

REPORT:

RISE

**Know Your Impact (KOI)
Youth Board**

Year One Review – May 2026

AUTHORS:

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RISE.

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WHO WE ARE, WHAT WE DO AND WHY WE DO IT.

WHO WE ARE

We're a leading health and wellbeing charity – and we're passionate about the role that physical activity can play in making a difference to the communities that need it most.

WHAT WE DO

Our team of friendly experts works closely with regional partners across health, education, VCSE, housing, transport and more – to show how physical activity and movement can tackle inequalities and help solve some of the biggest issues affecting our communities.

We play a key role in:

- Providing access to employment and training
- Improving mental health
- Enhancing child development and education
- Creating healthy and sustainable places in which to live and work
- Integrating activity for health improvement, prevention and condition management
- Supporting the health and wellbeing of the workforce

We also advocate for policy change, share best practice, and provide insight, guidance, learning and support.

WHY WE DO IT

Our population in the North East of England lives with significant health, social, economic and environmental inequalities.

And we know that physically inactive populations are often the most marginalised – and most likely to be adversely affected by inequalities.

Year 1 Review (May 2025 – May 2026)

Context

The Know Our Impact (KOI) Youth Board was originally established in 2022 as the Young Advisors, bringing together children and young people from across the North East and North Cumbria to influence conversations around health and wellbeing. In 2024, the group developed its own identity and became known as Know Our Impact (KOI), reflecting the young people's ambition to create meaningful and lasting change within their communities and across regional systems.

In May 2025, Rise North East was commissioned by the Child Health and Wellbeing Network (CHWN) within the North East and North Cumbria Integrated Care Board (NENC ICB) to facilitate the KOI Youth Board for an initial two-year period, with the potential for a further one-year extension to 2028. Rise entered this role with a strong passion for improving the health and wellbeing of children and young people, alongside extensive experience of how physical activity, youth engagement and community-based approaches can positively impact lives and help tackle inequalities.

From the outset, Rise aimed to build upon the strong foundations already established by the Youth Board while also creating opportunities for the group to grow in confidence, learning, influence and visibility across the region. Through championing youth voice, supporting meaningful co-production and encouraging youth-led social action, Rise has worked to ensure young people are not only listened to, but are actively involved in shaping discussions, projects and decisions that affect them.

Throughout Rise's first year facilitating KOI, there has been a strong focus on relationship building, strengthening regional connections and creating opportunities for young people to engage directly with professionals, communities and decision-makers. This report highlights the activity, achievements and development of the Youth Board during this period, while also reflecting the continued commitment of young people to improving health and wellbeing outcomes across the North East and North Cumbria.



Recruitment

At the beginning of Rise's first year facilitating the Know Our Impact (KOI) Youth Board, the group only had three active members. One of the first priorities identified by the young people was strengthening recruitment and building a stronger identity for the youth board moving forward.

In May 2025, members met together at One Strawberry Lane for the first time in-person, to build relationships and to work together to start the development of a youth-led recruitment campaign aimed at encouraging more young people from across the North East and North Cumbria to get involved. As part of this work, the group designed a new KOI logo using ink prints, this was then used across co-designed recruitment posters and promotional materials shared online, at events, and far and wide with stakeholders across the region.

The recruitment campaign successfully helped increase membership, with seven new members joining the board throughout the year. As the group continued to grow, there was a strong focus on creating a welcoming and inclusive environment where young people felt comfortable sharing ideas, building friendships and developing confidence.

In August 2025, members also worked together to create a new induction pack for future members. This gave young people an opportunity to shape how the board introduces itself to others and ensured that information felt relevant, accessible and welcoming from a young person's perspective.



