

NHS Youth Forum

Activity & Impact Report
2013-17

Contents

Foreword	4
1.0 Why do health services need to listen to children and young people?	6
2.0 Our headline achievements!	7
3.0 What is the NHS England Youth Forum?	8
4.0 What does the Youth Forum do and what is our impact?	12
4.1 Developing resources for young people around issues that matter to them	13
4.2 Working with policy makers and commissioners to inform strategic healthcare policies	19
5.0 Changing the lives of young people	28
6.0 Independent Evaluation	30
Find out more	31

Foreword

By Suzie Williams

Young people make up nearly one quarter of our population and are thus prominent users of GP practices, hospitals, clinics, online NHS services as well as many other healthcare facilities. It is crucial for us to have a say in our healthcare, feel empowered to feedback our views and give recommendations on what the future of the NHS looks like for us.



Photo taken November 2017

The NHS Youth Forum is entirely unique in the wide platform it provides for our generation to voice these things, and over the last four years it has brought together an outstanding team of young people passionate about healthcare, including thousands of other young people with dynamic views who have contributed to the impact the forum has made since starting up in 2013.

Each year our campaigns and agenda have been adapted to address crucial issues raised by members and young people, from our first hand experiences and observations with a consistent theme of ensuring young people are empowered in every step of their healthcare, from at home to the hospital, from school to the internet, and so forth.

These campaigns have included educating young people about their rights in healthcare, improving mental health and transition services, adjusting standards for GP practices to be youth friendly, getting young people involved at a local level with CCGs and PPGs as well as an array of other projects throughout the four years.

The forum has made an extraordinary impact within communities and on a national level, where many NHSYF members have attended events and presented alongside NHS Directors, Commissioners, MPs and NHS staff, and in many cases have been trailblazing youth engagement in these areas.

To capture the full 'impact' of the NHSYF in a single written report is a difficult task, because the work of the forum and the contributions from young people have inspired many thousands of people, transformed services and changed our lives as members through the offering of true empowerment, and each of these stories could be a full length report in itself. The forum is a pulse of activity and influence, and with an active and growing authority within the NHS constitution our work is certainly not done yet, so watch this space.



Susie Williams,
NHS Youth Forum Member
(2016-present)

About the British Youth Council

The British Youth Council (BYC) has been commissioned to deliver the NHS Youth Forum since 2013. A youth led charity, BYC empowers young people to influence and inform decisions that affect their lives. As the National Youth Council of the UK, it supports young people to get involved in their communities and democracy locally, nationally and internationally, making a difference as volunteers, campaigners, decision makers and leaders. By bringing together the youth led networks and participation expertise of the British Youth Council and the knowledge and experience of NHS England and other partners, an internationally recognised Youth Forum has been established which has achieved real impact and improved the lives of young people.

1.0 Why do health services need to listen to children and young people?



- Children and young people make up nearly 25% of the population in England, 40% of all primary care activity relates to children and young people.
- Moreover, 15% have a long term condition, 6% have a disability, 50% of all mental health Problems in adulthood start by age 14 and 700,000 are young carers.¹

Listening to the views of young people and ensuring they are part of NHS decision making structures is essential in developing appropriate service for health services now and in the future.

1. <http://www.youngpeopleshealth.org.uk/reaching-marginalised-young-people>



2.0 Our headline achievements

2013/14

- We made a significant change to the NHS complaints policy, ensuring that it's clear that young people are allowed to make complaints in their own right and need to be taken seriously.
- We developed a series of posters about young people's rights in healthcare that have been well received by trusts and GPs.

2014/15

- We ran a social campaign with young people nationally called "Dear NHS". Young people all over the country told us what they felt about healthcare services.
- We developed a one page toolkit for young people to challenge commissioners to ensure good practice was built in to services for young carers and into the transition between young people's and adult services.
- We had a huge push on advocating for better mental health services for young people, raising this priority with NHS England and inputting to a Youth Select Committee focus.

2015/16

- We developed resources for commissioners to help them involve young people in their strategic decision making.
- We worked with other young people to refresh the "You're Welcome" assurance standards for children and young people's health services.

2016/17

- We developed resources to support general practice and primary care practitioners to involve young people in improving local health care services.
- We created a one page good practice guide for high quality care for young people and sent this out to all of the Vanguard programmes in the NHS.
- We led a campaign encouraging young people to think about their own well being #yourhealthinyourhands.

3.0 What is the NHS England Youth Forum?



NHS England has had a national Youth Forum since 2013, made up of young people from all over the country, who have a passion for improving health services. The Forum gives a voice to young people to express their thoughts on the health issues that matter most to them.

By bringing young people together to share their perspectives and experience, and by connecting more widely to their peers, it is possible to identify and address key areas for healthcare improvements. The NHS England Youth Forum has a partnership arrangement with Public Health England and the Department of Health enabling us to take a system approach and have a direct impact on the health services that young people use.

