



# (CHAMPIONING YOUNG PEOPLE'S HEALTH

**The Make Space for Health programme was launched in July 2008 following consultation with 16,000 young people in the 2007 Make Space Youth Review, where health support was identified as a key priority. We have an ambitious goal – to make a real difference to the health of young people, especially those who are vulnerable.**

We have gone behind the headlines to better understand the worrying levels of obesity, drug and alcohol use, teenage pregnancy and growing mental ill-health that many young people experience today. Importantly, we have been talking with young people and those closest to them about their views, their experiences and the kind of approach that would help them.

Under the expert guidance of Dr Miriam Stoppard, Chair of the Make Space for Health Advisory Group, we've worked intensively with a number of local areas to understand the current situation better and develop new approaches. Bringing together health, youth and other partners into a strategic local partnership has been central to our model.

A core aspect of our work has been to develop and test interactive and challenging new resources and activities to support youth workers in creating health programmes. Our three modules **EAT, MOVE, FEEL** are helping young people to understand and manage their lifestyles in an enjoyable way. On testing this approach and gaining excellent feedback, we have made these resources free to all youth workers on our website [www.makespace.org.uk](http://www.makespace.org.uk) so that more young people can benefit from them.

The Make Space for Health campaign leads from the front but we also believe there remains a strong role for Government in ensuring young people can lead healthy lives.



**Nestlé**  
**Healthy Kids**  
Global Programme



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For more information about the Make Space for Health campaign, or to download our FREE activity modules, go to [www.makespace.org.uk](http://www.makespace.org.uk).

**Make Space for Health calls on all Political Parties to commit themselves to the following as a priority:**

- 1. A network of state-of-the-art youth clubs** ensuring that there are positive and engaging activities for young people in every community. These centres should be hubs for a variety of sport, cultural and social activities as well as a gateway for accessing health and other specialist support. The myplace scheme is a good start, but too many young people still say they have nowhere to go and nothing to do.
- 2. Make young people's health a national priority.** Using the well-established Change4Life brand, Government must put a greater emphasis on young people's health and drive forward with delivery of the Healthy Child Programme.
- 3. Ensure health services work in partnership with schools and youth clubs.** With schools increasingly seen as hubs for services to children and families, this is a fantastic opportunity to deliver health and well-being support in a way that young people can access. Breakfast and after school clubs and the new statutory PSHE classes should be used to promote healthy living. Youth clubs are also a currently under-utilised resource for delivering information about health.
- 4. Get young people interested in cooking.** Whilst much has been done to improve school meals, more needs to be done to encourage young people into the kitchen. Make Space has been leading from the front by taking chefs to youth clubs across the country to teach young people healthy, simple recipes. Incentives and resources should be made available to schools and youth clubs who want to get their kids cooking, alongside initiatives such as youth allotments and young people's cafes.
- 5. More training for youth workers on health and well-being issues.** We know from the work on the Make Space modules EAT, MOVE and FEEL that youth workers want to support young people to make healthy choices. These areas should be further developed in youth worker training.