

YPF 16 DECEMBER - MEETING NOTES



WELCOME!

After opening the meeting and welcoming 40 members (is this a record?!), it was great to meet new members Ali, Archie, Bonnie, Hannah, Harry, Josh, Katrina, Laura and Shauna. Big shout out and thanks to our buddies, Ezara-Mai, Thomas, Costa, Emma, Faye and Iman.

It was great seeing you all having a fab time and full of Christmas cheer (maybe all the snacks help!) Thanks for making the meeting so great! :) You all looked fantastic in your Christmas jumpers!

I hope you newbies felt welcome and realised that the YPF is the most amazing group ever ;) Welcome to the YPF family. To those that couldn't make it, you were missed but I hope you can catch up with these amazing notes. Any questions you may have, please do not hesitate to ask. Enjoy the minutes.

TRANSITION UPDATE AND WORKSHOP

We welcomed back Nigel Mills to YPF, who gave us an explanation of the transition guidelines that the Department of Health issue.

We split into two groups; those of us who have been in an appointment to see a doctor or nurse on our own (without an adult) and those of us who hadn't.

Those who have been in an appointment by themselves talked about their experience. Many said that they wished this/their first appointment (without an adult) had happened earlier e.g. when they were 12 upwards, not 16 in their journey.

We went around the group to ask opinions on what we think it a good age to start talking about the transition process and general agreement was 12 years old (though a couple of people suggested 10 or 11 would be ok).



VISITING POLICY

Herdip Sidhu-Bevan, Assistant Chief Nurse, responsible for Patient Experience came to the meeting to ask for our opinions on the visiting policy. At the moment GOSH doesn't have an official visiting policy, but some staff at the hospital would like to introduce one. At the moment parents can visit 24 hours a day, 7 days a week, and that won't change. However, the Executive Team would like to introduce rules/guidelines for other visitors, such as friends, grandparents, aunts, uncles etc.

The reasons for introducing the policy include security but also to give structure for people on the wards, so they know that ward rounds (when the doctors come to see you), school and protected mealtimes won't be disrupted.

Herdip suggested a visiting time of 14.00-20.00 would be reasonable but wanted to hear our opinions.

We went around the circle so everyone could say what time they thought would be a good time to allow visitors to come in from. Answers for starting times ranged from 11am (some members thought visitors should be allowed during protected mealtimes to help give parents a break) to 2pm (some members thought it best to wait until after protected mealtimes) however, the majority agreed that 11am seemed a time as this would allow inpatients time to get ready to start their day.

Herdip will feedback our comments to the Executive Team and will let us know the outcome.



NATIONAL YPF UPDATE

In October, we hosted the very first meet up of youth forums from across the country.

We watched a video that was created by the GOSH YPF film team (Beth, Demi, Elom and Ihsaan) and they received a well-deserved round of applause! There is a long version of the video which will be put on the GOSH website and will be shared with the other youth forums. There is also a short-version which can be used on [twitter](#) and other social media, which YPF members will be able to share to show and highlight the great work that youth forums do.

The long version of the video needs to be signed off by the charity before they are released so watch this space!

There were 3 aims for the National YPF:

- 1) An opportunity for the different forums to “**share and steal**” ideas on what they have improved in their hospital and how they did this.
- 2) To establish if there is an **issue in healthcare** that is affecting young people across the country and what we can do about it
- 3) To create a **legacy**—the hope that if we could provide a really great and useful day this would inspire another hospital to take on the baton to host another national event next year



Film crew Beth and Demi

NATIONAL YPF UPDATE, CONTINUED

Emma was very pleased to report the following:

- 1) The feedback received about the “share and steal” workshops was amazing and for many people this was their favourite part of the day, as they were able to meet new people and gain ideas on how to improve their hospital.
- 2) From the share and steal workshops we were able to see that there were a number of issues affecting young people, so we had a vote on the day. The vote was very tight, the top two issues were:
Communication should be a two-way conversation between equals—you should respect and listen to the doctor/healthcare professional, however, they should also listen and respect your opinion.
Everyday mental wellbeing is everyone’s responsibility. Getting a diagnosis/ treatment can be a scary thing and is sometimes upsetting. Just having someone ask how you are feeling can make a huge difference.

These issues will be passed to the NHS Youth Forum so they can advocate for us.

- 3) We have a legacy! Nottingham and Derby both said that they would like to host next year. Rather than battle it out to see who should host, they have agreed to host it jointly as they are close to each other.

The GOSH team will help support them and share what we found difficult as well as what went well!