The Youth Forum's core aims are to:

- Ensure that young people's voices are present in the national programmes of work in NHS England.
- Be a "critical friend", exploring aspects of health that do or don't work well for young people and suggesting improvements to health services for young people.
- Encourage other young people to get actively involved in their own healthcare.



In 2013 NHS England worked with a number of partners and young people's organisations to develop an operating model for the Youth Forum.

We commissioned the British Youth Council to help us put this early model into practice and to work directly with young people to shape and refine the Youth Forum in to a way of working that young people had ownership of and was highly effective in influencing change in the strategic health system.

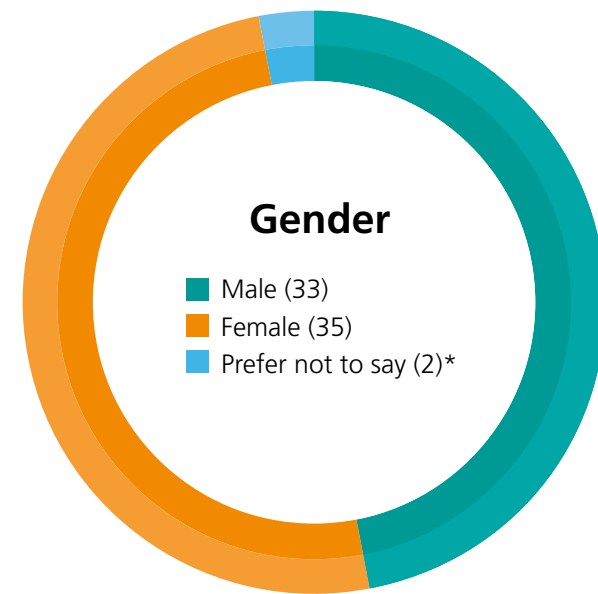
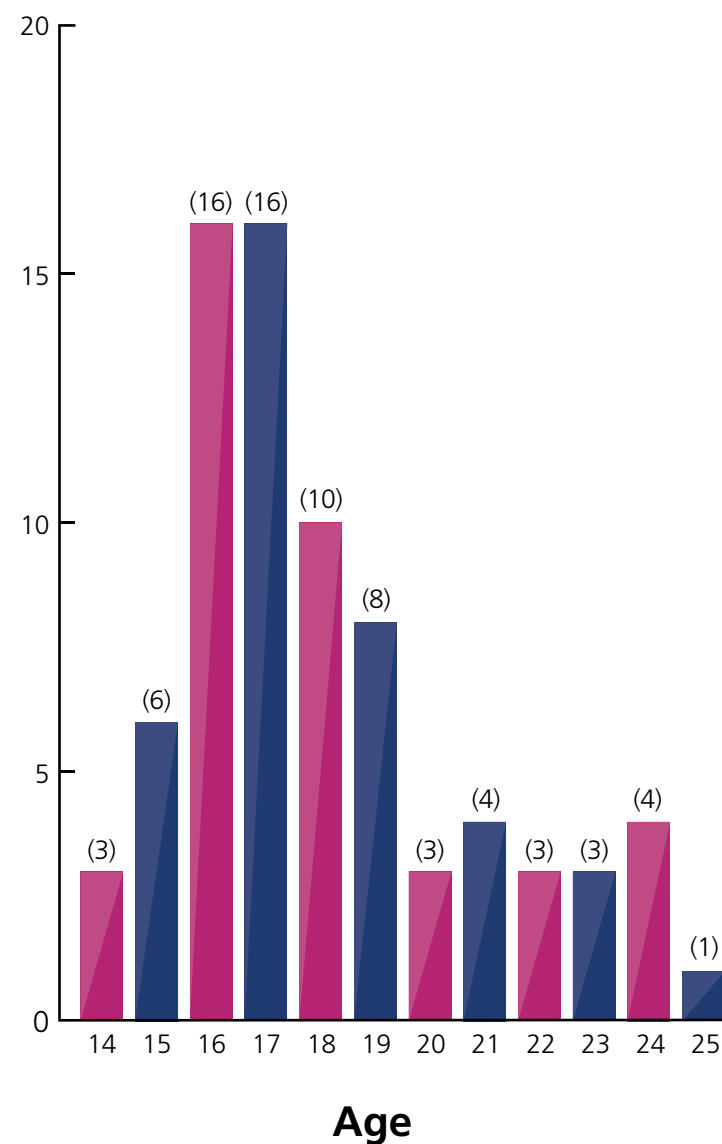
"Being on NHS Youth Forum for two years changed my life completely; it shaped me as a person. I developed so many skills that I never thought I would have, my confidence and self esteem increased ten fold, a massive contributing factor in shifting my outlook in life. These skills have been fundamental in equipping me with the knowledge and belief that I can achieve."

