



Health-Based Youth Work Long-Term Conditions Team



Warrington and Halton Teaching Hospitals
NHS Foundation Trust

Dr Satish Hulikere & Chloe Lloyd

Opportunity and why Youth worker project ?

- Youth worker in Diabetes MDT team enhances the care and experience of young people with Diabetes
- Diabetes Health Inequality
- No previous experience in Northwest
- Patient feedback
- Transition challenges and evolving new pathway for transition
- Recruitment of Clinical Psychologist challenges
- Local Patient data and improve outcomes
- Pilot to project to test the concept

What did we do?

- DHIP Transformation funding opportunity
- NHS long term plan
- Submitted a proposal
- Non recurrent funding in 2 payments
- Challenges of recruitment and seeking help from experienced centres
- Timely recruitment
- Project for 1 year June 2021- June 2022
- Recruitment of youth worker and Project take off

What is Health-Based Youth Work?

- Youth Work is an educational process to support a patient's personal, social, emotional and educational development;
 - Encourages patients to explore their values, beliefs ideas and issues;
 - Enable patients to develop their voice, identity and place within society;
- Encourage and support the patient to reach their full potential and achieve life goals and aspirations
 - Encourage positive engagement between the patient and the Clinical Team.



Yea... But what do you actually do?

Education

Substance
Use

Self-esteem

Bullying

Emotional
Management

Self-
confidence

Sexual
Health

Relationships

Careers and
Employment

Health
Condition

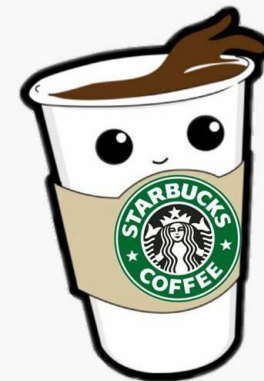
and much
more...

How do we encourage young people to engage?...



Independent Patient contact

- Increased independent engagement from Young People through text message/WhatsApp.
- Active Patient only Instagram Page



Planned Group Activities

- Transition to School Event
- Support group-Early Intervention Programme
- Youth Buddy Champion Programme
 - Online Activity Timetable
 - Clinic waiting area activities
- Escape Room Transition Event- April 2023



Community Engagement

Hearing the young person's voice to meet in a way that they prefer.

- Home visits
- Football at the park
- Shopping
- Coffee shop meet up's
- Attending external health appointments

Our Activity Timetable...



WHH Youth Service



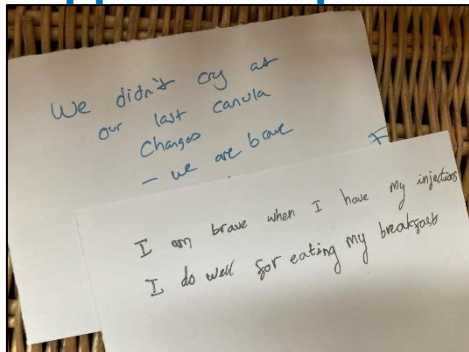
All activities must be booked through the Youth Worker **at least 24 Hours prior** to the event. Please contact Chloe on 07917 676604.

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Clinic (PM)	3 Clinic (AM)	4 Bonfire Night tomorrow!
7  National Recycling Week	8 Make-up Session Ages 8-12 (5pm) Ages 13+ (6pm)	9 National 'Talk Money' Day Careers/Work Experience Drop-in Session Ages 14+ (5pm)	10 Clinic Topic- Recycling	11 Remembrance Day. 
14 World Diabetes Day! 	15	16 Well-Being Session Ages 8-12 (5pm) Ages 13+ (6pm)	17 Clinic Topic- Dress up as superheroes for World Diabetes Day!	18 National Stand up to Bullying Day! Need to talk? Drop me text/call or facetime for a chat?
21 ODD SOCKS DAY! Spread the word of Anti-Bullying	22 Create your own anti-bullying poster and send to Chloe before Friday. The winner's poster will be published on our Social Media Pages.	23 Cooking Class Ages 8-12 (5pm) Ages 13+ (6pm)	24 Clinic Topic- what advice would you give to someone who is being bullied?	25 
28 Chloe A/L	29	30 Open Afternoon- Meet the Long-Term Conditions Team @ Warrington Hospital Main Entrance 2-4pm	 National Diabetes Month 	

Take a look at all the fun we have had!

