

Report on

The de Ferrers Academy

Health Roadshow Event

For Year 10 Students

That was held on the
18th and 19th December 2017

Organised by

THE TUTBURY PRACTICE
PATIENT FORUM

ACKNOWLEDGEMENTS

The Tutbury Practice Patient Forum wish to thank all those people who were involved in 4th annual two-day Health Roadshow Event that was held at the de Ferrers Academy, Trent Campus, on the 18th and 19th of December 2017. We would like to thank:

- Mr N. Holmes, Principal, of the de Ferrers Academy for allowing the event to take place.
- Mr G. D. Burroughs BSc, MA Director of learning, CRE who was the principal contact at the school, and was responsible for ensuring the event ran smoothly in terms of all the logistics and organisation of staff and students.
- Those teaching staff who sat in each session.
- The Academy caterers for ensuring that we all looked after.
- The following presenters and their staff for the excellent presentations and workshops that were arranged for the students.
 - (i) Peter O'Reilly and Sarah Pettifer of the YMCA
 - (ii) Keith Stanley, Stewart Robinson, Gemma Giles, Vicki, Heidi and Gill of the South Staffordshire Network for Mental Health,
 - (iii) James Barclay, and Jane Plimner of the O'connor Gateway Trust
 - (iv) Hazel Morgan and Laura Atkins of SARAC.
 - (v) Haseeb Tajmai and Nathan Turner, Burton Albion Community Trusty
- The 300+ students from Year 9 who attended the 5 Health sessions and completed the evaluation questionnaires.

THANK YOU

Background Information.

These events were originally started by the Balance Street PPG, Uttoxeter, who put on a successful Health Event at the Thomas Alleyne's High School, Uttoxeter. Unfortunately, after 2 years they ceased running these events with the last one being in 2013. The Tutbury Practice Patient Forum members agreed they would like to start a similar event for 14 / 15year old students from within the local the community. As most of this age group attend the deFerrers Academy they were approached with the view of holding a "Health Roadshow Event" during the 2013/14 school year.

Initial discussions with the Academy were held in June 2013 and the agreement was made later that month to hold the initial "Health Roadshow Event" on the 16th and 17th June 2014.

Due to the success of the inaugural event the Academy had requested if the Tutbury Practice Patient Forum would consider hosting this as an annual event. This was discussed with the members of the Forum with the agreement that if funds and presenter's availability allow, then it would be an annual event. The 2017 event will be our 4th year.

The event was originally planned for June 2017 but unfortunately due to being unable to get presenters for one of the sessions this date had to be moved to December 2017. Although the students were now in Year 10 it was the same people that would have been seen in June 2017 whilst they were coming to the end of Year 9

Aims and Objectives.

The purpose of the event was to enable Year 9 students to receive intensive one-hour sessions on health-related topics. The objective was to re-enforce the health-related teaching at the school and for the students to become more conversant of health issues in the future. The topics may vary from year to year depending on the availability of organisations and presenters. Each year every effort was made to have the following 3 core topics;

- Drugs and Alcohol
- Mental Health
- Diet and Exercise

Health Session Topics for 2017.

To achieve the above and what was learned from previous experiences, the following subjects for the event were finalised with the Academy:

- Drugs and Alcohol
- Mental Health
- Nutrition
- Body Image
- Internet Grooming / Sexting

The organisations who contacted and agreed to be the presenters of the above were;

- The O'Connor Gateway Trust in Burton for the Drugs and Alcohol Awareness sessions, (These presentations were given by people who are in recovery).
- Burton Albion Community Trust for the Nutrition sessions.
- The South Staffordshire Network for Mental Health for the Mental Health sessions.
- YMCA for the Body Image sessions
- SARAC for the Internet / Sexting sessions

Location.

The event was held at:
The de Ferrers Academy,
Trent Campus,
St Mary's Drive,
Burton upon Trent
DE13 0LL

There were 3 health sessions in the morning and 2 health sessions in the afternoon. Each session was of one x hour duration and was attended by 30-35 Year 10 students.

Representation.

The Forum was represented by the Chair, Deputy Chair, Secretary and members of the Forum. The school was represented by Mr G. D. Burroughs BSc, MA Director of learning, CRE and school teachers were present at each session. We also had attendance from:

- Charles Pidsley, Chair of East Staffs CCG.
- Dr Louise Evans, GP Tutbury GP Surgery.
- Susan Adey Rankin from the East Staffs CCG Patient Board.
- Graham Lamb from the East Staffs CCG Patient Board.
- Shelagh Mckiernan from the East Staffs Health Scrutiny Board.
- Marc O’Hagan from Staffs Council.
- Joanna Robinson from Staffs County Council

Observations made during the 2 days.

