



HELLO!

As the Young People's Forum (YPF) had not met since January we had a great catch up on what we'd all been doing from our antics at University and/or home to what we had attended as part of the YPF!

COOKING UP A YOUTH VOICE - NHS ENGLAND EVENT

Hannah, our Vice Chair, and Pavan updated us on the Cooking Up A Youth Voice event that took place in March:

Due to the success of our YPF, NHS England asked Great Ormond Street Hospital to host an event to show other hospitals how to set up and run a youth forum. We welcomed over 140 people including; young people, charities and staff from other hospitals from across the country.

The day was led and delivered by us, from the opening speeches, to workshops and a market place which displayed opportunities and examples of how children and young people are/can get involved in the future of healthcare. We had t-shirts saying #CYP special advisers so anyone could ask us questions or advice. As we've done so much work on menus and food tasting, we hosted a stall on this topic - see the photographic evidence below!

The bite-sized workshop sessions were:

- 10 Top tips on how to engage with young people - British Youth Council
- Why is youth voice important in health, getting our story straight - Shropshire Young Health Champions

- Young people in the lead, it's their agenda - Royal College of Paediatric and Child Health
- Making it happen...dealing with the governance stuff! - Ipswich and East Suffolk Clinical Commissioning Group
- How to set up a Youth Forum - NHS Youth Forum
- Youth voice, partnership with the voluntary sector - Cambridge University Hospitals NHS Foundation Trust
- Fixers - using narrative to drive campaigns (Fixers is a charity which help young people produce videos on topics/or issues with the hope of fixing them for the future)
- Whose Shoes? Using games for engagement - This workshop showed how you could get staff to understand what it is like to be a young person at their hospital/using their services, by playing a game
- Secret ingredients for a healthy and successful youth involvement - Dudley Youth Health Researchers
- Digital Badges - celebrating and rewarding youth voice in health by awarding a virtual badge

To find out more about the event visit the blog section of our YPF website <http://www.gosh.nhs.uk/teenagers/teengosh-community/young-peoples-forum/ypf-blog>





YOUNG REPORTERS ACADAMY

As a thank you for hosting the NHS England event, four members of the YPF were invited to work with The Reporters Academy – a not for profit media production company, to write and create a film about the event.

The group were taught interviewing skills as well as how to operate professional recording and editing equipment.

The group were given pre-event training, support on the day to film the activities and were then invited to the Reporters Academy headquarters at Media City in Salford, Manchester, to edit the film. We were all shown a section of a first draft of the film at the YPF meeting and we can't wait to see more!





COMMONWEALTH SERVICE AT WESTMINSTER ABBEY

Our Chair, George, told us about a prestigious event - The Annual Commonwealth Service which he attended with our Vice Chair, Hannah, on behalf of the YPF.

The Commonwealth Service was held at Westminster Abbey; it is an annual celebration of the work of the Commonwealth. The focus this year was unity and young people. Approximately 1,000 of the 2,000 attendees were schoolchildren and young people.

As we were queuing up to get inside we saw fellow YPF member Bethany! She is a Girl Guide and was helping to get everyone seated safe and sound in the Abbey!

When I went home and turned on the news I was delighted to see that I had made the TV, you can see us just behind John Major's head!

“We were so excited to see the Queen, Prince Phillip, Kate, William, Harry and other members of the Royal Family. There were also other speakers from across the Commonwealth, the Prime Minister David Cameron and Kofi Annan, the seventh Secretary-General of the United Nations”.

The Commonwealth society have expressed an interest in maintaining a relationship with the YPF and GOSH and have offered us a chance to visit Westminster Abbey on another occasion!



SUSTAINABILITY DAY

YPF members got involved in Sustainability Day in different ways, our Chair, George, and Vice Chair, Hannah, dropped by to support the day in the Lagoon and Annabel wrote a blog article for the Sustainability Team called ‘A greener GOSH’.

On the day itself, local schools were invited in to build an igloo with Skanska, the company working on our new buildings. GO Create also did some penguin making sessions with patients in the Lagoon! There was a pedal bike which showed how much energy you needed to work a lightbulb and a fun game with taps which taught us about how much water is used across the world from everything to cooking and manufacturing. We were also asked to make pledges on how we could help the environment. We were sad not to have a photo with Mr Switch-It but were glad to see he had fun out on the wards and around the hospital!

