

Engaging and Involving Children and Young People

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Healthwatch Northamptonshire

 @HWatchNorthants



Not easy!

- Requires thought, planning and commitment
- Innovative ways of working to achieve meaningful outcomes
- A strategic priority
- A journey of learning
- For us - that journey started Feb 2015



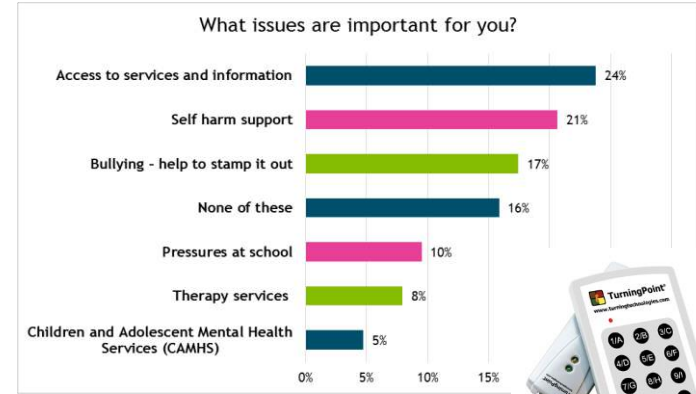
First steps: Steering Group

- Macmillan/Northamptonshire County Council (NCC)
- Northampton Youth Forum, Northampton Borough Council
- Young Leaders, Connexions
- Shooting Stars, NCC
- Service Six
- Nene and Corby Clinical Commissioning Groups (CCGs)
- Kettering Borough Council
- Talk Out Loud, Anti Stigma Programme
- Young person, Children's Rights Service, NCC
- Northamptonshire Association of Youth Clubs



Youth Conference February 2015

- Led and delivered entirely by young people
- Huge success
- BSL interpreters
- Lottery Funding £10k



- Commissioners/providers 'grilled'
- Quiet room available
- Diary room
- Market Place for commissioners/providers
- Fun activities after lunch



Feedback from the conference...

This event was great because it let me voice my opinion. I was able to express my thoughts and worries about healthcare services

I think having the panel was really good to make sure something happens after this rather than just talking

It was fun I would do it again

Definitely think this should be an annual event to help combine efforts and support each individual group



Since working with CYP and Young Healthwatch we have...

Published six reports about CYP and a Mental Health guide:

- Young People's Wellbeing in Northamptonshire - Feb 15
- Healthwatch Northamptonshire's Young People's Health and Wellbeing Conference - Feb 15 (plus Easy Read)
- Views of CYP with SEND in Northamptonshire 2016
- The Views of CYP in Northamptonshire about Eating Disorders 2016
- Eating Disorders and Body Image - Issues affecting LGBTQ Young People 2016
- Young Healthwatch visit to Kettering General Hospital June 2016
- Understanding Mental Health Easy Read Guide and 'Matthew's Story' - 2016



Young Healthwatch Chair - Maddie

Why did I join Young Healthwatch?

- I joined through Talk Out Loud
- Young people need a voice
- Meeting new people
- I enjoy making a difference
- It has opened so many doors for us

What have we done?

- Created the website and leaflet
- Eating disorders survey
- Children's ward visits
- Social media
- In just over a year

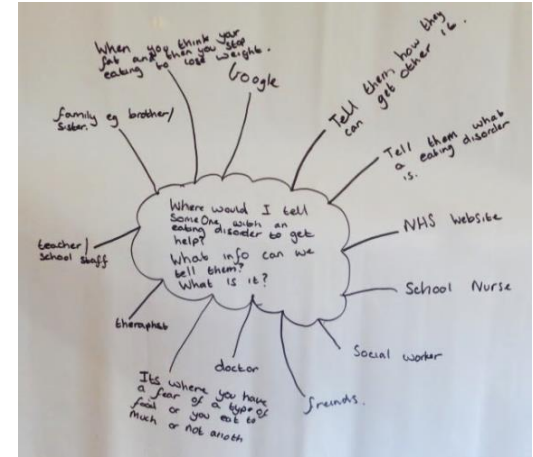


Young Healthwatch Northamptonshire video



Eating Disorders Project

- Lack of support and information for young people on the subject of eating disorders
- Young Healthwatch developed the survey during the Eating Disorders Workshop
- Young Healthwatch received over 2000 responses from young people all over Northamptonshire and schools - 5 times as many as forecast
- LGBTQ focus group @ The Lowdown



SEND Project

- Unplanned piece of work
- SENDsation Day Sept 2015 and IASS Conference March 2016
- Views are often overlooked with parents taking over, we tried a new approach to see what kids really think
- 230 CYP contributed through events, assemblies and PHSE lessons (9 special schools)
 - Majority of respondents (85%) happy with their health and health services
 - The biggest concerns were regarding weight issues
 - 56% of respondents have been bullied (esp. girls)
 - 22% self harm



Thank you



All our reports can be found at:

www.healthwatchnorthamptonshire.co.uk/about/docs

www.healthwatchnorthamptonshire.co.uk/youth-reports