- All rooms and equipment were set up for when the presenters arrived.
- The event was held on the last 2 days of term before Christmas. On hindsight the dates should have been earlier in December. The reason for this being due to the students being ready for their Christmas break and some naturally being high spirited.
- Generally, students’ behaviour was good / impeccable with them actively taking part in all the sessions.
- Some sessions were very powerful with strong messages being conveyed. This was especially the case with the Drugs and Alcohol presenters
- The school staff played a part on both days. However, as will be seen from the feedback they were not always in place at the start of the sessions and in some cases lax on discipline to some rowdy students. It should be strongly pointed out that in no way is this the fault of the organisation and plans carried out beforehand by Mr Glyn Burroughs of the Academy
- From listening to the student discussions between sessions and from the comments made in their questionnaires it soon became apparent that the messages were having a positive effect.

Funding.

In terms of funding we will follow the same pathway as in previous years. All organisations and presenters offered their services without charge. However, where sessions were run by charities, the Forum had in the past sent donations to the charities. In previous years the amount donated was at the discretion of the Tutbury Practice Patient Forum and so donations for the 2017 event are due for discussion and ratification by the Forum members at their AGM in January 2018.

Event Evaluation.

Two types of evaluation were undertaken

- The students were asked to complete an evaluation questionnaire. These were carried out at the end of each session.
- The session presenters were asked to complete an evaluation questionnaire. These were carried out at the end of each day.

Examples of each questionnaire can be found in Appendix (i) of this report.

Evaluation Results.

All the results from the questionnaires can be found in Appendix (ii) of this report.

Other Comments Received.

Various comments were received

- During the event,
- After the event

These include:

Dr Louise Evans, Tutbury Practice

"I sat in 2 sessions (SARAC and drugs/alcohol); with regards to drugs/alcohol, it was insightful to see the stunned shock on children's faces when they heard some of the stories. There were a few who were asking for advice at the end when it had unfortunately finished, so perhaps a bit of a "quiz the ex-addict" if they were happy to do so, or questions and answers might be useful next time?"

SARAC was very insightful as well, excellent speaker who tried to engage the children and make it more interactive".

Dr Charles Pidsley, Chair East Staffordshire Clinical Commissioning Group

This year's event was as well organised as previous years with the benefit of pupils and staff clearly knowing what to expect and contributing to good effect. The topics were well chosen and relevant to the pupils needs. I sat in on the mental health session and thoroughly enjoyed the hour. I learnt a few handy hints about managing stress and was encouraged by how readily the pupils contributed experiences and opened up to the group their feelings and views. The small group work seems to flow well and there was clearly purposeful discussion going on. My thanks to John and the Tutbury PPG for organising

such a worthwhile event. The benefits will, I am sure, be long-lasting to those pupils who attended.

Mr Nick Holmes, Principal, The deFerrers Academy

The Health Roadshows are an important part of our commitment to promote healthy lifestyles in the broadest sense, including mental health and online safety, as well as concepts of staying physically healthy. They complement the work with students in PSHE lessons and provide valuable professional inputs from a wide range of organisations. The Roadshows help our students to make informed choices and support our Safeguarding agenda.

Glyn Burroughs B.Sc. (Hons),

MA Director of Learning, CRESS, The deFerrers Academy

The Health Roadshows at the de Ferrers Academy that are now in their 5th year run in partnership with the Tutbury Practice Patient Forum group, led by John Bridges. These roadshows form an invaluable part of the health and wellbeing provision for our students, reinforcing key messages that are first delivered through our key stage 3 CPSHE programme, but also bringing in additional, up to date information from colleagues in the charity and medical sectors. The programme this year was as relevant and fresh as ever, and John makes every effort to respond to feedback from the previous year's students to ensure the sessions we offer are relevant and topical. As the director of learning for the CRESS faculty, which takes responsibility for health and wellbeing in the curriculum, I am eternally grateful to John and all his external partners for their continued support in providing the speakers and knowledge to make these sessions the success that they are. I look forward to continuing this partnership for many years to come.

Summary.

As with previous years the event was a huge success. There were some minor issues concerning some of the boisterousness of some students. In, one or two sessions this led to some minor issues with disruptive student behaviour, but this was quickly sorted by Mr Burroughs.

