

Draft Outline Proposal for Cardiff and Vale of Glamorgan Young People's Voices Project

Introduction and Background:

CAVAMH has approximately £1600 available to fund a shared joint initiative with young people and young people's groups.

This funding needs to be spent by 30 June 2025.

Following initial meetings and exploratory discussions, the main purpose is to capture in a light touch inclusive way, children and young people's voices about their tips and good practice recommendations for their good mental health.

One proposal for consideration is outlined below

Proposal:

To design, build and test an online engagement form accessible on mobile phone, laptop, PC etc. (ProMo Cymru)

Signed up organisations and service providers to engage with their CYP using this form remotely or in person

Within a timeframe (to be confirmed) eg: designated week (s)

Aimed at (to be confirmed) age range eg: 11 – 25

Examples of questions: (will be anonymous and voluntary – possibly other forms of engagement and audio / visual options for submissions)

- How would you say you are feeling today?
- My day so far is....
- When you're not in a great place - what do you do to lift yourself?
- When I'm not in a good place, it helps when I....?

- What specific things do you remember doing in the last week that made you feel good in a healthy way?
- Some things that I remember made me feel proud, content, relaxed...in the last week were:
- What specific things do you remember a friend, relative, teacher, support worker, health worker doing to make you feel good / better?
- People I'm close to help me feel good / better when they (do, say, are...):
- People I have a connection with (if different to the above) help me feel good / better when they (do, say, are...):
- You have an important person with money and power listening to you - what do you tell them needs to be better compared with now?
- If I was in charge and could make things better for me, or the next lot of young people, this is what I would change

FAQs to inform next steps:

- Agreement and sign up in principle by service providers / organisations to engage with CYP
- CAVAMH to lead / facilitate with support from others, (TBC)
- Open ended and / or closed questions TBC
- Use of AI to analyse responses (to open ended questions) TBC
- Questions voluntary (so responses for reporting may not include all fields) TBC
- Requirement to be Welsh Language bilingual TBC (translation cost implications)
- Demographic / segmentation questions: TBC eg: age, county of residence, protected characteristics, which organisation / service provider
- Incentivisation for CYP engagement and submission TBC