Know Our Impact – Geographical Representation

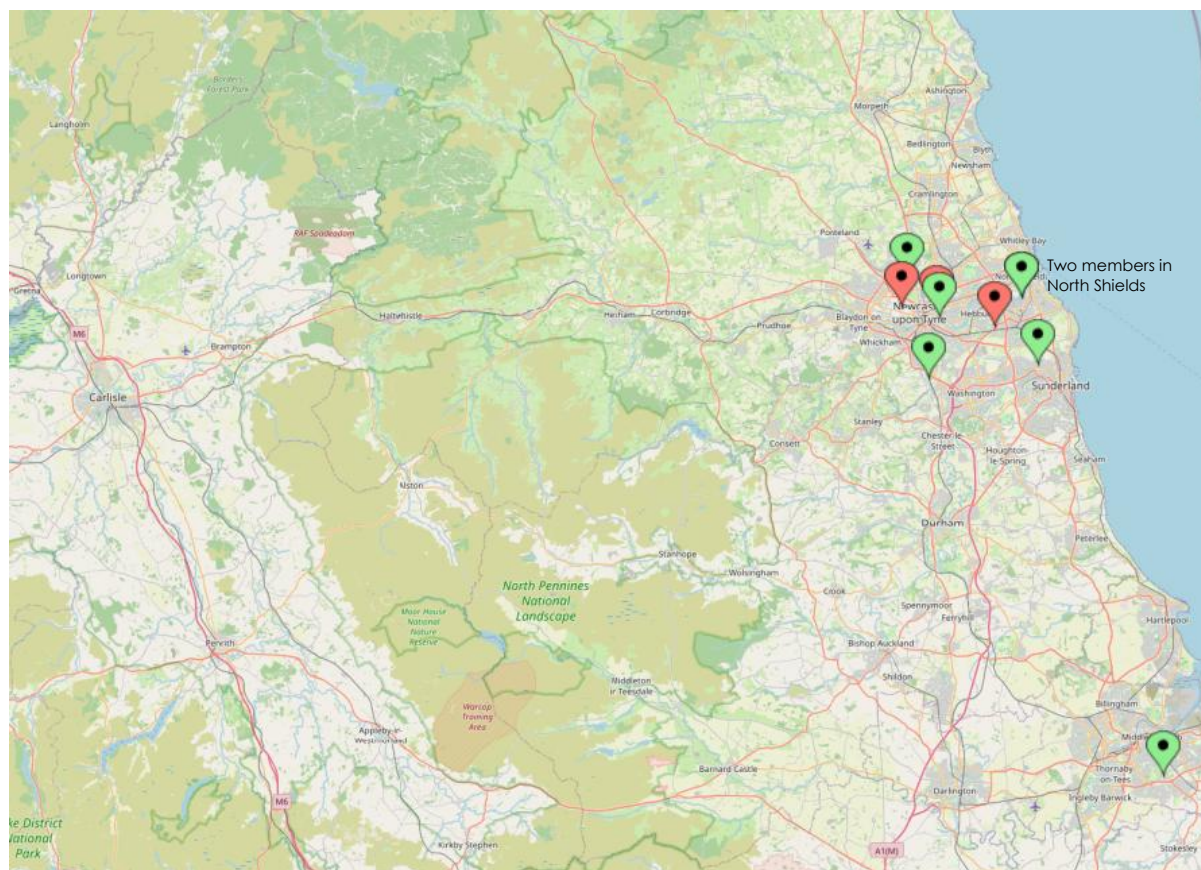
Throughout Year One, the KOI Youth Board met regularly through fortnightly online meetings, as well as in-person full day events every term. Due to the geographical spread of the young people involved, online engagement remained an important part of delivery throughout the year. Providing virtual meeting options helped ensure that young people from across the North East and North Cumbria were able to engage with the board, regardless of travel barriers, school commitments or accessibility needs. Alongside this, in-person sessions continued to play a valuable role in strengthening relationships, collaboration, learning and development and team-building within the group.

As of the end of Year One, the KOI Youth Board consisted of 10 active members aged 11–18 from across the North East. Through the recruitment campaign, the board has not only grown in size but also broadened the range of perspectives, lived experiences and ages represented within the group.

Young people currently represent the following geographical areas:

- Newcastle upon Tyne
- Gateshead
- North Tyneside
- South Tyneside
- Sunderland
- Middlesbrough

This geographical spread has helped ensure that a diverse range of local experiences and priorities are reflected within group discussions, projects and decision-making throughout the year.



The accompanying map highlights the growth of the board over the past year. The locations marked in **red** represent the three existing KOI members from Newcastle and South Tyneside when Rise first began facilitating the board. The **green** markers represent members recruited throughout Year One, demonstrating the board's successful expansion across four additional local authority areas.

Alongside growing membership, the board has also begun to create clearer progression opportunities for young people. This includes the introduction of a volunteer mentor role, enabling a board member who had reached the upper age limit to continue supporting the board, share their experience and help welcome the next generation of KOI members.

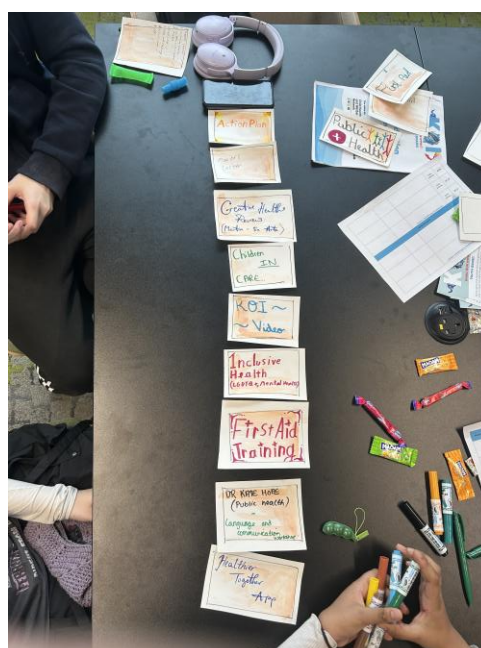
August Planning Meeting

During the summer, the KOI Youth Board came together for a planning day at Strawberry Lane to discuss priorities for the next six months. Through a range of group activities and discussions, members explored what mattered most to them, linked to the ICB priorities and identified key themes important to them and their peers, that they wanted to focus on as a board moving forward.

These priorities included strengthening relationships with other youth groups, continuing work around Creative and Inclusive Health, and promoting positive wellbeing for young people across the region.

Following these discussions, members began shaping a six-month youth-led action plan to guide future meetings, projects and opportunities. The session encouraged young people to think about how their ideas connected and how they could make the greatest impact together as a group, to support more young people across the region.

The day concluded with a team-building escape room activity, giving members an opportunity to strengthen relationships, work collaboratively and celebrate their creativity as a team.



Amplifying their Voice



Throughout the year, the KOI Youth Board continued to use their collective voice to influence conversations and raise awareness of issues affecting young people across the region.

Members wrote to North East Mayor, Kim McGuinness, to introduce the board and share examples of their work, including reflections on improving work experience opportunities for young people across the North East. The group also invited the Mayor to display the KOI manifesto artwork within the NECA building to help highlight the importance of considering the lives, voices and experiences of young people throughout regional decision-making.

