

YPF 21 OCTOBER - MEETING NOTES



WELCOME!

We welcomed 19 members to our Halloween meeting, including 5 new members—Anosha, Nirali, Sadie, Scarlet and Shelby. A massive thank you to buddies, Clara, Emma, Grace, Pippa and Shauna.

It was Al's first meeting as Chair and I think we can all agree he did a superb job.

To those that couldn't make it, you were missed! We hope these notes will get you all up to speed. If you have any questions about these meeting notes please do not hesitate to contact the YPF team.

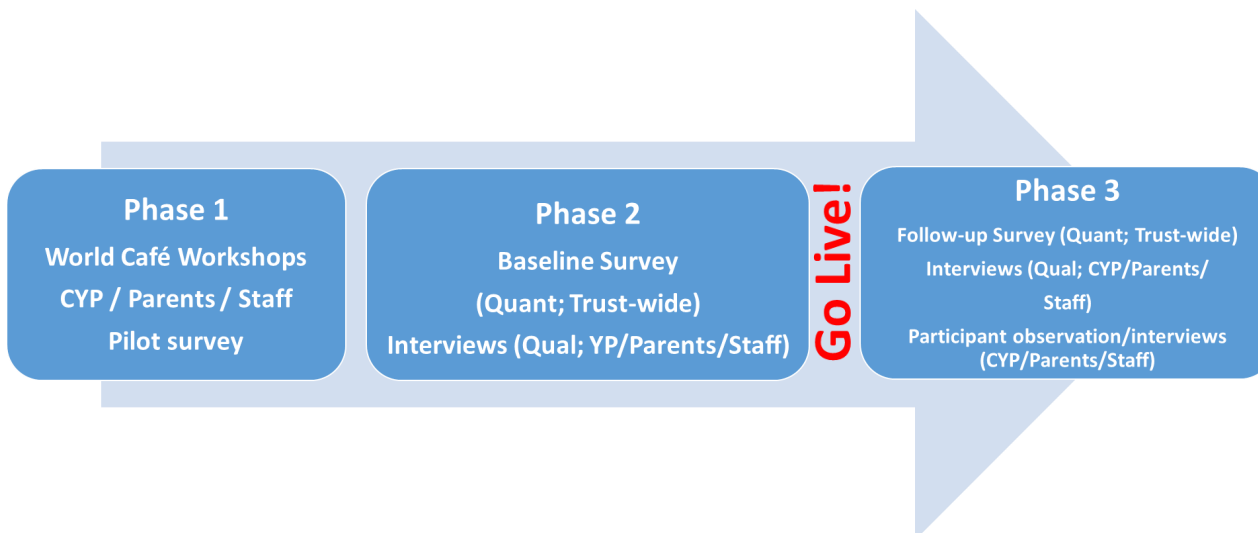
EPR RESEARCH PROJECT

Pippa, from ORCHID (GOSH's research department), came to YPF to explain to us that she is conducting a study to assess the impact of introducing the Electronic Patient Record system (EPR), which is due to launch next year.

As part of her research Pippa would like help from staff, parents and patients to help design the survey that will be circulated before, during and after the launch of the system.

Pippa will come back to the meeting in December to host a "World Café", where you will work in small groups to discuss the positives and negatives of introducing electronic patient records, and to discuss potential practical and ethical issues.

There are lots of hospitals around the world who now have Electronic Patient Records but no-one has ever done a study to see how this impacted on patients and staff, so it is super exciting that YPF will be involved in this study.



If you are under 16 and would like to take part in the World Café in December's meeting, Pippa will need your parent/guardian to consent to this.

Consent forms will be sent out prior to December's meeting.

STUDIO HATO AND TRANSITION

As you know, Nigel's day job at GOSH is Transition Improvement Manager and the YPF has been helping him with improving the transition process—helping patients prepare to move into adult services.

Moving to adult services can be emotional for some patients and so Nigel has been working with GOSH Arts on a project to help support patients with this side of transition.



