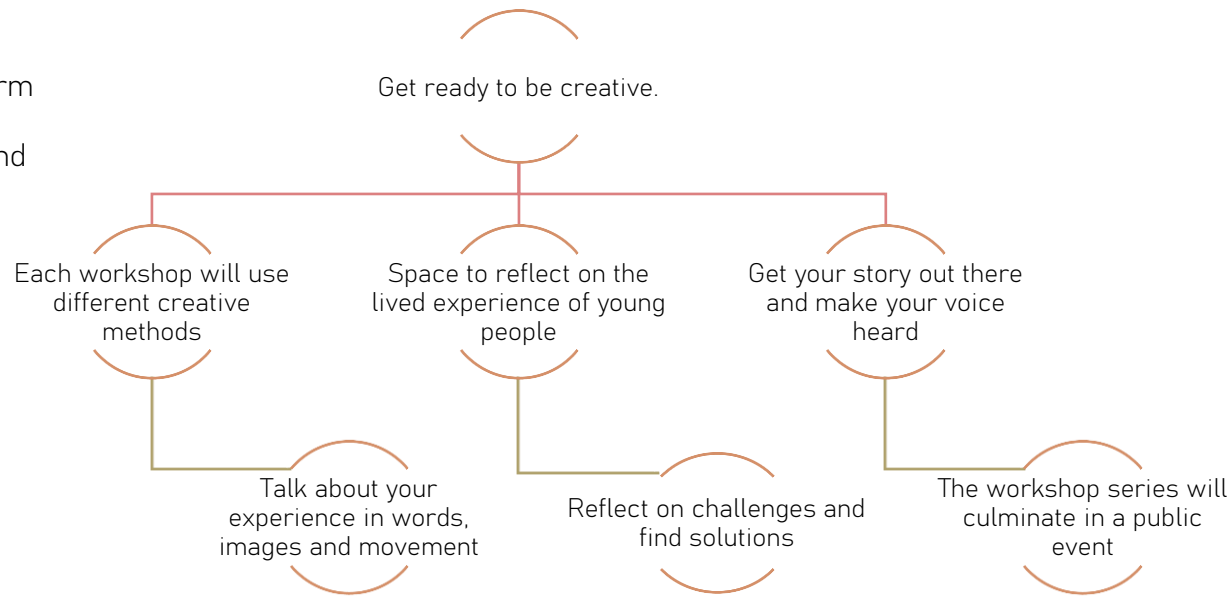
- ✓ **WHAT?** *It's Good to Talk* is platform for young people, in the borough of Brent and beyond, to connect and reflect on mental health and wellbeing. It offers a non-hierarchical space for mental health and wellbeing service providers and young people to meet about and respond to challenges facing youth.
- ✓ **WHO?** *It's Good to Talk* is aimed at young people (aged between 16+ years old) and mental health and wellbeing organizations supporting youth. As a non-hierarchical space, service providers are invited to fully participate alongside the young people in the space.
- ✓ **WHEN?** Sessions are hosted on the last Monday of the month from 16:30 to 19:30. The first session will occur in February and the last session in September 2023.
- ✓ **WHY?** The spread of COVID-19 and the subsequent lockdown restrictions negatively impacted the mental health and wellbeing of young people. The post-lockdown context has been marked by economic downturn and political uncertainty; this exacerbates the existing difficulties facing young people. This context alongside challenges related to accessing mental health and wellbeing services creates a dire situation. *The It's Good to Talk* workshop series seeks to respond to this context through creating safe spaces for youth to support each other and to connect with mental health and wellbeing service providers.



# HOW WILL IT WORK?



*It's Good to Talk* is a platform for youth to connect and reflect on mental health and wellbeing



**Have fun!** There'll be no boring PowerPoints or lectures. Get ready to be creative and to reflect on your life and experience.



**Interactive workshops.** Each session will include interactive activities using drama, poetry, and visual arts.



**Platform for young people to talk.** The primary purpose of the space is to create a safe space for young people to connect and support each other.



**The youth booth.** Before and after each workshop there will be a youth booth available for you to document your experiences through photo and video.



LET'S TALK!

27 FEB

Guiding questions:

What do you want to talk about?

How would you want to talk?

What mediums do you prefer: words, images, movement, etc.?

What kind of conversation do you prefer: an open or intimate and closed conversation, an individual or collaborative one, a conversation using words or actions?

Welcome to the *It's Good to Talk* workshop series. The first workshop of the series will set expectations, rules and build trust among the group. It will also enable participants to share their vision for the series.