Following a letter shared by the Your Care Experienced Young People group during a joint Strategic Operational Group (SOG) meeting, KOI members were keen to strengthen relationships and learn more about the experiences of children in care. Jo McCarthy was invited to attend an online KOI meeting where she shared more about the work taking place to support care experienced young people across the region.

These discussions helped deepen the board's understanding of the challenges faced by children in care and encouraged reflection on how inclusive approaches could be strengthened within future KOI work. Inspired by approaches used within some local authorities, the board also explored how children in care could be recognised as a protected characteristic within future discussions and inclusive health projects.

In November 2025, Rise and a member of the KOI Youth Board were invited to attend the Centre for Population Health Conference to join a panel discussion focused on meaningfully involving young people in influencing policy, decision-making and public messaging.

As part of the conference, a KOl member was invited to create a piece of digital artwork that captured some of the key conversations and themes discussed throughout the day. The artwork reflected discussions around the lack of meaningful involvement and consideration given to young people's voices nationally by those in positions to make influential change.

Following the conference, the artwork was shared within the Houses of Parliament in front of over 100 MPs, helping amplify the voices and reflections of young people within national conversations around health, wellbeing and participation.

Creative Health

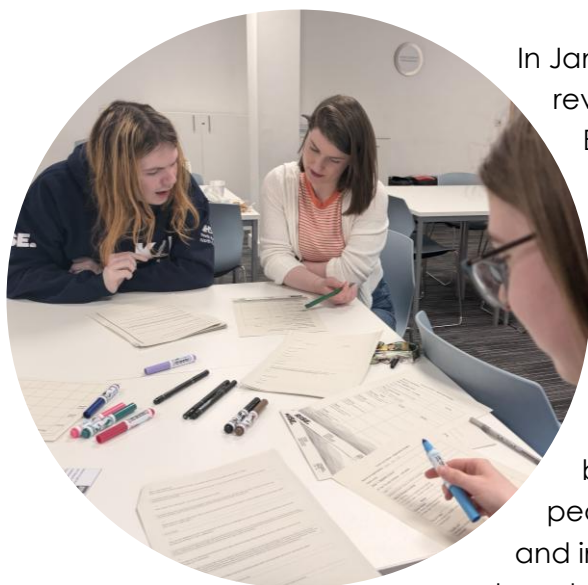
In October 2025, Rise provided an opportunity for the KOI Youth Board to further explore their growing interest in creative approaches to preventative health and wellbeing.

Following an introduction to Martin Wilson from Tin Arts during the July 2025 joint SOG meeting, Martin was invited to join KOI during one of their October planning days. During the session, Martin shared examples of how accessible forms of dance, creativity and the arts can positively support the health and wellbeing of young people, particularly through inclusive and accessible approaches.



The session encouraged members to think differently about creativity and wellbeing, while also exploring how environments and activities can be designed to be more inclusive for everyone. As part of the workshop, members created Haiku poetry and shared creative reflections linked to health, wellbeing and inclusion.

During this session, KOI members were also introduced to the North East and North Cumbria Integrated Care Board's (NENC ICB) creative health campaign, Make It Better. Young people were invited to share their own ideas, reflections and creative responses to help shape the campaign moving forward.



In January 2026, the board were given the opportunity to review the first draft poster designs for the Make It Better campaign. Members shared detailed feedback on the visuals, messaging and accessibility of the posters, helping influence the development of the final designs to ensure its impact and relevance to young people.

The revised campaign materials were then brought back to the board in February 2026, allowing young people to see how their feedback had directly shaped and influenced the updated final designs. Alongside this, members shared ideas around how the campaign could best reach young people across the North East and North Cumbria, including suggestions around school engagement, social media and community promotion.

The board's input contributed towards the development of additional campaign resources, including assembly and lesson plans that can be used by schools to further engage young people with the campaign's messages.

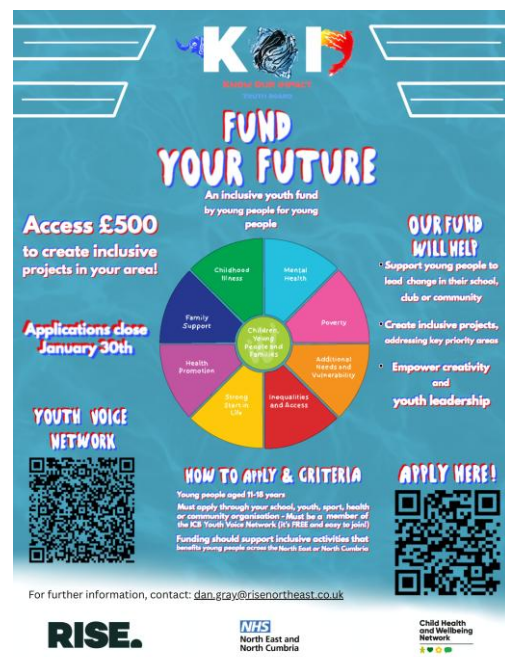
KOI members also received physical copies of the campaign posters which they helped distribute within local schools and community settings, further supporting the visibility of the campaign across the region.

Through this work, the KOI Youth Board continued to champion the importance of recognising creativity as something that can have a meaningful impact on young people's health and wellbeing.

Fund Your Future

One of the most significant projects developed during the year was Fund Your Future - a youth-led social action peer to peer fund designed to create more opportunities for children and young people to improve their health and wellbeing across the North East and North Cumbria.

