

#PullUpAChair

Overview:

The partners are the children & their caregivers, a Film Maker (Laura Degnan) & a Theatre Maker (Ruth Johnson). A PullUpAChair is five days with up to 12 children & uses the creative arts as the vehicle to support them to reflect on their views, wishes & feelings to share their voice. The model includes a pre-project element. This phase is information gathering; finding out their strengths, challenges, interests & hobbies. Through this the team ensure the PullUpAChair environment is right for the children & that the activities are aligned to their interests. There is something magical about PullUpAChair, the way it empowers the children, how they speak to camera with an honesty & confidence that you would not expect. The approach enables the children to build relationships with the adults in the team overtime & to co-create approaches & solutions to addressing health inequalities in education & health.

Objectives: The aim of PullUpAChair is to amplify the voices of those underserved in England. The age range is typically from 5 to 21 years living in North East of England. Most participants have identified special educational needs & disabilities such as Autism, ADHD, Learning Disabilities/difficulties, Dyslexia & Anxiety. Some of the CYP also have physical disabilities.

Results: The impact is measured by feedback at dissemination events, traffic to the website and testimonials. YP involved say: "Listen to children" "By the time I have got to trust someone doing CBT, my 6 weeks are over"

More information: #PullUpAChair is funded by research commissions with organisations interested in youth participation and voice and addressing inequalities in access to multi-sector services. This work was funded by Northumberland County Council. Funders have included the National Institute of Health Research, Sunderland Local Authority, the Charity SHINE and UKRI.

More information: [Ace Networks](#)

