

YOUNG VOICES  
MAKE YOUR VOICE HEARD

# THEMES

The following themes were co-created with the Leicestershire HDRC Public Advisory Group based on the drawings and other contributions from workshops at three Leicestershire schools. We have included a description and examples from the workshops for each theme.

## Spacious, affordable and modern housing

The need for big, modern, safe homes, with gardens and space around the houses.

## Community, safety, and protection

The importance of feeling safe, in calm environments with limited noise and disruption, includes infrastructure such as streetlights, and safety precautions around schools. This also includes the presence of supportive communities and reliable and trustworthy police officers who can ensure community safety.

Protecting green and blue spaces so that they can contribute to clean air, places to walk, and provide habitats for animals and other wildlife. This includes the relationship with farms, allowing healthy, fresh, local food to be available.

## Fun and friends

It is important to have 'fun' places to connect and engage in recreational activities that have a positive impact on mental health, stress and provide opportunities to socialise. This could include spaces to play and watch sports, cinemas, parks, community events, or restaurants.

## Spaces and places that influence health behaviours

This theme has four parts (**FRESH**)

- The availability of healthy food options and limiting unhealthy food options e.g. fried chicken shops. (**Food**)
- Access to appropriate religious buildings for spiritual health. (**Religion**)
- The provision of affordable or free spaces to exercise for all ages, e.g. gyms or leisure centres. (**Exercise**)
- The availability, sale and use of controlled substances, cigarettes and alcohol to prevent/reduce use. (**Substances**)

## Proximity to wants and needs

To live within walking or cycling distance of friends, green spaces, public transport links, and health spaces e.g. pharmacies