It was encouraging to note from the student feedback that the topics had had an effect and hopefully the experience will be an asset as they progress through life. The same positive feedback was given to the session presenters and the event organisers.

Feedback from both the presenters, the school and people who attended was extremely positive and everyone was in support of this being held as an annual event. Subject to funding and ratification by its members the Tutbury Practice Patient Forum would be willing to undertake this again in 2018. However, attention will be made concerning the timing in holding the next event.

Finally, the contact details for the organisations involved in providing the presenters of the health roadshow sessions can be found in Appendix (iii).

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Appendix (i). Evaluation Questionnaires

Presenter Feedback Questionnaire

Day: _____ Workshop: _____

For the 4 questions below please circle what number is appropriate

Question 1: Using a scale of 1-5 where **1=poor** and **5= excellent**
How you found the information sent out prior to the event?

Response 1 2 3 4 5

Question 2: Using a scale of 1-5 where **1=poor** and **5= excellent**
How you found the facilities and organisation at the school

Response 1 2 3 4 5

Question 3: Using a scale of 1-5 where **1=poor** and **5= excellent**
The overall behaviour and attitude of the students

Response 1 2 3 4 5

Question 4: Using a scale of 1-5 where **1=poor** and **5= excellent**
If you requested resources, were they available?

Response 1 2 3 4 5

Any additional comments or feedback

Student Feedback Questionnaire

Day: _____ Workshop: _____

For the 3 questions below please circle what number is appropriate

Question 1: Using a scale of 1-5 where **1=poor** and **5= excellent**
Please indicate how you found the workshop

Response 1 2 3 4 5

Question 2: Using a scale of 1-5 where **1=poor** and **5= excellent**
Please indicate how you found the delivery of the presentation by the speaker(s)

Response 1 2 3 4 5

Question 3: Using a scale of 1-5 where **1=poor** and **5= excellent**
Please indicate if you consider you have learnt new information from the session

Response 1 2 3 4 5

REGARDING THE SESSION ARE THERE ANY COMMENTS YOU WISH TO MAKE?

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Appendix (ii). The Presenters and Students Evaluation Results

**All the results are available as a separate document
which is attached to this main report.**

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Appendix (iii). Contact details for the Organisations involved in providing the presenters for the health roadshow sessions

Presenter Information

South Staffordshire Network for Mental Health

Mansell House

22 Bore Street

Lichfield

Staffordshire

WS13 6LL

(Please note, meetings are by appointment only)

Telephone: 01543 301139

Email: sunetwork@ssnmentalhealth.co.uk

Website: www.ssnmentalhealth.btck.co.uk/

Facebook: <https://www.facebook.com/ssnmentalhealth>

Twitter: <https://twitter.com/ssnmentalhealth>

YMCA

Main office (and registered office)

Northside House

Northside Business Park

Hawkins Lane

Burton upon Trent

Staffordshire

DE14 1DB

Tel: **01283 538802**

Email: burtonymca@aol.com

Website: <http://www.burtonymca.org/>

Reconnect

James Court

James Street

Burton upon Trent

Staffordshire

DE14 3ST

Tel: **01283 547211**

SARAC (Sexual Abuse Rape Advice Centre)

Burton

Confidential Helpline on 01283 517185

Email: staff@sarac.org.uk

Website: www.sarac.org.uk/

Burton Albion Community Trust

Burton Albion Community Football Centre

Pirelli Stadium

Princess Way

Burton-on-Trent

Staffordshire

DE13 0AR

Tel: 01283 246207

Email: bactadmin@burtonalbionct.org

Facebook: www.facebook.com/BurtonAlbionCommunityTrust

Twitter: <https://twitter.com/BurtonAlbionCT>

Website: burtonalbioncommunitytrust.co.uk/

The BAC O'Connor Centre,

126 Station Street

Burton upon

Trent,

Staffordshire,

DE14 1BX

Tel: **01283 537 280**

Email: reception@bacandoconnor.co.uk

Website: <https://www.bacandoconnor.co.uk/>

T3 Young Person's Substance Misuse Service Staffordshire

Suite 1, 7-8 Mill Street,

Stafford

Staffordshire

ST16 2AJ

Tel: **01785 241 393**

Email: **t3staff.stafford@cgl.org.uk**

Website: **<https://www.changegrowlive.org/young-people/t3-staffordshire>**

Twitter: **<https://twitter.com/T3Staffs>**