

YOUNG PEOPLE SETTING THE STRATEGY:

**The role of the Youth
Involvement Group at UHBW
NHS Trust**





Context

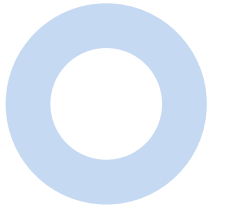
Bristol Royal Hospital for Children is part of University Hospitals Bristol and Weston Foundation Trust.

The Trust provides:

- Local services to the Bristol, North Somerset and South Gloucestershire community.
- Tertiary services to children and young people across the South West and in some specialities nationally.

Patients might attend for short appointments, day case treatment or be admitted for many months in certain specialities.

Youth Involvement at UHBW



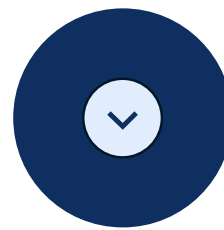
The Youth Involvement Group at University Hospitals Bristol and Weston NHS Trust provides a opportunity for young people aged 11-21 years old to shape services and influence change.

Changes to the structure of the group have led to increased opportunities for young people's voices to shape practice in an embedded way that is young people led.



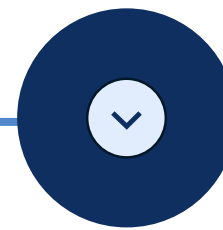
Barriers to participation

A number of barriers were identified in the existing Youth Involvement Group format that impacted participation. Sessions at times felt more focused on consultation, as opposed to projects initiated and led by young people. This provided the rationale for reviewing the structure with young people. Barriers included:



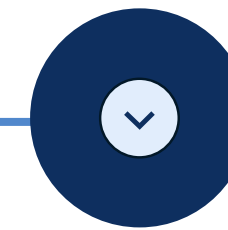
Health conditions:

illness and treatment impacted participation



Other commitments:

Many members are still in education and have other responsibilities



Geography:

Young people from across the South West are involved in the group



Moving from Consultation to Participation

Following engagement with young people the structure of the group was changed to the following format:

Sessions in the hospital

Quarterly in-person events that create development opportunities for the young people alongside facilitating a space for peer support

Youth Ambassador roles

Youth Ambassador roles that support project group agendas to be young people led and represent the group in governance structures.

Monthly Project Groups

Monthly project groups that provide a more focused opportunity for participation about priorities established by the young people.

Other participation opportunities

Involvement in interviews, staff training, accreditation visits and other opportunities that embed young people's voices in the hospitals.



Impact on Youth Involvement

The group structure has impacted participation and engagement in the following ways:



Confidence

Smaller groups have supported quieter young people to develop confidence and find their voice more.



