



WELCOME FROM OUR SUB SUB VICE CHAIRS!

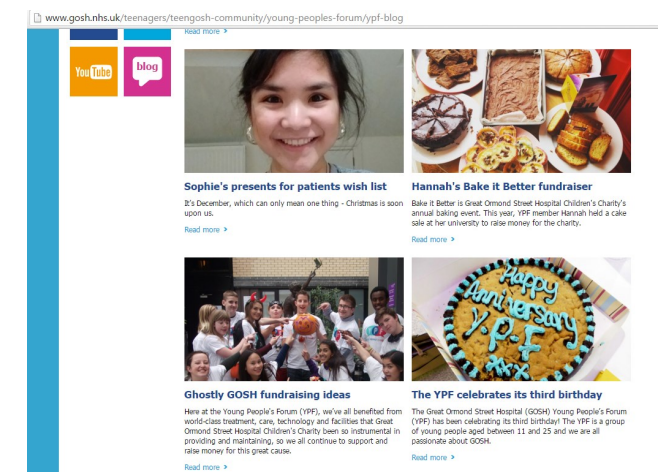
We received apologies from our Chair and Vice chairperson, so Faiza and Katie said they would take on the roles for the day, swapping at lunch time as Faiza was going to another event. Quite a few people couldn't make it because of a problem with the trains. We still had a full and exciting meeting including welcoming FOUR new members, Marsha, Lana, Zara and Pavan!

We also had a visitor, Collette an Adolescent Nurse Specialist, who came from Whittington Hospital to see how the Young Peoples Forum (YPF) works and to give her some ideas on how to set up one at her hospital.

BIRTHDAYS, BLOGS AND SOCIAL MEDIA

Happy Birthday to everyone who celebrated being a year older in January! We have lots of birthdays coming up in February as well, including Great Ormond Street Hospital (GOSH), which will be 164 years old! We look forward to our Birthday Blog being written by a couple of our new members of the YPF, Zara and Marsha.

We're always looking for more information to put on the website and ways to use social media—Emma and Fiona from the GOSH patient Experience team have met with Dott who looks after our blogs, she said that the YPF should do more spontaneous Blogs, so we don't have to stick to charity ideas, if anyone would like to write a blog they can! Susanna is going to help us by proof reading and helping people to write up their thoughts and ideas.

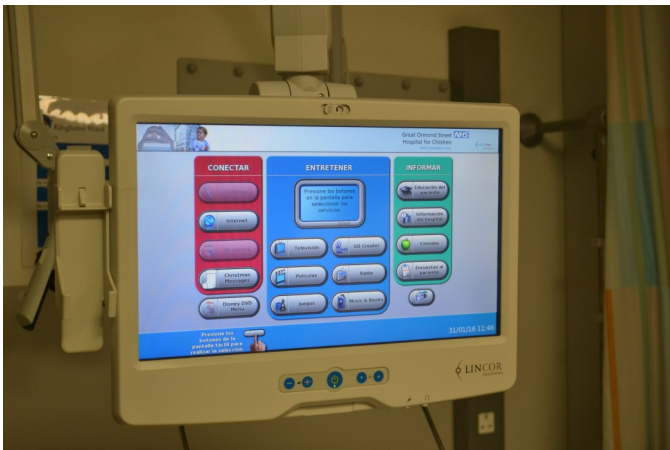


BEDSIDE ENTERTAINMENT SYSTEMS

Our first agenda item was looking at the entertainment systems which are on the wards; Martin from the Estates team came to speak to us and show us the current TV which he explained is getting quite old as it was first designed in 2009. GOSH is looking at whether the current system is good enough for patients and it can keep them happy and busy while in hospital. Emma has researched and found that we offer quite a good package compared to other children's hospitals so far.

We had lots of questions and ideas about what we think is important, i.e. access to the internet and TV including using SKYPE to stay in touch with friends and family and for any new system to be able to adjust to people's accessibility needs.

These suggestions are going to be put together to help decide which system to use in the future. In the meantime Martin showed the group an update of the current software that he has put together to improve what we already have for patients; we agreed this was much better.



LONDON SOUTH BANK UNI



Caroline and Catherine from the London Southbank University LSBU came to speak to us to find out what we think student nurses should be taught when they are training.

