

## Young Change-makers: APPLICATIONS OPEN

Dear School leader,

We are glad to write to you to be able to share information about our Summer School opportunity in 2022 here at St Christopher's Centre for Awareness and Response to End of Life.

We are keen to support the development, knowledge and skills of those in the community who wish to support others, and work together to create real change. As a result, we've put together an exciting and interactive opportunity for young learners in our local community.

Young Change-Makers is a summer school and leadership development programme for 16-18-year olds who are interested in helping in their community to support others and create change.

Challenges at the end of life can impact us all, and we think that the better prepared we are for what happens, and how we might respond and change it, the more likely we are to make change. We think future generations are an important part of change-making processes and would like to involve them in this work and support them in any interest they have.

Applicants can apply for a five-day summer school programme or a year – long opportunity that will include the five days at the summer school but also run throughout the year as a leadership development opportunity. This longer opportunity aims to help students see themselves as leaders and contributors to change.

The summer five-day programme will be based at St Christopher's Hospice in Sydenham, with one day spent in Croydon. During the week students will combine learning with practical and experiential learning. They'll be asked to think about healthcare, the community, helping others and how we can be proactive and part of a collaborative effort to support one another with end of life experiences.

The year-long opportunity includes the five-day programme and also online and selected weekend mornings during the term which will be flexible and scheduled to meet the needs of attendees. There will be no more than five extra days in total of attendance expected. During this time participants will work on personal leadership, goals and development, particularly within the community.

We hope that this offer and our ambitions for young leadership will be welcome to you, and that you will support your students to attend. If you have any questions please do contact us.

Yours faithfully,

The CARE team

**St Christopher's CARE**

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## Information about Young Change-Makers

**What?** A Summer School for 16-18-year olds with a year-long leadership programme for those who are interested to attend (no more than 10 days attendance in all)  
The Summer school will be in person and the leadership programme online.

**Where?** St Christopher's Centre for Awareness and Response to End of Life, Lawrie Park Road, Sydenham, London SE26 6DZ

**When?** 18<sup>th</sup> – 22<sup>nd</sup> July 2022

**How can I get involved?** fill out the enclosed application form letting us know a bit about yourself and your interests, and ask your caregiver and school to sign it consenting for you to attend.

**Charge?** there is a nominal charge to cover costs of £35 per attendee. Lunch and breakfast will be provided.

### What topics can I expect to explore?

- Yourself, self-care and resilience
- How to talk about important topics and express ourselves, and why that is good for us all
- What the role is of communities and different professionals at health care organisations in taking care of others at the end of life
- More about different communities and activism and leadership
- What role young people can play in this
- Change-making and different options available to you

### General Timetable for Summer School

**Day 1:** Get to know each other and tell us about yourselves, and take part in creative arts sessions like drumming and song-writing

**Day 2:** Learn more about different healthcare approaches and how people work together to support people at the end of life – join a treasure hunt!

**Day 3:** Think about communities and what they mean to us and how they help our wellbeing, and plan a social change campaign

**Day 4:** Join a hosted study visit to Croydon organisations making change in the community and paint a mural in a sheltered housing complex

**Day 5:** Challenge day: work in groups to identify then find a solution to a problem you've noticed this week and present it to people.

### General Timetable for Young Leaders

- Monthly one-hour peer mentoring sessions in the evening
- A weekend day in October
- A weekend in February 2023
- A celebration event in June 2023

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