

STYPA

Welcome pack for
Team Leaders



European Patients Forum



PEOPLE
DIALOGUE
CHANGE



europeanpatients'forum
Youth Group

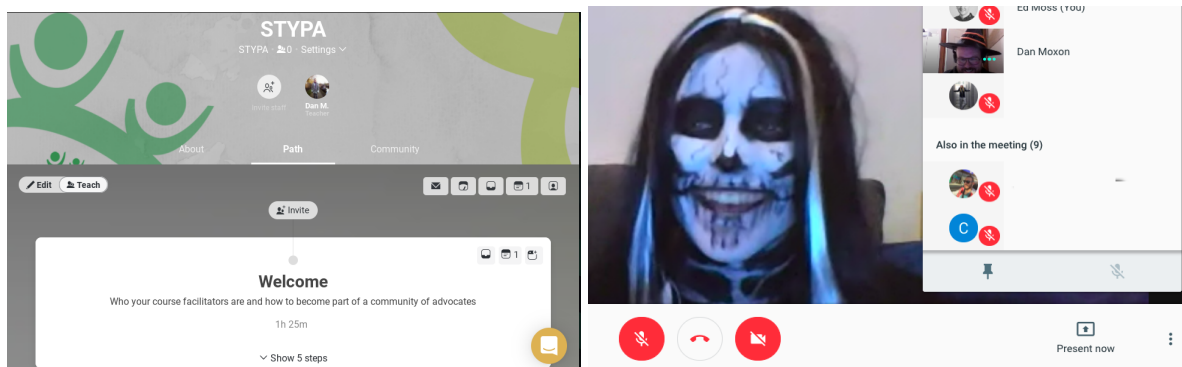
Introduction

The Summer Training Course for Young Patient Advocates (STYPA) is a European Patients Forum (EPF) project which supports young patient advocates to develop their advocacy skills. Now in its fifth year, this year we hope to have nearly 60 young advocates taking part from across Europe.



The purpose and nature of the STYPA programme is to support, through high-quality training and coaching, young patient advocates or representatives of young patient advocates who have the motivation to learn more about patient advocacy and maximise their leadership potential in real environment settings.

How will the programme work ?



STYPA has always used a mixture of online learning, webinars and a face to face training courses to support its participants. Sadly, due to COVID-19 restrictions we can't safely run the face to face course this year. So instead we will expand the online components and webinars to make sure STYPA participants still have a great experience. You will need access to a computer or tablet that is connected to the internet and capable of video chat to take part in the programme. Mobile devices can be used, but they are not recommended.

This means as a STYPA participant you will be actively collaborating with young patient advocates from across Europe, from May to October. This happens through a series of online line hangouts, and a dedicated online platform that teaches you everything you need to know about advocacy and a series of livestreams. A big part of the programme is about helping STYPA participants interact with each other as the course develops.

The programme has two phases "Learning Together" and "Team Challenges".





Phase 1 - Learning together

This phase starts at the start of May and lasts until July (see the next section for dates.)

The online learning platform

At the start of the programme participants will be given access to an online learning platform containing videos, activities, and tasks to do together with other participants on the theme of advocacy. New content will be released on the platform every two-three weeks. You should expect to spend at least 1.5 hours every two weeks on the online tasks from the end of May to the start of July.

Whole group online hangouts

From May to July all STYPA participants will take part in a series of online hangouts. These take place roughly every two weeks and last 1hr. These will help you connect with other advocates in the programmes, and explore your advocacy work in more detail.





Phase 2 - Team Challenges

This phase runs Mid July until the end of October (see the next section for dates.)

Team webinars and team leaders

In July participants will be split into small teams around 12 advocates. Each team will be led by a Team leader, who will be a STYPA graduate from last year's programmes. Teams will have a team hangout once a month lasting 1hr. You will work together with your team to undertake your own advocacy campaigns and projects, based on the topics and causes you are interested in.

Team challenges

To help teams with their advocacy projects they will be set a series of 'team challenges'. Each challenge is an activity that you can do that will help you with your advocacy campaign. Teams are awarded points based on the challenges they complete, and compete against each other to be STYPA's winning team. The challenges are things that you do in real life, as part of your role as an advocate - it could be things like organising a petition, or meeting with a decision maker. How much time you put into these is up to you - it is based around your project. At the end of the programme we will have a whole group hangout for all the teams to come together, celebrate their success and announce the winner.



