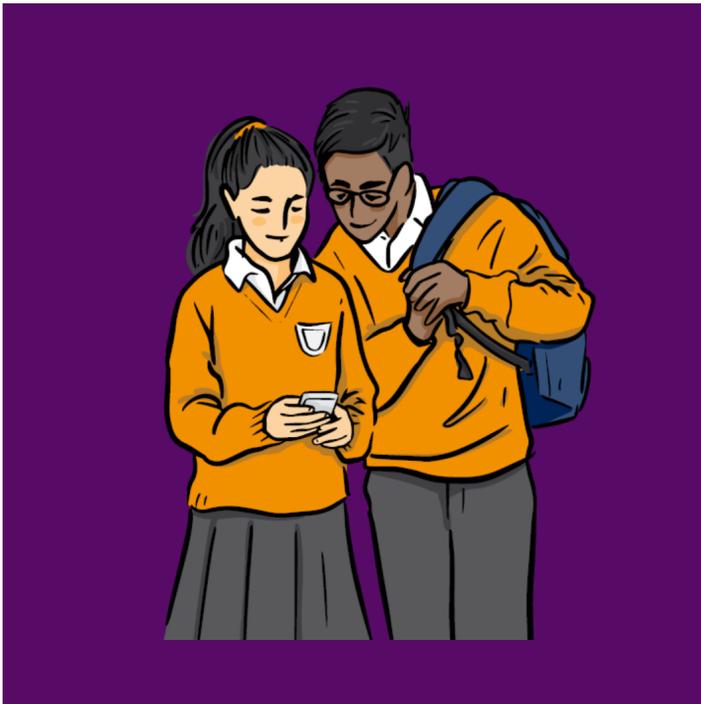


R U Connected?



Get your free Connect Card for:

- Information about wellbeing and mental health
- Signposts to support
- Info about fun stuff in your local area
- Free stuff / competitions
- Ways to 'get involved' and earn 'Tempo Time Credits'*

*You can use Time Credits for things like cinema tickets and days out... 😊

Collect your card from:

startnowcornwall.org.uk
hskyouth

START
NOW

Connect Card Guide for adults

Connect Card

The **Connect Card** was created and designed by Young People in Cornwall for 10 - 16 year olds. They wanted something that would be a handy way to quickly find advice and information. They also wanted it to be something YP would see as worth keeping, attractive and discrete. The YP thought a credit size card could be kept in a phone case or wallet and an additional key fob would increase accessibility.

The **QR Code** on the back can be scanned by the majority of smart 'phones / tablets via the camera (sometimes needs turning on in settings) and links to **#Connect**. **#Connect** is a portal to advice / information on mental wellbeing / getting help and support and links to agencies across Cornwall.

It is also a place for free stuff / competitions / games / wellbeing tools and resources and opportunities to get involved in new activities in their local area / have their voice heard by the Council on a whole range of issues from the Climate Emergency to helping Cornwall to become a **'brilliant place to grow up'** for all young people.

One of the most exciting opportunities is for young people to earn **Tempo Time Credits** (*Time Credits can be used for things like cinema tickets and days out...*) by getting involved in anything from reviewing **#Connect** or suggesting ideas for (or contributing) content and ways to promote the cards and encourage YP to keep / use the cards.



Introducing the Connect Card to YP

- The **Connect Card** can be given to any YP aged 10 -16 (Y6 - Y11) in Cornwall (and the IOS)
- Explain what it is and why it came about.
- Check they know what a **QR code** is (in testing very few YP DIDN'T know but it was worth asking the question and being able to show how they work).
- Demonstrate what happens when you **scan the card and introduce some of the content***
- Emphasise that: the **help content** will always be there (and kept updated) and **other content** will change and grow with new content including free stuff and competitions being added regularly. Encourage them to hang on to it.
- If anyone is interested in getting involved in giving us feedback / creating content / getting involved - they would be most welcome and can earn **Time Credits** at the same time (see **Join the Connect Team** tile on the front page).

Suggested quick tour

From **#Connect 'Home Page'**

1. **Get Help and Support** includes ideas for urgent help as well sources of support in Cornwall.
2. **Free stuff and competitions** - there will be something at least once a term
3. **Resilience Hero** game (*due before half term Autumn 2021*) created by a local gamer / game designer in Cornwall)
4. **Your Way Cornwall app** - In-app content has been designed by young people, for young people, and includes general information, advice and guidance, an app version of the **Wellbeing and Resilience Action Planning tool** alongside content on mental health and wellbeing.

From **#Connect 4 You**

1. Wellbeing and Resilience Action Plan (**WRAP**) - on online tool created by young people. The WRAP is now also available as part of the Your Way Cornwall free app.
2. **RUOK?** - an online subjective wellbeing survey based on the *Children's Society, Good Childhood Index* .
3. **Affirmation Station** - A fun resource in which YP can download positive messages / affirmations.

From **Community Connections**

1. The range of organisations offering support and information.
2. **Volunteer to Connect** - introduction to **Time Credits** / get involved.

Thank you for supporting **#Connect**

If you have any questions / suggestions

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 startnowcornwall.org.uk

 [hskyouth](https://www.instagram.com/hskyouth)

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