

MAXABLE YOUNG VOICES

Children Speak. Adults Listen. Change Begins.

A child-centered initiative



PREVENTION NEEDS TO START EARLY



50%

of mental health problems
are established by age 14,
and 75% by age 24.



70%

of children and adolescents
experiencing mental health
problems have not had
appropriate interventions at
a sufficiently early age.

Maxable Global works in **prevention**. If the roots are early,
the response must be early too.

Source: Mental Health Foundation, *Children and Young People: Statistics*; Kessler et al. (2005).



ADULTS TALK ABOUT CHILDREN'S WELLBEING. WE ASK CHILDREN.

Too often, conversations about children's wellbeing are led by adults. Maxable Young Voices changes who is speaking. We create the space for children to share their experiences, ideas and what they want adults to understand.



THEIR VOICE MATTERS

Article 12 of the UN Convention on the Rights of the Child recognises every child's right to express their views on matters affecting them, with those views given due weight according to age and maturity.

Source: UN Convention on the Rights of the Child, Article 12.

We create the space. Children shape the message. Adults listen.



WHAT CHILDREN WILL EXPLORE



Wellbeing



Friendships



School Pressure



Bullying



Belonging

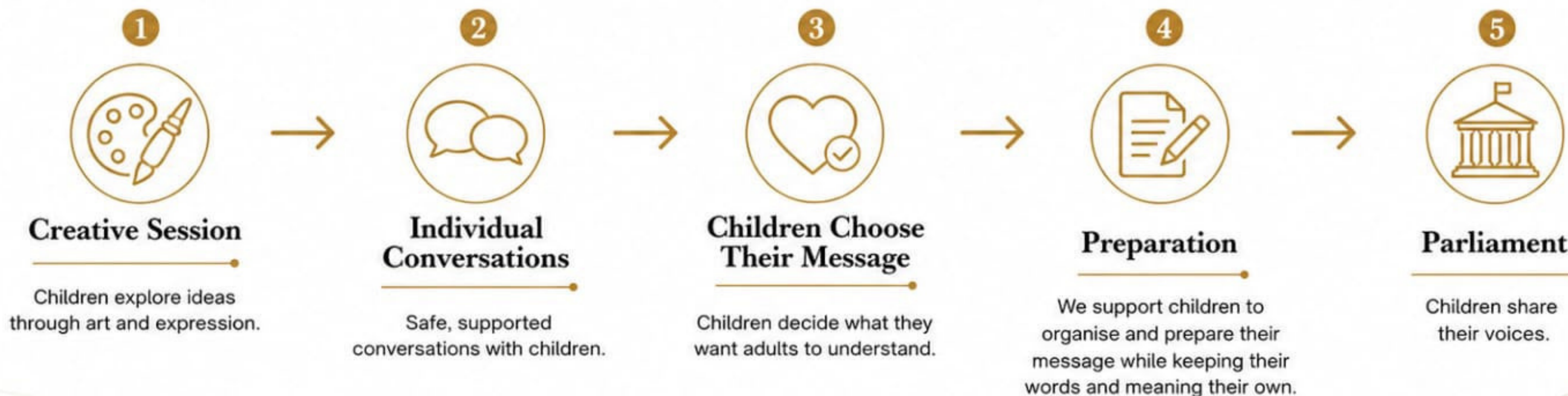


Digital Life

— *Everyday experiences that can shape children's wellbeing.*

HOW WE LISTEN

A child-centred journey designed to protect authentic voices.



Safeguarding, consent, choice and wellbeing sit at the heart of every stage.

A Voice is Powerful When it is Heard

When children are genuinely listened to and taken seriously, they begin to experience agency, belonging and confidence.

At Maxable Young Voices, participation is part of prevention- creating space for children to speak, be understood, and influence what affects them.

Informed by UNICEF's framework on adolescent participation (Lansdown, G., 2018)