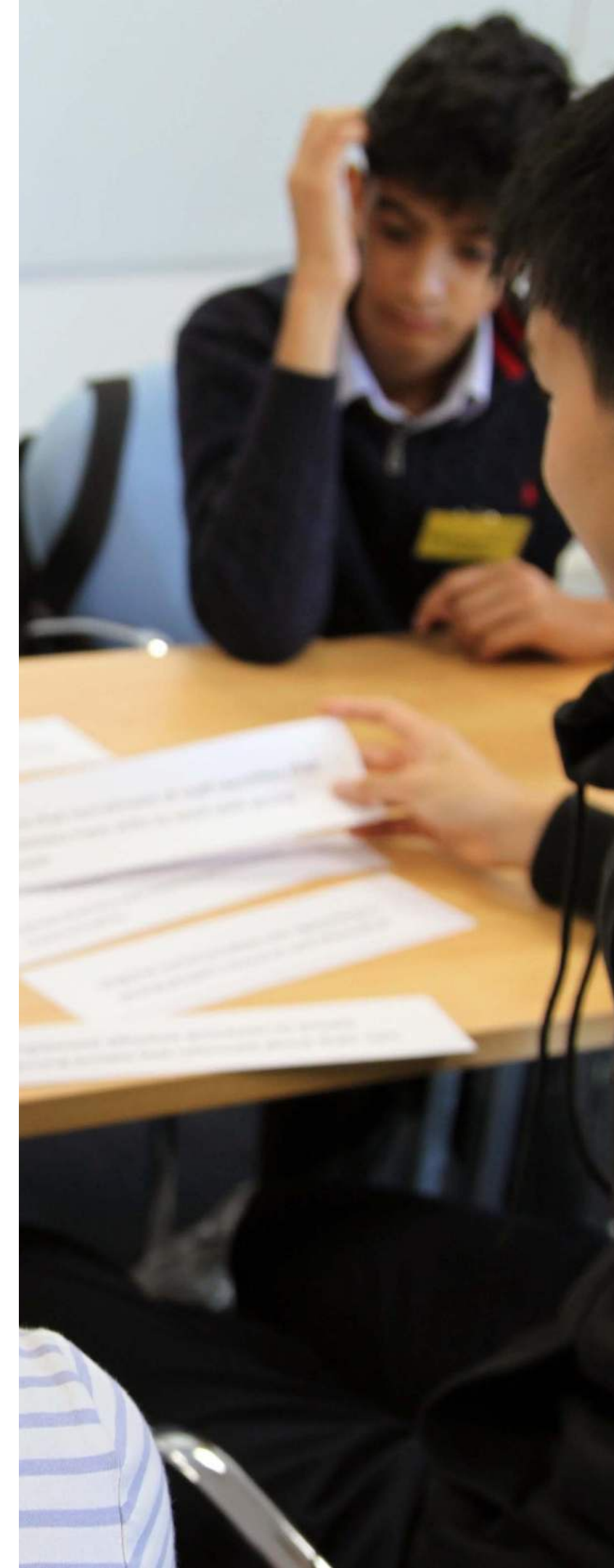
Youth led projects and groups

Project groups have responded to the priorities identified by young people and enabled them to participate in areas they find important.



Flexibility of sessions

Project groups have increased the capacity and opportunities for participation and have been more flexible to respond to young people's availability. This has also enabled increased participation by managers, clinicians and others in sessions.



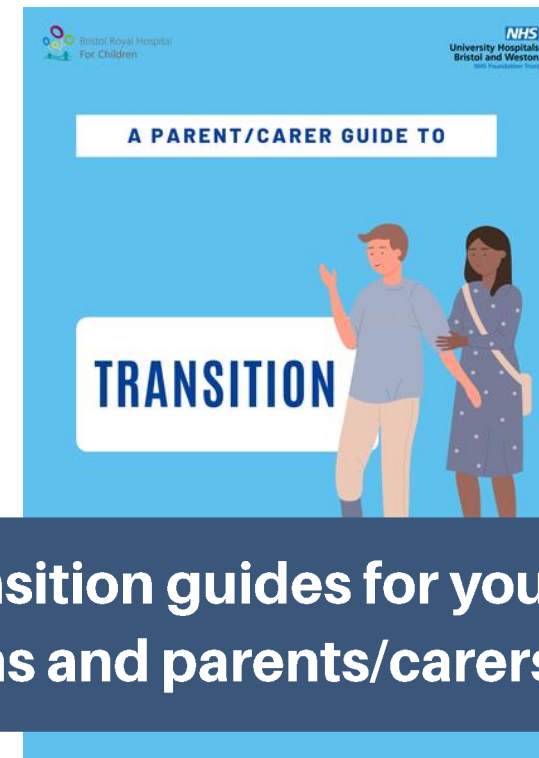
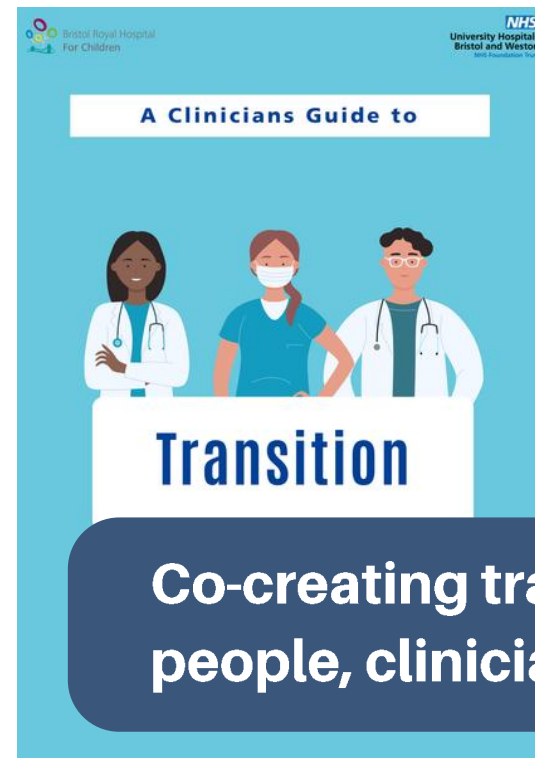
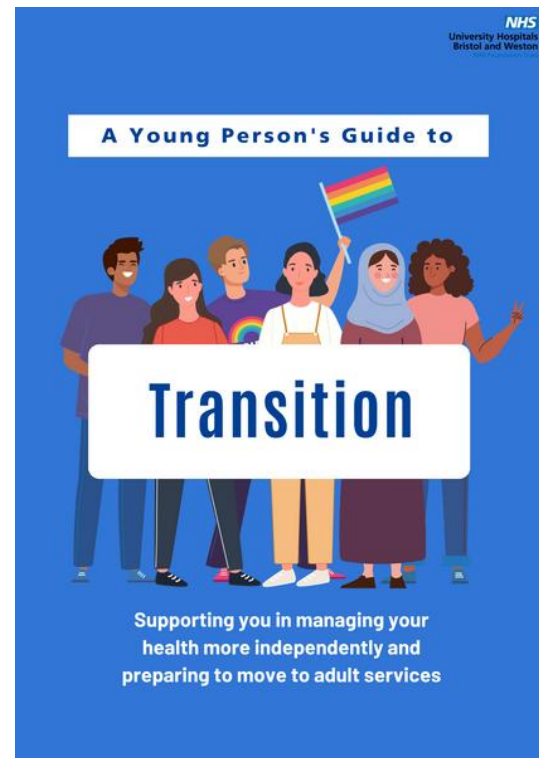


