

TSA Member case study

ORCHA and Ormiston Rivers Academy

Overview

As part of the roll out of the Digital Healthy Schools Programme in Essex, [TSA](#) member, [ORCHA](#) engaged with ReThink, a group of Key Stage 4 students from Ormiston Rivers Academy using mHealth solutions to raise awareness of taboo subjects such as sexual and mental health, and issues surrounding the LGBT+ community.

Having felt that they missed out on elements of this education, they have completed qualifications and are now rolling out assemblies and classes in their school. They regularly host events aimed at raising awareness and supporting their peers through potentially turbulent and ambiguous times, being adamant that *“we would rather have an uncomfortable population than an uneducated one”*.

Wanting to normalise how their peers think about these subjects, the group are looking at how to increase the use mHealth solutions and apps to back up their message; reasoning that encouraging app use means this education and positive thinking continues outside the classroom.

Solution

The group already use Period Trackers as a key element of their advised support, but had mixed experiences finding one that they rated highly enough to recommend. So, when ORCHA came to present for the Digital Healthy Schools Programme, the group were impressed by the potential ORCHA brings; helping users identify the best apps for such potentially delicate subjects as men’s health, women’s health, and sexual health for example.

Outcome

ReThink can now easily research the best apps and recommend them as part of their advice, or point peers to the Essex Digital Healthy Schools Programme ORCHA page, aimed at school children in Essex and let them research apps themselves.

As Miss Marable, Teacher of Religious Studies, Citizenship and Sociology, explains *“it’s really exciting to see how two such important initiatives [ReThink and the Digital Healthy Schools Programme] have the potential to support each other and positively impact both the physical and psychological wellbeing of our students”*.

Dr Muhammad Khan, Medical Adviser at ORCHA, continues *“there is such an exciting symbiosis here, and there is so much potential to make a real difference to the wellbeing of young people in the area”*.

ReThink now hope to raise more awareness of their work and find a way to get sustainable funding so they can increase their span of influence to the whole of Essex and beyond.

About the Digital Healthy Schools Programme

Our country is facing big challenges to the healthcare system, yet many of the long-term illnesses that impact so many lives and cost so much to treat are entirely preventable.

It has been shown by healthcare professionals that mobile technology is an effective way for patients to manage their conditions and for people to maintain and improve their health. Despite this, mobile Health (mHealth), which can include everything from step counters and stress busting apps to personal diabetes monitoring and skin-cancer diagnosis tools, is a relatively unknown area for many people. It requires more awareness, and we need more help navigating the options available.

Through this Programme, ORCHA provides an unmatched education in mHealth; making children aware of how they can use mHealth solutions for the benefit of themselves, their friends and their families. Teaching them how to find the best and, importantly, safest apps available to them.

The Digital Healthy Schools Programme is now rolling out to 20 schools across Lancashire and South Cumbria.

About TSA

TSA is the industry body for technology enabled care (TEC) services, representing organisations including telecare and telehealth service providers and suppliers, commissioners, digital health businesses, housing associations, emergency services, academics, charities and government bodies.

For further information about TSA services, our membership, quality standards, training and consultancy please contact us:

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