The livestreams

Throughout the programme, the team leaders will run a series of livestreams. These will invite guest speakers from the world of advocacy as well STYPA alumni to share their stories and experiences of the advocacy world.



Team leader hangouts

Throughout the programme. Team leaders will have access to group coaching and support to plan the livestream events through regular team leader hangouts. These will be just for team leaders and facilitated by the STYPA team.



The people supporting you

EPF is an umbrella organisation that works with patients' groups in public health and health advocacy across Europe. Our members represent specific chronic disease groups at EU level or are national coalitions of patients. EPF also has a very active Youth Group of young patient advocates, who guide and direct EPF's work.

EPF commissions People, Dialogue and Change (PDC) to provide training and support for STYPA participants. PDC specialises in supporting youth advocacy and youth activism.

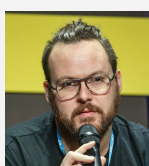
Staff from EPF and PDC work together to deliver the programme.

Borislava Ananieva - EPF Youth Strategy and Capacity Building Assistant



Borislava joined the EPF Secretariat team in May 2019. She is a two-time kidney transplanted patient and a founding member of the EPF Youth Group. Currently she is the EPF Youth Strategy Assistant, working on the EPF Youth Strategy connecting the Youth Group to the Secretariat and representing the young patient perspective in a range of activities. Borislava oversees the STYPA programme on behalf of EPF.

Dan Moxon - PDC Course leader



Dan is a trainer and researcher in the field of youth activism and youth participation, working with multiple organisations across Europe to enable them to support young people's voices. Dan's role is to make sure the day to day running of STYPA goes smoothly. He runs the online learning platform and will usually be the person who replies to you if you get in touch with a query.

Ed Moss - PDC associate trainer



Ed is a coach and trainer with over 10 years expertise in facilitation, training and support. He supports a variety of individuals and organisations with growth and change. Ed's role on the programme includes facilitating the whole group hangouts and coaching the team leaders.

Neringa Tumėnaitė - PDC associate trainer



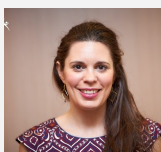
Neringa is a Lithuanian Human Rights educator and an expert of Youth, Peace and Development. She has led a wide variety of training courses and forums for young people focused on human rights and inclusion. Neringa's role on the programme includes facilitating the whole group hangouts and providing support for the live stream events.

The Team leaders



In the second phase of the programme participants will be supported by a dedicated team leader, who will be a former STYPA graduate. The team leaders will run the team hangouts and the livestream events.

Elena Balestra - EPF Membership & Capacity Building Manager



Elena joined EPF in April 2017. As Membership and Capacity Building Manager, she is responsible for liaising with the EPF members, the Membership strategy and the Capacity Building Programme. STYPA is part of EPF's capacity building programme.



Want to contact the team?

The team is here to provide you with support from the moment the training launches at the end of May until it finishes at the end of October.

You can reach out to us at any time for advice and support on your advocacy work. - you don't have to wait until the online hangouts.

After the training launches on 1st of May, you can get in touch:

- By using the project WhatsApp group - you will get details of this soon.
- By DM'ing us on WhatsApp +447412551720
- By emailing stypa@peopledialoguechange.org
- By messaging us through the online platform

If you have enquiries before the projects starts, you can get also get touch with Borislava on borislava.ananieva@eu-patient.eu



The team leaders role

As a team leader, your role is to work with the EPF and People Dialogue and Change staff to support the STYP A participants. STYP A is a safe space where you can develop your skills as a leader, and we will be supporting you throughout the entire process. Your roles as a team leader are:

★ Taking part in team leader hangouts

Through the course you will take part in online hangouts just for team leaders. These will be led by Ed, and the purpose of them is to prepare you and support you in your role as a team leader. They will have two themes: **leadership coaching** and planning the **live stream events**.

★ Organising and running the live stream events

The team leaders will have the responsibility to organise and run the three livestream events. (With support from the STYP A team!). You will get more details about what this involves, as well as support to do it during the team leader hangouts.

