



A BIG WELCOME TO ALL OF OUR NEW MEMBERS

This month's meeting was held in the Lagoon restaurant as we had so many new members joining us for the first time!

Since the April meeting we have welcomed 10 new members, bringing our membership up to 35.

George, our Chair, was in attendance. Apologies were sent from Vice Chair Hannah, Annabel, Pavan, Sara, Zara, Gabriella and Charlotte.

BIRTHDAYS, BLOGS AND SOCIAL MEDIA

George led the YPF in wishing Happy Birthday to Ezara-Mai and Maisie for June, and also to Cheska and Susanna who is 21 at the end of July.

The two most recent blogs have been about the tour of the new Premier Inn Clinical Building, written by Lara, and a fun blog on how to decorate your hospital space by Jamie.

George said that it would be great to publish more blogs. Susanna and Sophie have two blogs almost ready to send, and a few members said they would think of other topics to write about.

Blogs don't always have to be about an event or have to be used straight away, we can start writing for Christmas and Halloween already!

In June, the YPF website has had 102 unique page views and the Blog had 51. Statistics show that people are coming to the site and reading the information - the average time was four minutes and 19 seconds!

YPF tour the Premier Inn Clinical Building



Decorating your hospital space

Jamie is from the Great Ormond Street Hospital (GOSH) Young People's Forum (YPF) and would like to share her tips on how to brighten up your room when you need to stay in hospital.

Being in hospital can really suck, especially when you're in for an extended stay. Sometimes you have to use equipment like a wheelchair or a *Nasogastric feeding (NG) Tube* to help with your treatment, which can make you feel like you stand out. Here are some suggestions, things that I have done myself, to make your hospital space a little more creative and fun!

Fairy lights

Fairy lights are perfect for adding something a little different to your hospital room, wheelchair or even your drip stand! Placing battery operated fairy lights around your hospital room can help to make you feel at home, and that you have your own space! Different colours can help different moods, for example purple is a calming colour, so if being in hospital is making you stressed try and think about the colours you choose!

Another way you can use fairy lights is to weave them through the wheels of your wheelchair. When you move your chair, your wheels light up – using colours looks even cooler!

Stickers and tape



NHS ENGLAND YOUTH FORUM—GABRIEL

Gabriel told the group about being re-elected as a member of the NHS England Youth Forum and told us that they are busy planning to go to NHS Expo—this is an event aimed at people who work in the NHS to showcase their work, they are also planning a residential trip in October.



UPDATES, UPDATES, UPDATES...

There were plenty of updates at the meeting! This is because each time there is a visitor at the YPF, they have to provide an update on how they have used our thoughts and views, also, after each YPF meeting, the hospital staff come away with a big list of things to do. The YPF Team believe that if they ask us to do something then they should tell us how they're getting on!

YPF Pledge - Fiona reminded YPF members about the pledge which is an agreement that we listen and respect members, respond to YPF emails and attend as many meetings and events as possible.

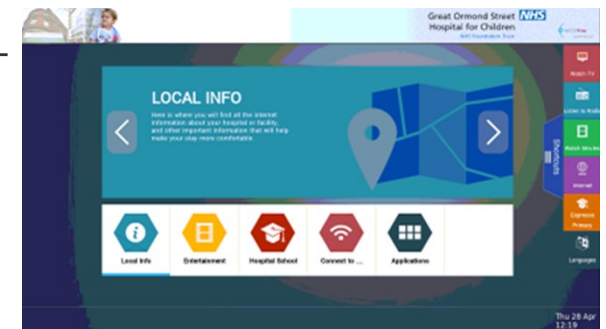
Young Carers - Young Carers are children/young people who often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. GOSH is making sure that there is information for staff on how to support Young Carers and making sure Young Carers get the support they need.



Upopolis - Emma gave an update on the website which she presented at our April meeting. Emma told the group that she is still working through issues and that it has to be 100% safe before GOSH can sign up to it.

Patient Bedside Education and Entertainment System -

Emma showed the group pictures of an update which has been made to the patient TV system (PBEES). She explained that with the YPF's help she has been making a shopping list of what the system should provide but doesn't, such as movies and entertainment for teenagers.



UPDATES, UPDATES, UPDATES...

Disney Garden - In May, the Redevelopment Team and Disney held an event in the Lagoon to find out what patients wanted to see in the Finding Nemo garden. The YPF had the chance to send ideas via email and on Facebook. No more news yet but they will keep us in the loop.



