

A BETTER FUTURE FOR SOUTH YORKSHIRE'S YOUNG PEOPLE

CREATING A
CHILL SCHOOL
VIBE

A BETTER
SCHOOL CULTURE:
♥ INCLUSIVITY

TACKLING
HEALTH
INEQUALITIES

FAIR
HEALTH
ACCESS



• FREE
TRAVEL

BOOSTING
MENTAL HEALTH
AND WELLBEING



• EASY ACCESS
TO HELP

SAFE AND EASY
TRANSPORT
FOR ALL



SOUTH YORKSHIRE HEALTH CHAMPIONS

Health Champs SY: Changing the Waiting Game, Building the Future

for Young People

May 2025



Lets change 'The Waiting Game'

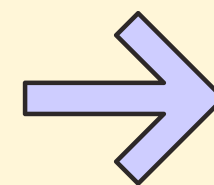
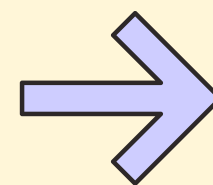
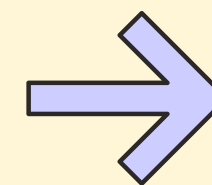
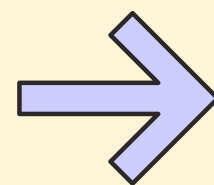
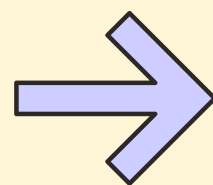
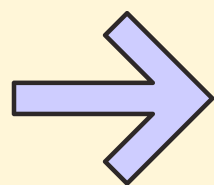


HELP

US

EMBRACE

OURSELVES



🗺️ Let's Change 'The Waiting Game!'

To truly thrive and feel our best, we all need some vital things in our lives, especially as young people! This includes access to relational approaches in education and health settings, good job opportunities that pay a fair wage, enough money to enjoy our lives, a safe and warm place to call home, and staying connected with others and the services there to support us. Having an easy way to get around is also super important!

Our Manifesto highlights how addressing these issues is crucial for tackling health inequalities.

In health and educational settings we want:

- ✓ Safe spaces
- ✓ To feel valued
- ✓ To be heard

Let's:

- 🌈 Create a relational approach to young people's education and health
- 💚 Boost our Mental Health and Wellbeing
- 🏥 Level Up Health Services
- 🚌 Safe and Easy Transport for All
- ✊ Expand employment opportunities in the NHS for young people



Creating a relational approach to education and health

 **Inclusivity is Our Jam; celebrate all backgrounds, abilities & identities, with kindness and respect.**

Let's build a welcoming and positive community where everyone feels valued and accepted, regardless of background or abilities. Together, we can celebrate our differences and lift each other up! Adopting a relational approach to us supporting us key! As part of this SEND Support is a Must.

We believe all schools must take a zero-tolerance approach to bullying; including physical, verbal, online, and discriminatory bullying. This means clear definitions, policies, proper training for staff, safe ways to report incidents, and real resolutions and actions for harmful behaviour. Young people must be involved in shaping these solutions to build a school culture based on kindness, respect, and accountability.

 **Collab with the Cool Docs; Let's bring local health services to schools and colleges.**

Let's strengthen partnerships with local health services and schools, so young people can easily access the help they need. Imagine:

- Health workshops
- On-site support services that are consistent in their offer across all 4 place areas.
- Mental and physical health information available at school/college/uni!
- Teachers and Healthcare staff receiving training around a relational approach to supporting us.



