

KOI 25/26 HIGHLIGHTS

NHS North East and North Cumbria

KOI Know Our Impact Youth Board

RISE.

What we've done this year:

Creative Health



In an in-person meeting in October, we engaged in a workshop with Martin Wilson from Tin Arts. Over the course of the session, Martin taught us that ability is a social construct and explored with us ways in which we can make the world more inclusive. We loved that he could share with us how he does this with his own dance company, which works to make dance inclusive and accessible for all. This session really helped to support our interest in creative approaches to preventative health and wellbeing and inspired us to continue working with this in mind.

We got straight to work, getting involved with the North East and North Cumbria Integrated Care Board's (NENC ICB) creative health campaign - Make It Better! We had so much fun creating Haiku poetry on the topic of creativity that same day. This was later used to inform their campaign.

Over the next few months, we had other opportunities to get involved. In January, we reviewed their first draft poster designs. We got to discuss them as a group together and used our age to our advantage, particularly focusing on making sure that they were relevant to young people. We really felt that our thoughts and opinions were listened to and helped influence the development of the final designs.

In February, the revised campaign materials were brought back to us. It felt amazing to actually see how our feedback had directly shaped and influenced the updated designs. We also shared our thoughts about where the posters could be placed to be seen and interacted with by the most people, to ensure it has the widest reach across the local area. Our input contributed towards the development of additional resources, including assembly and lesson plans that can be used by schools to further engage young people with the campaign's messages.







What we've done this year:

Joint SOG Meetings

July 2025



Our first joint meeting with the SOG Board took place in July 2025. We led an interactive icebreaker which included both boards, helping everyone to merge, talk about our interests and get to know each other. This helped to break the ice and bring everyone together before we got started with the rest of the day.

As a Youth Board, we led an activity to share our views on the region's work experience offer. We discussed some of the struggles young people can face when finding opportunities to support their growing independence, such as work experience placements and pathways into careers that are accessible and inclusive. We shared our ideas about what a good work experience offer should look like for young people and how this could be implemented within the NENC ICB.



We also welcomed Amanda Bailey to the meeting to talk to us about the North East Child Poverty Action Plan. This gave us an opportunity to learn more about the work happening across the region and discuss an issue that has a big impact on the lives, health and wellbeing of children and young people.

After the meeting, we went on a tour of Stella House and were introduced to a range of professionals working in different roles. We got the chance to speak to them about their jobs, hear their career advice and learn about the different pathways they had taken. This allowed us to see some of the work that goes into improving the lives of young people, while also helping us learn more about the range of roles and careers available to us.





What we've done this year:

Joint SOG Meetings

April 2026



In April 2026, we met again with professionals from the SOG Board. We led a presentation to the professionals in the room, sharing our progress on the different projects and campaigns we had been involved with throughout the year. This gave us the opportunity to show what we had been working on and everything we had achieved so far.

We also presented Levi Buckley with his own KOI hoodie to thank him for all of his support and contributions while working with us before he moved on to a new role. It was a nice opportunity for us to recognise the support he had given the Youth Board and say thank you.

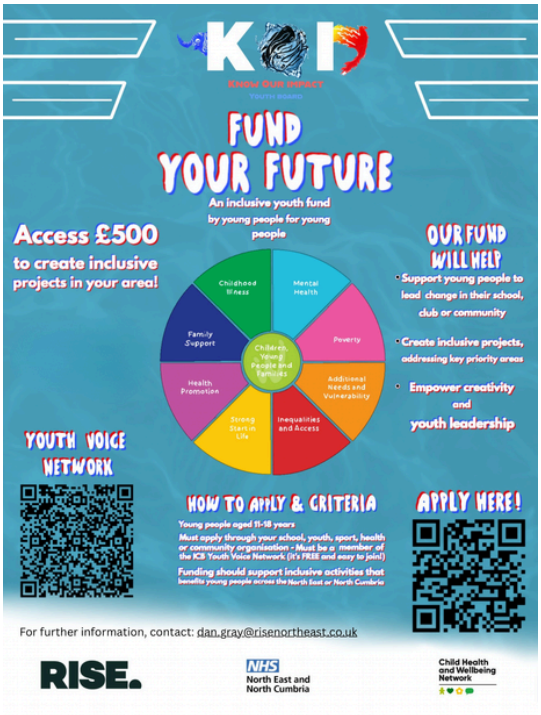
To help celebrate the work of the Child Health and Wellbeing Network, we worked together with the professionals to create a piece of art representing the achievements of the network. Taking inspiration from our manifesto artwork, we painted koi fish along a 'River of Change', with the fish representing different achievements and the progress that had been made. It was a creative way for young people and professionals to come together and celebrate the work that had taken place across the network.