Activities

Sessions in the hospital have included creating scenarios for training with medical simulation, visiting wards and departments, co-creating resources and even visiting the helideck!

Outcomes

Project groups and sessions in hospital have led to the voice of young people impacting practice across the hospitals. This year outcomes have included:



Participating in recruitment and interviews



MRI Preparation



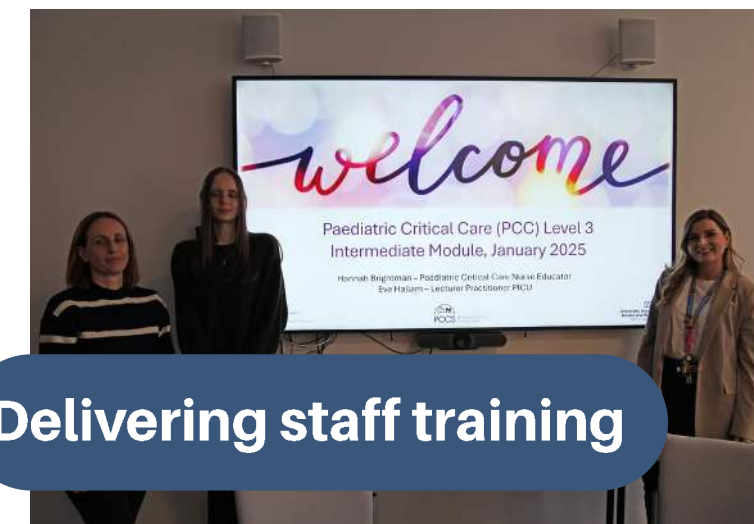
Priority setting and strategy development

Gender services clinic design

Creating a young people's survey



Creating a Youth Involvement newsletter



Delivering staff training



Co-creating a young person's appointments guide



Key Learning

- The structure of having smaller project groups alongside in person sessions with all group participants has been important in enabling increased opportunities for connection and participation.
- Project groups have enabled participation to be more young people led but also supported young people to develop confidence and peer support more effectively.
- The facilitation of in-person quarterly sessions provide more activity and development focused opportunities where project groups provide the context for more in depth engagement.
- Working in smaller groups has increased the capacity and visibility of young people with teams in the hospital. This has developed confidence for teams in involving young people and this supports the sustainability of the work.

A Young Person's Experience:

"I have met so many other young people as well as staff members from the hospital who I have enjoyed making connections with and discussing how access to healthcare for young people can be improved. By being a part of the programme I have been able to voice any concerns or give suggestions with the help of staff who have encouraged me to use my voice and have helped to develop my personal confidence. It is key that young people feel able to contribute to the hospital as their insights are unique and can help to make tricky hospital experiences smoother and more comfortable for young people by giving feedback. Young people are a fresh pair of eyes and often able to point out how long standing norms could be changed or improved. I highly recommend getting involved in the Youth Involvement Group as not only will you be able to connect with other like-minded young people but you will also be able to get involved in fulfilling work to help develop the Children's Hospital!"



More Information

For more information on Youth Involvement at University Hospitals Bristol and Weston NHS Trust contact:

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Links to some of the information and resources co-created with young people:

Young Person's
Guide to
Appointments



Young Person's
Guide to Transition



Young People's
Newsletter