THE IDEAL YOUTH & HEALTH EDUCATOR

WHAT YOUNG PEOPLE WANT TO SEE IN
HEALTHCARE PROFESSIONALS

*The best health
educators connect,
empower, and care;
lets make these
qualities the
standard, not the
exception.*

Young people deserve healthcare professionals who see them as people first — not just patients. Here's what makes a great youth-focused health educator or professional:

- 🧠 **Smart & Observant** – notices the small things that matter.
- 💪 **Hardworking & Reliable** – shows up, follows through, and stays committed.
- 💖 **Person-Centred & Caring** – treats every young person with individual respect and care.
- 💬 **A Good Listener & Open Communicator** – makes space for young people to speak and be heard.
- 🧡 **Kind, Empathetic & Loving** – has a big heart and shows compassion, not judgement.
- 😊 **Calm, Patient & Friendly** – creates a safe, welcoming environment.
- 🎯 **Boundaried & Respectful** – knows how to support while keeping it professional.
- 🌟 **Passionate & Authentic** – truly wants to help, and isn't just "going through the motions."
- 👩 **Approachable & Helpful** – easy to talk to and ready to support.
- 💡 **Understanding & Non-Judgemental** – sees the whole person, not just the problem.

 Boosting parity of Mental Health in health, No One Should Struggle Alone

 **Taking care of your mind is just as important as taking care of your body; integrate Mental Health into Physical Health Services**

We believe that to truly support the well-being of young people in South Yorkshire, mental health must be treated with the same urgency and importance as physical health. Our commitment is to advocate for the seamless integration of mental health services within existing physical health care systems. This means regular mental health check-ins for children and young people, not just when things go wrong. Also checks in schools, especially for younger children. Every visit to a healthcare provider should include a check-in on mental well-being, ensuring that children and young people receive holistic support that addresses both their physical and emotional needs.

 Health Ed is Key; Let's make smart choices and learn together

Introduce parity and engaging programs around both physical and mental health. Support young people to make informed and empowered choices for their health and wellbeing.



**“We need MORE
access to early
intervention
services for young
people.”**

“Mental health is health. If you don’t put your mind at rest, the whole body feels it.”





Levelling Up Green spaces

There are currently 1,532 accessible public open spaces identified in South Yorkshire.

They are a mix of parks and country parks, commons, recreational grounds, community woods, woodland, cemeteries, moorlands and nature reserves. We currently do not have an accessible map that outlines all of these across SY.

Young people that have been consulted have said they would like a YP friendly interactive map that shows all green spaces across the region.



South Yorkshire has some mapping of green spaces, but it isn't clear + not accessible. .



Barnsley has a Local Plan map – it shows green spaces, but isn't YP friendly or accessible and isn't dedicated to green spaces specifically.

Sheffield: Sheffield Greenground Map 3 – great map, but isn't interactive and doesn't show all green spaces.



Doncaster: Open Space Map – shows all green spaces, but interactivity is janky when you go to find out what each space is.

Arcgis: Untitled map – uses OS data and shows greenspaces, but not specific to SY and isn't YP friendly.



Rotherham: Doesn't have a map, just a list of 3 places on council website.

OS Open Greenspace Map is available, but isn't easy to access and isn't specific to SY





Levelling Up Health Services

 **Support Pathways to Recovery;**
All young people should be able to access the help they need, when they need it.

Create supportive pathways to recovery, which includes providing access to suicide bereavement support and ensuring equal availability of physical and mental health services.

Help establish clear and accessible pathways for anyone seeking mental health support.

Support signposting and self referring young people to local Youth Early Intervention Hubs, youth activity centres, social prescribing, green space and sports.

 **Access Made Easy; No red tape. No long waits. Just support that works.**

Be committed to breaking down barriers that prevent young people from accessing healthcare services outside of their educational settings. Everyone deserves the right support without unnecessary delays.

This will make it easy, stress-free, and free of stigma to reach out for help.



Safe and Easy Transport for All

We believe in advocating for free travel across South Yorkshire for all students aged 15–18. But also think about what can be in place to help those aged 18–25. Travel costs shouldn't be a barrier to education, extracurriculars, or healthcare.