We came up with lots of ideas based on your own experiences of what makes a good nurse. We also gave suggestions on how the University can teach and assess these skills, for example using role play, communication seminars and feedback from their placements.

Caroline and Catherine thought that it might be useful if they met with us again and next time they bring some student nurses to work on these ideas further.

INFORMATION FROM GOSH CHARITY

Ali from the GOSH charity came to visit us and told us how the charity decides to spend all of the money it raises for the hospital.

Ali started by handing out play money and a sticky notes and asked us how much money they thought the Charity had raised this past year. The answer was £80million!

Then we were asked to divide up our pretend money between four areas and decide what we would spend the most on, Ali then told us the actual priorities, we were pretty close!



	YPF Said	Charity
1	Research	Redevelopment
2	Redevelopment	Research
3	medical equipment	medical equipment
4	Patient, family and staff projects	Patient, family and staff projects



Ali explained that the Charity works with experts in the hospital to decide how money is spent. If there are ideas for new projects they have to go through levels of decision makers before they will be funded to be sure they spend the money fairly.

One person asked what happens if the charity raise more than their target, Ali explained that the funds are put in a reserve pot that could be used in case anything happened for instance if an MRI scanner broke.

HELLO TO THE YPF FROM FIONA!

This was the first meeting for Fiona, the new Children and Young People's Participation Officer, who will be supporting the YPF in the future, she wanted to know more about the group so asked us to complete a SWOT analysis!

SWOT stands for Strengths, Weaknesses, Opportunities and Threats and helps look at what we do well and what we might need help with. The completed SWOT will help Fiona figure out how to support us to keep doing such a great job!

	Helpful	Harmful
Internal	<u>Strengths</u> Good team Good at getting listened to (lots of people want to ask us our ideas) Always growing –in numbers and potential Inclusive and welcoming Invited to events to speak Determined and committed Good Branding made by young people	<u>Weaknesses</u> Publicity for members – especially outside of London Feedback from projects – people come to consult but don't feedback Delivering on Ideas – We have really big ideas that aren't always achievable Hard to get to (location)
External	<u>Opportunities</u> Staff referring in – Staff on wards, nominate patients? Conference calls with other hospital forums Speakers could present remotely Meetings away from GOSH Skype/Webex into meeting – for people who can't travel?	<u>Threats</u> Young People not turning up Terms of reference says after 4 times of not attending meeting then they should get chucked off. Paperwork can take a long time (DBS)

EVENTS FOR YOUNG PEOPLE

We have previously looked at ideas for holding an event just for young people who are looked after by GOSH. A few ideas such as a festival type event have floated about and it seemed we needed to work on our ideas a bit more before we could put our plans into action. We spent time discussing with Emma **why** we need an event JUST for young people, and **what** this might look like.

Some important points were:

To make friends and connections - having an illness or long term condition can make you feel isolated and 'normal' friends don't understand, especially when you're going through transition

To separate 'children' from 'young people' both groups are important but we need different things.

To help outpatients feel more connected to the hospital

UPCOMING EVENTS AND IMPORTANT INFORMATION

Saturday 5th of March. National YPF Event. NHS England have chosen to hold an event at GOSH to teach people how to create a YPF in their local hospitals. They have chosen us as they are so impressed with our forum. The event will be attended by adults but run in partnership with Young People. We will post a list of jobs for people to pick to do on the day. You will get certificates and Tee shirts! There is also an opportunity for four young people to team up with the Young Reporters Academy to gain skills, plan and film the event and then edit it at media city in Manchester!

NHS England Youth Forum - Will be looking to recruit new members very soon, as a current representative, Gabriel, will keep us updated and Emma, Fiona and Nigel can support anyone who wants to apply.

Facebook posts and emails - From now on we will be trialling a new system where we will be posting information from outside the YPF for consultation on a **Friday** via email and Facebook. On the Facebook page we'll pin them to the top of the page so you can't miss it.

Disclose Barring Service Checks (the old Criminal Record Bureau check) if you are over 16 and haven't completed a DBS form then please contact Fiona, Nigel or Emma, if you have completed the form but need us to take copies of your ID please arrange this for next time you see us!