Share and Steal Workshops



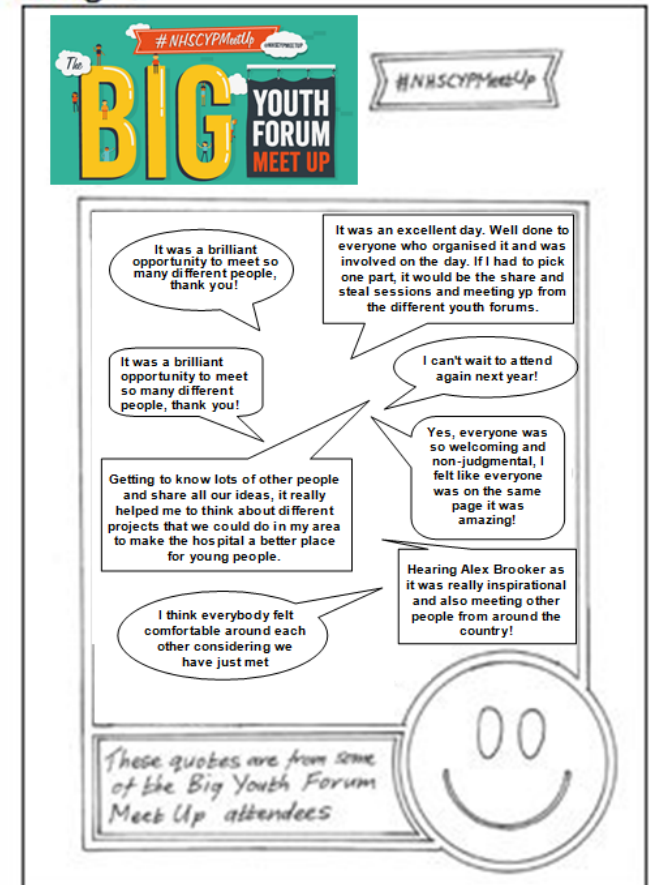
Voting



The end of a great day!

The next stage will be to create art work that will be shared with the other forums to show what the National Meet Up was about. We split into to groups to discuss the designs below and voted on which one we liked best.

Design A



CHRISTMAS QUIZ

After lunch we split into teams for the Christmas Quiz. Turns out we have some brain-boxes in YPF, and we had a three-way tie for first place. The Chief Elvettes, Team Tinsel and Team Maltesers all achieved a massive score of 9/10!

Well done to everyone who got Amy's favourite Christmas question correct....

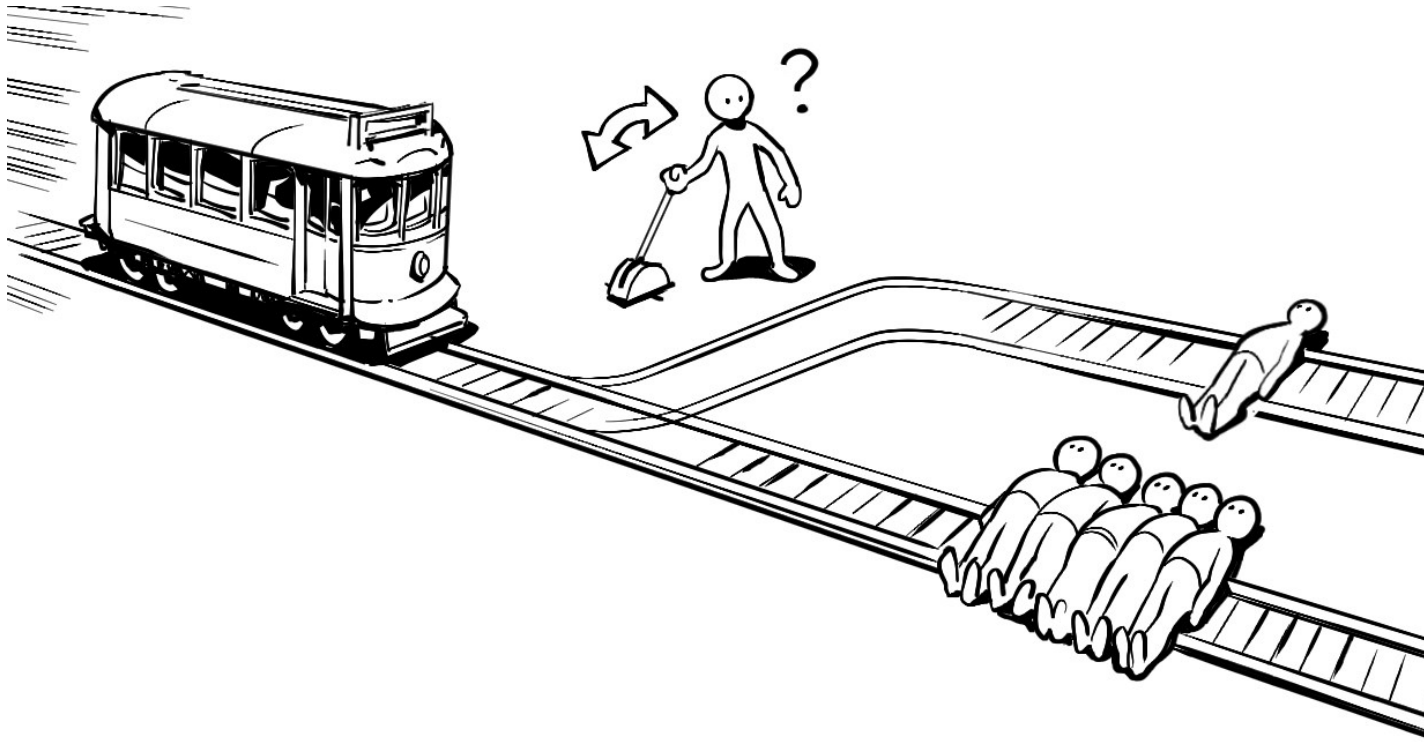
- True or False: In Japan, millions of people eat KFC for their main Christmas meal?
- **True!** In 1970, Takeshi Okawara, the manager of the first KFC in Japan overheard a couple of foreigners in his store talk about how they missed having turkey for Christmas. Okawara hoped a Christmas dinner of fried chicken could be a fine substitute, and KFC as a Christmas time meal has become a widely practised custom in Japan ever since.