Free or discounted Travel for the Win;

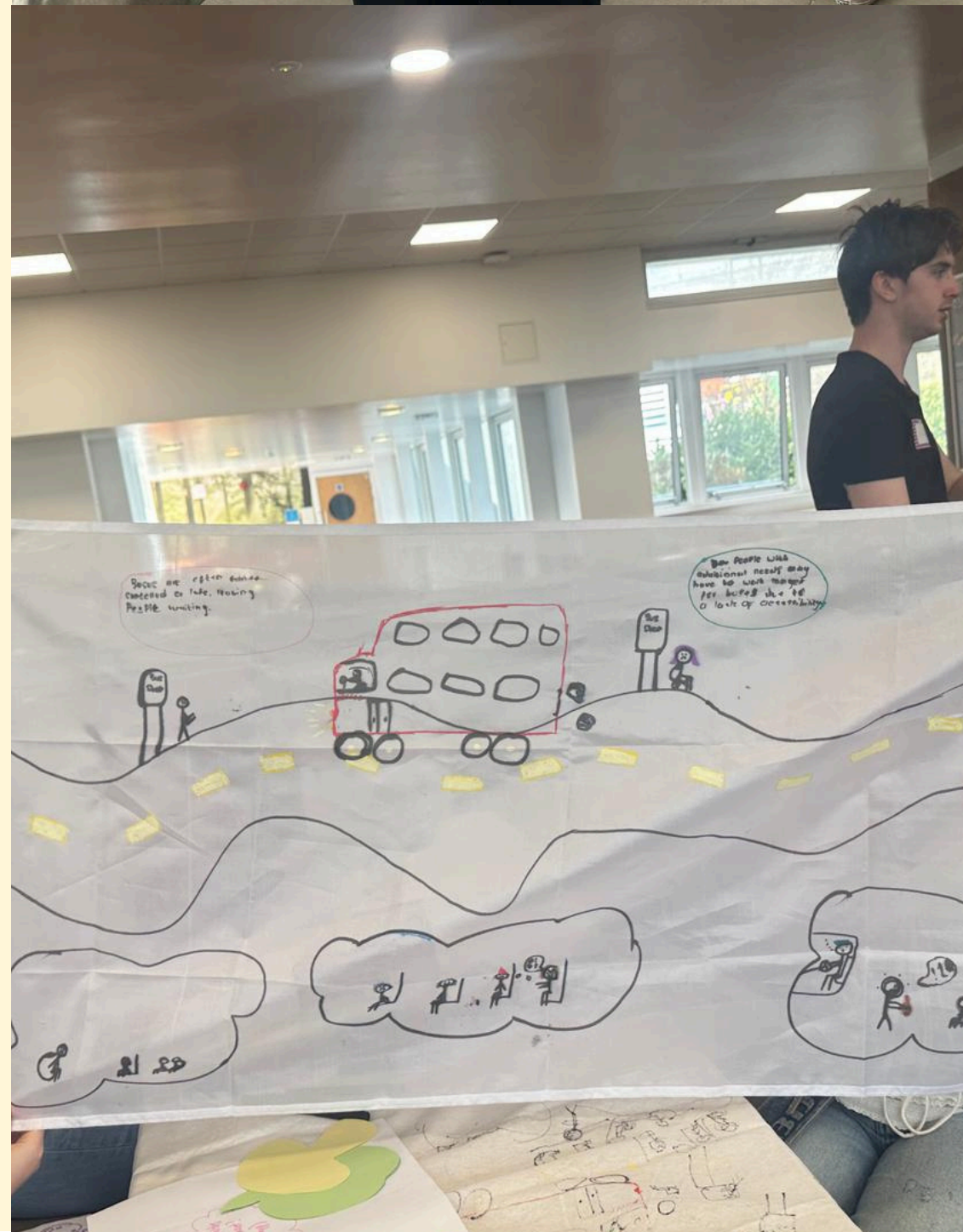
Students aged 15–25 should travel free. Education > Expense

Safety First;

Public transport should feel safe for young people — especially when traveling alone.

- More security measures
- Better lighting
- Safer travel routes
- Everyone deserves to feel secure while getting around!

