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## Notes of Meeting

### Youth Council Meeting

Date: Tuesday 25<sup>th</sup> October 2011

Venue: UH Bristol Education Centre

Present :

Members: Gemma, Heather, Mahad, Daniel, Louise, Emily Pn, Zoe, James B, James S, Shaheer, Naomi, Sam J

Staff: Cathy Gane, Maria Fox

	Notes	Action
1.	<p><b>What is Participation? Workshop</b></p> <p>1. Aims for the session</p> <p>The aims for the session were:</p> <p style="padding-left: 40px;">To help young people understand what participation means.</p> <p>2. Session Notes</p> <p>An icebreaker activity was used to help the group relax and interact. The group was then split into smaller groups.</p> <p>Each group was given a set of cards containing key aspects of participation. The key aspects of Participation are:</p> <ul style="list-style-type: none"> <li>Empowerment/Developmental</li> <li>Meaningful/Non-tokenistic/Built-in</li> <li>Fun/Engaging</li> <li>Change/Action/Influence</li> <li>Sharing power/Dialogue/Decision making</li> <li>Listening</li> <li>Rights</li> <li>Active Involvement</li> <li>Inclusive/Democratic</li> </ul>	



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	<p>The group had to put them in order of importance and then peg them to a washing line. Discussion then took place about the importance and meaning behind the statements.</p>	
<p>2.</p>	<p><b>Evaluation workshop</b></p> <p>1. Aims for the session</p> <p>The aims for the session were:</p> <ul style="list-style-type: none"> <li>• to obtain feedback about the activities the group have undertaken in the past year</li> <li>• to identify what the group would like to do in 2012</li> <li>• to identify learning outcomes</li> </ul> <p>The group then undertook a variety of evaluation activities.</p> <p>2. Session notes</p> <p><b>Activity One – What has been good and what could be improved?</b></p> <p>Comments:</p> <ul style="list-style-type: none"> <li>• “opportunities”</li> <li>• “It’s fun and interesting”</li> <li>• “Varied”</li> <li>• “led onto other things – I have since been on a Nutrition Ward round and am becoming a volunteer within Nutrition”</li> <li>• “feedback and suggestions on what to do is taken on board”</li> <li>• “we get to do what we are interested in”</li> <li>• “more talks with medical students/nurses/paramedics”</li> <li>• “New opportunities”</li> <li>• “Insight into the NHS”</li> <li>• “Variety”</li> <li>• “Greater involvement of hospital staff, doctors, nurses etc”</li> <li>• “Very engaging and informative: fun”</li> <li>• “Not on Saturdays please”</li> <li>• “I learnt new things from the First Aid course, medical simulation; the only opportunity to go! – how to work</li> </ul>	



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	<p>effectively”</p> <ul style="list-style-type: none"> <li>• “Any events should not be on a school day”</li> <li>• “Invite more under 14’s”</li> <li>• “Fun, engaging and interesting”</li> <li>• “Friendly people”</li> <li>• “Meeting NHS staff”</li> <li>• “Constantly informed about issues affecting young people”</li> <li>• “Can be a bit of a lull between meetings”</li> <li>• “Not on a Saturday”</li> </ul> <p><b>Activity Two – What do I want to get out of being a member of the Youth Council?</b></p> <ul style="list-style-type: none"> <li>• “Find out more about NHS/UHB”</li> <li>• “Medical work experience”</li> <li>• “Information about young people specific services”</li> <li>• “Medical (work) experiences and involvement and info”</li> <li>• “Opportunity to get involved within the hospitals”</li> <li>• “To learn more about how the NHS works for young people”</li> <li>• “Better work experience when taking admission to university – something not easily achieved – more stuff on CV”</li> <li>• “an idea of what medical opportunities there are for us (different departments)”</li> <li>• “To have my ideas heard”</li> </ul> <p><b>Activity Three – What have you learnt through being a member of the Youth Council?</b></p> <ul style="list-style-type: none"> <li>• “How the NHS works”</li> <li>• “Different departments – nutrition”</li> <li>• “First Aid”</li> <li>• “Ways of fundraising”</li> <li>• “How training works at the Bristol Medical Simulation Centre”</li> </ul>	



