

1

00:00:07.065 --> 00:00:07.925

Hi, I'm Ellie.

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00:00:08.105 --> 00:00:10.365

I'm the project officer for the SNGI Will fund.

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00:00:10.795 --> 00:00:13.685

It's really great to be here at the first of 12 wellbeing

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00:00:13.685 --> 00:00:15.445

and social action festivals that we are running

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00:00:15.445 --> 00:00:17.845

through our SNGI will fund 2.0 program.

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00:00:18.235 --> 00:00:20.085

This is a really great opportunity for us

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00:00:20.085 --> 00:00:22.445

to get out on the ground and meet young people from our

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00:00:22.445 --> 00:00:25.045

communities and find out what support we can offer them

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00:00:25.065 --> 00:00:26.885

and signpost them in the right direction.

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00:00:31.465 --> 00:00:33.805

Hi, AM Eden, manager of the SNGI or Fund.

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00:00:34.105 --> 00:00:36.805

I'm here today at Network Ride on the Sunny Isle of White

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00:00:37.145 --> 00:00:39.205

for our first Wellbeing and Social Action Festival.

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00:00:39.475 --> 00:00:41.605

This is all part of our Wellbeing Champions program.

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00:00:41.745 --> 00:00:44.365

As part of the SNGI will fund where we're hoping

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00:00:44.505 --> 00:00:46.525

to get young people involved, new social action,

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00:00:46.785 --> 00:00:48.205

so helping both themselves as well

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00:00:48.205 --> 00:00:49.765

as other people and the environment.

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00:00:50.155 --> 00:00:52.205

It's a day to get people talking about their mental health

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00:00:52.205 --> 00:00:54.525

and wellbeing, breaking down the stigmas

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00:00:54.525 --> 00:00:56.485

and taboo around it, as well as thinking about

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00:00:56.685 --> 00:00:59.165

how they can help themselves, help their peers as well

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00:00:59.165 --> 00:01:00.325

as their local community.

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00:01:02.295 --> 00:01:04.965

Hello, I'm DOA and I think the event is really important.

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00:01:05.065 --> 00:01:08.445

So it gives the youth the opportunity to have the space

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00:01:08.505 --> 00:01:10.725

to go somewhere where they feel heard, valued

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00:01:10.725 --> 00:01:12.765

and their experiences being listened to.

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00:01:13.185 --> 00:01:15.645

And I think that is such an important opportunity

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00:01:15.905 --> 00:01:18.165

for the youth, especially relating back to myself

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00:01:18.225 --> 00:01:20.605

as when I was at that age, I wanted a space

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00:01:20.605 --> 00:01:21.805

where I could express myself

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00:01:22.065 --> 00:01:23.605

and share my views and to be heard.

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00:01:23.605 --> 00:01:27.125

And I think this is such a valuable thing for young people

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00:01:27.145 --> 00:01:28.285

to be able to, to have.

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00:01:29.975 --> 00:01:31.565

Being Able to get up on stage

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00:01:31.865 --> 00:01:35.205

and sing a song, especially a song that resonates

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00:01:35.205 --> 00:01:37.725

with you about mental health is really, really brave.

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00:01:38.185 --> 00:01:42.285

The songs that we did, we chose based on songs related

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00:01:42.305 --> 00:01:46.285

to mental health and how we express poor mental health.

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00:01:46.545 --> 00:01:49.205

And we've been exploring that in our group.

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00:01:49.205 --> 00:01:50.645

We've been having open conversations

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00:01:50.985 --> 00:01:52.605

for young people like me who are,

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00:01:52.825 --> 00:01:53.885

who are helping lead these groups.

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00:01:53.955 --> 00:01:55.325

It's really helpful for me as well.

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00:01:57.545 --> 00:01:59.765

I'm Rachel Fulford. I'm the head of Communities

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00:01:59.785 --> 00:02:01.525

and Engagement here at SNG.

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00:02:01.865 --> 00:02:03.805

The most successful thing, I think is the way

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00:02:03.805 --> 00:02:06.925

that the event has really bought in a diverse section

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00:02:06.925 --> 00:02:07.925

of our community today.

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00:02:08.235 --> 00:02:11.805

It's been incredible to see everybody talking to each other,

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00:02:11.905 --> 00:02:14.605

making new friends, getting to know each other,

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00:02:14.745 --> 00:02:17.645

taking part in some new activities, finding out

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00:02:17.645 --> 00:02:20.085

what else the SNG offers to support customers.

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00:02:20.345 --> 00:02:22.605

And that is incredibly important when it comes to looking

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00:02:22.605 --> 00:02:24.325

after your mental health and wellbeing to know

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00:02:24.325 --> 00:02:27.565

that you have people in a community to rely on

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00:02:27.985 --> 00:02:29.605

and places that you can go.

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00:02:33.985 --> 00:02:37.925

Hi, my name is Emily. I am a SNG Youth Panel member.

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00:02:38.475 --> 00:02:41.325

It's been really great being part of the planning process,

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00:02:42.115 --> 00:02:43.885

been feeling really involved

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00:02:43.995 --> 00:02:47.405

with everything in the process so far.

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00:02:48.285 --> 00:02:51.245

I feel like I've made an impact on the lives

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00:02:51.625 --> 00:02:53.365

of people within Ride



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00:02:53.385 --> 00:02:55.645

and the Isle of White through this festival.

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00:02:56.025 --> 00:02:57.765

So I'm really proud to be here today

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00:02:58.065 --> 00:02:59.765

and to play a part in it as well.

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00:03:00.335 --> 00:03:04.165

Today is really important in terms of youth involvement

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00:03:04.225 --> 00:03:07.365

and youth voice and being a young person myself,

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00:03:07.675 --> 00:03:10.165

it's really important to get involved where you can.

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00:03:11.825 --> 00:03:14.285

So this is our first Wellbeing and Social Action Festival

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00:03:14.285 --> 00:03:15.805

and we are looking to hold, um,

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00:03:15.825 --> 00:03:18.205

11 more over the next few years in all

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00:03:18.205 --> 00:03:20.085

of our localities across SNG.

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00:03:20.115 --> 00:03:22.085

There's opportunities for young people to get involved

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00:03:22.145 --> 00:03:24.365

and shape it into what they want to see in their community,

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00:03:24.665 --> 00:03:26.685

and we're very excited to see what happens next.