Make buses, trams & stops safer for students — day and night.



👉 Expand Employment Opportunities in the NHS for Young People

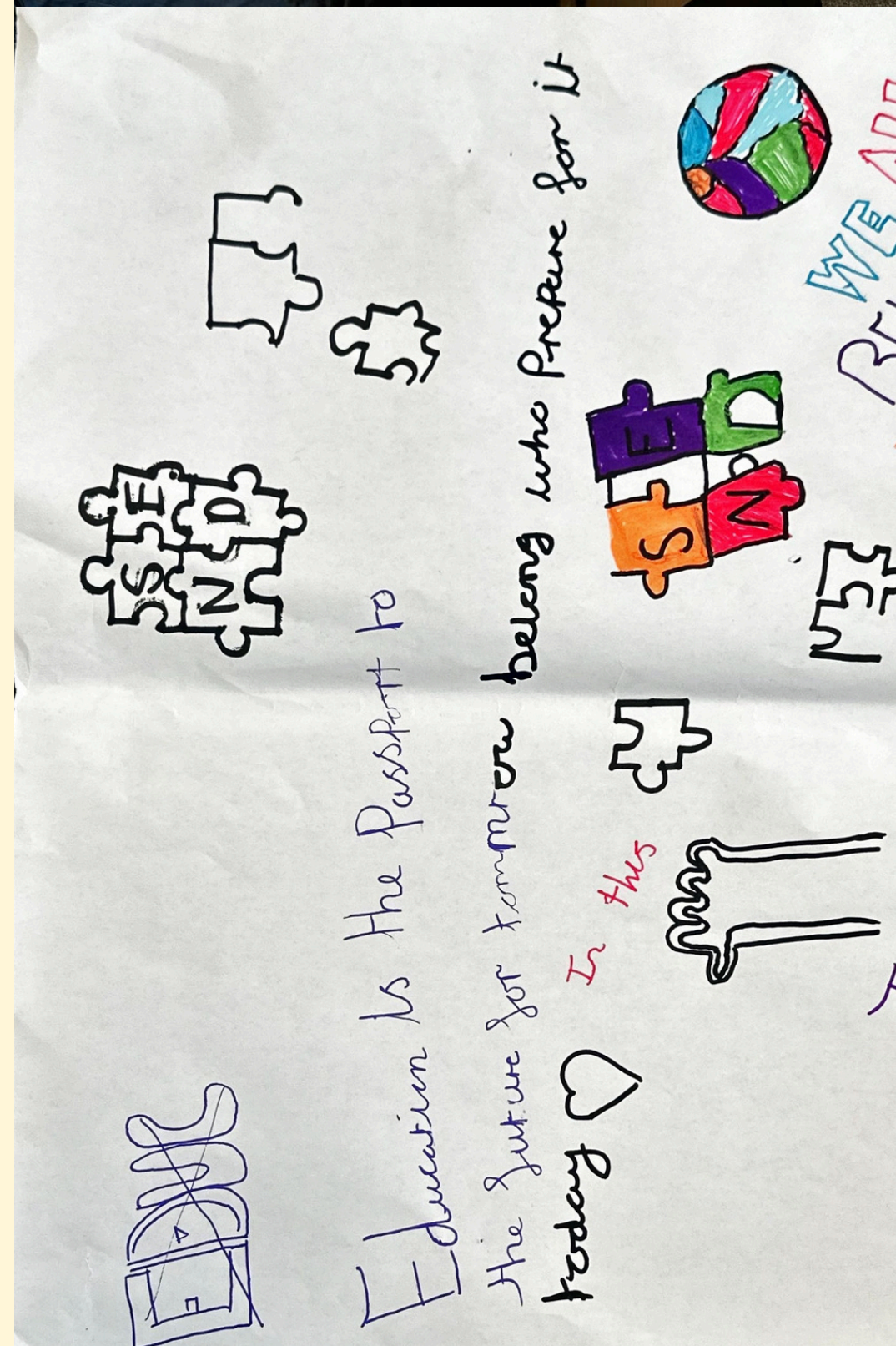
We commit to advocating for increased employment opportunities within the NHS for young people in South Yorkshire, yet many feel unsure about how to start.