Inspired by conversations around inclusive and accessible wellbeing opportunities, KOI members were clear that they wanted the funding to feel accessible, youth-friendly and genuinely led by the ideas and interests of young people. Members shared their thoughts on what types of projects should be prioritised, how funding opportunities should be promoted and how young people applying for funding could feel supported throughout the process.



The board also led on helping shape the branding and messaging for the campaign, as well as co-producing the questions for the application process, ensuring that the language, promotional materials and application process felt engaging and relevant to young people across the region.

Fund Your Future was created to support projects that promote positive health and wellbeing, encourage creativity and physical activity, strengthen community connections and provide safe opportunities for young people to come together. The

fund aimed to remove barriers and open doors for young people to access opportunities that may otherwise not have been available to them.

A key strength of the project was the level of trust placed in young people throughout the process. KOI members were involved in reviewing applications and discussing the potential impact projects could have within local communities. This helped ensure that decisions reflected the priorities and perspectives of young people themselves.

Through the first round of funding, 13 youth-led projects from across the North East and North Cumbria received grant support. The funded projects reflected a wide range of interests and priorities, including creative activities, sports and physical wellbeing opportunities, peer support initiatives and inclusive community projects.

Alongside the delivery of the fund, KOI members also helped shape a monitoring and evaluation approach to better understand the impact of the projects being supported. Young people developed ideas around how funded organisations could gather feedback in meaningful and accessible ways, helping ensure the long-term impact of the programme could be understood and shared.

Fund Your Future demonstrated the value of trusting and empowering young people as decision-makers and highlighted the positive impact that youth-led approaches can have in creating opportunities for health, wellbeing and social connection across the region.

Joint SOG Meetings

Throughout the year, the KOI Youth Board continued to strengthen relationships with professionals and leaders across the Child Health and Wellbeing Network through a series of biannual joint meetings with the ICB Strategic Operational Group (SOG). These meetings created opportunities for young people and professionals to work collaboratively, reflect together and discuss how youth voice can continue shaping health and wellbeing work across the North East and North Cumbria.

July 2025 – First Joint Meeting

In July 2025, KOI members joined SOG representatives for a collaborative development day focused on participation, child poverty and improving opportunities for young people across the region. The session was intentionally designed to create a relaxed and inclusive environment where young people and professionals could connect, learn and contribute as equal voices within a safe welcoming space.



The meeting included interactive ice-breaker activities led by KOI members, alongside discussions around the Child Health and Wellbeing Network Youth Board Pledge (Appendix 1) and how progress against these commitments could continue to be monitored and shared between meetings. Young people highlighted the importance of regular feedback and accountability of the pledge, reinforcing their desire for youth voice to remain visible and influential within the network.



A significant focus of the session explored child poverty and barriers to work experience opportunities for young people across the region. Following presentations from Amanda Bailey, Director of the North East Child Poverty Commission, KOI members worked alongside professionals to identify what support young people need before, during and after work experience placements. Discussions focused on accessibility, wellbeing support, transport barriers, flexible opportunities and the importance of creating inclusive pathways into careers and employment.

Following the joint meeting, KOI members were given a tour of the NHS offices at Stella House, providing an opportunity to learn more about the role of the Integrated Care Board and the range of careers available within the health and care sector. Young people met with professionals from different teams, gaining insight into their roles, career journeys and the work taking place to improve outcomes for children and young people across the region.

The visit helped strengthen relationships between young people and professionals while providing valuable information about future education and career pathways.

April 2026 Joint Meeting

In April 2026, KOI members and SOG representatives came together again for a further joint meeting focused on reflection, creativity and the future of youth voice following the conclusion of the Child Health and Wellbeing Network.

The session began with a youth-led presentation update from KOI members, sharing examples of projects, campaigns and opportunities the board had been involved in throughout the year. This provided professionals with an opportunity to hear directly from young people about the impact and development of the board since the previous joint meeting.

A key focus of the session was reflecting on the legacy and impact of the Child Health and Wellbeing Network through a large collaborative artwork activity inspired by the KOI "River of Change" manifesto artwork. Young people and professionals worked together in mixed groups to design and paint individual koi fish representing significant moments, successes, challenges and learning from across the network's journey.

Alongside the artwork activity, participants reflected on what the network had achieved, what they had personally gained through involvement and what must continue in the future to ensure young people's voices remain meaningfully involved within health and wellbeing decision-making. Responses from these discussions were later incorporated into the final artwork piece. (Appendix 2)





The meeting also created space for young people and professionals to review and reflect on the existing youth voice principles developed through the Child Health and Wellbeing Network. Using the Laura Lundy Model of Participation as a framework, discussions explored whether the principles remained fit for purpose within the changing structure of the Integrated Care Board and how meaningful participation could continue to be embedded moving forward.

The joint meetings throughout the year continued to demonstrate the value of creating shared spaces where young people and professionals can collaborate openly, build relationships and shape future approaches together.

Developing Knowledge and Meaningful Participation

As the KOI Youth Board welcomed seven new members during Year One, it was important that the group's growing membership remained connected to the values and principles of the KOI Manifesto.

Following her previous work supporting the development of the KOI Manifesto, Dr Deborah Ralls from Newcastle University revisited the board to explore its ongoing importance with both new and existing members. The session reflected on the journey of the manifesto, why it was created and how its principles continue to guide the board's work today. It also gave new members the opportunity to understand the board's history, while strengthening their connection to KOI's shared purpose, identity and commitment to creating meaningful change.