Amy, 18,
NHS Youth Forum member
2014-16

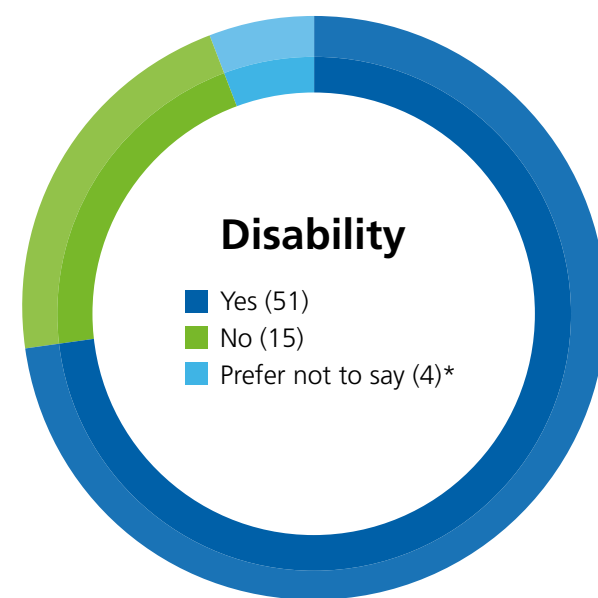
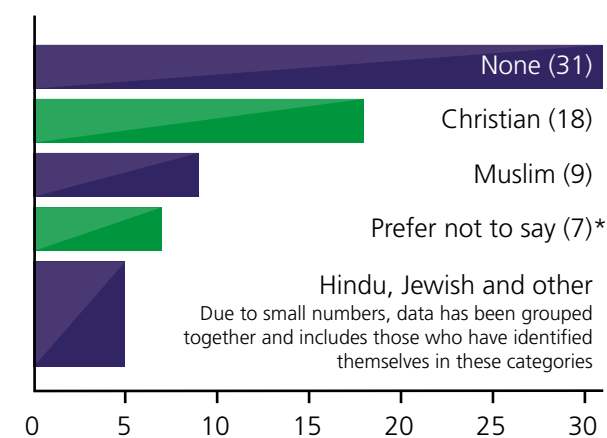


Diverse voices

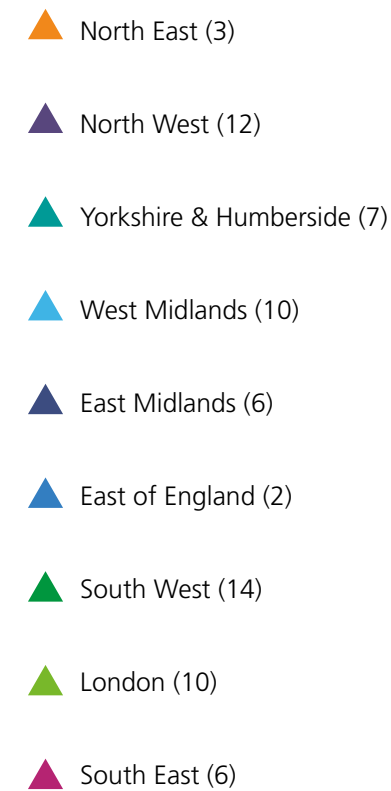
Our 2014-2017 core Youth Forum members represent a cross section of society, with minority groups often over-represented compared to the wider population.



