

## Club meeting/event report

**Date of the meeting/event:** 06.05.2024

**Name of the club:** "Balance & Thrive"

**Location of the meeting/event:** Uppsala, Sweden

**Name of the facilitator:** Aiya Argandykova

**Number of attendees:** 30

**Gender:** Mix of Male and Female, Diverse Participants.

### Event Report:

**The aim of the youth club:** The aim of the clubs is to recruit young individuals from native communities and migrant backgrounds, as well as those working in education, social work, welfare, and policy. The goal is to create inclusive environments that foster equity and equality, responsive to the wider community's needs. By building youth participation and social ties, the clubs aim to enhance overall well-being. They provide a space for working together, sharing experiences, learning about important life issues, and addressing challenges affecting youth, ultimately acting collectively for common improvements.

**Network Guide implementation:** The manual guides users step by step in creating a WELLHOODY Connector Club. It outlines a clear purpose and goals, promotes diverse membership, and establishes a clear structure. The guide includes engaging activities, sustainable funding strategies, strong partnerships, and effective monitoring and evaluation practices. The "Balance & Thrive" youth club was based on this Network Guide, incorporating its information, activities, and icebreakers. From starting the club to finding participants, every aspect was drawn from the guide, which was instrumental in forming the youth club.

**Meeting overview:** The "Youth Club - Balance & Thrive" meeting, held in Uppsala, Sweden, brought together enthusiastic participants eager to explore youth engagement and community development. The primary focus was on mental health and its importance in diverse youth communities. The 2.5-hour session involved active participation through presentations, group work, and interactive games. Against a backdrop of diversity and

innovation, this gathering aimed to emphasise the significance of youth clubs and introduce the comprehensive guide developed under the Wellhoody project.

**Project introduction:** The meeting began with a presentation of the Wellhoody project, outlining its goals, results, and partners. An icebreaker activity followed, where participants shared their names and how they felt, setting the stage for the day's focus on mental health under the theme "Balance and Thrive."

**Interactive sessions and activities:** Through interactive discussions and engaging activities, participants gained insights into the vital role youth clubs play in fostering a sense of belonging, personal development, and social cohesion among the younger generation. These activities highlighted the importance of community support and individual growth in diverse settings.

**Focus on mental health:** The choice of mental health as the central topic underscored its critical importance in everyday life. Participants were encouraged to join in gaining invaluable insights into managing stress and maximising productivity. Practical strategies for a balanced life were discussed, aiming to unlock the full potential of youth.

**Agenda highlights:** The agenda, designed to be informative and productive, was presented to the participants as follows:

1. **Welcome and project presentation**
  - Introduction to the Wellhoody project, its goals, results, and partners
  - Presentation of the agenda
  - Icebreaker activity
2. **Wellhoody Network Guide presentation**
3. **Organisational goals presentation**
4. **Understanding stress in youth communities**
  - Definition of stress, its causes, and effects on mental health
5. **Stress management and Self-management**
  - Presentation on the link between stress management and self-management
6. **Group activity: identifying stressors**

- Participants broke into six groups to list common stressors and group them based on earlier presentations

#### 7. **Self-Management techniques presentation**

- Effective self-management strategies focusing on:
  - Time management
  - Setting priorities and boundaries
  - Mindfulness and relaxation techniques

#### 8. **Future steps**

#### 9. **Mentimeter game**

- An interactive game to wrap up the session

The meeting successfully highlighted the significance of mental health and the role of youth clubs in supporting diverse communities. Participants left with practical tools and strategies to manage stress and enhance their well-being, fostering a more inclusive and supportive environment for all.

**Next steps:** Participants departed the meeting enriched with valuable insights and practical strategies. Looking forward, they discussed future actions and potential collaborations, establishing a foundation for continuous engagement and collective efforts. As the meeting concluded, attendees conveyed their excitement for the path ahead, ready to use their new knowledge and connections to foster positive change in their communities. The shared dedication to creating inclusive and supportive environments bodes well for the Wellhoodly project's future impact on diverse youth communities.

**Feedback:** Overall, the feedback from attendees of the Connect Club meeting was largely positive, with many expressing satisfaction with the event. They found the meeting content relevant and helpful, though some minor improvements were suggested for more focus on future steps.

Attachments:

Flyer for Youth Club Meeting



**Photos:**