Alongside the manifesto work, Rise continued to facilitate the board using the Laura Lundy Model of Participation. The model encourages meaningful participation by ensuring young people have the space to share their views, the voice to express them, an audience who will listen, and the influence to help shape decisions. These principles have been embedded throughout Year One, helping ensure that participation within KOI leads to meaningful involvement in shaping work across the region.

To further strengthen their understanding of the communities they represent, KOI members were also introduced to Rise's OCSI Local Insight platform. By exploring local demographic information, health inequalities and community data from across the North East and North Cumbria, members developed a greater understanding of the challenges facing different areas of the region. This helped the board combine lived experience with evidence when discussing priorities and shaping future projects.

Together, these opportunities have strengthened the board's confidence, knowledge and understanding, ensuring that young people are equipped to contribute meaningfully to discussions and influence health and wellbeing work across the North East and North Cumbria.

IMPACT AND REFLECTIONS

YEAR ONE IN NUMBERS

KNOW OUR IMPACT	New members joined	7	Current members	10
Combined Meeting Attendances	151	Young People	Number of meetings	25
			7 In-Person	18 Online

RISE. KOI Board Satisfaction Scores out of 5

I enjoy the activities I'm involved with in the group	5 ★	I feel comfortable in the venue provided for in-person meetings	5 ★
I am comfortable giving my opinions	4.8 ★	I am listened to	4.7 ★
Everyone in the group has their voice heard	4.7 ★	I have the chance to give my opinions	4.7 ★
Being part of the group is helping me to work as part of a team	4.6 ★	I think what we say and do in the group is taken seriously	4.4 ★

What KOI means to its members

"Being a part of the KOI youth board is an amazing experience. Since joining, my confidence has significantly increased and that is all thanks to the amazing community we have. I was made to feel welcome from when I first joined and this means I am now open to share and discuss ideas with others. As well as this, being part of KOI gives me an immense sense of pride. I love having the opportunity to create a meaningful impact in my local area. I believe, ensuring youth voice is heard and considered when shaping policy is vital especially when the policy affects young people. Therefore, I am grateful to be able to voice my opinions on the topics we discuss and see the real-world impact of our work.



Bringing in new members to KOI is very important because it allows us to consider different perspectives on topics, as well as bringing new ideas to the group. Bringing in

new members helps us to raise issues faced by people in different areas, of different ages and backgrounds, and with different lived experiences."

"The group has helped me get better at socialising and I feel like my voice is heard and taken into consideration."

"I believe it's a group that makes each other grow and prosper, by also making a change together for other young people"

*"This group helps me realise that even people my age *can* make a difference, no matter how small"*

"Collaborating with other young people within and beyond the KOI board has helped me feel that we can make a real impact for young people in the region"



Meeting Attendance

Date	Meeting type	Number of attendees
6.5.25	Online Focus: Introduction and welcomes	2
30.5.25	In Person Recruitment	3
7.7.25	Online Focus: Recruitment updates	4
16.7.25	Online Focus: Joint SOG prep	6
24.7.25	In person Focus: Joint SOG	8
7.8.25	Online Focus: Reflections and new KOI induction handbook	3
19.8.25	In person Focus: Future planning and team building activity	8
4.9.25	Online Focus: Reviewing SOG agenda & Planning letter to Kim McGuinness	7
18.9.25	Online Focus: Approving letter to Kim McGuinness	7

2.10.25	Online Focus: Children in Care with Jo McCarthy	6
16.10.25	Online Focus: Drafting letter to children in care	5
29.10.25	In Person Focus: Creative health, M&E, merch design	7 (including one joining remotely)
13.11.25	Online Focus: Social action grant planning	7
27.11.25	Online Focus: Fund your future application planning.	8
10.12.25	Online Focus: End of year updates and quiz	8
8.1.26	Online Focus: Make It Better Campaign and SOG information sharing	5
22.1.26	Online Focus: Healthier Together	7
5.2.26	Online Focus: Joint SOG Prep	6
18.2.26	In Person Focus: Manifesto refresh & Make It Better Campaign	4 (Split Half-Term – Week 1)
26.2.26	In Person Focus: Fund Your Future Shortlisting & Make It Better Campaign	4 (Split Half-Term – Week 2)
5.3.26	Online Focus: Neighbourhood Health & SOG information Sharing	9
26.3.26	Online Focus: Updates from recent SOG meeting and Fund Your Future next steps	4
9.4.26	Online Focus: SOG presentation preparation	5
15.4.26	Focus In person: Joint SOG meeting	8
30.4.26	Online Focus: Future Planning	7

CHALLENGES AND LEARNING

As with any youth participation programme working across a large geographical region, there have been a few challenges throughout the first year of delivery. These experiences have provided valuable learning opportunities for both Rise and the KOI Youth Board and will help shape our work moving into Year Two.

One of the challenges we faced throughout the year was coordinating in-person meetings around differing school half term dates across the North East and North Cumbria. During February 2026 in particular, split half terms across local authority areas meant that in-person sessions had to be delivered over two separate weeks to ensure all young people had equal opportunities to participate. While this approach helped maintain inclusivity and accessibility, it also created challenges around maintaining momentum and progressing shared pieces of work collectively. This is something that will continue to be considered when planning activity and engagement opportunities in Year Two.



On top of this, exam periods have been another challenge that we've had to adapt and navigate to suit the needs of the group.