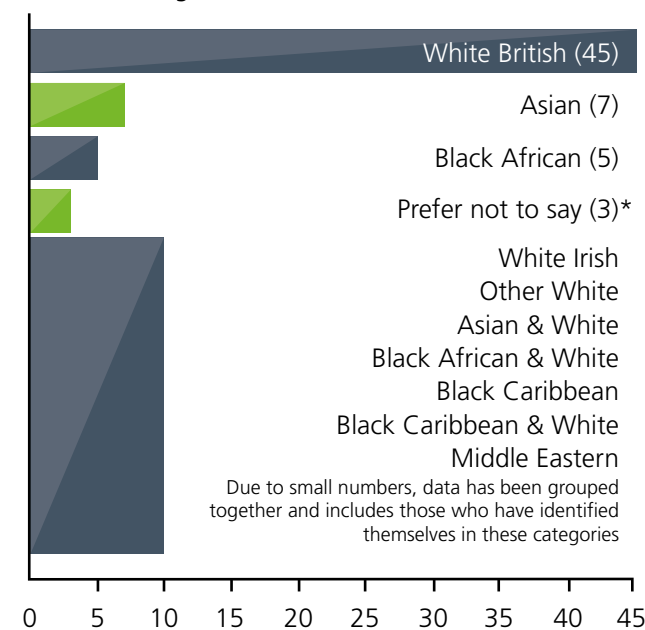
Religion



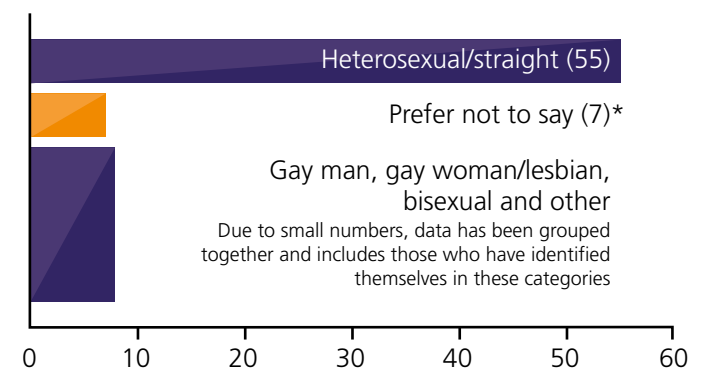
Geographic location



Ethnicity



Sexual orientation



*This group includes those you who preferred not to say, and those that identify as transgender or non-binary.

4.0 What does the Youth Forum do and what is our impact?

Each year, the NHS Youth Forum has two main areas of work:

- Youth Forum members choose priority issues to work on each year and deliver project work relating to their priorities. This work is highlighted in section 4.1.
- Youth forum members work with policy leads and commissioners from the health service to inform key areas of strategic healthcare policies and national programmes. This work is highlighted in section 4.2.



Alongside this, the Youth Forum is often asked to work on other projects with partners, and react to arising opportunities. To plan and carry out this work, the Youth Forum meets for three residentials a year. In between residentials they attend a wide range of meetings and events as Youth Forum representatives.

They are also supported to engage and communicate with each other through a range of online tools including a weekly email update and an online forum.

4.1 Developing resources for young people around issues that matter to them

The Youth Forum has carried out a range of activities to raise awareness and make a difference on issues that matter to young people.

Communicating young people's rights in healthcare (2013-14)

Young people said:

From their own experiences and those of young people in their networks, the Youth Forum felt that young people did not know their rights in healthcare, and that conflicting information existed around the key issues of confidentiality, consent and feedback.

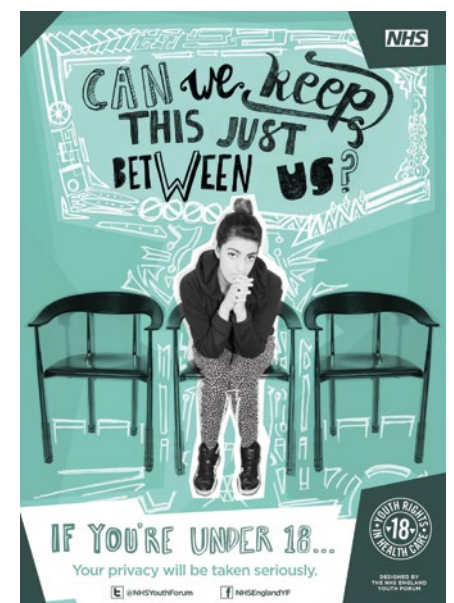
The Youth Forum did:

The Youth Forum developed a set of posters and a leaflet to support young people to understand their rights in healthcare. The leaflet is available in audio and easy read format. These resources were launched at Health and Care Expo 2015, with a call to action for healthcare professionals to display them across healthcare settings in England. This issue has remained a concern of subsequent Youth Forums and each year the Youth Forum has been involved in the promotion of the resources.

www.england.nhs.uk/participation/get-involved/how/forums/nhs-youth-forum/

“Young people don’t know their rights and they don’t know they have any rights. We have created posters to support young people across the country and to help strengthen their voice and start a dialogue. We hope to get these posters everywhere and to get people talking!”

Gulwali, NHS Youth Forum Member, 2013-15



Young people's mental health (2014-15)

Young people said:

The Youth Forum identified that there was a growing stigma around mental health and wanted to promote positive mental wellbeing and showcase the good practice happening across the country. They wanted to bring people together, have open dialogue and to share information with young people, across their networks.

The Youth Forum did:

In July 2014 the NHS Youth Forum organised a national event for over 200 health professionals and young people exploring different approaches to support young people's positive mental health. The 'Celebrating Positive Young Mental Health' event was held at the British Medical Association showcasing good practice and de-stigmatising mental health.

Using resources and toolkits available on the day, and from knowledge gained in interactive workshops, members of the Youth Forum were equipped to go back into their local areas to share knowledge, develop skills to widen the message. As a result of the project, the NHS Youth Forum gave evidence to and actively engaged with the Youth Select Committee inquiry into mental health services for young people the following year which resulted in a Government response.