Annabel said that staff and patients have been actively trying to improve our impact on the environment as part of a project called Operation TLC.

Operation TLC stands for:

T – turn off equipment when not in use

L – switch off lights where possible

C – close doors and windows

As many of us are ex-patients we know how it feels to spend lots of time here at GOSH so we fully support projects like the use of natural lighting. It not only saves energy, but can also help to make you feel more relaxed (something pretty important if you're unwell), which in turn can really uplift your mood and help you get better!

We also support the Room to Breathe project which is working on improving the air quality around the hospital. Look out for the 'No idling' signs that have been put up to encourage ambulance drivers to turn their engines off while parked. We were also pleased to hear that the taxi companies that work for the hospital have replaced their cars with either electric or hybrid ones which are much more environmentally friendly.



TAKEOVER DAY

Fiona our Children and Young People's Officer, spoke to us about planning Takeover Day 2016. Takeover Day is an annual event coordinated by the Children's Commissioner for England which encourages companies, hospitals, schools and other organisations to allow children and young people the opportunity to 'Takeover' or work with key decision makers and the services that are provided to them. Takeover Day itself is focused on the 16 November however at GOSH we are hoping to have Takeover opportunities on the weeks before and after.

Fiona told us that the Redevelopment and Catering Teams, have already expressed interest in being Takenover! She said she will be contacting some more teams and individuals, e.g. the Chief Executive to see if they would be interested in being part of the event too.

If we have any roles or teams that we would like to Takeover - we need to email Fiona at Fiona.Jones@GOSH.nhs.uk



DIGITAL BADGES

When Vice Chair, Hannah, and Pavan attended the Cooking Up A Youth Voice event, they went to a workshop about the NHS Digital Badges and gave us all a presentation on the scheme.

Digital badges are already in use in education and training as a form of recognition and accreditation for project work. NHS England has made health specific badges to support involvement and feedback in the NHS. An example of a badge is an NHS Inspector, so this would be awarded if we had taken part in ward visits to give our views and opinions.

The badges are open to any age and will be recognised by NHS Employers. It is hoped in the future that digital badges will be recognised by other employers, colleges and universities.

GOSH was lucky to become a test site for the badges, so not only will there be NHS badges but we can make GOSH badges too!

Fiona, our Children and Young People's Officer, told us that she thinks the badges will help to make sure that patients see themselves as individuals, not just as our illnesses or conditions. The badges will help patients develop new skills while they are in hospital, and will also recognise that patients become experts in their illness or condition, treatments, tests and health services.

In the next few weeks Fiona will be meeting with the Play Teams, Activity Centre, the Hospital School, GO Create and anyone else who may want to be involved. She will then set up a training session and get us all signed up to start earning badges!



NHS Explorer (under 8s)

Find out how to help yourself stay happy and healthy at home with the **Me** badge. Explore with the **Community** and **Hospital** badges.



NHS Reporter (over 8s)

For all those reporters out there! Take the **Fact Finder** badge mission or earn the **My Story** badge.



NHS Inspector (over 8s)

Have your say with the **Your Views** and **Health Voice** badge missions, or inspect yourself with **Positive Change for Health**.



NHS Citizen (over 8s)

Would you like to (or do you) take a lead on health in your school or community? Earn the **Get Involved** badge, run a campaign with the **Speak** badge or get recognition for giving a **Helping Hand**.



NHS Digital badges are a fun way to find out more about the NHS, share your ideas on how it can be improved or tell us what you are doing to improve yours or others health. **We want to hear from you!**

A **digital badge** is a validated indicator of accomplishment, skill, quality, or interest that can be earned in many learning environments.



UCAS

LUNCH AND FOOD TASTING

This month we were treated to Chicken Curry Pie and Vegetarian Lasagna for mains and deserts we could choose from a chocolate pudding with chocolate sauce! Or a raspberry jelly which was made from pureed raspberries or fruit cocktails! We all filled out feedback forms for the Chefs to help them when they make the next changes to the menu.



TRANSITION & YOU'RE WELCOME

You're Welcome

Nigel, our Adolescent Specialist Nurse gave the group an update on You're Welcome, which is a checklist from the Department Of Health, to help health services find out how young people friendly they are. GOSH used the checklist in 2012, the YPF were involved and we chose five priorities for staff to work on, one of which was Transition.

