

To: All Schools and Colleges in Central Bedfordshire

12th July 2023

Dear Colleague of KS3, KS4 and/or KS5,

YHWCB Young People's Conference 2023

Young Healthwatch Central Bedfordshire (YHWCB) would like to invite young people (aged 13-25) who live in Central Bedfordshire, to a Health and Wellbeing Conference for young people taking place on **Tuesday 24th October 2023** to be held at **Centre Parcs, Woburn Forest** between 10am to 3pm.

The aim of the event is designed to:



Explore what has really affected young people during and since the pandemic



Educate young people about services available to access support in their area, including general activities and volunteering



Support and better prepare young people to develop key skills needed for their future health and wellbeing



Empower young people to give feedback, and share their experiences of children's services, and their ideas for improvement

Attendees will have the opportunity to interact in a drama production, take part in a variety of workshops, share their learning and experiences on film, as well as speaking directly with key stakeholders, who will use all the information and feedback provided to help improve service provision locally.

The event is free of charge, refreshments and lunch will be provided. Every young person attending will also get free access to the sub-tropical swimming paradise pool at Centre Parcs after the event.

To book a place all students will need to book via Eventbrite using the link below by 24th September:

<https://www.eventbrite.co.uk/e/health-and-wellbeing-conference-for-young-people-tickets-671456322937?aff=oddtcreator>

Places are limited so please ask your students to **book early** and join us at this very interactive and exciting event.

Young Healthwatch Central Bedfordshire (YHW) was created to give young people a voice so they can be an integral part of shaping health and care services for children and young people, now and in the future. Activities and projects developed by our young volunteers ensure that all young people are kept informed about health and care services that affect them, and demonstrate how they can get directly involved in making change happen. You can find more about our projects here, [YHW Projects – Healthwatch Central Bedfordshire \(healthwatch-centralbedfordshire.org.uk\)](http://healthwatch-centralbedfordshire.org.uk).

Please do not hesitate to contact me directly on 0300 303 8554 or by email to eleonor.ryles@healthwatch-centralbedfordshire.org.uk if you have any questions, and please cascade this information to your colleagues and students.

Yours sincerely,

A handwritten signature in black ink that reads 'E Ryles'.

Eleanor Ryles

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Youth Engagement Officer