What we've done this year:

Fund Your Future

This year, we launched our Fund Your Future bursary, giving young people across the North East and North Cumbria the opportunity to apply for funding to support an activity that could positively impact their health and wellbeing.



We wanted the funding to provide more opportunities for young people to try something new, while developing key skills such as responsibility and leadership. We also wanted to give young people more opportunities to be active and connect with others, contributing to both their social and physical wellbeing.

Our first job was to advertise the bursary. We needed to make sure that young people would engage with the poster, which involved coming up with a catchy and concise title that would grab their attention.

After that, we created an application form containing simple questions to help us understand the activities young people were planning to do. We also wanted the application to be accessible to different young people, so we gave them the option to submit their ideas creatively rather than only through written answers.



We then received 30 applications, from which we had the very difficult job of shortlisting 13. To make this easier and help us make fair decisions, we came up with a scoring matrix which helped us decide where we would like the funding to go.

After making our decisions and providing the funding, we asked each successful applicant to report back to us on the activity they were completing. This helped us understand how the funding had been used and the difference it had made for the young people involved.

What we've done this year:

Fund Your Future

THE IMPACT:

13 Projects fundered across:

County Durham
Gateshead
Newcastle
North Cumbria
North Tyneside
Northumberland
South Tyneside
Sunderland
Teeside

Projects included:

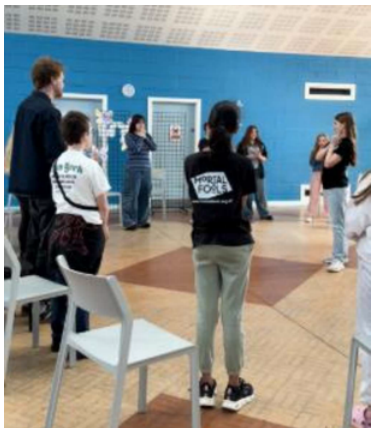
Community gardens
Podcast & magazine creation
Sports clubs
Youth-led planning
Social Action Projects
Peer mentoring

92% Young People felt happier after taking part in the funded projects

98% Would recommend their project to other young people

90% of young people were able to take on more responsiblity







81% improved their ability to plan new activities

80% Felt more social

81% improved their ability to plan new activities

What we've done this year:

Our Year in Pictures







Manifesto refresher session with Dr. Deborah Ralls







Centre for Population Health Conference



Escape Room - Team Building











Work experience consultation with Julie Bailey

What we've done this year:

Our Year in Words:

I am proud to see the real impact that the fund your future campaign has had. Receiving the feedback forms from other young people and seeing that it has made a positive difference for them is amazing

I feel that I've not only gained more confidence in my own ideas and speaking in front of others, but also feel I've gained knowledge that I wouldn't have learnt without being a KOI member, especially regarding organisations for young people and how they work. I have also loved the opportunity to do things and meet people who aim to support young people, whilst giving me the skills to talk to anyone I meet.

Being a part of KOI has definitely improved my social skills, especially during the in person as I find I'm much more comfortable sharing my opinions and ideas now than when I first joined.

It is an amazing opportunity! Everyone is so friendly and welcoming. The meetings are always so fun and we get the opportunity to choose what we work on based on what matters to us as a group

I have really enjoyed working on fund your future because I loved seeing all the submissions on what children want to achieve when money isn't a barrier.

I've made new friends, taken part in incredibly fun and important projects and activities, I would definitely recommend it to other young people.

KOI has given me the opportunity to share my voice and feel heard whilst also giving others that same opportunity

A Thank You from KOI:

Following the end of 25/26, which brought many new members to our youth board, we would to thank the North East and North Cumbria Integrated Care Board, including everyone who was part of the Child Health and Wellbeing Network, for giving us the opportunity to be part of the KOI Youth Board.

Over the past year, we have been given so many opportunities to share our voices, meet professionals, contribute to projects, and have our say on issues that affect children and young people across our region. Most importantly, we have felt that our ideas and opinions have been listened to and that we have been able to make a difference.

We are really proud of everything we have achieved together and the friendships we've made along the way. We would love to continue working alongside the ICB, getting involved in new initiatives and making sure that young people have opportunities to influence the decisions that affect them.

Thank you for listening to us, supporting us and giving us the opportunity to make a difference.

From everyone at the KOI Youth Board

