



On the 10th June we brought together Pupil Council representatives from **Eastwood High, Williamwood High, Woodfarm High, Barrhead High** and **St Ninian's High**. The aim of this event was to take what we heard when we visited the Pupil Councils and really focus in on what matters to the pupils. Our overall aim for these session is to increase the voice of young people in their local health and social care.



making sure your voice counts

What we heard, and what it boiled down to:

- You want to have more Knowledge about the support available
- The Environment you get help in is important
- How people Communicate with you makes a big difference
- People are worried about Being Judged by staff and peers
- It needs to be easier to Access the support you need, at times and places that make sense.

What we did:

- In groups we chatted through these priorities and identified the most important one to us.
- Then we thought about how we tackle these by designing an information poster that can be displayed at school.
- Each group designed and created a poster and presented it to everyone at the end of the session.

We agreed:

- To draft the posters and get them back out to the pupil councils to approve.
- Once approved we will print copies and share them with the schools.
- Everyone was keen to meet again, with people in the room wanting to meet again in Sept/Oct.

The top priorities for our groups were: **Being Judged, Communication, Access to Help**

Feedback: 18 people attended and they all told us they were glad they came. 17 people found it interesting/useful and 16 felt there input was valued through the day.





Pupil Voices members from **Eastwood High, Isobel Mair, Mearns Castle, Woodfarm High, St Luke's High and St Ninian's High** met on 17th September at Eastwood High School.



Our **aim** for the group is to increase the voice of young people in their local health and social care.

Our top priorities are: **Being Judged, Communicate, Access to Help**

What we did:

- At our previous session we designed and created information posters that tackled our top priorities.
- We chatted about the draft posters, what we liked and what we didn't, and agreed changes to them.
- We discussed our aims, function and focus of Pupil Voices.
- We explored Mental Health supports, what we know and where we can go for help.

What next:

- Finalise and share the posters with all the schools involved.
- Create a plan of action for the year.
- Source clear information, that we can share widely, on all the ways to access mental health support.
- Our next meeting will be in November.

Future Focus:

- Understanding the structure of the Health and Social Care Partnership and where we can engage and influence change.
- We need to know where Pupil Voices discussion's are already being heard.
- Understanding our rights when accessing health and care services.
- Exploring our concerns about being judged when accessing services.
- Deciding if we want speakers along to understand some topics more.

Feedback: 22 people attended and they all told us they were glad they came. 20 people found it interesting/useful and 20 felt there input was valued through the day.

Things to improve:

- Mix groups up
- Small break in between
- More people
- Meeting dates for the year





Pupil Voices members from **Barrhead High, Eastwood High, Isobel Mair, Mearns Castle, St Luke's High, St Ninian's High, Woodfarm High and Williamwood High**, met on 29th November at St Luke's High School.



Our **aim** for the group is to increase the voice of young people in their local health and social care.

Our top priorities are: **Being Judged, Communicate, Access to Help**

What we did:

- All schools got copies of our posters to display
- We discussed our action plan for the rest of the year
- St Luke's High pupils shared the health and wellbeing initiatives at their school
- We took part in a quiz on what our rights are when using health and care services
- We discussed how we get better at sharing what we've learned and talked about at Pupil Voice
- We gave feedback on mental health supports information

What next:

- We're going to meet in March and June
- We will share the quiz with all schools and suggest it can be used in PSHE (Personal, Social, Health & Economic) classes
- We are going to ask the teachers involved for feedback on how Pupil Voices activities are shared
- We will share updated mental health contacts sheet

Future Focus:

- Some practical work on how we can improve pupils experiences of accessing health and social care services
- Invite some speakers from services
- Continue to share the positive activities that are already happening in our schools

Things to improve:

- sometime for pupils from own school to discuss any actions
- better communication as some pupils had not seen any information on Pupil Voice beforehand

Feedback: - All the pupils were glad they came
- Most really enjoyed the discussions and mixing with pupils from other schools and learning what they do