

# YPF 24 MARCH - MEETING NOTES



## WELCOME!

We welcomed 29 members and Emma B did a fabulous job of opening the meeting and taking us through the pledge and helping Amy with the safety briefing.

We packed loads of activities in and you all worked really hard—hope you weren't too tired by the end of the meeting!

To those that couldn't make it, you were missed but I hope you can catch up with these notes. Any questions you may have, please do not hesitate to contact the YPF Team. Enjoy the notes!

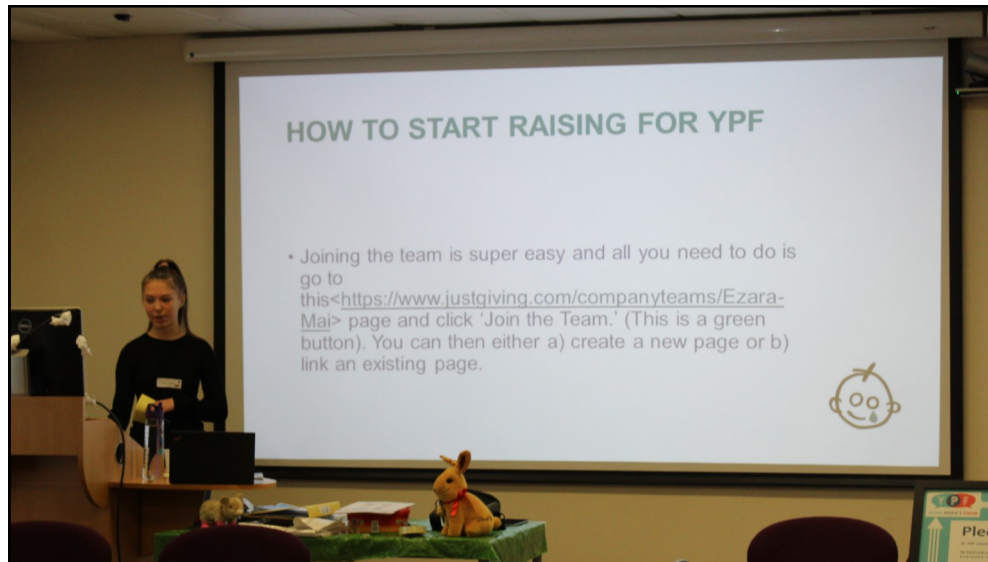
# FUNDRAISING

YPF member Ezara-Mai told us all about the amazing fundraising events she has hosted to raise money for GOSH. She's raised an incredible £2500 for YPF (and previously raised £9000 for GOSH!)

Ezara-Mai has created a fundraising page specifically for YPF and explained that you can sign up to the page to raise money for YPF- [www.justgiving.com/companyteams/Ezara-Mai](http://www.justgiving.com/companyteams/Ezara-Mai)

Later on in the year, as a group we will decide what to spend the funds on. So the more you raise, the more amazing things YPF will be able to do!

Well done Ezara-Mai!



# ADOLESCENT ROOM

We took a field trip over to Hippo Outpatients with Helena Willans, Outpatients Sister. The Adolescent room is currently rather boring, so we asked the a number of questions such as; you can improve this room by adding more activities stuff—what would you add? and— do you want any health information in there? Posters or leaflets? Any specific topics? I.e. transition Let us know if you have any ideas that you didn't get to say or if you weren't able to attend.

A common theme was that it can be quite stressful coming to appointments, so calming colours would be good, along with comfy sofas, and an information board.

Laura Walsh, Head of Play, happened to join us this meeting, she loved hearing your feedback about this and has purchased iPads and will load them with games and educational information, for the outpatient areas.



# PGME NEEDS YOU!

Craig Knott from the Postgraduate Medical Education Team (PGME) came to YPF as the team have a lot of events coming up which they would love YPF to help out with. If you would like to take part in any of these events please email [ypf.member@gosh.nhs.uk](mailto:ypf.member@gosh.nhs.uk)



On Friday 23 November, PGME will host the GOSH Conference. The theme is continuous care—this can mean a range of things such as how different medical teams across GOSH work together about your care, how GOSH works with your GP and local hospital about your care and treating your mental health alongside your physical health.