PLACE Inspections - Sophie and Charlotte took part in this years Patient Led Assessment of the Care Environment (PLACE)

Inspections. The visit involved walking round the hospital, looking at things such as: cleanliness, the buildings, and tasting food. GOSH was given a rating of good, with areas such as the old Southwood Building being noted as needing improvements.



Party Time! - Emma and Faiza told the group about the Queen's Birthday party at GOSH. The party was held in the Lagoon and was hosted by Butlins. The Teenager's Corner had smoothies, origami, henna tattooing and other activities more suitable for teenagers. The party organisers have promised that from now on the YPF can be involved in planning the parties!



TAKE MORE NOTICE RESEARCH

Jessica, a researcher at GOSH, attended the meeting as she wanted the YPF's help to test out a new research activity for a project that she is involved in called Take More Notice. The programme looks at hospital environments and aims to see GOSH from a patients perspective.

The YPF was split into three teams, each had a camera each and then went off exploring round the hospital. The YPF were asked to take photos of places that they either liked or disliked. The groups then came back together to discuss the photos. One team went to the ambulance entrance and said that it felt very different to the rest of the hospital. Another group showed a photo of the Peter Pan statue—they it was so familiar to them and it made them feel like they were coming home.

YPF members were then asked what they thought of the activity. Jess said it was really helpful to test out the activity YPF.



ELECTRONIC PATIENT RECORDS



Kirsty, Helen and Shankar from the Electronic Patient Records (EPR) team, visited the YPF to talk about the EPR project and more specifically—a patient portal! The EPR Team are hoping to make paper notes and letters in the post things of the past! They are making a system which will store patient's notes electronically. This will mean staff can access information more easily. It will also allow patients to log on to a secure website to see their records, test results and even send messages to their medical team.

The EPR Team wanted to find out how young patients would like a patient portal to work, what information it should provide and what it could look like.

The group split into three teams again and looked at what information could be provided before, during and after an appointment or hospital stay. The three most common themes were:

- Communication - making it easier to communicate with the team looking after you
- Making sure the EPR is personal to you
- Having a map or navigation system to guide you to appointments



Fun Fact: Shankar is a heart Doctor at GOSH and he is also the heart doctor for London Zoo!

After working with the YPF, the EPR team went to speak to parents. They will be keeping in contact throughout the project.

Transition

In health care, the term Transition describes the process of planning, preparing and moving from children's health care to adult health care.

The YPF started to learn about Transition a few meetings ago and will be helping to make a plan to make sure all young people have a good transition to adult health services.

Nigel told the group that the hospital is making progress and has asked him to take on a new job that will focus on Transition. His replacement has not yet been chosen, but they will also be taking over Nigel's role at the YPF.



You're welcome



You're welcome is a checklist which helps services to see how friendly and welcoming they are for young people aged 11—25. You're welcome was created by the Department of Health, it is now being looked after by the Association of Young Peoples Health and the British Youth Council. They have updated the checklist and it will be launched in September.

GOSH will be using the guide to make sure that teenagers are looked after well enough, and they may need the YPF's help to carry out inspections!

TAKEOVER DAY

Takeover Day is happening at GOSH from 7 to 18 November 2016.

Takeover is when a service gives opportunities to children and young people to meet and spend time with the people who make decisions. This year there is a good list of people who have signed up to be taken over!



Fiona asked the YPF what they wanted to do for Takeover Day. The ideas were to Takeover the:

Chief Executive – this is the main boss of the hospital, Peter Steer and his deputy Nicola Grinstead —the YPF said they wanted to find out what Peter and Nicola get up to in a day, how they make decisions and how they prioritise their work.

Medical Director - the Chief Doctor of the hospital, the YPF said they want to find out: how the Medical Director tells staff to look after patients, more information about medicines and how to become a Doctor.

Communications Team - they look after stories in newspapers and look after social media channels such as Twitter. The YPF said they wanted to: post stories on social media about what young people at GOSH really care about, learn about how to run the website, and learn how the team come up with ideas and designs for newsletters.

Charity Team - they are responsible for raising money for the hospital. The YPF said they wanted to: help send thank you messages to supporters, get involved in fundraising in other parts of the country and help to raise awareness of the GOSH charity.

Other suggestions were to Takeover the:

Switchboard, Legal Team, Complaints Team, IT, Nutrition/Dietetics, Kitchens, Housekeeping, Psychiatrists, Chaplains, Ambulance Crew, Xray, Play Specialists, Labs, Nurses and Occupational Therapists.

The Trust will look at these suggestions and contact teams to get some great opportunities.