Rowan, 15, NHS Youth Forum member 2014-16 is passionate about good mental health care for young people. He reflects on the impact of this work...

"The first conference I attended we spoke to over 200 health professionals about peer support in mental health. I said that young people needed mental health "treated in the playground not in paediatrics". It was only later on that I realised the benefit of some of our actions, and the impact of raising the profile of young people's mental health.



In 2015 I spoke to Kathryn Pugh, then in charge of CYP IAPT [Children and Young People's programme for Increasing Access to Psychological Therapies], who said that part of the reason NHS England's second corporate priority in the following year was young people's Mental Health, was due to it being highlighted by NHS Youth Forum at this event! We also spoke directly to the NHS England Board on this topic too, at the NHS Citizen and Annual General Meeting in 2014."

Young carers (2015-16)



Young people said:

The Youth Forum wanted to recognise the contribution of young carers in England, and create a practical resource to support the 700,000 young carers in England; to enable 'direct conversations' with NHS service providers and commissioners. This was part of their #DearNHS social media campaign and to provide support for young people, to help them to have discussions with health services locally.

The Youth Forum did:

The Forum developed a set of information postcards (one page toolkits!) to roll out nationally – for healthcare professionals and young carers. A two sided postcard was presented at national conferences and shared with young people at regional events across the country. It contained probing questions asking what healthcare professionals are doing to identify young carers and about individual support for young carers. The postcards are available online and continue to be shared at various workshops, events and through networks.



"We felt that improvement needed to be made to help and support young carers. In the long term we want to stop the mental health issues which can come with being a young carer as well as improving their day to day life too."

Luci, 20, NHS Youth forum member, 2014-16

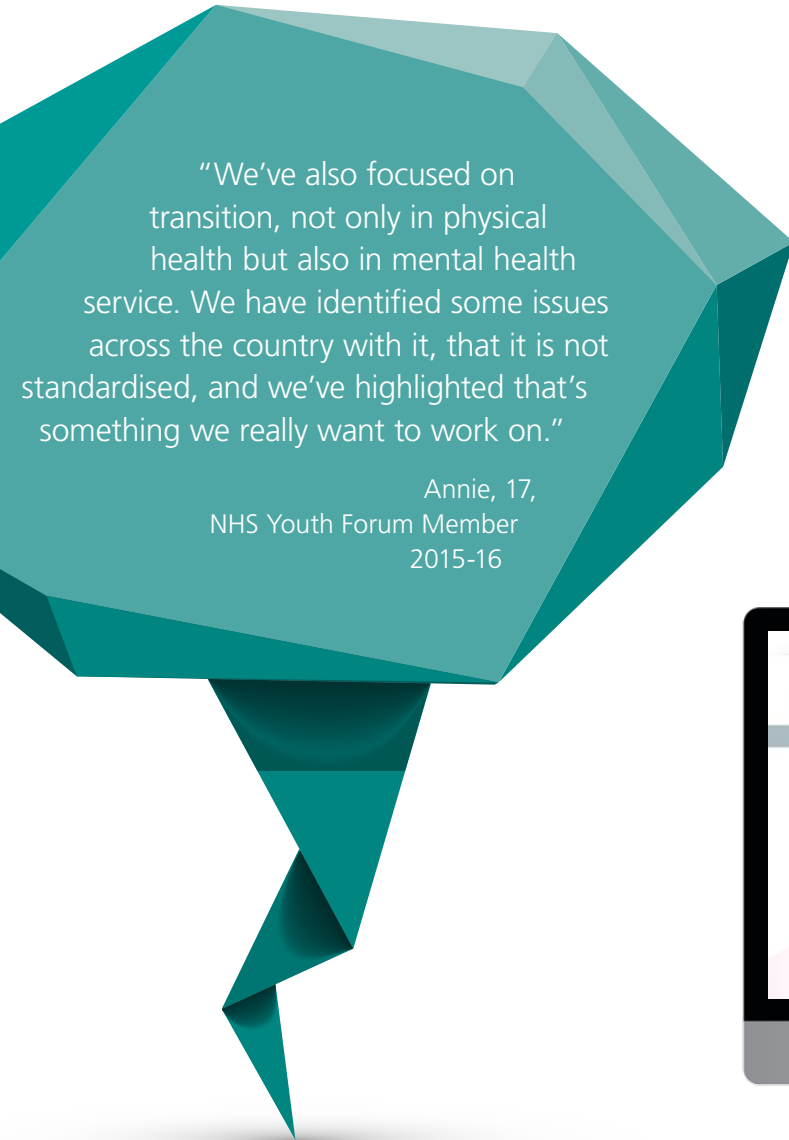
Transition from children's to adults services (2015-16)

Young people said:

Transition from children's to adults services was a concerning and frightening reality for the Forum. Members discussed how the process differed widely depending on where you live. Individual members shared their feelings of isolation during transition and talked about how they did not know the 'right' questions to ask at the time.