Linked to young people's capacity, the level of engagement requested by the ICB also highlighted the importance of having a clear process for engagement with the youth board. In response, we developed an approach to manage requests in a way that protects young people's time, avoids overwhelming the youth board and helps ensure KOI remains genuinely youth led. This was a useful area of shared learning and one that has strengthened the partnership moving forward.

The organisational restructure within the Integrated Care Board during the first half of 2026 also created some uncertainty around where the KOI Youth Board sits within the wider system and how young people's voices would continue to be heard and represented moving forward. Changes to structures, meeting schedules, communication pathways and a decrease in professional attendance at joint SOG meetings created some uncertainty for KOI members. Throughout this period, the young people involved in KOI demonstrated patience, flexibility, resilience and commitment, continuing to engage positively while adapting to changes taking place across the network and wider organisation.

A further area for development is ensuring that the board reflects the diversity and geographical spread of young people across the North East and North Cumbria. Through our recruitment work during Year One, the board has grown to include young people with a range of age, backgrounds, interests and lived experiences. However, there remains an opportunity to further strengthen geographical representation across

the region, particularly within Northumberland, Durham and Cumbria, where the board currently has limited or no active representation.

The learning gained throughout Year One will continue to shape future recruitment, planning and engagement approaches as the board develops and thrives further in Year Two.

NEXT STEPS

As we move into Year Two, there is a strong foundation to build upon, following a year of growth, relationship-building and increased youth-led influence across the region.

One of the key priorities moving forward will be continuing to strengthen recruitment and representation across the North East and North Cumbria. Building on the success of the Year One recruitment campaign, Rise will work alongside KOl members to develop a targeted recruitment approach focused specifically on less represented geographical areas, including Northumberland, Durham and Cumbria. Alongside this, there will be a continued focus on developing stronger relationships and collaboration opportunities with other youth boards and youth voice groups across the region to strengthen collective voice and shared learning.

Year Two will also see the introduction of a clearer progression pathway for members who reach the upper age limit of the board. Through a new volunteer role, members aged over 18 will have the opportunity to remain involved by supporting the planning and facilitation of meetings, mentoring newer members and representing KOl at conferences, events and partnership opportunities. This will help retain valuable knowledge and experience within the group while creating leadership opportunities for young people beyond their time as board members.

Following the organisational changes within the ICB and the conclusion of the Child Health and Wellbeing Network, and in response to reflections shared by Strategic Operational Group (SOG) members, Rise will also explore the development of a new Children and Young People focused newsletter to succeed the previous CHWN newsletter. The aim is to provide a consistent platform for communication and engagement, sharing updates, opportunities, learning and examples of good practice relating to children and young people's health and wellbeing across the region.

Another key ambition for Year Two is to facilitate a regional peer-to-peer youth voice event that brings together youth boards and young people from across the North East and North Cumbria. The event will provide a dedicated space for young people to network, build relationships, share experiences and collaborate on future projects and

priorities linked to health and wellbeing, while also providing opportunities to engage directly with key decision-makers.

The board will also continue to build on existing partnerships and learning opportunities, including developing their role as Healthier Together Champions and contributing further content and insight to the Healthier Together website to help improve information and resources for children, young people and families.

A key project for Year Two will be the launch of an outdoor physical activity pilot through the UK Youth Active Futures programme. The initiative will support more young people to become active by providing inclusive, youth-led opportunities to take part in outdoor activities.

KOI members will work alongside Rise to co-design the pilot, helping shape the activities, promote the programme and evaluate its impact. The learning from the pilot will help inform future physical activity opportunities for young people across the North East and North Cumbria.

Moving forward, Rise and the KOI Youth Board remain committed to strengthening meaningful participation opportunities and ensuring that young people continue to have a voice and play an active role in shaping and influencing conversations, decisions and future developments across the region.

CONCLUSIONS

Year One has been a year of relationship building, learning, growth, development and opportunity for the Know Our Impact Youth Board, and Rise. Through the support of Rise and the Child Health and Wellbeing Network, the board has strengthened its membership, developed a clear youth-led direction and created meaningful opportunities for young people to shape and influence conversations around children and young people health and wellbeing across the North East and North Cumbria.

From growing the board through a successful recruitment campaign, to shaping regional campaigns such as Make It Better, developing the Fund Your Future Youth-Led Social Action Fund and working alongside professionals through joint meetings, young people have demonstrated the value of meaningful participation when given the space, support and trust to feel empowered to lead.



While challenges remain around representation, geographical reach, navigating changes within the wider health system, and the future of the KOI Youth Board under the ICB new structure, the commitment, creativity and resilience shown by KOI members throughout the year has provided a strong foundation for the future and one that we should all feel extremely proud of.

As the board moves into Year Two, there is a clear opportunity to build on this momentum, strengthen partnerships, expand representation and continue ensuring that the voices of children and young people are not only heard, but help shape and influence decisions that affect their lives, families and communities.

ACKNOWLEDGEMENTS

Rise and the Know Our Impact Youth Board would like to extend our sincere thanks to the North East and North Cumbria Integrated Care Board, the Child Health and Wellbeing Network and the Strategic Oversight Group for their continued support throughout Year One.

We are particularly grateful to the Child Health and Wellbeing Network for commissioning and championing the KOI Youth Board, creating opportunities for young people to influence conversations, shape projects and work alongside professionals from across the region. As the Network concludes, we recognise the lasting legacy it has created in strengthening the voice of children and young people within health and wellbeing.