Please put the Takeover week date in your diary, it can take place on any day between 7 and 18 November. The hospital will fit round what's best for us and the team we want to Takeover. GOSH can send letters to our schools to ask for permission to be let off for the day.

PUBLICITY

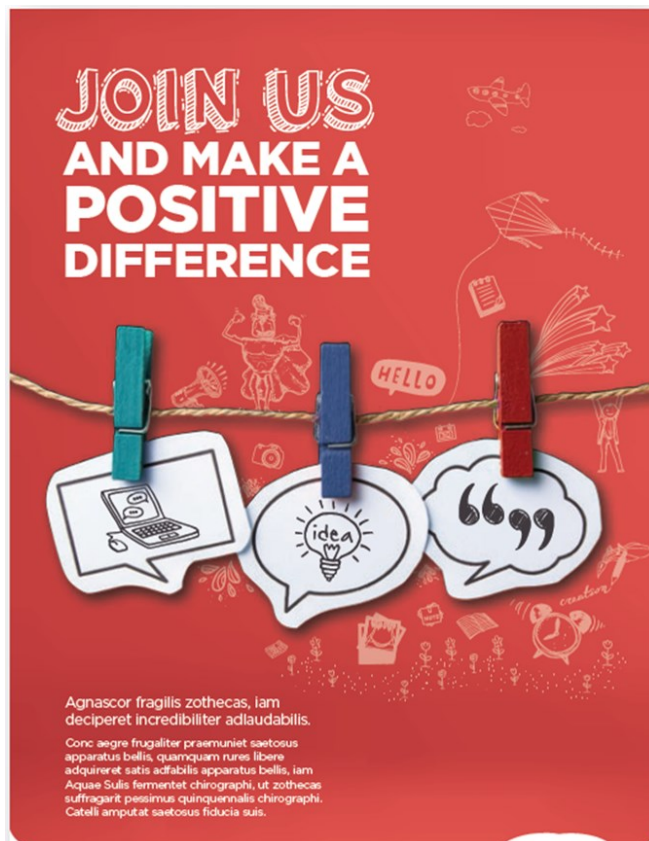
To help create new publicity materials for the YPF, last week members were asked to send comments and choose two moodboards given to us by our designers at Alive With Ideas.

The winners were: Moodboard 1 and Moodboard 3 which were:
Typographical, Elaborate and Illustrative and Doodles, Quirky and Humour.

DO YOU LIKE THIS CONCEPT? YES ☐ NO ☐

DO YOU LIKE THIS CONCEPT? YES ☐ NO ☐

Our comments were sent to the designers and they came back with a few concepts for the YPF to choose from. At the meeting we took a vote on what ideas we wanted to work on, we also gave comments and feedback about changes we wanted!



To sign up go to
www.gosh.nhs.uk



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Changes the YPF asked for:

- To have photos of actual YPF members
- To have more speech bubbles
- To have a bigger logo
- To put the YPF logo on the washing line

You said...

- *It's clear and crisp*
- *We like the doodles*
- *We like the washing line*
- *We like the titles*
- *The poster feels confident in what it is advertising*
- *It has an important yet informal vibe about it*
- *It is the most memorable out of the three*



NEXT MEETING

Our next meeting is Saturday 27 August and we have a good agenda lined up;

Involving children and young people in interviews



Ethan was involved in an interview for an Adolescent Clinical Nurse Specialist for Cardiology; it went so well that YPF staff have contacted the team who look after job applications and interviews; they have agreed to make sure children and young people will be more regularly involved in helping to choose staff. Karen from the HR Team will be coming along on 27 August to talk to the YPF about this.

Jim the Chaplain

A few of the YPF members wanted to find out about how we support people who have faith or religion in the hospital. Our Head Chaplain, Jim Linthicum, will be coming along to the meeting to tell us about his role and give us a tour around some of our faith spaces such as the Chapel and the Multi-Faith Prayer Room.



Terms of Reference and elections



The YPF has a document called Terms of Reference this is an agreement on how meetings should be run, who should be involved and how often there should be meetings. The Terms of Reference need to be checked each year to make sure it works for us. We will go over these rules and make sure everyone is still happy with this.

We also have a Chair and Vice-Chair for the YPF who help to run the meeting and attend different events. Elections are usually held in October so there will be discussions on how wants to be Chair or Vice Chair and how to nominate ourselves.

DATES FOR YOUR DIARY

27 AUGUST - YPF MEETING

7 TO 18 NOVEMBER - TAKEOVER DAY