The Youth Forum did:

The Forum developed another postcard toolkit to complement the Young Carers' resource. It included questions to promote the 'Ready, Steady, Go, Hello' tool from Southampton Children's Hospital and to establish how good practice guidance is being followed. These were also rolled out nationally and regionally – by Forum members who shared the postcards with their local groups and networks. Three members of the Forum shared further details and promoted good practice through the Youth Select Committee inquiry into mental health services for young people in 2015.



'Dear NHS' Campaign (2015-16)

Young people said:

The conversation started in October 2015 on a three day residential. Members of the Youth Forum wrote a hand written letter to the NHS to explain why involving young people and listening to their concerns now, can help improve the quality of healthcare and shape the future of the NHS.

The Youth Forum did:

Turning their letter into a short film – recorded, edited and produced solely by the Forum members. They premiered #DearNHS at four national NHS England events. These events were focused on improving children and young people's experience of care and were attended by over 400 NHS professionals. The forum members continued the conversation with 285 young people at regional youth conventions.

The Forum created and edited a second film to bring the postcards to life and to raise awareness with healthcare professionals. Not just a hashtag but a movement to enable young people across England to join the online conversation and begin to generate their own ideas, regional events took place and short videos were tweeted out and themes were shared back to feed into local agendas.



"It has given me the confidence to try to influence my local area using the resources and everything I have learnt... I now have a better understanding of the importance of young people feeling they have a voice and of them knowing what to say to influence change. Through the #DearNHS campaign, all young people were given an incredible opportunity to feed into healthcare services in their local area, joining conversations and really making their mark through change so that their health services worked for them and other young people in the area. The project helped me and others like me to feel empowered to influence the services we receive."

Lorna, 16, NHS Youth Forum member, 2016-17

Preventing ill health campaign (2016-17)



The campaign:

This campaign focused on how young people can be empowered to take control of their own health and wellbeing. This included not only how young people can live more healthily, but how they can be more informed about how to seek treatment and use healthcare services more effectively and confidently. Forum members planned a campaign based on the social media hashtag #yourhealthinyourhands (shortened to #yourhealth), as a way of raising awareness and sharing information about healthcare with young people.

“My favourite thing was creating our own short films as we were able to take complete ownership of the project which meant we could really make it our own and suited to young people. As we did it in our last residential, we were able to apply all the skills we had learnt throughout the year and apply them to our piece which showed me how much I had learnt. It was also great to see a finished product that we were all really proud of and could share with other young people.”

Florence, 15,
NHS Youth Forum member 2016-17

The Youth Forum did:

In December 2016, the NHS Youth Forum delivered workshops to 238 young people across the country at regional conventions to ask young people aged 11-18 if they feel in control of their health, if not why not and what could support systems to help young people feel in control look like. The key findings were shared in a report, which demonstrated that young people do not feel in control of their health. The forum took three top findings around booking your own healthcare appointments; right to privacy and having a say, and created three short films in February and March 2017. The short films aim to empower other young people to take control of their health through emphasising choice and educating against common healthcare misconceptions. The films support previous work on rights and communication.

Film 1: Your time is precious, don't spend it worrying. Book your own appointments.
www.youtube.com/watch?v=2uPrwgUE1hk

Film 2: Your privacy is important and will be respected.
www.youtube.com/watch?v=G6uZDNzyxMU

Film 3: Your feedback matters, have a say today
www.youtube.com/watch?v=azggtUbEDhI

4.2 Working with policy makers and commissioners to inform strategic healthcare policies

a) Influencing national strategy and decision makers

NHS England, Department of Health and Public Health England staff have all attended the NHS Youth Forums residentials and events. These activities give young people direct access to strategic decision makers, facilitating in depth discussions about health service priorities at a national level. Young people get a chance to input into the strategic thinking about policy proposals and ensure that young people's views are heard. Discussions have included (but not limited to) the following areas:

- Access to primary care.
- Access to urgent care, including use of the NHS 111 service.
- Shaping urgent care to meet the needs of children and young people.
- Shaping the national transformation programme for CYP mental health services.
- Involving young people in the national “Vanguard” programme for new models of care.

Youth forum members have attended a wide range of events and conferences to speak to health professionals about their experiences and ideas of young people. Each year members attend the national Health and Care Innovation Expo. This event reaches thousands of NHS decision makers from all over the country. Every year the youth forum has delivered workshops and masterclasses as part of the conference programme and have led main stage sessions and joined national decision makers as part of panel sessions and key speeches. The resources produced by the Youth Forum are always in high demand at Expo, with delegates indicating that these are hugely valuable.

