



healthwatch

Oldham

Oldham Pledge Forums:

A review of our findings from hosting two Forums
at Alexandra Park

March 2020

Background

Following on from the publication of the Healthwatch Oldham Report: We Matter: Children and Young People's Mental Health Review, we organised two children and young people's forums in October 2019 designed to support the Oldham Pledge.

What is The Oldham Pledge?



The Oldham Pledge is a key school led action that the Oldham Education Partnership is supporting, and it highlights the importance of supporting every child to grow into well rounded confident citizens who can succeed as individuals and contribute to their community.

The Oldham Pledge

As well as having the right technical skills and qualifications, children need to acquire the key, transferable skills and values that will underpin their jobs and careers in the future. It is important

that this starts from a young age and is embedded throughout their school lives. With the right support children and young people can be empowered to actively develop these character traits themselves.

There are 14 pledges:

1. To attend regular activities within your place of learning.
2. To attend regular activities beyond your place of learning.
3. ***To take responsibility for your own health and wellbeing.***
4. To actively look for and pursue reading opportunities.
5. To actively engage in the world of work and to be moneywise.
6. To actively engage in fundraising events.
7. To actively engage in an outward-bound activity or residential.
8. To take part in a presentation or performance to an audience.
9. To attend sporting and creative events.
10. To be involved in a volunteering or leadership role in or beyond your place of learning.
11. To be involved in a cultural or international experience.
12. To contribute to environmental sustainability.
13. To be involved in a democratic process.
14. To use digital technology to enhance learning.



Who are Oldham Sport Development?



Oldham Sport Development are part of Oldham Council. The service provides a range of sport, dance and health programmes for school and community sessions. The aim is to encourage and support a healthy lifestyle, providing positive opportunities for young people to be more physically active within their everyday life.

All staff within the service are fully qualified sports coaches and have been trained to ensure that all sessions are educational as well as fun. The team has recently developed strong working relationships with Public Health, MIND and Healthy Young minds to embed health and mental health into our core offer and ensure staff are able to support the schools wider offer.

Oldham Sport Development also have good links with local community sports clubs and voluntary organisations to signpost pupils to exit routes beyond the school.



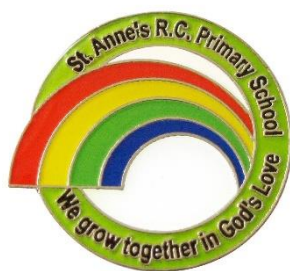
What we did

The aim was to provide a Healthwatch Oldham Forum for Oldham Primary Schools, which encouraged children to actively participate in a range of health and wellbeing focussed activities, talk about their own health and visit a range of health and wellbeing stalls to find out more.

The two Healthwatch Oldham Health and Wellbeing Forums were in partnership with Oldham Pledge and Oldham Sports Development team.

The Events took place on 3rd and 17th October in Alexandra Park due to its central location, opportunities to use the outdoors space for exercise and the use of the conservatory and Growing Hub. The event focussed on 'Oldham Pledge 3 - Take Responsibility for your own Health and Wellbeing.'

It also provided an opportunity for schools to find out about all the different activities and health focussed projects. In total, 10 schools took part:



Broadfield Primary
"Together We Can Achieve!"



St Martin's CE Primary School



Alexandra Park Junior School
To Learn, Be Happy and Achieve Our Best

- **St. Anne's R.C. Primary School**
- **Horton Mill School**
- **Christ Church C.E. Primary School**
- **Broadfield Primary School**
- **St. Thomas' Leesfield C of E Primary School**

- **St. Thomas's CE Primary School**
- **St Martin's CE Primary School**
- **St. Joseph's R.C. Primary School**
- **Lyndhurst Primary School**
- **Alexandra Park Junior School**

Activities



Over the two forum events, pupils took part in various activities:

1. Interactive Mental Health Session from TOG Mind
2. Cycling
3. Circuit training
4. Nordic walking
5. Relax kids
6. Reiki kids
7. Making smoothies on the smoothie bike
8. Static kayaking
9. Active play sessions
10. Healthy cooking
11. Health stalls - Schools nurses, Oral Health, TOG Mind, Get Oldham Growing, The Proud Trust, Healthwatch, Sports Development and ABL Health
12. And finished with a daily mile walk and a medal for all participants

Photos from the Day:



Key Findings

In total 363 Year 4 Students (aged 8) attended and took part from 10 Primary Schools. The two forums focussed on 'Oldham Pledge 3 - Take Responsibility for your own Health and Wellbeing.' All children were asked how they stayed healthy before the event and what they will do after the event.

We produced infographics for seven schools showing how the event had changed the perceptions of young people and their understanding of the different activities that contribute to their wellbeing.

Alexandra Park Junior School



- Daily Mile
- Afterschool Club

- Drink Water

- Football



- Daily Mile
- Eat Fruit and Vegetables
- Walk More
- Ride a Bike

- Physical Education
- 10 Hours Sleep
- 8 Glasses of Water Per Day
- Brush our Teeth More

- Talk More About our Worries
- Afterschool Club
- Drink Water
- Football

Broadfield Primary School



- Mile Run
- Football at Playtimes
- Eat Fruit



- Meditating
- Bubbles
- Bat and Ball Games

- Ask Mum to make me fruit smoothies
- Mile Run

- Football at Playtimes
- Eat Fruit



Horton Mill

Community Primary School

BEFORE



- Daily Mile
- Afterschool Club

- Drink Water

- PE Sessions

AFTER



- Encouraging Healthy Eating
- Daily Mile
- Encouraging Walking to School
- Drink Water
- PE Sessions
- Afterschool Club