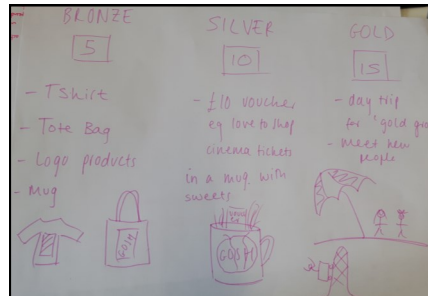
Craig would like us to create and host workshops around these themes so we can tell health professionals what is important to you.

Craig is also looking for members to join the group that is organising the event.



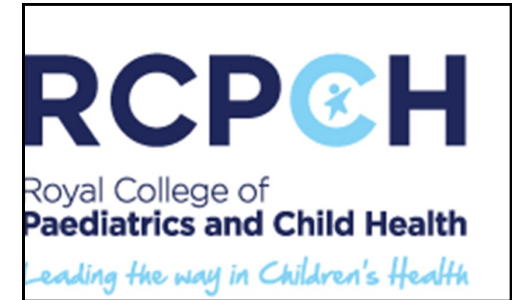
In July, PGME is running a Summer School for medical students who are considering a career in paediatrics. On 24 July, we have been asked to present at the Summer School to explain what is important to young people when in hospital.

PGME would like us to create an induction video to show new doctors when they join the hospital.



As PGME are asking for your help, they want to recognise your time. They are thinking of ways to build a portfolio of your experiences by collecting points for each event.

Craig asked for our help to decide how many points for each level and the type of prizes you would like to win.



Doctors have to pass exams to be able to look after you. These exams are called Membership of the Royal College of Paediatric and Child Health examinations.

One of the exams they have to pass is to meet a patient and to try and work out what their condition is. Craig would like us to sign up as “test patients”.

There will be a mock exam on 2 June and the real exam on 27 October.

If you would like to take part:

- If under 16 discuss this with your parents
- Ask your clinical team about volunteering for the examination
- E-mail the YPF team

# CATERING UPDATE

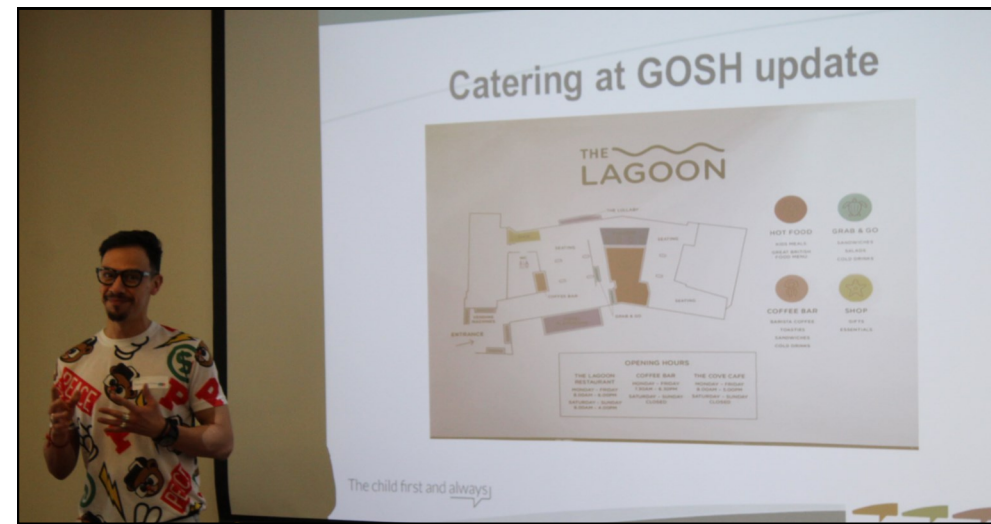
Fernando, Assistant Catering Manager came to YPF to give us an update on catering.

Quality of the food served on the wards is not as good as in the Lagoon

Lagoon food is made to order, but for the ward side, that's not possible. The team are looking at options which are easy to make, fresh, but will transport well to the wards

Staff need to be better trained on presenting food.

Training for all house-keepers quarterly to be started April 2018.