- This workshop will use movement/dance and visual arts as mediums.
- Guest participants from Kooth and the Granville Centre (TBC).

# WHO AM I?

27MAR

## Guiding questions:

Who am I? Reflect on who you are to your family, school, community, place of worship, friends, workplace, or sports team?

What are the different versions of you?

Ask yourself: who am I to myself?

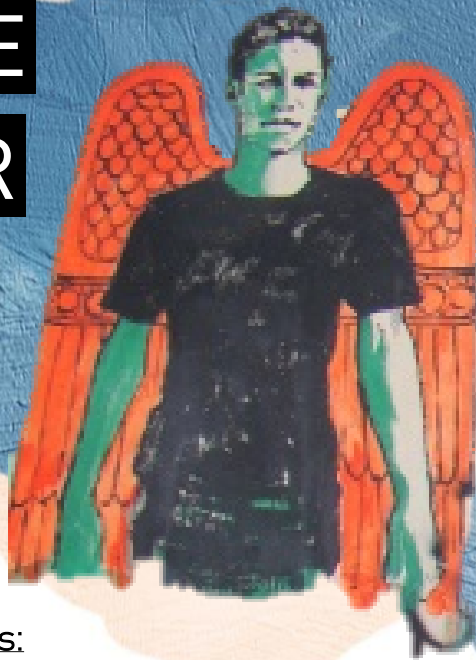
Who is the real me?



Do you find it difficult to answer the question: who am I? The second workshop will explore different ways we label and locate ourselves in the world.

- This workshop will use poetry and creative writing as a mediums.
- Guest participant: spoken word artist Asante Miya

# MY PLACE, MY SPACE 24 APR



## Guiding questions:

Where do I feel like I belong? Where do I feel welcome and comfortable?

What is my purpose? Reflect on your different purposes at home, school, a place of worship, in your sports team or your local community.

What are my key values, guiding principles or positive behaviours that guide your purpose?

What is my place in my family and community? How can we claim space in a world that does not honour our lived experience? This workshop will explore social norms and behaviours and how they impact our lives.

- This workshop will use visual art as a medium.
- Guest participant from local gender equality and women's rights organisation.



WHOSE WORLD IS

THIS?

29 MAY

Guiding questions:

What is the biggest problem in the world right now?

Who gets to decide how the world is run? Who takes the BIG decisions that affect your life?

In your opinion who faces disadvantages, challenges or barriers in the world?

Reflect on the questions: where do I come from? What is my background? Where am I going? What do I want from my life?

We live in a world that doesn't treat us equally. This workshop will explore how we experience the world from different perspectives.

- This workshop will use a World Café and Human Library exercise.
- Guest participants from the Victory Youth Group.



# MAPPING OUR DREAMS

26 JUN



Guiding questions:

If you had a superpower, what would it be? How would you use it? And why?

Thinking back to the last two sessions, if you had an infinite budget how would you solve the world's problems?

What are some of the BIG dreams that you have?

This imagination-based workshop will shift the conversation from problems to positive visions for change. The workshop will create space for dreaming and visualizing a world that works for youth, by youth.

- This workshop will use visual arts and poster-making as mediums.
- Guest participant TBC

# FROM DREAMS TO ACTIONS

31 JUL



## Guiding questions:

What should I stop, start and continue in relation to my own mental health and wellbeing?

What is my role in changing the world for the better?

Reflect on the following questions: what is within my control? What is outside my control?

This design-thinking workshop will build a bridge between the problems/challenges identified during earlier sessions and dreams/goals identifies in the previous session.

- This workshop will use design thinking as a medium.
- Guest participant from BANG and IAPT.

# LETS MAKE A CHANGE 28AUG



## Guiding questions:

What is my message? What am I trying to say or communicate?

Who gets to see my change? Who is my audience?  
Who do I want to invite?

What impact would I like to make? What change would I like to see?

Enough talking! Its time to get our message out there. This workshop will explore how to get our message out there, to which audiences we'd like to speak and what impact we'd like to make.

- This workshop will allow participants to use multiple creative methods.
- Guest participants include YES staff and volunteers.

# SHARE AND CELEBRATE 25SEP

## Guiding questions:

What is one thing I have taken away from the workshop series?

What made me uncomfortable or challenged me during the workshops?

What does *It's Good to Talk* look like in the future?

How is my ending point in the process different to my starting point, if at all?

Opportunity for youth participants to showcase their experiences, visions and ideas