By creating more accessible learning opportunities, such as internships, establishment of mentorship programs, job shadowing, and targeted training programs, we can empower young people to gain the skills and confidence they need. Create more options to connect young people with healthcare professionals and provide real-world experience in various roles. Include partnerships between schools, colleges, youth services and the NHS.

We want fairer access to NHS work experience, apprenticeships, and early career paths, especially for those who face extra barriers, such as if you're from a low-income family, opportunities feel further out of reach.

We're calling for:

- Work experience that starts earlier – so it's not just for those who are 17+ in Year 12.
- Paid placements and apprenticeships that don't exclude those who can't afford to work for free.
- Practical, real-world learning alongside school — skills like communication, confidence-building, and life basics should be part of the pathway.
- Better signposting of NHS career options for young people from all backgrounds.



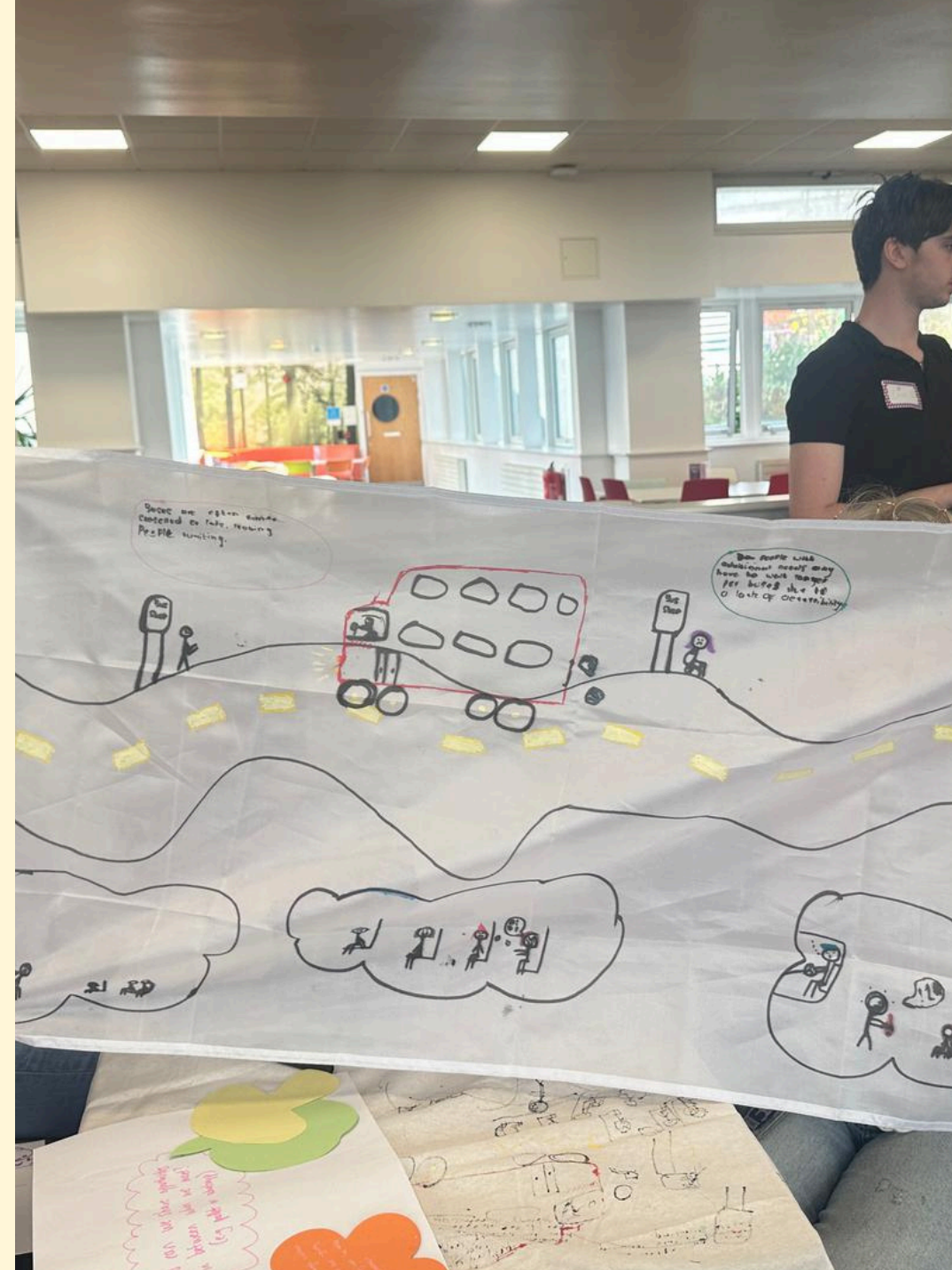
Together, Let's change the Waiting Game!

