

When I grow up I want to be...

Understanding what helps and hinders young
people in becoming happy and
healthy adults?

No matter what we do or where we end up as adults, we all hope that we are happy and healthy...but what does this mean to you?

What's this all about?

The RSE Scotland Foundation would like to support work to enable all young people in Scotland to make successful transitions to adulthood.

To do this they first want to understand what is known about interventions, projects or groups that aim to improve health, happiness and wellbeing or reduce inequalities for young people as they become adults. They have commissioned us (Mental Health Foundation, Children in Scotland, Glasgow Caledonian University, University of Stirling, University of Edinburgh and University of Strathclyde) to carry out this research.

It is important to us that young people like you have a chance to say what you think helps young people to become happy and healthy adults. We would like to invite to take part in a workshop to have your voice heard.

What's involved?

We would like young people to take part in 2 fun workshops to explore what health, happiness and wellbeing means to you and what helps support and prepare you to becoming adults.

The workshops

- 2 workshops (Saturdays in March and June 2016)
- Central Edinburgh location
- 11am – 3pm
- All refreshments and lunch will be provided
- 10-15 young people aged between 10 and 24 years old

1st Workshop When and Where? Health, Happiness and Wellbeing Workshop

Saturday 12th March 2016

Apex Haymarket Hotel, Edinburgh

11AM – 3PM

What will you get out of it?

This is an exciting opportunity for you to:

- Share your ideas with others and influence a piece of research
- Meet new people
- Improve your confidence
- **Build up important skills** like listening, sharing and speaking in front of others to add to your CV

Who can take part?

- Anyone aged 10 to 24
- Living in Scotland
- Who would like to have a say on what a happy and healthy adulthood means to you

Interested or want to know more? Get in touch!

To sign up or find out more please contact: Hannah Biggs on 0131 243 3800 or hbiggs@mentalhealth.org.uk