GOSH Arts invited art company Studio Hato to work with YPF to explore this in more detail.

Studio Hato wanted to get an idea on your feelings about transition and if your feelings change or are different depending if you have started the process or not. You took part in a number of activities to explore these ideas and feelings.



Studio Hato will work with patients around the hospital and will come back to the December YPF meeting to get your input for the art project.

Remember you can always contact YPF HQ with any questions or worries about transition. Some of the older YPF members who have recently gone through transition have offered to talk about their experiences and share advice. If you would like to talk to someone who has gone through transition contact [YPF HQ](#).



PHOTOSHOOT

As there have been changes to the YPF membership, and the YPF leaflets need updating, YPF HQ thought it was the perfect excuse to have another photoshoot.

Here is an artistic shot by amateur photographer Nigel, of the professional photographer taking the YPF group shot.



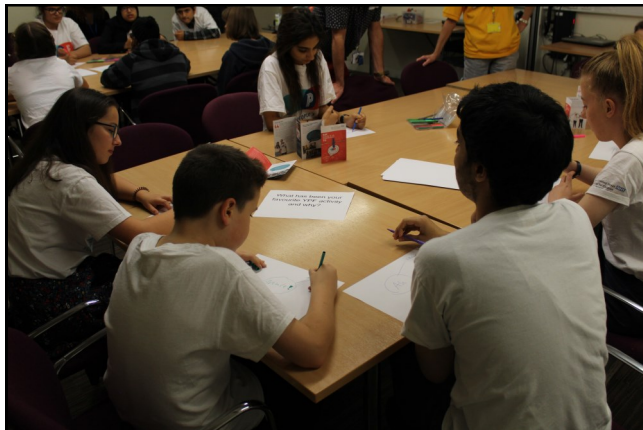
MINI TASKS



Whilst you took it in turn to have your photos taken, you were occupied by some mini tasks.

The first was to help with the YPF leaflet design; you wrote quotes on why you joined YPF and your favourite activities. You also picked out your favourite photos from past meetings to go on the new leaflets.

Your next task was to help decide what you would like to see at the next GOSH Teens Careers Festival. You discussed the sort of jobs you would like to have when you are older and the sorts of companies and industries you would like to meet at the Careers Festival.



Q&A WITH MAT SHAW, MEDICAL DIRECTOR

Mat Shaw, Medical Director, came to visit YPF and we grilled him about his life and job.

What does a Medical Director actually do? If you have a 'typical day' what does it look like?

I am essentially the boss of the 1000 doctors at GOSH. A typical day for me is talking to patients. I then might meet with a sick doctor to help decide how best to support them. And I have a lot of meetings! I sit on the board, which means I have a vote on the big decisions around the hospital.



How long have you worked at GOSH? Tell us about what you did before/your other job.

I was really interested in bones so specialised in orthopaedics and became a spinal surgeon. I have been at GOSH for 7 months. Before working here I was the Medical Director and Deputy CEO at the Royal National Orthopaedic Hospital.

When you were a child what job did you want to have?

There were two potential jobs, one cool and one not so cool! I wanted to be a pilot, and actually I do have a pilot license so I can fly planes. The uncool job I wanted was an accountant, because my dad was an accountant but I decided it was boring.

If you got stuck in a blizzard and had to live in an igloo for 6 months, what would you bring?

These are hard questions! If you ask me about medicine I would have all the answers! I think the three things would be 1) a solar-powered radio to stop me from going mad. 2) A knife to make food and chop wood. 3) Matches so I can make fire to keep warm and to cook the food.

What is your proudest achievement?

I have a great family with three great kids, they make me very proud. Career-wise...being here! It is a privilege to work at GOSH.

What are your 3 best and worst qualities?

My best qualities are that I can laugh at myself, I am determined and that I'm in a job that I care about, it is fun and interesting. My worst qualities...people say that I'm a cat on a hot tin roof. That means I'll have an idea, and another and then another; I need to slow down and do one job well. I can be grumpy in the morning, especially when my kids jump on me. I can't think of a third bad quality. Maybe my worst quality is that I can think of a third! Haha!