ETHICS IN A CHILDREN'S HOSPITAL

Last year Jim Linthicum, Head of Chaplaincy, came to YPF to talk to us about Spirituality, and the work of chaplaincy within the hospital. We also had a tour of the prayer areas within the hospital. During this talk Jim mentioned his work as part of the Ethics Committee, and many of you had lots of questions about this so we invited Jim back along with Dr Joe Brierley, Intensivist and Director of Bioethics to explore this further.

Joe and Jim presented us with the following dilemma:



There is a runaway tram barrelling down the railway tracks. Ahead, on the tracks, there are five people tied up and unable to move. The tram is headed straight for them. You are standing some distance off in the train yard, next to a lever. If you pull this lever, the trolley will switch to a different set of tracks. However, you notice that there is one person tied up on the side track. You have two options:

- Do nothing, and the tram kills the five people on the main track.
- Pull the lever, diverting the tram onto the side track where it will kill one person.

Which is the most ethical choice?

ETHICS IN A CHILDREN'S HOSPITAL, CONTINUED

This created a lot of discussion about what you would do and why you would do it.

After the discussion Joe told us that there is **no correct answer**.

The Ethics Committee meet to discuss difficult decisions within healthcare. Doctors and other healthcare professionals can send cases to the Ethics Committee when they are having difficulty deciding on the best care or treatment for a patient.

An example that Joe gave was: a child is sick and the clinical team have tried all known treatments but nothing has worked. There is another medication available but it has only been used on adults in a slightly different condition. They are unsure whether to try this medication so the team ask the Ethics Committee for advice.

The Ethics Committee will meet to discuss this. They will talk about what's good and what is not so good about giving the child the adult medication, Discussing the pros and cons, and will also ask the parents their opinion. If appropriate the patient may also be invited to the meeting. It is important to note that the Ethics Committee don't make the final decision but the meeting is used to give guidance to the clinical team.

Our discussion about the tram problem demonstrated how the Ethics Committee works, listening to everyone and taking everyone's opinion on board.



We learnt that in UK law you are a child until 18 years of age.

To consent a child must be able:

- To deliberate and choose among alternatives
- To ask questions to their satisfaction
- To be able to relate decisions to a personal and stable framework of values
- To make decisions free of undue coercion

GOSH WEBSITE REVIEW

The GOSH website is currently undergoing a review to improve and enhance people's experience of using the website.

A company called Twenty Six Digital are doing this work and have conducted research work to find out what sort of information people would like to see and use on the website.

Twenty Six Digital have created a prototype of a mobile version of the new website. Sarah and Christine from the company came along to YPF to ask us to be the first group to try out the prototype and ask for our feedback.

We were given a top secret link and password to access the prototype website and given a coloured pad and the following tasks:

Yellow Pads—Find ward information on Bear Ward

Orange Pads—Find out what you might need to bring with you for a hospital stay

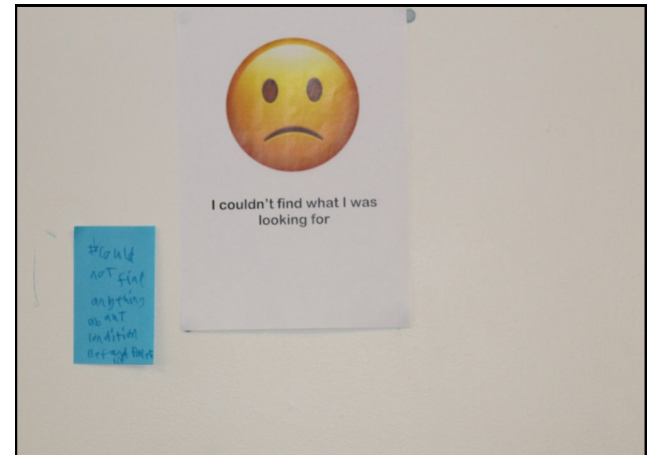
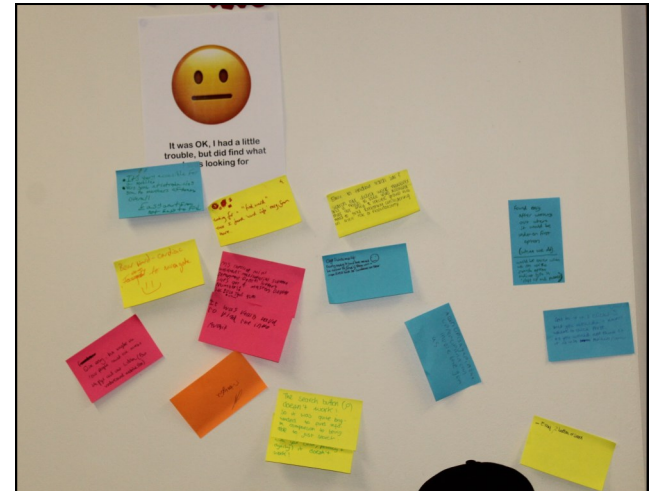
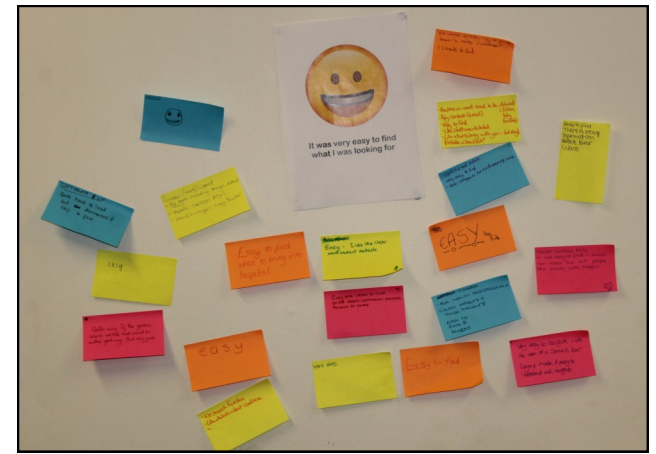
Blue Pads—Find out about the condition: Cleft palate and lip

Pinks Pads—You want to find out about a consultant: Dr Caroline Mills



We wrote our feedback on the coloured pads and then stuck this on the emoji that best represented how easy we found the task.

We then designed our own homepages.



GOSH WEBSITE REVIEW CONTINUED



Being allowed to on phone during YPF for once 😊



YPF members Harry and Morgan



YPF members Archie and Oceiah



YPF members Hannah, Katrina and Iman



YPF members Beth, Maisie and George



YPF Members James and Grace

EVALUATIONS

We ask YPF members to evaluate each meeting, using our evaluation form. This helps us to make sure that our meetings are fun, interesting and friendly.

The top four words used to describe our meeting were;

Interesting, fun, educational and friendly

The session with the highest score of very good was Ethics at GOSH, followed by the National YPF Update.

No activity scored bad though one person scored Ethics at GOSH as very bad, which shows you can't please everyone haha!



Food

81% of you gave the score of 'very good' and 'good' for the catering, this is the slightly down from last meeting. One comment stated *"The snacks in Weston House were good but the food in the Lagoon could be better"*

The catering team at GOSH has recently changed. The new catering management team have been told all about the amazing results achieved by the YPF in the past and they are keen to continue working with the YPF and have been invited to a future YPF meeting.

Please let YPF staff know if you have any allergies such as gluten. Currently a low number of members are recorded as having food allergies, but we always strive to cater for everyone.



Other comments

- *"Really nice first meeting – everyone was so welcoming and friendly!"*
- *"LOVED IT! Would love to do more"* re Ethics at GOSH
- *"Interactive and fun, as well as insightful"* re Website Review
- *"Interested me as it matters to me"* re Transition Update
- *"Diagrams were confusing"* re Transition Update

SANTA

Santa came to visit YPF to hand out GOSH elves as a thank you for all your hard work this year.

(We can neither confirm nor deny that it was Nigel in a Santa suit...)



NEXT MEETING DATE

The next GOSH YPF meeting will take place on Sunday 28 January.

If you have any questions or just want to get in touch, please call or email!



- ypf.member@gosh.nhs.uk
- 0207 405 9200 ext 1400
- 07703 380 893 (phone will be checked at intervals)