Fernando told us that the Catering Team are working on the following:

- New menus to cover all age groups
- A picture menu, better design and easier to read
- They know the timings of dinner aren't suitable for older patients aren't right—To provide a later service they need to look at restructuring hours and job roles and bringing more staff
- Less choice (there is a huge amount of options on the menu at the moment) but better meals that are delivered
- Presentation of food to be improved via packaging e.g. pizza – pizza boxes

# HOW THE TRUST KEEPS YOU SAFE



Helen Dunn, Lead Nurse for Infection Prevention & Control came to visit us to explain how the Trust keeps us safe from infections and germs.

We followed the patient journey from receiving an admission letter, through to arriving at the hospital, inpatient stay and discharge.

We highlighted the things we know keep us safe and Helen explained the less obvious things that keep us safe.

Helen is hoping to do a study about how hospitals tell children and young people about infection control, so came to see us to find out what we know already and if there is anything that we can improve about how this information is given out.

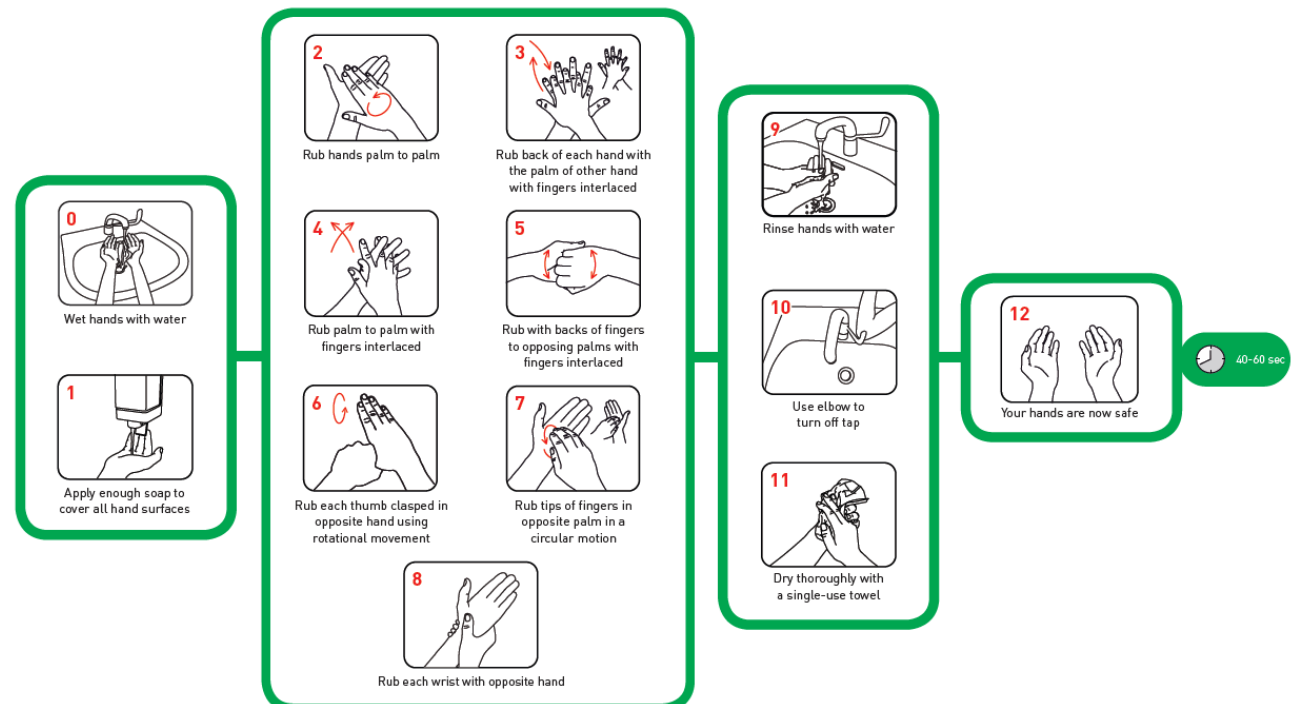
This should help us and other future GOSH patients.

At the start of her session Helen passed around a bowl with Easter eggs sweets in.

At the end of her session Helen revealed that she had “contaminated” the bowl and we used an ultraviolet light to show the “germs” on everyone’s hands.

This shows the importance of regular handwashing so that germs don’t spread.

See right for the 12 steps to clean hands!



# NHS GO

NHS go is an app designed by young people for young people which gives health information about things important to you such as puberty and cyberbullying.

Dan from Healthy London Partnership (who launched the app) came to see us as the app is now 18 months old and he wanted ideas on developments.

