

Young Ambassadors



This page has been written by our Young Ambassadors...

The Young Ambassadors (YA's) have been working on a variety of projects for our CYP services...

- We have created a 'calming bottles' TikTok/Instagram reel, which has been posted on both platforms. You can find this, as well as all of the other content from the Young Ambassadors, on our accounts: @Relatellr.
- We have planted sunflowers in our wellbeing garden.
- We have reviewed Relate's safeguarding policies for young people and provided feedback on these. Using the information that we gathered from these policies, we created a slideshow presentation to explain what safeguarding is and the process that is followed for children and young people. The presentation has been included in the slideshow that is now shown on the waiting room TV.
- We have also been working on the new Equality, Diversity, and Inclusion board for young people that is in the training room. We change the content for this every month, please feel free to have a look when you are next in the training room.



In our next meeting, the Young Ambassadors will be focusing on finalising our current research project, 'How can parents/carers support young people's mental health?'. The aim of our research is to help inform parents and carers and offer suggestions to them to help them strengthen relationships with the young people they care for.

Additionally, the Young Ambassadors will be creating a worksheet for young people with tips from them for coping with low mood.