

Jigsaw of Life - piecing together our health....



Neighbourhood

living in a bad area makes me feel depressed and annoyed

support groups friends and relationships

when I have money I feel on top of the world

better travel links to both urban and rural areas

better more facilities for us - parks, shops, youth clubs

Education

pressure "right balance" around us

"We need to know what sort of skills we need to understand us"

"we can feel school fatigue when we have issues"

CUT OUT

Education

Business

Jobs

Health

Money

Help

Healthy Mind

Healthy Body

Jobs

It's hard to find a job when you are overqualified for education

"No job can lead to bad choices"

one stop shop for advice and info

support needed from school colleges parents

"Having a job is stressful, but it is not having one..."

Money

no cash gets a present or birthday instead

Make us learn to be responsible with our money

When I have money I feel on top of the world

Teachers, social workers, nurses and carers can all help us with money

learned money to get what we want and need

and to have choices and make the most of opportunities

Healthy Mind

keeping a healthy body leads to a healthy mind

our friends are important - we can share how we feel!

my carer is always there for me

social workers carers teachers

Abilities help us manage our feelings

Healthy Body

Health people to explain things to us simply so we can understand

It's my info

Call a Share

if I can't stop

Healthier lifestyles diet sport/exercise smoking/drinking/drugs

Help

When we go to the GP carers to come along if we need them or let us do it alone if we get embarrassed if we get embarrassed

peer pressure choices



Co-created by young people from Children in Care Councils in Birmingham, Warwickshire, Wolverhampton, Worcester and Shropshire, with the help of Juli Dosad of Barber Limited