We worked in groups and discussed:

- What do we want from a health info app?
- Designed a campaign to promote the app.
- Had a whole group chat about online confidentiality & health – especially around mental health



**NHS Go is the new way to get free, 24/7 access to health information that helps young people take control of their health**

*Download it today!*

24/7 access to health information

24 hr

Completely anonymous. SSSh

go

Built in Health A to Z

Designed by young people, for young people

NHS Go is brought to you by Healthy London Partnership. It is free to download on iOS and Android.

[www.NHSGo.uk](http://www.NHSGo.uk) #NHSGo @HealthyLDN

Download Free @ Google play Available on the App Store

The image is a promotional poster for the NHS Go app. It features a smartphone displaying the app's interface, which includes a grid of health topics. Hand-drawn green arrows and text are overlaid on the poster, emphasizing key features like '24/7 access', 'download it today!', and 'completely anonymous'. The NHS logo is in the top right corner, and the app's logo 'go' is in the bottom left. The bottom of the poster includes contact information and download instructions for both Google Play and the App Store.

# HOSPITAL LOUNGEWEAR

Kirsty, Esther and Bethany from Hospital Pyjamas came to see us. Kirsty was inspired to create a range of hospital clothing after her son became a Great Ormond Street patient and he didn't enjoy wearing the gowns provided.

The company sell a range of clothing for younger children in the GOSH shop, however, Kirsty has received several requests to create a loungewear range for teenagers. The range will be relaxed, comfortable clothing but with access for IVs and procedures etc but allows you to move and keep your privacy and dignity.

This project is in the very early stages but the company came to get our views on the samples so far.

Kirsty has also invited YPF members to enter a logo competition to coincide with the launch of the teenage range.



Feeling Creative ?



## Logo Competition

We are looking for a shortened & cool Logo. It must relate to our main Well Cool Clothing Logo above. The winning Logo will be used on our hats when we launch our Hospital Clothing for Teenagers and Young People.

All entries to be in for 14th May 2018. The winner will be announced on the 31st May. Please send in your design to:

Well Cool Clothing Ltd  
The Old Haybarn, Rosebery Mews, Mentmore,  
Bedfordshire.  
LU7 0UE  
or email us at  
[info@hospital-pyjamas.co.uk](mailto:info@hospital-pyjamas.co.uk)

# EVALUATIONS

We ask you 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, friendly, educational and fun.*

The highest scoring session at this meeting was *Loungewear for Teenagers* with 96% of you scoring it as *Very Good* or *Good*, this was followed by *NHS Go*.

Comments about the *Outpatient Adolescent Space* session included:

- “*Very relatable*”
- “*Allowed independent, interactive and team work*”
- “*Interesting to come up with ideas and plans*”

Comments about the *PGME Needs You* session included:

- “*Interesting*”
- “*How do we get into it?*”
- “*It was quite interesting but some bits I didn’t understand*”

Comments about the *How the hospital keeps you safe* session included:

- “*Less question heavy would be smoother*”
- “*Quite long but factual/educational*”
- “*Best activity!!*”

Comments about the *NHS Go* session included:

- “*Interactive, good vibes*”
- “*Interactive, fun, educational*”
- “*Topical—will download app*”

Comments about the *Loungewear for Teenagers* session included:

- “*Very educational, gave us a voice*”
- “*Cool*”
- “*Very engaging, listened to us*”



## Food

72% of you scored food and drink as *Very Good* or *Good*. This is significantly down on recent meetings. The YPF team will be looking at options and working with the Catering Team.

Catering is currently going through a review and there will be an opportunity to talk to the person leading the review. Details will appear in the next YPF newsletter.

## Other comments

“*Didn’t do much as a whole group which is a shame*” - As the group is so large now it is easier to work in smaller groups depending on the activity. But I’m sure there will be opportunities for whole group activities in the future

“*Food and drink in Weston House was good*”

“*There was less people so we all fit in the room*” - Amy and Emma are looking at alternative venues to fit you all in!

# NEXT MEETING DATE

We are having a break from YPF meetings so you can concentrate on your exams so the next GOSH YPF meeting will take place on Sunday 8 July.

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

- [ypf.member@gosh.nhs.uk](mailto:ypf.member@gosh.nhs.uk)
- 02074059200 ex 1400