We would also like to thank the members of the Strategic Oversight Group for their commitment to children and young people across the region. Through joint meetings, shared learning and collaborative working, they have helped create an environment where young people's voices are listened to, valued and acted upon.

Finally, thank you to every KOI member for their passion, creativity and commitment throughout the year. Your ideas, experiences and willingness to challenge and inspire others continue to make a real difference to children and young people across the North East and North Cumbria.

We look forward to continuing this work together in Year Two and building on the strong relationships and foundations established throughout the past year.

CYP SOG Pledges to the Young Peoples Impact Group's Manifesto

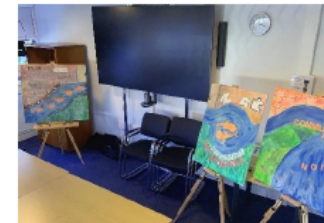
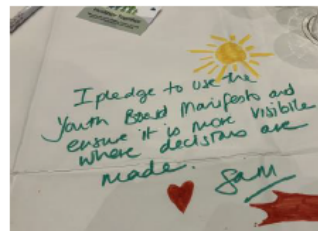


"In the North East and North Cumbria we believe all children and young people should be given the opportunity to flourish and reach their potential, and be advantaged by organisations working together"

NENC ICB, Chief Executive Sam Allen

Pledged to use the Youth Board manifesto and ensure it is more visible where decision are made...

...the artwork was displayed in the Joseph Swan Suite at Pemberton House, Sunderland.



Name	Area Representing	Pledge	Signed
Heather Corlett Programme Lead	The Network and its current governance	I pledge to enable the network team, structures and governance to facilitate co-production with our Youth Board and Network of Youth Voice Groups promoting their voice in our decision-making process and using clear language through built in processes to our day to day work. I will ensure that a Board-to-Board meeting - either professional or recreational is scheduled before the next financial year.	
Adele Pearson Head teacher	Education	I will be sharing the work that has been completed within my sector and promoting the work of the youth board	
Dr Ria Willoughby	Provider arm - acute trusts - clinical directors paediatrics	I will share the video I will advocate to ensure inclusion of YP voice in the services and strategies that I encounter within my leadership roles	
Jo McCarthy System Leader Children in Care	Health	I am part of the NENC ICB workstream for Children in Care and Care Leavers. The manifesto will be advocated in how we work with our young people to involve them to shape services going forward.	
Guy Pilkington - VCSE rep for North East	VCSE	I pledge to persevere in supporting the work of the network - to change the way we support young people, in ways that they value and benefit from.	
Levi Buckley, chair	ICB	Monitor the work of the network to consider if we are adhering to the principles in the manifesto, support the sharing of this with Local Delivery Teams to look at how co-production is built into our work.	
Audrey Kingham	Local Authority	my pledge is to listen carefully to what our young people say they would like us to do, shape and change and to involve them in the future journey at each stage	
Mike McKean - policy advisor	clinical	I pledge to always seek children and young people's opinions, to listen and to work in true partnership with humility and respect. Decisions will be shared decisions.	
Michele Deans, System Leader VCSE Sector	VCSE	Children North East supported the Young Advisors on developing the manifesto, so we pledge that as an organisation we will ensure that the river of change is looked at when we are delivering service for and on behalf of the ICB. We will also pledge to take account of the manifesto findings when delivering our services as it doesn't just reflect health but other systems that have an effect on children and young people living in the region	