LAUNCHING AT PARLIAMENT

THE MAXABLE YOUNG VOICES BOOK



Children's voices and ideas

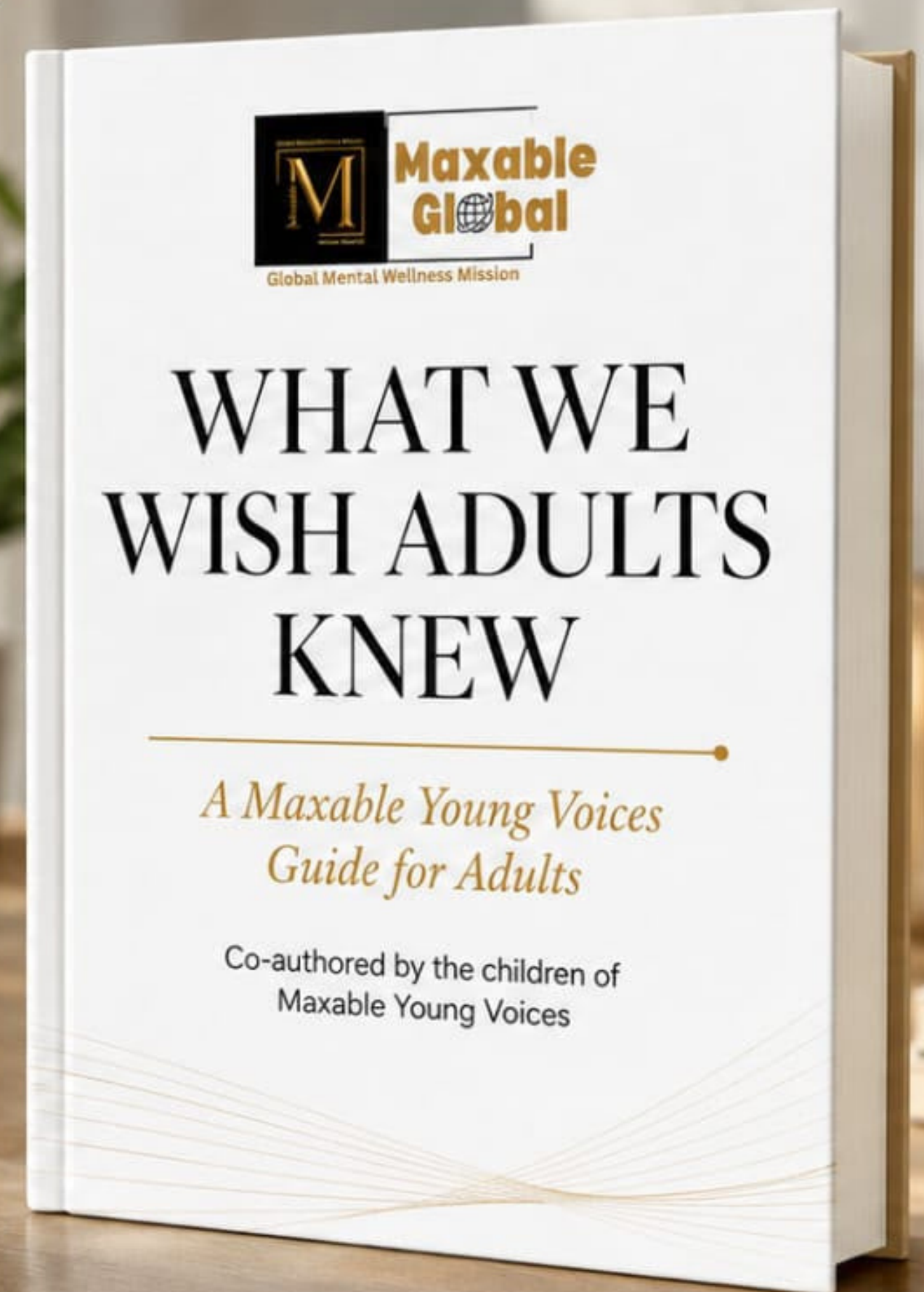


Creative contributions and artwork



A guide to help adults listen and understand

Guide in development — cover concept shown.



THE PARLIAMENTARY EVENT

A child-led event on mental wellbeing,
with children taking the lead as MCs,
speakers and voices of the conversation.



2 NOVEMBER 2026



6:00 PM – 8:00 PM



COMMITTEE ROOM 5, HOUSE OF COMMONS



HOSTED BY BOB BLACKMAN MP



BEYOND PARLIAMENT

*Parliament is a moment. This is not.
The programme continues after the room empties.*



Ongoing
Young Voices
programme



Children's
publication &
resources



Future
conversations &
engagement



Learning
for adults

Listen early. Understand better. Act sooner.



THE PEOPLE BEHIND MAXABLE YOUNG VOICES



Neelam Chawla

Founder & Director
Maxable Global

MSc Psychology of Mental Health & Wellbeing, focused on promoting wellbeing, building resilience and strengthening children's voice.



Urvi Gala

Programme Lead
Maxable Young Voices

Art Psychotherapist and Systemic Family Clinician, bringing creativity, psychology and relational approaches to support children, young people and families.



Sehar Ahluwalia

Associate Lead
Maxable Young Voices

Trainee Psychotherapist, with a medical background, focussed on emotional wellbeing, relationships and children's lived experiences



Dr. Sunita Nagpal

Director
Maxable Global

Former NHS GP, bringing extensive medical experience and strong commitment to children's wellbeing, early support and building resilience.