Our Youth Forum delegates from 2015, Megan Weaver and Avasi Javaid wrote a blog about their experiences:

www.england.nhs.uk/expo/2015/10/07/exciting-and-positive-will-adams-nhs-youth-forum/

Health and Care Innovation EXPO 2017



"I prepared and facilitated my first ever session at NHS Expo, despite being incredibly excited to do this, I was also nervous. After this session I felt an amazing sense of pride and a huge boost to my confidence. I am so thankful for this experience to enhance my own skills whilst promoting the Youth Forum."

Jake, 21, NHS Youth Forum member, 2016-17

• Influencing the UK Parliament: the Youth Select Committee:

In 2015, Rowan, Tom and David, from the NHS Youth Forum were invited to sit on the Youth Select Committee and give written and oral evidence as part of the inquiry to share research on mental health services with a focus on transition, stigma and good practice.

The Youth Select Committee examines evidence relating to a specific national issue, makes recommendations and requires a response from Government. In 2015 the Youth Select Committee examined the state of young mental health provision, in part as a result of some of the mental health work championed by the Youth Forum. This evidence fed into the final report of the Youth Select Committee. This led to a formal Government response, including making significant commitments to children and young people's mental health services.

• Influencing NHS England policy:

In 2014 young people met with the national Director for Patient Experience, at the time the NHS Complaints policy was being revised and contained no reference to children and young people. The youth forum outlined a number of real experiences where young people had actively been prevented from complaining about services, being told to make a complaint through their parents. As a result of these discussions, the policy was amended to explicitly reference the right of young people to make complaints and be taken seriously.



• Other conferences and events that youth forum members have spoken at include (not limited to):

- Transforming the future of mental health and digital services.
- Positive wellbeing national event.
- School and Public Health Nurses Association local and national school nurses conferences.
- Transition events in hospitals.
- NHS Citizens (from concept to delivery).
- Meetings at the British Medical Association.
- Webex online events: Items Which Should Not be Routinely Prescribed.
- People and Communities Board meeting.
- Cooking Up a Youth Voice event at Great Ormond Street Hospital.
- National Participation Forum meetings at the Office of the Children's Commissioner.
- Care Quality Commission events.
- Young People in Care national events.
- Local Youth Council events up and down the country.

- Local uniform groups, such as the Scouts.
- Royal College of General Practitioners national conference.
- Patient Participation Groups, Clinical Commissioning Groups, Child and Adolescent Mental Health Services and at a Sexual Assault Referral Centre for example.
- Meetings and events at Children's Hospitals up and down the country.
- Cleft Lip and Palate national conference.

"All the meetings and talks proved really useful, I felt that the people we talked to understood what and who we are and were able to listen to us so much so that they will hopefully take on board what we said and our recommendations."

Jack, 15,
NHS Youth Forum member
2016 17

What do health professionals think about working with the NHS England Youth Forum?

“As healthcare professionals whilst we’ve often worked in the NHS for a very long time we cannot possibly understand how it feels to a young person to be accessing services. It is only by seeking out young people’s perspectives, listening with curiosity, owning and implementing solutions collaboratively with them that we can possibly fuel ongoing improvement in care, accessing services, and health information and importantly improve health outcomes.

Working with the young people on the NHS Youth Forum has been a joy, it’s allowed us all to collectively think about challenges and solutions over a prolonged period of time. Some of the challenges associated with young people’s care are deep routed and require complex thinking, a variety of perspectives are required, together we can shape the future of health care with young people, ensuring we have services that are truly people focused and fit for purpose.”

Kath Evans,
Experience of Care Lead Maternity, Infants,
Children and Young People,
NHS England

b) Developing resources for health care professionals



In addition to the work that the forum develops on their annual priorities, the forum is responsive to discussions with healthcare professionals. Through discussions with national and local commissioners it becomes clear that there was not much guidance available to help commissioners involve young people. The ‘[Top Tips to involve young people in healthcare planning and commissioning](#)’ booklet and poster were therefore developed to highlight a number of practical top tips for commissioners and service providers to ensure young people are involved in healthcare planning and decision making and shaping higher quality care. This complements the NHS Five Year Forward View and the importance of community involvement in shaping services and provision.

The ‘Top Tips’ guidance was launched at a joint event at Great Ormond Street Children’s Hospital; ‘Cooking up a Youth Voice in the NHS’ in March 2016.

The event was aimed specifically at healthcare professionals, to support development in listening to and working with young people. It had a second launch at the health and Social Care national EXPO in September 2016.



