

Shout Out



Giving young people news on their hospitals

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Who are the Youth Council?

We are the newly formed UH Bristol Youth Council. We are a fun, pro-active group aged between 11 and 21, and we meet monthly to discuss our ideas and things we would like to change in the Bristol hospitals. These hospitals include the [Bristol Royal Hospital for Children](#), Bristol Dental hospital, the BRI, Bristol Eye Hospital, and St Michaels hospital.



Luci

We aim to listen to the young voices of the south west and help to improve the services available for young people. Let us know what you think by filling in the attached survey and you could win a prize! Have a look at the sorts of things we've done already in our first newsletter.

Bristol Royal Hospital for Children Visit

On 26th March three members of the Youth Council had a tour of the facilities at the Bristol Royal Hospital for Children. We were able to look at three different wards, the Emergency Department, play rooms, parents' rooms and other facilities such as the canteen, prayer room and, of course, Radio Lollipop.

We were able to look at the many amazing facilities and the general environment of the hospital. We were all really impressed by the Art Programme, displaying fantastic pieces of art by patients, families, artists and children across the area. The overall atmosphere was also very good, with many of us feeling that the hospital doesn't feel as plain as many hospitals, it is much more colourful and interesting.

As a whole, the Youth Council looks forward to helping improve the hospital environment even further for all the different people that use it.



Anthony



Sponsored by the
Grand Appeal



Karthika

Volunteering

Hello my name is Karthika Balachandran. I am Foundation Trust Member, a member of the Youth Council and I work at the Above and Beyond Charities. Above and Beyond Charities raises money for all the hospitals in UH Bristol NHS Foundation Trust and Bristol Primary Care Trust. At the moment we're raising money for Bristol Heart Institute. I have started working as volunteer in March. The first six weeks since I started I have been training. At Above and Beyond I do administration work like Mail Out, Photocopying, Shredding, Sorting the Heart of Bristol Appeal T-shirts and Above and Beyond T-shirts into order and tallying it up for events and helping with events. I enjoy working at Above and Beyond and learning new skills. If you want more information you can visit the website. The website is www.aboveandbeyond.org.uk.

Tour of the new Bristol Heart Institute

"The amount of thought that has gone into the new building's design was incredible."

On Wednesday 15 April Youth Council members were lucky enough to have a tour of the newly built Bristol Heart Institute (BHI), before the staff themselves were allowed in. The new hospital is an extension of the old BRI Queen's building and the £60 million BHI is a stark contrast to the claustrophobic BRI. We met our guide, Fiona, and the tour started. Patients will walk through huge glass doors into an open plan entrance hall complete with 8 fig trees and a coffee shop. There has been careful consideration put into how the building will be used by patients. All the one day care facilities are on the ground floor, so patients there for one day can find where they need to go much more easily. Having seen the consultation rooms we had our photo taken in front of the steps leading up to the long term patient care area of the building. This floor housed several cath-labs and hybrid operating theatres. The £60 million price tag suddenly seemed to make sense - some of the kit was very impressive and looked highly expensive. And there was a lot of it. We walked down another eerily quiet hospital corridor to the Intensive Therapy Unit, the area where patients will be taken care of after their surgery. The ward was full of state of the art patient care facilities. The unit felt like a nice place and I put this down to large windows allowing lots of light in and creating a better atmosphere. The patient rooms had wet rooms, large windows, and the green colours on the walls and doors help to create a more calming and relaxed atmosphere for patients. In all, the building is a lighter and more pleasant place for patients to receive care and a nicer place for doctors and other medical professionals to work. The amount of thought that has gone into the new building's design was incredible. From putting all the resources for the one-day patients on one floor, to testing the paint on the walls for "cleanability". The tour made us realise how much different new hospitals are compared to older ones and showed us what the hospitals of the future will be like.

Youth Council members



BHI opened to patients in May 2009

Interview with Dr Graham Rich, Chief Executive

Sam and John, members of the Youth Council, met with the Chief Executive of UH Bristol NHS Foundation Trust to find out how he feels about children and young peoples involvement in the Trust. They felt that he was genuinely interested in what they had to say. Here are some of the questions they asked;

Q: *How long have you worked in University Hospitals Bristol NHS Foundation Trust?*

A: Since September 2004. I have worked in Healthcare for 24 years and I originally trained to be a GP but became interested in how to make organisations work better. I went to Business School and then worked all over the world in places like USA, New Zealand and the Caribbean. I love the role because of the wide variety.