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<ul style="list-style-type: none"> <li>• “How the Trust operates”</li> <li>• “How to put a cannula in a fake arm”</li> <li>• “Fundraising skills”</li> <li>• “How hospital projects are run”</li> <li>• “Working effectively”</li> <li>• “What to do in emergencies: First Aid course”</li> <li>• “Things I would not have learnt easily without being a member”</li> <li>• “First Aid”</li> <li>• “Food and Nutrition in the hospital”</li> <li>•</li> </ul> <p><b>Activity Four – What I would like to do next year</b></p> <ul style="list-style-type: none"> <li>• “Volunteering and First Aid course”</li> <li>• “Talks from Doctors”</li> <li>• “Hospital Tours”</li> <li>• “Ethics talks”</li> <li>• “Talk from clinical scientist”</li> <li>• “A fundraising event”</li> <li>• “Talks from Doctors”</li> <li>• “Medical simulation”</li> <li>• “Work experiences”</li> </ul> <p><b>Activity Five – What have you enjoyed the most this year?</b></p> <ul style="list-style-type: none"> <li>• Top Activity – Visit to Bristol Medical Simulation Centre</li> <li>• 2<sup>nd</sup> favourite – Mystery Shopping</li> <li>• 3<sup>rd</sup> favourite – First Aid</li> <li>• Others – Fundraising workshop</li> <li>• Visit to Trauma and Orthopaedic department</li> </ul>	



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3.	<p>Following the evaluation activities discussion took place to determine what talks the group would like for 2012. The following was agreed:</p> <ol style="list-style-type: none"> <li>1. A session about applying to university and work experience</li> <li>2. Non-Executive director to talk about the Trust and their role</li> <li>3. Someone to talk about how Ethics works in the NHS, maybe linked to research?</li> <li>4. Clinical scientist</li> <li>5. Doctor to talk about career path and their role</li> <li>6. Matron</li> </ol> <p>Cathy and Maria to arrange above talks for 2012</p>	CG/MF
4.	<p>A report detailing the results of the evaluation will be presented to the Membership Working group which is led by Governors of the Trust.</p>	CG/MF
5.	<p>Newsletter – The last Youth Council newsletter was produced in May 2010. The group were asked to volunteer to write short articles for the next one to be produced by the end of the year.</p> <p>The following volunteered to write articles:</p> <p>Mystery Shopping – James S</p> <p>Visit to Bristol Medical Simulation Centre – Louise</p> <p>First Aid course – Shaheer</p> <p>Studying Bio-medical science – Sam</p> <p>Peter the Paediatrician cartoon – Olivia</p> <p><b>Volunteers are needed to write an articles for:</b></p> <ol style="list-style-type: none"> <li>1. <b>Arts workshop that took place with Willis Newsome.</b></li> <li>2. <b>Why I wanted to join the Youth Council</b></li> </ol>	All
6.	<p>Fundraising – A discussion took place concerning fundraising activities for the Trauma and Orthopaedic waiting room.</p> <p>Skydive - Cathy advised the group that it would be possible for members aged 16 plus to do a skydive organised through the Grand Appeal. Other members of the group could come along to support the</p>	CG



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	<p>young people if they didn't want to do a skydive themselves. Cathy will contact the Grand Appeal to discuss further.</p> <p>School activities – Cathy asked if it was possible to organise activities at school. Some schools have a charity that they support for the year and this is chosen by young people. Can members please find out whether it is possible to do any fundraising activities within their school/college.</p> <p>Just Giving - Some of the group asked about whether it was possible to have a button on the website so that people can donate money. Cathy to get some advice from the Grand Appeal.</p> <p>Craft/Cake stall – It was agreed that a date would be set aside so that the Youth council could have a stall in the Children's hospital reception to start raising funds. <b>Cathy has booked space for 19<sup>th</sup> December in the morning.</b> Maria to send out an email to the Youth Council to ask for help.</p> <p>Supermarket Bag packing – Cathy to follow up to see how this could be organised.</p>	<p>All</p> <p>CG</p> <p>MF</p> <p>CG</p>
7.	<p>Dates of next meetings/events:</p> <p>19<sup>th</sup> November 2011 – 1300 – 1600 – First Aid Course Part 2</p> <p>19<sup>th</sup> December 2011 - 1000 – 1200 – Craft stall – Children's hospital</p> <p>20<sup>th</sup> December 2011 – 1230 – Annual Celebration Lunch (for members who have joined prior to November 2011)</p>	