

Our meeting about **Children and Young People's Services**



Easy read booklet



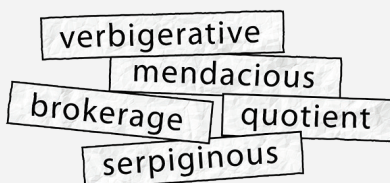
This is an Easy Read version of some information. It has words and pictures.



You might want help to read this booklet. You can ask someone to help you.

words

Some words are **black and bold**. This means we think they are difficult words.



Black and bold words are thicker and darker. We explain what they mean in a box like this.

Who we are



We are **Greater Manchester and Eastern Cheshire Strategic Clinical Networks**.



We work closely with our **stakeholders** to make **health and social care services** better.



Stakeholders are people who are interested in or affected by something like a service or a project.



Health and social care services help people to be healthy, happy and do activities in their day to day life.

What this booklet is about



On **Friday 21 March 2025**, we had a meeting to talk about how we can help **children and young people** with **long term conditions**.



Children and young people means anyone younger than 25 years old. We say **CYP** for short.



Long term conditions are health problems that last months or years.



This booklet tells you

- why we had our meeting
- what we talked about in our meeting
- about our plans to help CYP.

Why we had our meeting



We had our meeting to talk about a plan called the **NHS 10 year plan**.

The **NHS 10 year plan** is a plan to make the NHS better over the next 10 years.



The **NHS 10 year plan** has 3 goals.



1. To give people help in their **community**

2. To help people stay healthy so they do not get ill



3. To use technology like computers and phone apps so it is fast and easy to get help.



Your **community** is the area that you live in.



We had our meeting to talk about how to make sure the **NHS 10 year plan** helps CYP with long term conditions.



We wanted to

- find out what CYP and their families think about our services
- think about how we can make our services better for CYP with long term conditions
- look at important **policy documents** to help us make good decisions
- make sure the **NHS 10 year plan** includes and helps everyone.



Policy documents are a set of rules or ideas about what an organisation should do and how they should work.



The long term conditions that we talked about in our meeting are

- **epilepsy**
- **diabetes**
- **asthma.**



Epilepsy is a condition that makes you shake, fall or lose control of how your body moves.



Diabetes is an illness where your blood gets too much sugar from the food you eat.



Asthma is a condition that makes it hard to breathe.

Who was at our meeting



There were lots of different stakeholders at our meeting.

There were

- professionals from the NHS
- children and young people
- people from **third sector organisations** like **Youth Focus NorthWest**.



Third sector organisations are organisations who help people without trying to make money.



Youth Focus NorthWest help CYP to have their voices heard about topics that matter to them.

Speakers at the meeting



There were different **speakers** at our meeting.

Speakers are people who talk in front of people and share information.



- ▶ **Doctor Carol Ewing** talked about the meetings we have had over the last few years.



- ▶ **Hannah McMullan** from **Youth Focus NorthWest** talked about the work their organisation has done to help CYP.



- ▶ **Amy** and **Rohan** talked about how CYP wait a long time for the help they need. They said it is important to use their ideas when we make our plans.



► **Rohan** said CYP need **crisis cafes** they can go to if they have problems with their **mental health**.



Crisis cafes are safe places you can go when you need help.



Mental health means how you think and feel most of the time.



► **Kelly Taylor** from NHS England said

- there have been lots of staff and service changes
- CYP services need more money
- CYP services need to give better help to people with long term conditions
- CYP need more help when they get older and start to use adult services.





► **Kelly** also said it is important for **care systems** to

- give CYP better help in their community
- work to make services fair for everyone
- listen to people and use their ideas
- make it easy for people to get the right help when they need it.

Care systems are when health and social care services work together to give people help.

► The **Royal College of Pediatrics and Child Health** shared some information about CYP services in England.

► They said that CYP services need

- more staff and money
- to use technology better
- to work better together.

What we talked about in our meeting



In our meeting, we split everyone into 3 groups.



Each group answered questions about a different long term condition.



We asked each group how we can

- give people help in their community
- give people help to stay healthy
- use technology so it is fast and easy to get help.