Support Groups!



Cooking & Healthy Living



Sports & Teambuilding



Full praise for Chloe (youth worker) 🙌
[redacted] was the only one signed up for the cooking and she went ahead - on a Friday night!
[redacted] loves just sitting and chatting to her.
The cookies taste amazing and are healthy 🍪



Patient Feedback!

"I Honestly can't thank the Diabetes Team and the Diabetes Youth Service enough for all the support we have had through all of M's diagnosis and obviously her recent Mental Health episodes."

"every thing that has been done for me is working perfectly! And I'm enjoying being able to message someone about a lot of things I don't really speak about."

"Chloe has been a huge support - mentally for us all as a family."

"I love the Diabetes Support Group because it makes me feel normal"

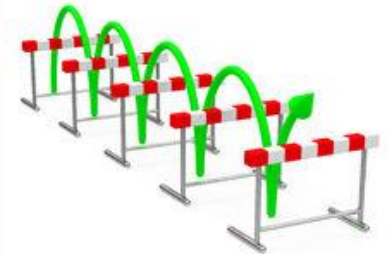
"The Youth Worker has supported me by just by being there when I don't like going"

"Helps me to feel more confident and comfortable knowing that other people are going through the same thing."

"I love coming to clinic because I cant wait to see Chloe"

What has made my job difficult?

- Lack of funding for Resources/Equipment
- Lack of access to facilities to hold group activities
 - Safely Staffing Activities
- Young People are reluctant to engage with online activities due to overuse through the COVID-19 Pandemic.
 - Set timescales
- The little things- Not responding to text messages, Young People can be reluctant to change,
 - Caseload numbers
 - Mental Health Support- CAMHS waiting lists



So... What is planned for the future?

Short Term

- The Youth Service has now been extended to other long-term health conditions including Epilepsy & Respiratory conditions.
- LGBTQ+ Online Forum
- New activity booking system-All activities to be booked through Eventbrite
- Young Person lead community/well-being projects
- Summer Transition Diabetes Technology event & Escape Room event
- Community Drop-in Sessions

Long Term

- Hospital-based Youth Club
- Working in partnership with Diabetes UK
- Residentials and group day trips



Special thanks to...

- Leeds Youth Service and the Health-Based Youth Work Network.
- Warrington Borough Council
 - Warrington Youth Zone
 - WHH Hospital Charity
 - Active Cheshire
 - National Youth Agency
 - Diabetes UK
- Rise Construction Framework

Clinical Outcomes

- Reduction in hospital admissions

Year 2020-2021 - there were 24 admissions, 13-diabetes related admissions

Year 2021-2022 - there were 12 admissions, 7 diabetes related admissions

- Reduction in HbA1C in 7 out of 10 targeted patients
- Better engagement of patients with reduction in clinic DNA

DNA rate

June –Nov 21 – 9.2%

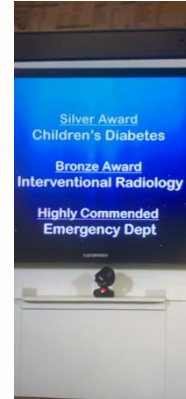
Nov 21- March 22 – 4.48%

Other achievements

- Recurrent funding and Youth worker role permanent

- Trust Annual awards - December 2021

Silver Award for Excellence in patient care for CYP Diabetes Team

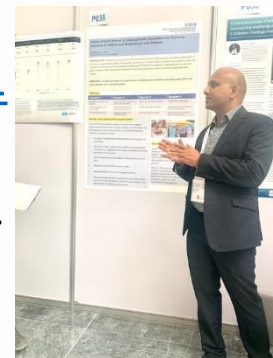


- Diabetes NDQP peer review

[Impact of youth worker on Diabetes care of young people with Type 1 Diabetes Mellitus | RCPC](#) – July 2022

- Poster Presentation in ISPAD International conference October 2022

- Publication [Satish-FINAL-DOTN.pdf \(diabetesonthenet.com\)](#)



Acknowledgement

- North West Coast Clinical Network team
- Commissioners
- Leeds Youth worker lead and team
- Management and Trust Executive team

Questions and comments?