

YPF 26 JANUARY - MEETING NOTES



WELCOME!

We welcomed 26 members to our first meeting of 2019, including new members Amelie, Charlie, Ella and Kamya — welcome to the YPF family. A massive thank you to buddies Elom, Grace, Harry and Scarlet.

As it has been so cold we had a tropical theme for the room to cheers us all up!

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.

ZCR TOUR

10 YPF members were taken on a tour of the new Zayed Centre for Research (ZCR) which is due to open in the summer of 2019.

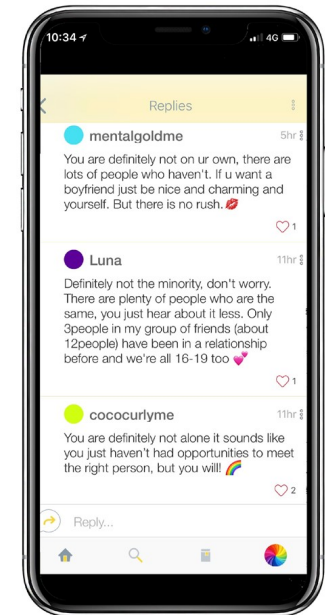


YPF members got a sneak peak of the new research labs and learnt loads of facts about the building and its sustainability.



MEETWO

While some of us went on the ZCR tour the rest of us met Suzi from MeeTwo. MeeTwo is a moderated, peer support app, that helps young people communicate and have difficult conversations. It is currently used in schools but has the potential to be used in the NHS. Suzi came along to tell us a bit more about the app and to get our ideas on how it might be used in the NHS.



We gave our ideas on how as young people and patients we might want to use this and the sorts of questions we might ask.

GOSH may take part in a trial in using the app in clinical settings. YPF staff Amy and Nigel will be part of this project and will keep you updated on this project.

NEW HEALTH TECHNOLOGIES

Lots of GOSH patients have physiotherapy as part of their treatment, however, we have feedback that patients do not like doing their physio exercises or find it too difficult.



Deepti and Gill from the Physiotherapy team came along to YPF with some new technology which they hope will encourage more patients to complete their physio. Deepti and Gill asked us to try out the tech and feedback our thoughts about if we think this would help other young people take part in physio.

The physio tech is similar to a games console - the patient completes a game using an exercise to score points. Over the course of the physio programme it is hoped patients' scores increase as their movement improves.



The technology proved very popular and the physio patients amongst us agreed that using it would increase the likelihood of completing their physio exercises.

STUDIO HATO AND TRANSITION

YPF are helping Studio Hato create an art project which will help other young people at GOSH deal with their emotions when they begin the transition process to move into adult care. Studio Hato returned to YPF to continue the project. Since their last visit in October 10 YPF and ex-YPF members, at different stages of their transition journey completed a workbook to share their thoughts and feelings about their own personal transition journey. This helped Studio Hato understand the process better and to learn what worries people the most about this.



Studio Hato came up with three ideas:

- Diary
- Card Game
- Advice book

We split into groups and worked on what the ideas might look like and presented to the rest of YPF on why that idea was the best.

We then voted on which idea we should work on.

The diary idea received the most votes.



We then split up into three groups to work on different elements of the diary.

- One group worked on cover design and colours
- One group work on what the text should look like
- One group worked on the illustrations.

Studio Hato brought a special printer with them called a risograph printer and we used this to experiment and see what the final product might look like.



Studio Hato are going to take all of our ideas to create a prototype of the final product and bring it back to YPF for our approval before the final product is made and given out to GOSH patients starting or going through transition.

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, fun, friendly and good

71% of you scored the *Studio Hato* session as *Very Good* with the rest of you scoring it as *Good*. Everyone who went on the ZCR Tour scored this as *Very Good* so we will try to book more tours for future meetings.

Comments about the *Tour of ZCR* included:

- *“Amazing to see the development of the building”*
- *“Loved it”*

Comments about *MeeTwo* session included:

- *“Interesting, didn’t know about it before”*
- *“Quite long, not very fun”*

Comments about *New Health Technologies* included:

- *“Really engaging!”*
- *“As a physio patient I loved it”*

Comments about *Studio Hato* included:

- *“SO FUN!”*
- *“Encouraging”*

Other comments

- *“Favourite meeting yet”*
- *“Try to make presentations shorter”*



Food

79% of you scored snacks at Weston House as *Very Good* or *Good*. Comments included:

- *“Nice selection”*
- *“They went before I had any”* - there was plenty of fruit left over :P

25% of you scored lunch at Lagoon as *Very Good*, and 38% scoring as *Good*. Comments included:

- *“It was tasty”*
- *“Not much food for dietary requirements”*

The lunch evaluation forms will be passed to the Catering Improvement Group. YPF member Nirali sits on the group as the patient rep so if you have any specific comments or ideas about food let Amy or Nirali know.



NEXT MEETING DATE

The next GOSH YPF meeting will take place on **Saturday 6 April**.

Remember to RSVP by emailing Amy.

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