★ Running your team's hangouts and supporting your team

In July participants will be split into teams. You will be responsible for **leading one of the teams**. This means you will be running the online hangout for your team as well as supporting them between hangouts. Your team will be completing a series of advocacy challenges, and the team who completes the most will be the winning team. As a team leader you can also **help your team members complete the challenges**, and complete challenges yourself. The approach you take to this will depend on how you wish to lead the group. You will get more details about what this involves, as well as support to do it during the team leader hangouts.



Contributing to SOME of the whole group hangouts

As a team leader you are welcome to attend any of the whole group hangouts you wish. They will be a great opportunity for you to connect and meet with other STYPA participants. You will be emailed regular reminders when these are taking place.

Three of the hangouts **are essential** to your team leader role, and **you must take part** in these. They are:

- The two whole group hangouts in July (7th and 8th) - at these hangout participants will be split into teams. As a team leader
- The final whole group hangout in October (13th)

All of the other whole group hangouts **are optional**



Skiping the online course

You did the online course already so there is no need to repeat it. The content is the same as last year. However, you can still access the course as an observer if you wish. This will mean that you can see the course content, but will not be able to take part in assignments. Use this link to join [as an observer](#).



Contributing to the WhatsApp Group

Join the WhatsApp group for 2021 STYPA participants and the group for 2021 team leaders using the link below. Ground rules for the groups are:

- Post in this chat whenever you want - either for social things or advocacy things,
- Take the time to reply to others, but don't feel obligated to follow every message
- Be kind and treat people with respect - keep it clean, polite and decent,
- Keep what is said in the group private, including people's numbers, and messages
- Think twice before you slide into someone DM's - it's great to make that direct connection, but check if the other person also wants this.

In July you will also have a WhatsApp group for your team. You will need to follow the messages in this chat more closely so that you can support your team.



STYPA 2021 Team Leaders

WhatsApp group



Scan this QR code using the
WhatsApp camera to join this
group



STYPA 2021

WhatsApp group



Scan this QR code using the
WhatsApp camera to join this
group

Key dates for team leaders



Team leader hangouts

- Monday 10th May - Leadership coaching
- Monday 24th May - Livestream event planning
- Monday 21st June - Livestream event planning
- Monday 5th July - Leadership coaching
- Monday 9th Aug - Leadership coaching
- Monday 23rd Aug - Livestream event planning
- Monday 6th September - Leadership coaching
- Monday 27th September - Leadership coaching
- Late September / Early October - Date TBC - Livestream events planning
- Monday 18th Oct - Events planning
- Monday event planning calls (E) 8th Nov - Livestream events planning

All team leader hangouts take place from **19.30-20.30 pm Central European Time**. (That's 18.30-19.30 GMT time and 20.30 - 21.30 Eastern European Time)



Livestream events

- 30th June (provisional date)
- Late September / Early October
- 10th November (provisional date)



Whole group hangouts

- 1st whole group online hangout - Wed. 12th May - (optional for team leaders)
- 2nd whole group online hangout - Wed. 26th May - (optional for team leaders)
- 3rd whole group online hangout - Wed. 9th June - (optional for team leaders)
- 4th whole group online hangout - Wed. 23rd June - (optional for team leaders)
- 5th whole group online hangout - Wed. 7th July - (Team leaders must attend)
- 6th whole group online hangout - Thurs 8th July - (Team leaders must attend)
- 7th whole group hangout - Wed. 13th of October - (Team leaders must attend)

All hangouts take place from **19.30-21.00 pm Central European Time**. (That's 18.30-20.00 GMT time and 20.30 - 22.00 Eastern European Time)



Team Hangouts

During this phrase, participants attend only their own team's hangout. Teams meet on different nights of the week and during the programme you can choose which team you join based on which times you are available.

Team Hangouts			
<i>Team Monday</i>	<i>Team Tuesday</i>	<i>Team Wednesday</i>	<i>Team Thursday</i>
19th July	20th July	21st July	22nd July
16th Aug	17th Aug	18th Aug	19th Aug
13th Sept	14th Sept	15th Sept	16th Sept
4th Oct	5th Oct	6th Oct	7th Oct

All team hangouts take place from **19.30-21.00 pm Central European Time**. (That's 18.30-20.00 GMT and 20.30 - 22.00 Eastern European Time)



What to do now?

The online platform contains all the information you need to join the hangouts and take part in the programme.

You will also be emailed regular reminders when hangouts are due to take place, or other key events in the programme are happening.

So right now sit back, relax and wait for your first team leaders to hangout.