GOSH will be re-testing themselves very soon. Nigel explained that You're Welcome checklist is being updated by two organisations - the Association for Young People's Health and the British Youth Council (BYC). BYC are currently asking for people's feedback on the new changes they would like to make to You're Welcome. You can have your say here - <http://www.byc.org.uk/uk-work/you're-welcome.aspx>

Transition

Transition is the preparation of young people and their families for the transfer of care from GOSH and other children's hospitals to adult hospitals and services.

Some of us have had great transitions and some of us poor, and some of us haven't even started yet!

To help make sure we all have a smooth journey into adult services Fiona, our Children and Young People's Officer and Nigel, want to learn how to improve this change. We split up into two groups - transitioned and not transitioned and shared our thoughts, feelings and experiences (if we had them) with Fiona and Nigel.

They are going to meet up to decide what happens next but we discussed meeting up with the charity Fixers who came to the NHS England event, as they make videos for patients and staff on how to fix things for the future. We will invite them to a future meeting to help us, help the future transitioners.



SWOT

We have previously done a SWOT (Strengths, Weaknesses, Opportunities and Threats) analysis report on the YPF. To give us an update on how we were progressing with these, Fiona spent some time reviewing this and action planning, for example;

- You told us that lots of people come to speak to the YPF, which is great, but we don't always hear feedback, or what they've done with our comments and ideas. Fiona has put together a short application form for people coming to speak and this also means they have to sign to say HOW and WHEN they will feedback. We now have a system of emailing the next working day after a meeting reminding the speaker of when they need to feedback and making sure we have feedback for the next meeting.

UPOPOLIS

Emma, the Engagement and Involvement Officer, gave us a presentation on Upopolis. It is network for children and young people who are in hospitals and/or have long term conditions in Canada. We had identified that if you are in isolation or unable to leave your ward or even GOSH, it can get lonely in hospital so this is where Upopolis could help - you can message people in the room next door to you, in another ward, another hospital and possibly another country.

The site is for 10 to 18 year olds and works a bit like facebook. You have a page about you which you can design, you have a wall, you can join groups and message people, there are spaces which are like groups and there are sections for videos and information leaflets.

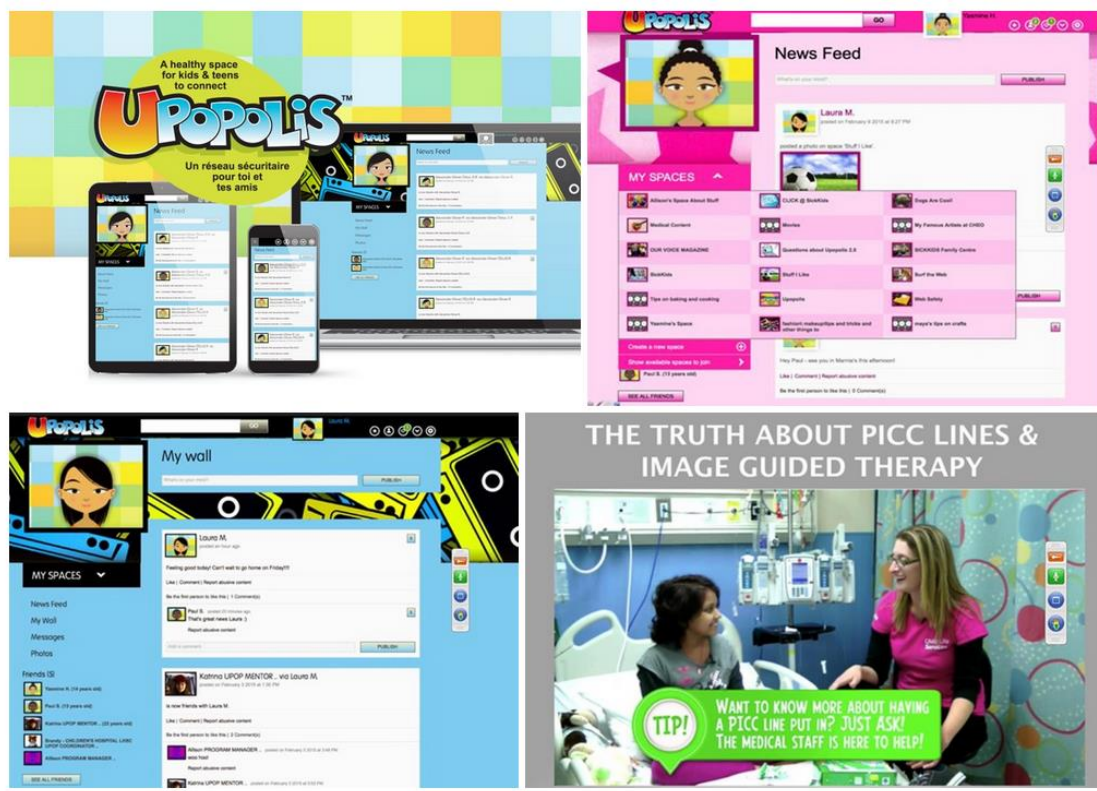
There are over 120 spaces which are for different things e.g the Personal interest spaces have groups like - I love PUGS or I support Manchester United. There are Medical groups such as Cystic fibrosis patients. There are Hospital Community spaces for the Hospital School, Volunteers, Chaplaincy and Staff programmed areas e.g how to use your wheelchair properly.