Q: *How important is the Children's Hospital?*

A: It is very important for a number of reasons. It is a big landmark building in the central of Bristol. It is a positive symbol of healthcare for children. It is also important as it helps us plan better for children with long term conditions when they move into adult services. Also, we research new medicines for children and this helps our reputation. It's also a fun place to go and cheers me up!

Q: *What does your job entail?*

A: The buck stops with me! I am responsible for over 7,500 staff and eight hospitals. My day involves things like planning future strategy, working with people and organisations and signing all of the complaints letters so that I am aware of how things need to be improved.

Q: *How do you see Children and Young People being involved in the Trust?*

A: I am looking to the Youth Council and young members to advise me on developing new services for children. For example, we have a major children's development in 2014 and would value your input. Also you can help with making sure that information materials are suitable for children and young people. It is sometimes difficult for children and young people to give a cohesive voice. You have a unique perspective on expectations, fears and hopes which is different from an adults view. I am intrigued to see how the Youth Council will help with this.

Q: *If you had to sum it up in one statement, what is your vision for Children and Young Peoples services within the Trust?*

A: To see us providing services that are nationally recognised for their quality for people in Bristol and the South West. Also, to conduct research with children and young people to further our knowledge.



Graham,
Sam and
John



School Links

My name is Saffie and I heard about the Youth Council at a school visit at the UH Bristol Educational Centre in collaboration with City of Bristol College. This meeting was based on health professions and courses offered. The meeting motivated me more to work with the UH Bristol Trust. I, therefore, decided to join the Youth Council. The youth council is really encouraging young people to participate in there own community affairs. It's great to meet other young people. It's really a great group and I hope more youths will join and work for the benefit of all.



Sign up your friends as Foundation Trust Members—it's free! Tel 0117 342 3764

How to get in touch with your Youth Council

Phone: 0117 342 8158

E-mail: shoutout@uhbristol.nhs.uk

Web: www.uhbristol.nhs.uk/youth-council

Youth Council meeting dates:
25 July
26 September

Sign up your friends and family to Foundation Trust Membership—it's free!

Benefits:

- ✓ Newsletter
- ✓ Youth Council
- ✓ Work experience

- ✓ Invitations to events
- ✓ Free membership

Join by

Email foundationtrust@uhbristol.nhs.uk or telephone 0117 342 3764

Our fantastic logo was designed by Ana.



Ana and Cat

Who's who?

Cathy and Maria help the Youth Council members to be involved in the hospitals and to have fun!



Cathy Gane (left) is the Young Persons Involvement Worker

Word Search just for fun!

Ankle, arm, calf, chest, chin, ears, eyes, face, foot,



gum, hair, hip, leg, neck, toe

Created by Mohsin

A	Z	X	N	I	H	C
R	N	O	P	G	A	H
M	Z	K	U	U	I	E
X	G	E	L	M	R	S
B	S	R	A	E	N	T
M	F	X	Q	Y	E	V
C	A	L	F	E	C	Z
J	C	Z	E	S	K	P
K	E	V	O	Q	I	Q
F	O	O	T	H	X	V

Maria Fox (right) is the Membership Manager

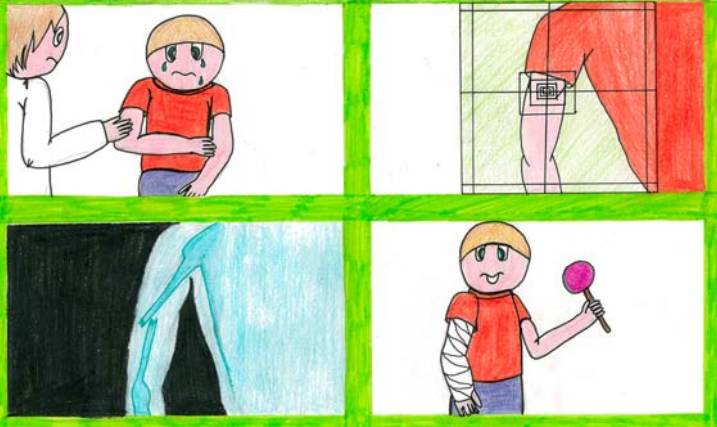


Fill in the survey and return it. You could win a prize!

Cartoon by Olivia



Peter the Paediatrician



Don't forget!