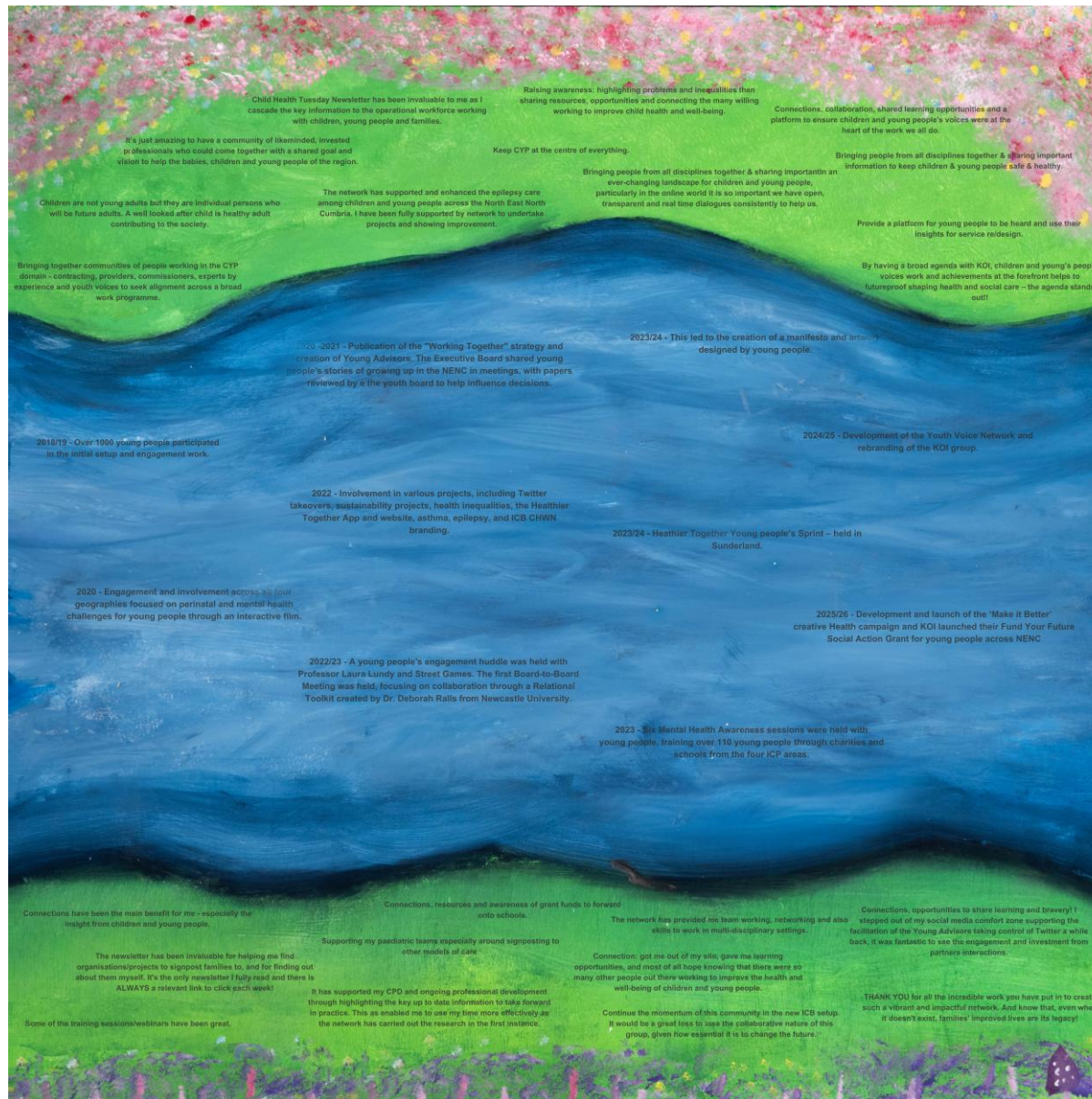
Yasmin Khan	Specialised Commissioning	I endeavour to support and advocate the delivery of the young persons manifesto within my organisation by working closely with the CHWB around any work/issues to do with children and young people from a specialised commissioning perspective.	
Emma Anderson Associate Director of Nursing for CYP Public Health	Public Health (0-19 (25) Services	I will ensure your voice and views are captured and you are consulted with to inform how we deliver our services to children and young people across the North East and Cumbria and ensure we understand what you need to have the best experience of care.	
Amanda Smith	Public Health (0-19 (25) Services	As a provider of 0-19 children and young people's community health services, HDFT will continually incorporate the voice of children and young people, and the Youth Advisors, to inform and influence service developments and service changes. We will ensure we communicate with children and young people in the way they want, and show them the impact of "You Said We Did" demonstrating our respect for their voice .	
Gillian Vince, Clinical	Allied Health Professions	I pledge to support delivery of the Manifesto with Allied Health Professions across the region, and to ensure that the voice of children and young people is heard and central to the way AHP's develop and deliver their services.	
Wendy Kelly – Chair SEG Group	Public Health	As lead for CYP emotional well-being for Public Health South Tees I am absolutely committed to ensuring that all policies, strategy and delivery are driven by CYP. Across South Tees we have upskilled over 4,000 CYP to become mental health advocates and champions to ensure their voice is captured and has real influence in their place of education, with Public Health and with partner organisations. Linking CYP in South Tees with the Young Advisors is something I will actively encourage.	
Nicola Jackson	Local maternity and neonatal system - we work with the 8 hospitals in the North East and North Cumbria	I pledge to fully support the young persons Manifesto by carefully listening to the voices of babies, children and young people so that we can all work closer together to improve services for babies, children, young people and their families who live in the North East and North Cumbria.	

Rachel Mitcheson Director of Delivery	Commissioning	I am committed to ensure children and young people's voices are heard, valued and considered when designing services across the North East and North Cumbria.	
Gary Charlton - Deputy Director of Insight NENC	Data and Insight	By making sure the group has access to appropriate data, helping to support future decision making	
Dr Kathy Petersen, GP Partner and strategic clinical lead in learning disability mental health and neurodivergence	Clinical	I pledge to consider children and young people in the decision making across all commissioning decisions, including transition into adult services, and to continue to consider all inclusion groups and vulnerabilities in that work	
Prof Graham Evans, ICB Chief Digital and Infrastructure Officer.	Digital Transformation	Strive to continually align digital capabilities to enable the delivery of our strategic ambitions for Children and Young People in our region.	
Dan Jackson	Policy, Involvement and Stakeholders Affairs	Through our Involvement work and Patient Voice Group, we will work with the Young People to ensure that the insights of children and young people always help to shape the decisions of the ICB.	
Rachel Gallagher	Public Health	As part of my role on the Board, I will always have in the back of my mind the question - how is what we're doing improving the health and wellbeing of babies, children and young people? If as a Board we're not sure of the answer, we need to check. This might also include supporting the Young Advisors to speak to a wider range of young people to make sure we have the opportunity to hear from all children, including those whose voice is not always heard.	

Peter Rooney	ICB Commissioning	I pledge to support the ICB to properly value and take account of the voices of children and young people. Specifically to ensure that the needs of children and young people with a learning disability and/or neurodivergence and children and young people's mental health are kept to the forefront of service planning and commissioning.	
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Appendix 2: Child Health and Wellbeing Celebration Artwork (Joint SOG/KOI meeting April 2026)





RISE.

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