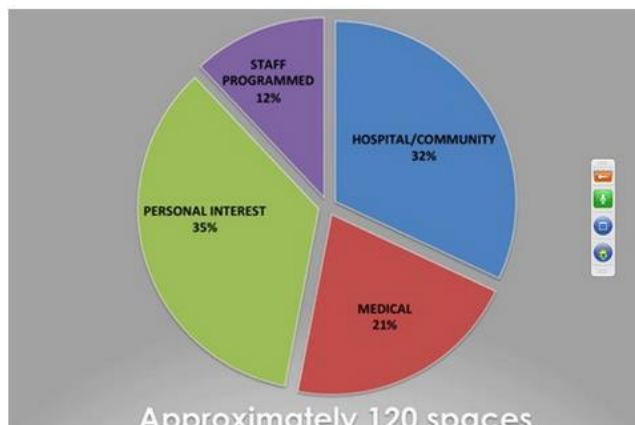
There are also videos that children and young people have made so for example if you were worried about having an MRI scan you could listen to someone tell you what it felt like, what it looked like, what happened. There are also interviews with staff and tours of areas like operating theatres.

It is different to facebook as there is no anonymity, you are you on the site and your full name is shared. You can only sign up to it by a member of staff at the hospital introducing you to it and explaining the rules. There are reporting buttons by every post, message, page and throughout the site. Immediate reporting results in immediate removal. If there is any misuse or abuse of the site or bullying, your account is closed.

Even though it is for 10 to 18 year olds, 75% of the users in Canada are 10 to 14. The company have said that the site has become important in helping children and young people not to feel alone, that they can meet others who have/are going through what they are and they can learn how to cope and live with their condition or illness.

We approved of the website and now Emma will be speaking to other teams in the hospital, e.g. Head of Information to make sure it is safe and secure. Emma will give us updates at the next meetings.





Daily Digest – User Activity on Upop Your Hospital

Activity log for domain upopols / Journal d'Activité pour le domaine upopols

Version: 1.0.0, Wednesday, March 23, 2016 at 1:03 AM
URL: www.upopols.org

Date	Description	User / Utilisateur	Path / Chemin d'accès
2016-03-22 07:42:12	Set management email(ies) and / to new thread with	CHLOE LIFE WRITER	mail / mail de TOLUS ADMIN M.
2016-03-22 07:42:12	Set management email(ies) and / to new thread with	TOLUS ADMIN M.	mail / mail de CHLOE LIFE WRITER
2016-03-22 07:42:17	Set management email(ies) and / to new thread with	Laure BONNOS UPPOP LEAD	mail / mail de TOLUS ADMIN M.
2016-03-22 07:42:17	Set management email(ies) and / to new thread with	TOLUS ADMIN M.	mail / mail de Laure BONNOS UPPOP LEAD
2016-03-22 07:42:17	Set management email(ies) and / to new thread with	Karina UPPOP MENTOR	user's mail / mail de l'utilisateur
2016-03-22 11:25:08	Help someone	Thane SPINEM	user's mail / mail de l'utilisateur
2016-03-22 14:35:13	Comment	Karina UPPOP MENTOR	user's mail / mail de l'utilisateur
2016-03-22 16:36:32	Copyright of Jaga Twitter this following Tweet made me think about the possibilities for Our hospitals imagine if we had this.	Karina UPPOP MENTOR	user's mail / mail de l'utilisateur
2016-03-22 16:36:32	Reply	Karina UPPOP MENTOR	user's mail / mail de l'utilisateur

