



University Hospitals Bristol **NHS**  
NHS Foundation Trust

Spring/Summer 2016

Who we are...	1
Takeover Challenge	2
'15 Steps Challenge'	3
Young Governors	3
Transition	4
Writing for Shout Out	4

We are a fun, pro-active group aged between 11 and 21, and we meet regularly 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 Royal Infirmary, Haematology and Oncology Centre, Heart Institute, Dental Hospital, Eye Hospital, and St Michaels Hospital.

We aim to listen to the young voices of the South West and help to improve the services available for young people.

At Youth Council we have been involved in:

- Having a say about services which affect young people
- Learning about careers, work experience and volunteering opportunities
- Visiting the medical simulation centre.
- Organising young people events like 'My Hospital My Say'
- Producing a regular newsletter
- Mystery shopping and testing hospital services

Plus much more!

We hope that you enjoy reading our newsletter! As young people in the Youth Council we have produced it for young people like you!



Supported by the  
Grand Appeal.



This edition of the Newsletter is about taking over! We started with the Takeover Day on the 20th November 2015 and activities throughout the year will continue to be Takeover themed. Read on to learn more...

The Youth Council were invited along with a number of other groups of young people to take part in the Takeover Challenge.

Takeover Day was developed by the Children's Commissioner for England as an opportunity for young people to take part in influencing and running services that they access.

As part of Takeover Day the following happened:

- Shadowing staff across the hospitals
- Consultation with the Management Team in the Children's Hospital
- Spoken word poetry workshop

This is what members of the Youth Council said about the day...



'I got involved in the Bristol Hospital Takeover Day as it sounded very interesting and I wanted to be able to explore what happens behind closed doors in the hospital. I shadowed a member of the Governance Team, so I learnt all the paperwork they use to ensure the clinical staff are working to full effect and are under the correct procedures that are approved mainly by NICE. I learnt what they had to do to keep the hospital with over 9000 staff running, and about the risk and incident assessments that need to be followed to ensure both the patient and staff are happy'

'I spent the morning shadowing a consultant who specialises in gastroenterology. I sat and watched a meeting discussing all of the patients in their care and they spoke with other hospitals via a video link. I talked with him about what his

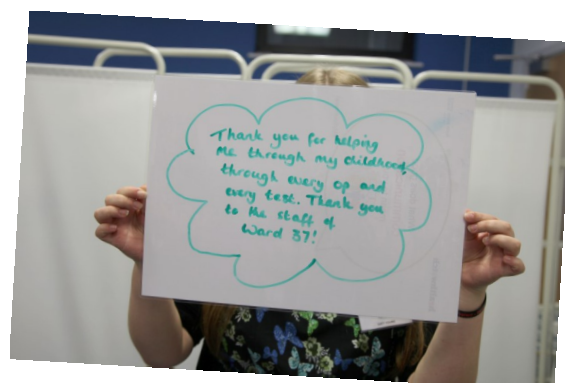
average day consists of and he explained some details about his speciality. Sitting in the meeting, I learnt how closely the teams work together and how they provide support and advice for each other's cases.

'I was able to voice some of my thoughts to Healthwatch and reflected on the day and the experiences I have of this hospital. I have learnt that the hospital is a diverse community and that it's impossible to predict the exact format of the day.'

There were lots of really great ideas and experiences shared throughout the day which will help the Hospital in developing services. To one question 'what messages do you want the NHS to know about young people?' what you said included:

*'We like to be kept in the loop, don't just think that because we are young we don't know what's going on.'*

*We are capable of more than you think. Talk primarily to us, THEN to our parents.'*



# The 15 Steps Challenge

The 15 steps Challenge has been taking place across the Children's Hospital and Youth Council members have been involved. This is an opportunity to see wards from a new perspective and puts you as young people in control of saying what you think would improve wards for you and your peers. This might be really little observations or bigger ideas! Wards that have had visits from the Youth Council in the last few months include Ward 32 (a paediatric cardiac ward) and Area 61 (a teenage and young adult oncology ward). More wards in the children's and adult hospitals will be being visited soon!



## Young Governors

Two new Young Governors started in post in Autumn 2015. They were appointed by you! Now that they have settled into these new roles we thought we would introduce them. The board of Governors is made up of elected members of the public as well as health professionals. Governors play a key role in helping to guide the development of services, holding the Directors to account, and acting as Guardians of the Trust's values



and standards. One of the young governors, Julia, has answered a few questions about how she got involved!

### How did you become interested in healthcare?

I have always had an environment orientated around healthcare. My older sisters wanted to study medicine and my mum is a nurse. I became interested when my sister joined the Youth Council, and I joined with her. I gained a better insight into the NHS system and became more aware of the importance of healthcare and the impact it can have on people's lives.

### Why did you choose to become a Governor?

I chose to become a governor because I thought it would be a great chance to get a better understanding of the system, and have more impact on the healthcare in the Foundation. It thought it would be a great chance to not only develop my communication and leadership skills but also to challenge myself.

### How long have you been involved in the Youth Council?

I actually can't remember when I started attending the sessions, but I think it was when I was in year 10, so I assume I have been involved for 4 years.

### What has been your favourite thing that you have done in Youth Council so far?

Most of the activities that the Youth Council provides are very interesting, but my favourite has to be the simulation centre. It was so interesting and we got to learn about intubating a patient by inserting a tube into the throat, and even got to try how to do it.



## Transition Website

The previous two years have seen the involvement of the Youth Council in an exciting new project creating a website for young people.

The Youth Council helped create the photos, decide on content and shape the design of the website and it has now gone live! You can find out more at [www.uhbristol.nhs.uk/transition](http://www.uhbristol.nhs.uk/transition).

There is lots of information for young people on there with cardiac being the first speciality to develop condition specific webpages. Others will be found on there soon.

Have a look and tell us what you think or if you have a condition and want to share you story get in contact!



## Interested in writing for Shout Out?

Each edition of Shout Out is written by young people for young people. If you are interested in trying out your journalistic skills then get in touch—you might want to write about a Youth Council session or interview a doctor or even the Chief Executive. Send us your suggestions and we'll see what we can do!

The next newsletter will have information about getting involved in interviewing and appointing staff and what services have achieved Young People Friendly accreditation, and how you can get involved.

### How to get in touch with your Youth Council....

Contact the Young Persons Involvement Worker (Sara Reynolds)

for more information or to find out how to join:

Phone: 0117 342 8158

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