

Team learning activity: Seen and Heard, Lundy model of participation

About the children and young people's crisis worker films

The Seen and Heard series of films tell real life stories of young people, parents and carers across England who have accessed crisis pathway services. They are intended to support and enable professionals working in these settings to reflect and consider learning points from these experiences.

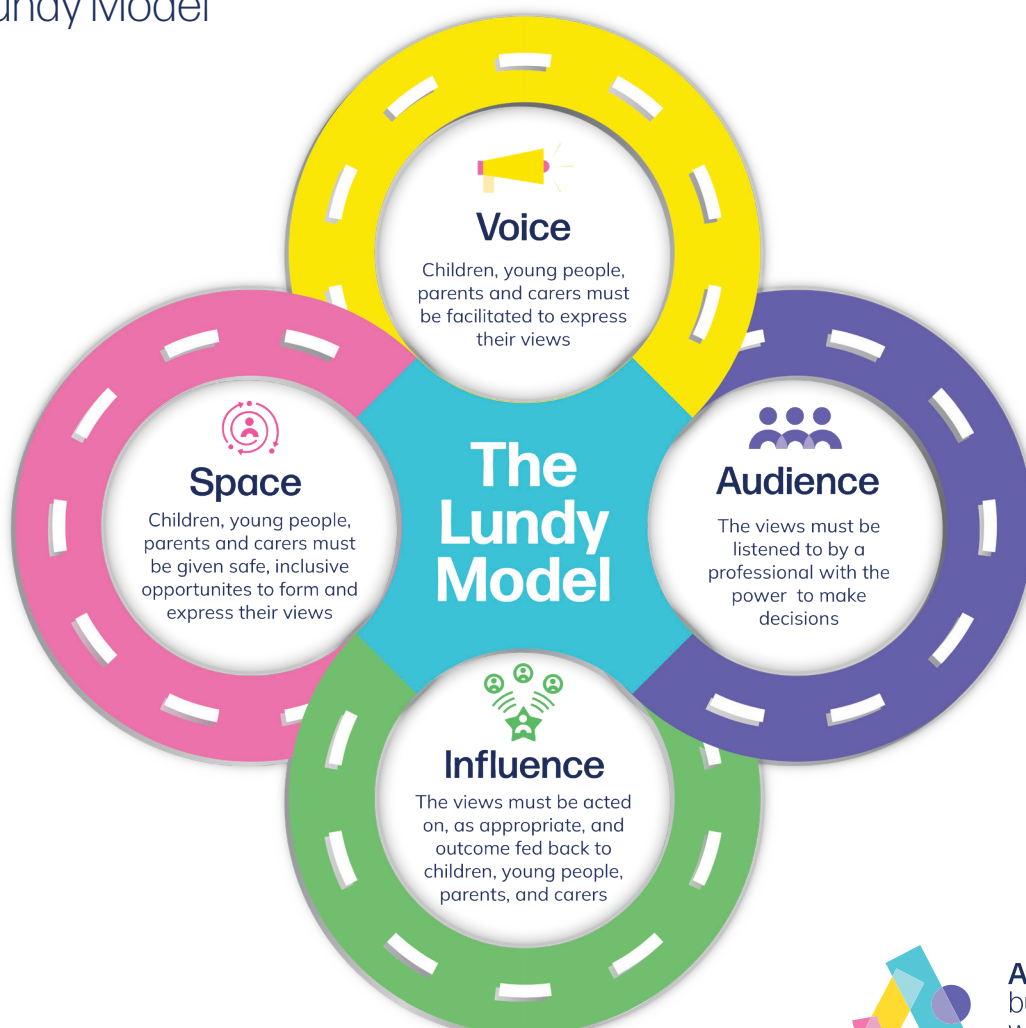
Each video should be viewed and used alongside specially created reflective learning activities designed for whole teams to use after training.

Due to the emotive nature of the stories, the children, young people and families who have bravely shared their experiences were offered support throughout the process and any concerns raised from the story in relation to possible poor practice had been fully investigated by the providers involved in the care.

About Lundy and me

Lundy and Me is a short film made with young people. They discuss how it feels to have their voices heard and acted upon when they first access services, bringing the Lundy model to life.

The Lundy Model



Anna Freud
building the mental
wellbeing of the
next generation

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Learning objectives

- Understand the Lundy model of participation.
- Consider your team's approach to participation and what could be done to strengthen this further.



Team learning activity

This team learning activity will take 30-45 minutes to complete.



1 In teams, discuss:

- The Lundy road map graphic and overlay a recent scenario
- Do you recognise all four domains? Are some missing?
- Space: what opportunities to influence decisions currently exist for those we work with?
- What is the physical space like? What happens in that space?
- Voice: what are the biggest challenges for voice?
- Audience: who has power to effect change?
- Influence: how do you communicate influence to those you work with?
- Consider our Lundy model planning checklist and answer prompt questions to create a plan for your service.

Activity on help-seeking

This team learning activity will take 20-30 minutes to complete.

1 In pairs, discuss:

- What effect might the prospect of making a call for help have on a young person's emotional temperature?
- What effect might their emotional temperature have on their call?
- In this video, what seems to make it possible for the young person to make (and keep going with) the call?

2 As a team, feed back on your discussions

3 Give us feedback

Please let us know how it went by scanning this QR code to access a brief survey. This will help us to improve our learning resources.



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