St. Anne's

R.C. Primary School

BEFORE



- Exercise

- Eating Healthy Food

- Walking Around

AFTER



x5



- Drink 2 litres of water a day
- Eat 5 fruit and vegetables a day
- Mindfulness
- Exercise

- Eating Healthy Food
- Walking Around
- Brush your teeth twice a day
- Be still and calm for 10 minutes a day

- Rowing machine
- Daily mile to exercise everyday
- Nordic walking
- Meditation
- Cycling



St Joseph's RC

Junior Infant and Nursery School

BEFORE



- Physical Education
- Walking
- Eating Fruit and Veg

- Drinking Water
- Playing Football

- Playing Netball
- Cross Country Running



x5



x5



- Physical Education
- Walking
- Eating Fruit and Veg
- Drinking Water
- Playing Football
- Playing Netball

- Cross Country Running
- Talking to a trusted adult if I'm worried
- Keeping myself safe online
- Getting plenty of quality sleep

- Eating 5 a day
- Eating fresh, healthy food
- Drinking at least 5 glasses of water each day
- Mindfulness



St Thomas

C of E Primary School



- Daily Mile
- PE Lessons on Health
- Mental Health Lesson
- Weekly PE Sessions



- Continuing with the Daily Mile
- Daily Mile
- PE Lessons on Health

- Looking at further developing outdoor provision in KS1/KS2
- Mental Health Lesson

- Looking into staff training around Reiki
- Weekly PE Sessions



St Thomas' Leesfield C of E Primary School

BEFORE



- Walk to School
- Lead the PE Warm Up
- Join Sports Clubs
- Commando Joe Training

- Physical Activities
- Healthy Diet
- Brushing My Teeth
- Eat Less Sweets

- Drink More Water
- Getting Enough Sleep



x5

AFTER



- Walk to School rather than Drive
- Lead the PE Warm Up
- Commando Joe Training
- Less TV, More Outdoor Activities
- Physical Activities

- Join Sports Clubs
- Brushing My Teeth
- Park Run / Daily Mile
- Take Responsibility to Prepare My Own Meals
- Ride My Bike

- Healthy Diet
- Complete Educational Games
- Go Swimming
- Eat 5 Fruit and Vegetables Per Day



Students were also invited to write their own health pledge for things they can do moving forward to improve their health and wellbeing. They said:

Do more exercise

Eat more fruit and veg

Eat less sugary snacks

Drink more water

Brush teeth more

Be kind to myself

Watch less television

Help family and friends be healthier

Do less console gaming

Get more fresh air

Do more exercise	67
Eat more fruit and veg	47
Eat less sugary snacks	15
Drink more water	14
Brush teeth more	6

Be kind to myself	5
Watch less television	4
Help family and friends be healthier	2
Do less console gaming	1
Get more fresh air	1

162 students made health pledges and the most common ones were to do more exercise and eat more fruit and vegetables.

Feedback:

Healthwatch Oldham received positive feedback from the schools. This included:

“Absolutely loved this event! Gone away with lots of new ideas and contacts to use e.g. mindfulness, tog minds. Prompted us to re-launch The Daily Mile I hope this will be an annual event.”

- St. Josephs RC Primary School



“The kids loved this day! Made us think about doing something for whole school and families. Our school is so close to the park, now in discussions with the head about replicating this for sports week.”

- Broadfield Primary School

"Thank you for this opportunity. Please do it again, you managed to motivate the most inactive group of girls. Link to The Oldham Pledge were very useful. Our students loved the healthy cooking sessions and I'm going to try and get WIFI North West into school for a family learning sessions."

- Simon Clarke, Alexandra Park Junior School



"The feedback from the event was very positive, the park was a perfect venue and schools found out about a lot of providers and offers that they didn't know about previously. The impact of the Forum was represented in infographics and clearly had an influence on informing the young people about ways to keep themselves healthy. This event is to be repeated because of its success in May 2020."

- Lorna Phillip, Oldham Pledge Coordinator

Thank You

Healthwatch Oldham would like to thank Oldham Council's Environmental Services for the use of Alexandra Park, including their conservatory and Growing Hub.

Thank you to Deputy Mayor Jenny Harrison, Youth Mayor Samah Khalil and Councillor Shaïd Mushtaq (Cabinet Member for Education) for attending the event and getting involved in the activities.

Thank you to Darren Robinson Photography for taking images throughout the two events.

We would also like to thank all the services who attended and gave information to the students. You can find out more information on the links provided below:

The Oldham Pledge:	https://www.theoldhampledge.co.uk/
TOG Mind:	https://www.togmind.org/
UProjects:	https://www.uprojects.co.uk/news/youngpersonshealth
Oldham Council:	https://www.oldham.gov.uk/
WIFI Northwest:	http://www.wifioldham.co.uk/
ABL Health:	http://www.ablhealth.co.uk/
Proud Trust:	https://www.theproudtrust.org/
Point - Ability Wheelz:	https://www.point-send.co.uk/pages/category/ability-wheelz
OPAG:	http://www.opag.co.uk/
Water Adventure Centre (WAC):	https://www.wateradventurecentre.org.uk/
Bridgewater Trust NHS:	https://bridgewater.nhs.uk/oldham-health-services/
Darren Robinson Photography:	https://www.darrenrobinsonphoto.com/
Relax with Lucy:	https://www.relaxwithlucy.co.uk/
Lisa Butterworth Reiki:	https://lisabutterworth.wixsite.com/reiki
Healthy Gains 4 You:	https://www.healthwatcholdham.co.uk/advice-and-information/2019-05-21/healthy-gains-4-u
Healthwatch Oldham:	http://www.healthwatcholdham.co.uk