What was the last Netflix programme you binge watched?

Stranger Things! I love it. I love it that the kids are the stars and it's scary but fun.

Q&A WITH MAT SHAW, MEDICAL DIRECTOR,

Do you have any secret talents?

I can do a Yoda impression. *(Mat was then pressured into performing his Yoda impression—which received a round of applause)*

What are you most frightened of?

Snakes and heights! But I try to do things to combat the fear so I've done bungee jumps and things like that. A few weeks ago we had an Execs away day and I said I would do anything as long as it didn't involve heights. When we got there the first task was to climb a 20 metre high wall!

What was the last song you listened to?

Whatever the last song was on X-Factor last night! *(We worked out it was Life on Mars by David Bowie)*. But all the bands and music I like are really old, you probably won't have heard of them, like Bananarama and Ronan Keating. I like listening to the radio in the car my with kids.

What do you think of GOSH food? Would you choose to have it?

I go to the canteen quite a lot but I haven't had the ward food—I hear it isn't as good. The canteen is nice and reasonably healthy. However, I love burger, chips and beans. I don't like salad leaves. I probably shouldn't say that as a doctor.

If you could change one thing about GOSH what would it be and why?

I would get people to be kind to one another. *(Nirali said she thought everyone at GOSH was nice. Mat was pleased about this and said that was good as staff should be nice to patients and families, but unfortunately staff can sometimes be unkind to each other)*

In your opinion, what improvements are a priority for the teenagers at GOSH?

Accommodation, especially for long stay patients. *(We had a discussion about whether we prefer bays or single rooms and informed Mat that we have been working with Redevelopment on this issue for the new building)*. I think your voice is key in the decisions made around the hospital. It shouldn't be me setting the agenda, it should be our patients.

What is your key priority for GOSH over the next year?

The NHS doesn't have much money so I'll fight for GOSH to receive more money. My other challenge is to ensure that children are the are the first priority of the Government.

What are your 3 biggest accomplishments at GOSH, so far?

I've only been here seven months but I have helped to launch new services and research trials. We have recruited some fantastic new doctors. What I'm excited about is in December we will have the decision about the new building.

What do you do in your spare time?

Cycling! I took part in the 100 miles Prudential Ride London.

What can we do to help you?

The Executives need to hear your voice. Let us know if YPF is working or if you would like a change to the format. *(We had a discussion and there was a suggestion that we could shadow the Execs for the day so we see what they do. We told Mat that is important we see results from our feedback and projects. Archie suggested that the Execs should help out at YPF meetings on a regular basis.)*

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, educational, fun and friendly.

The highest scoring session at this meeting was the Q&A with 74% of you scoring it as *Very Good* and the rest of you scoring it as *Good*. This was followed by the *Photoshoot* with 79% of you scoring it as *Very Good* or *Good*.

Comments about the *Introduction to EPR Research Study* session included:

- “I was very interested in the opportunity available to us to work with EPR”
- “It was good to have an update but it was a bit confusing”

Comments about *Studio Hato Transition Artwork* session included:

- “It was good apart from drawing portraits”
- “Nice to know I’m not the only one who is afraid of transitioning”

Comments about the *Photoshoot* included:

- “Learnt about photography!”
- “Nice to be able to represent the YPF”

Comments about the *Mini Tasks* included:

- “Loved designing the new leaflet for YPF”
- “Found out about everyone”

Comments about the Q&A with *Mat* included:

- “Mat was very nice and it was great to meet him”
- “Learnt a lot about his job”



Food

74% of you scored food and drink as *Very Good* or *Good*. This is an improvement from recent meetings, with one comment saying “*Food in the Lagoon has improved*”. However, a couple of comments suggested that there should be more vegetarian and vegan options—YPF HQ will feed this back to the catering team.



NEXT MEETING DATE

The next GOSH YPF meeting will take place on Saturday 15 December.

Remember to RSVP by emailing Amy.

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)