We're not just waiting — we're ready to lead change.

Young people deserve faster support, fairer systems, and a future built on action, not delays.

By raising our voices and standing together, we can build a stronger, more supportive South Yorkshire — where every young person is heard, valued, and cared for.

Let's take action and change The Waiting Game!



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WHAT YOUNG PEOPLE WANT TO SEE IN HEALTHCARE PROFESSIONALS

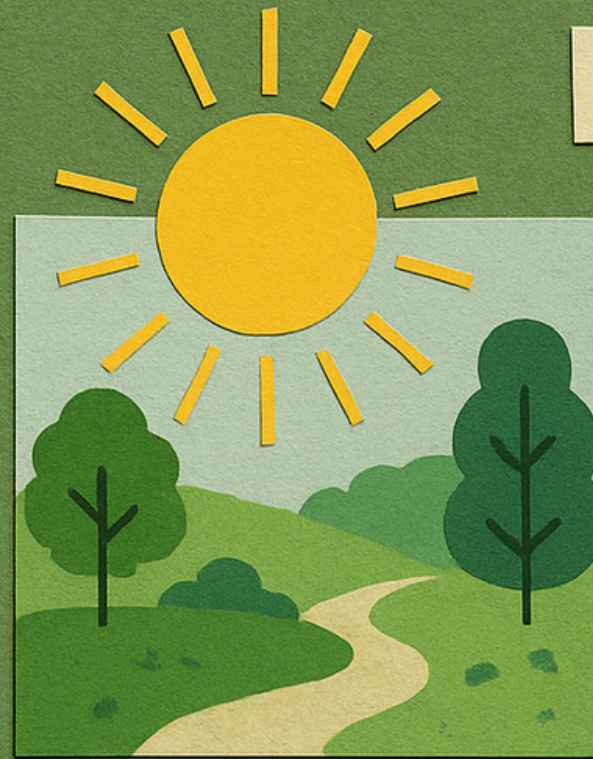
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THE BEST HEALTH EDUCATORS DON'T JUST TREAT – THEY CONNECT, EMPOWER, AND CARE.

LET'S MAKE THESE QUALITIES THE STANDARD, NOT THE EXCEPTION.

LEVELLING UP HEALTH SERVICES

GREEN SPACES



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SOUTH YORKSHIRE

SY

Initial concepts for the manifesto designed by young people

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SOUTH YORKSHIRE HEALTH CHAMPIONS

BOOSTING MENTAL HEALTH AND WELLBEING

You're not struggling alone*



Speak to someone when feeling down

Constant check-up on young children's mental health

Mental health is just as important as physical health



Never give up – always someone to talk to

Reduce waiting times for help



Mental health is just as important as physical health



Be kind to yourself – seek support

Reduce waiting times for help



LET'S MAKE MENTAL HEALTH A TOP PRIORITY IN SCHOOLS ACROSS SOUTH YORKSHIRE!