We tell you the ideas of each group on the next few pages.

Group 1

Diabetes

Help in their community



To help people with diabetes in their community, group 1 said

- it should be easy for them to get the information they need
- we should use **virtual wards**.



Virtual wards help people look after their health at home. Doctors and nurses can call you by phone or video to check how you are.

Help to stay healthy



To help people with diabetes to stay healthy, group 1 said

- everyone needs to know more about diabetes
- health and care service staff need to know how to talk to CYP with diabetes.



Group 1 said we also need to

- understand who they are and what help they need
- help their mental health
- make it easier to get **peer support** and do fun activities
- have **appointments** at good times.



Peer support is when people who have the same problems share advice and ways to cope.



Appointments are when you meet someone like a doctor or nurse.

Technology



To help people with diabetes, group 1 said we need

- to share information better between staff and care systems
- new technology that CYP like and want to use to look after their diabetes.

Group 2

Epilepsy

Help in their community



To help people with epilepsy in their community, group 2 said

- their doctor needs to look after their health
- they need more support when they start to use adult services.

Help to stay healthy



To help people with epilepsy to stay healthy, group 2 said there need to be more services to give them the right support.



There are more epilepsy services for CYP than there are for adults.



This makes it difficult for young children who should start using adult services.

Technology



To help people with epilepsy, group 2 said we need **digital tools** people can use to look after their health.



Digital tools are things like websites or **apps** that let people book appointments and get their medicine.



Apps are computer programmes you use on mobile phones and tablets.

Group 3

Asthma

Help in their community



To help people with asthma in their community, group 3 said

- anyone who needs support at home after being in hospital should get it
- it should be easy to get information and help
- third sector organisations like the **Breath Champs** can give them information and support
- there should be more **asthma friendly schools**
- we should be show them how to use their **inhaler** in the right way
- it should be easy for them to have **medication reviews**
- **pharmacies** should give people help if they need it.





Asthma friendly schools help CYP to look after their asthma when they are at school.



An **inhaler** is a small device that delivers medicine to help people with asthma to breathe.



Medication reviews are when a doctor or nurse checks your medicine to see if it helps.



Pharmacies are places that give people medicine and advice about how to stay healthy.

Help to stay healthy



To help people with asthma to stay healthy, group 3 said

- they should get help if they have problems with damp and mould in their home
- we should give them information about the risks of smoking
- we should help with their mental health
- we need to think about what makes it hard for them to come to appointments.



Technology



To help people with asthma, group 3 said we could give them a **digital health passport**.



A **digital health passport** is a tool, usually on a smartphone, that stores and shares health information with doctors and nurses.

What we will do next



We used everyone's ideas to think about what we will do next.

By March 2026 we should



- make it easier for people to have medication reviews
- help people more with their mental health
- have a plan to help care systems work better together
- have more virtual wards for people with diabetes
- give people more help with long term conditions in their community
- make a digital health passport for people with asthma
- give people more help when they start to use adult services



- have digital tools for people with epilepsy
- have more **public awareness campaigns** about long term conditions
- have **resources** to help CYP look after their long term conditions in school
- know how to check the **outcomes** of our work
- offer more **flexible appointments**.

Public awareness campaigns give people information so they understand more about a topic.

Resources are things like booklets or posters that give information.

Outcomes are what happen after you do something.



Flexible appointments are appointments at times when it is easier for people to go, like after school or at lunch time.



By March 2027 we should

- have ideas where we could put crisis cafes
- help people with diabetes get more help in their community
- see what we can learn from asthma friendly schools and use these ideas in our work
- have more **youth workers**
- work with **commissioners** to make sure our work is fair and includes everyone
- train healthcare staff to **communicate** better with CYP.





Youth workers are people who help CYP. They give advice, support, and help them talk about how they feel.



Commissioners are people who decide how services work and how much money they need.



Communicate means to talk and share information.

Thank you for reading this booklet



Thank you to A2i for the words
www.a2i.co.uk (reference 41928a)

The full version of this document is called
"Stakeholder Event Report v1.2."