

MAKE YOURSELF HEARD

CHALLENGE #3

MAKE CHANGES TO A HEALTH SPACE

The NHS works to make it easy for everyone to stay healthy. It provides information and services of many different types. But there are always things that could be done better too. Do you have some ideas to change a health space near you?

MAKE IT BETTER

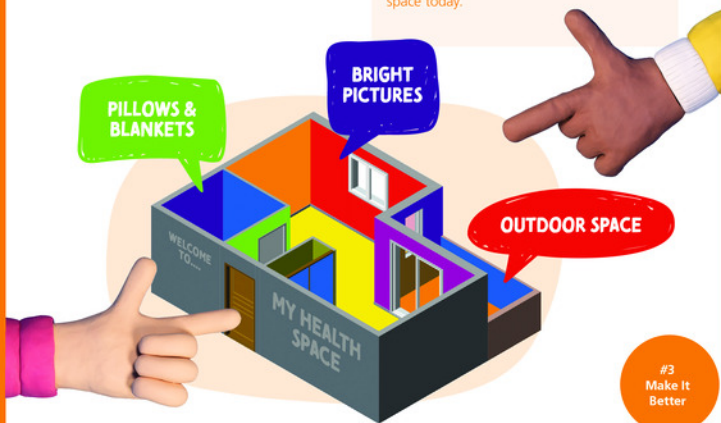
When a person is ill, they want to be cared for and looked after. The NHS is very good at doing this and does this every single day of the year.

If a person is ill at school, they often need to go and wait in the 'sick zone'. Children and young people may even need to wait in corridors at times until their parent or carers can come and collect them from school. You will also find waiting rooms in Doctor's surgeries. Sometimes, these rooms can be stuffy, boring, and won't help anyone feel any better!

For this challenge, ask others what they think about your school or local doctor's 'sick zone' or waiting room and how it could be made better. You can work together in pairs or groups to come up with ideas or come up with ideas on your own too.

For instance, could you put some nice pictures on the wall or place a selection of interesting books or magazines in the waiting room to make those who are ill feel better? What about some pillows or blankets, too?

Speak to an adult to see how you can take action to make changes to a health space today.



GET INVOLVED

GIVE BACK TO THE NHS

CHALLENGE #1

TAKE PART IN FUNDRAISING

The NHS helps people to look after their health and wellbeing. But the NHS needs your help to let everyone in the UK know about the services it provides and collect some more money to keep offering aid and develop new programmes.

You can play a part in raising funds.

We want your help to raise funds for the NHS. The money raised will help keep the fantastic NHS staff healthy, happy, and well, so they can continue to do their best for us all.

Work with others to set up a clothes swap shop where everyone pays a little bit of money to take part – this money can then be given to the NHS.

CLOTHES SWAP SHOP

This clothes swap activity makes it easier for us to reuse and recycle clothes, which helps save the planet while updating our wardrobes at the same time. A clothes swap is also a great way to clear out cupboards. Better yet, though, these events enable us to fundraise to help others!

Here are some things to think about for your clothes swap shop:

- **When and where will you hold your swap shop?** It could be at the weekend with 3 or 4 of your friends, or at your next activity club's meeting or at school or with your home school network. It's good to start small, but if the first swap goes well, why not think bigger next time?
- **What do you need to plan for the swap shop?** For example, you'll need invites, a venue, and a way of collecting the money. Plus, you need to think about keeping people safe with consent forms, having trusted adults supervising, and securing the money you raise before you take it to the bank or donate it in person to a department of the NHS.

Continued >



#1
Clothes Swap
Shop

www.nhscharitiestogether.co.uk/get-involved/fundraise-and-events