Date	Description	User / Utilisateur	Path / Chemin d'accès	Commented on / Commentaires sur
2016-03-22 16:36:32	The use of IoT (Sensors, Technology, Lighting and Engineering Skills)	Karina UPPOP MENTOR	Karina UPPOP MENTOR	Copyright of Jaga Twitter this following Tweet made me think about the possibilities for Our hospitals imagine if we had this.

OTHER UPDATES

London Southbank University

We were given an update from the London South Bank University who visited us in January. Catherine and Caroline were re-writing the curriculum for student nurses and wanted input from us on what should be on it!

They have now built classes on the topics we gave them and now they want to know if/how young people could be involved in the teaching, they have made a survey for us to complete at <https://www.surveymonkey.co.uk/r/JTPL7Z7>

Electronic Patient Records Workshop

We were all reminded that we are invited to a workshop on Saturday 9 April to meet the team who are working on the creation and introduction of an electronic portal so that patients can access information about their appointments and test results. They want us to tell them what we think the portal should look like, how it could work, and any other features that users would feel are important and necessary. Contact Maria.Bjorklund@GOSH.nhs.uk for more information.

Patient Lead Assessments of the Care Environment (PLACE) Inspections

Every year GOSH and ALL other hospitals around the country need patients to walk around wards and departments and score us on the environment which means looking at how clean things are, if everything works and also taste our food! The GOSH assessments are happening on Friday 15 April. It will be 10am till 3pm and will you receive a short training session about the session and some of the rules of visiting clinical areas. Contact Tamryn.Rickson@GOSH.nhs.uk to take part.

New Disney Garden

Disney will be designing us a new garden, themed on Finding Nemo, which will be accessed from the Lagoon. They would like our feedback on the designs! There will be a stand and focus groups in the Lagoon on the 28 April. If you cannot come in person, don't worry the photos will be sent out via email and put on our facebook page too. These photo's are NOT TO GO PUBLIC, they are trusting us to keep these secret, so we are very excited to be able to share these with you and get your feedback but please when they are sent, do not pass these on to your friends!

Great Ormond Street Hospital for Children

Help us design computers for the future!

Great Ormond Street Hospital

We want to design an electronic portal so patients can access information about their appointments and test results.

We need your help on what this should look like and what other features patients might need or want.

Please join us on Saturday 9th April from 10am until 2pm in the Lagoon. Lunch will be provided.

Please RSVP to Maria.bjorklund@gosh.nhs.uk, or contact Maria for any further information



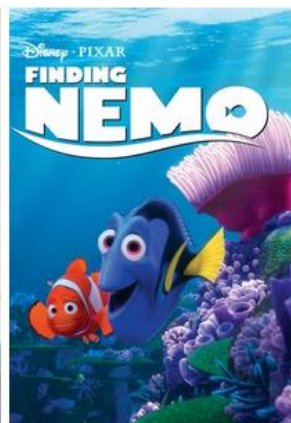
NHS England

Patient & Parent Inspectors Needed

PATIENT-LED ASSESSMENTS OF THE CARE ENVIRONMENT

Once a year patients are invited into every hospital in England to make everything from how clean the floor is to how tasty the jelly is.

Please email Tamryn.Rickson@gosh.nhs.uk or call 0207 762 6976



NEXT MEETING DATE: SUNDAY 10 JULY

Expected Speakers...

- 1000 Genomes Project - the Team want to attend the next meeting so we can take them round the hospital with a camera and point out what is important to patients, so they can see the hospital through our eyes.

- Jim Linthicum, Head of Chaplaincy - to find out how we support religions and spirituality in the hospital and to discuss whether we think this is enough, too much, if it is reaching young people, and anything else we would like to speak to him about.

- Kirsty Glynn, Hospital Pyjamas for Teenagers - Kirsty has made dignity Pyjamas (makes sure your bum doesn't get cold if you are going for surgery etc) for younger children and would now like to make them for teenagers. She wants some ideas and inspirations on patterns and materials.