NHS
Humber Teaching
NHS Foundation Trust

HUMBER YOUTH ACTION GROUP

Making a difference together

Induction Pack

Maisy’s Experience

“The Humber Youth Action Group is an incredibly supportive environment with exclusive opportunities, and it is an amazing chance to further your skills whilst meeting new people “

Maisy (She/Her) - HYAG Member

WHO IS HUMBER TEACHING NHS FOUNDATION TRUST?

Our Trust delivers services that support people across their life course, from providing health visitors and supporting children's mental health and wellbeing, to working with older people with dementia. To learn more, please click here to watch our https://youtu.be/CGJezel9EBE

We provide specialist services for children, young people and their families, such as, CAMHS, Mental Health Support Teams, School Nursing, Speech and Language Therapy, Physiotherapy, Occupational Therapy, Neurodiversity and much more. Click here to see all of our Children's and Young People's Services:

Children and Young People's Mental Health and Neurodiversity Services (humber.nhs.uk)
Children, Young People and Families (humber.nhs.uk)
NHS Humber Youth Recovery & Wellbeing College (humberrecoverycollege.nhs.uk)

Priya’s Experience

“The HYAG has helped me in more ways than I first expected. I have been included in conversations about various topics and felt as if my voice was heard. My ideas have contributed to make change to my community and it has given me a sense of belonging. My experiences have been validated as a brown person and I have heard other’s perspectives to help me become more well rounded. I have thoroughly enjoyed working with these wonderful people.”

Priya (They/She) - HYAG Member

WHO IS THE HUMBER YOUTH ACTION GROUP?

The Humber Youth Action Group (HYAG) has been developed by our Trust to bring those aged 11-25 in Hull and the East Riding together with the goal of helping our NHS Trust shape and improve its services for children and young people.

Our virtual sessions take place every three weeks and are laid-back, fun and friendly. Sessions are held on different nights (Mon through Thurs) to make it accessible to all. Those who join the group can meet other like-minded young people and come together to share their thoughts, feelings and experiences to help improve healthcare services for others.

Ailsa’s Experience

“I would urge any other young people who want to get into healthcare, but are unsure sure how, to look into joining the Humber Youth Action Group.

I think so many more people could benefit from this to help them with their next step or just to meet a great group of people.”

Ailsa (She/Her) - HYAG Member

HOW WILL JOINING HELP ME?

Joining the Humber Youth Action Group will enable you to:

- understand how the NHS works
- work alongside service managers and professionals to influence and action our services
- have a say in developing brand new healthcare services
- have your own lived experiences heard
- gain work experience and volunteering opportunities
- grow your CV

You can also develop new skills by:

- designing websites for services
- co-producing videos
- sit on interview panels and have your say
- create social media content and marketing materials & campaigns

WHO WILL SUPPORT ME?

“Hi, we are Bethia and Flick and we support the group. The group is led by young people, but it is our job to help you achieve your goals and have your voices heard, making sure health services are designed by young people, for young people.”

If you would like to chat to us before joining your first session, just drop us an email:

Bethia Dennis (She/Her) - bethiadennis@nhs.net

Flick Hague (She/Her) - felicity.hague@nhs.net

Sophie’s Experience

"The Humber Youth Action Group is an amazing way to help bring change to our community whilst enabling its members to grow their confidence and skillset. With such an amazing and like-minded group of people by your side, it feels as though we can achieve anything for us young people."

Sophie (She/Her) - HYAG Member

HOW ARE THE SESSIONS HELD?

Our meetings are virtual through Microsoft Teams. We switch up the evenings to make it accessible to all, but the session are always on an evening 6-8pm. We send an agenda before each session to give you a flavour of the topics we will be discussing and also tell you about guest speakers that may be attending. A link will be sent to you before each session. We also send little updates via What's App and email newsletters.

You are not expected to attend all sessions, we understand you have other commitments. You will also not expected to discuss or disclose any information you are not comfortable with sharing. You have the option to turn your camera on or off and can share your thoughts, ideas and experiences verbally or via the chat.

Izzy’s Experience

“The Humber Youth Action group has provided me with a friendly, accessible and inclusive space to share my experiences, meet likeminded people and have fun, all whilst knowing that I am contributing to a positive change in young peoples' access to services.”

Izzy (She/Her) - HYAG Member

Raine’s Experience

“It is interesting to discover how different groups within the NHS work together as well as being a part of decisions regarding people my age.”

Raine (He/Him) - HYAG Member

Learn more:

If you would like learn more about the group, take a look at our website:

Terms and Conditions

The information you have provided when completing your consent form will be securely held by the Engagement Manager for Children's Services and the Patient Experience Team. Your information will not be shared with others. Your contact details will only be used to keep you up to date about the Humber Youth Action.

HUMBER YOUTH ACTION GROUP