Nearly 1000 copies of the booklet have been distributed and all resources are available to download online:

www.england.nhs.uk/participation/get-involved/how/forums/nhs-youth-forum/

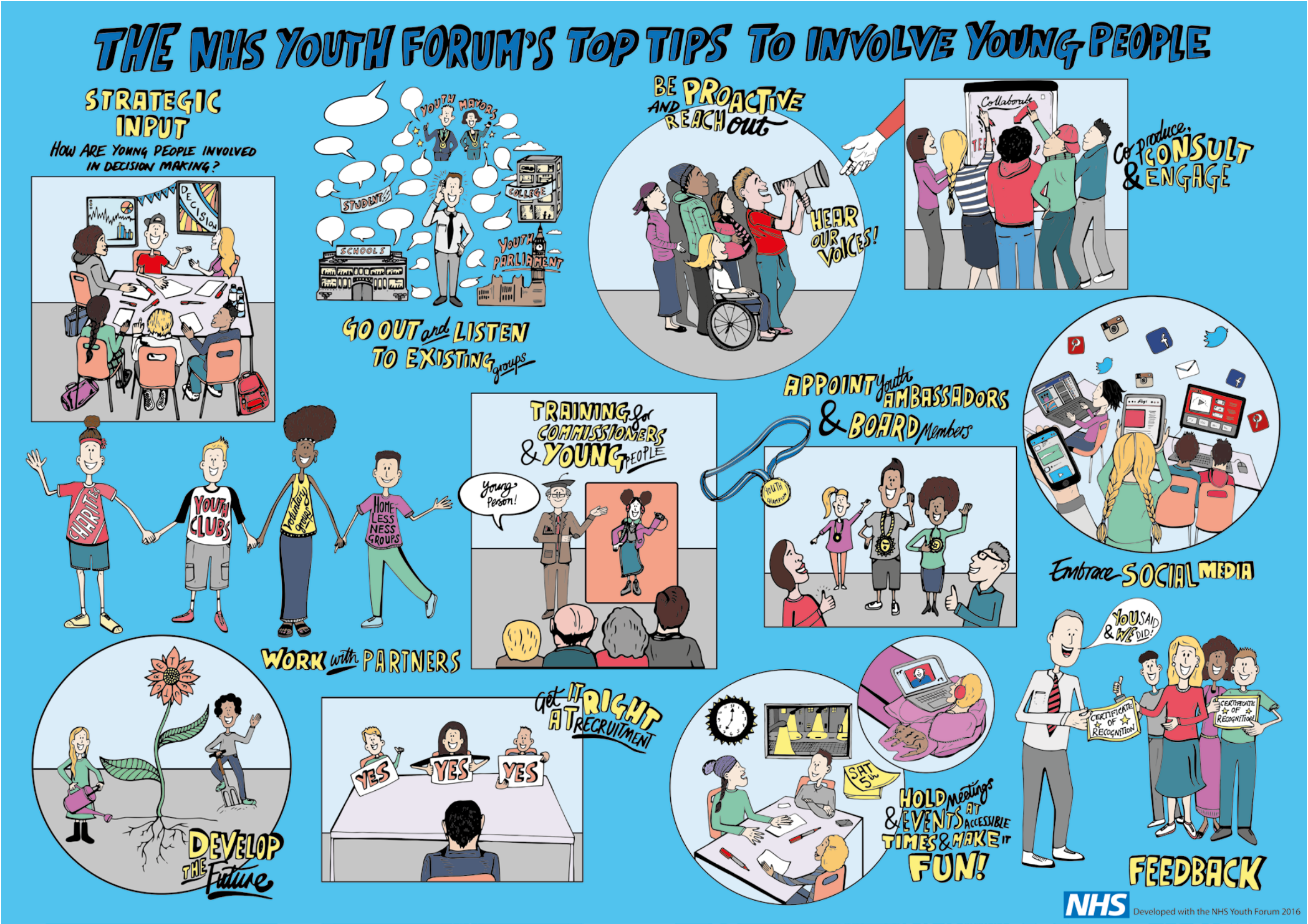
Following discussions with the national Primary Care team and with local primary care providers it became clear that lots of providers wanted to involve more young people locally but there was limited guidance on how to do this.

All GP surgeries have local participation groups and the Youth Forum felt it was important to develop some very practical guidance that could be implemented locally by these groups. Using the successful format of the “Top Tips” document, the Youth Forum created a ‘Top Tips for Patient Participation Groups (PPGs)’ resource to give guidance on engaging with young people. The booklet was developed by young people through local research in their communities.

www.england.nhs.uk/participation/get-involved/how/forums/nhs-youth-forum/

“The ‘Top Tips for CCGs [Clinical Commissioning Groups] poster aims to help CCGs to improve youth engagement in their projects and to help decision making processes. The tips include ideas like holding meetings at convenient times for young people in places they feel comfortable and suggestions on how to keep young people engaged. They have led to the formation of youth groups that now feed into some of the CCGs work.”

Lorna, 15,
NHS Youth Forum member,
2016 17

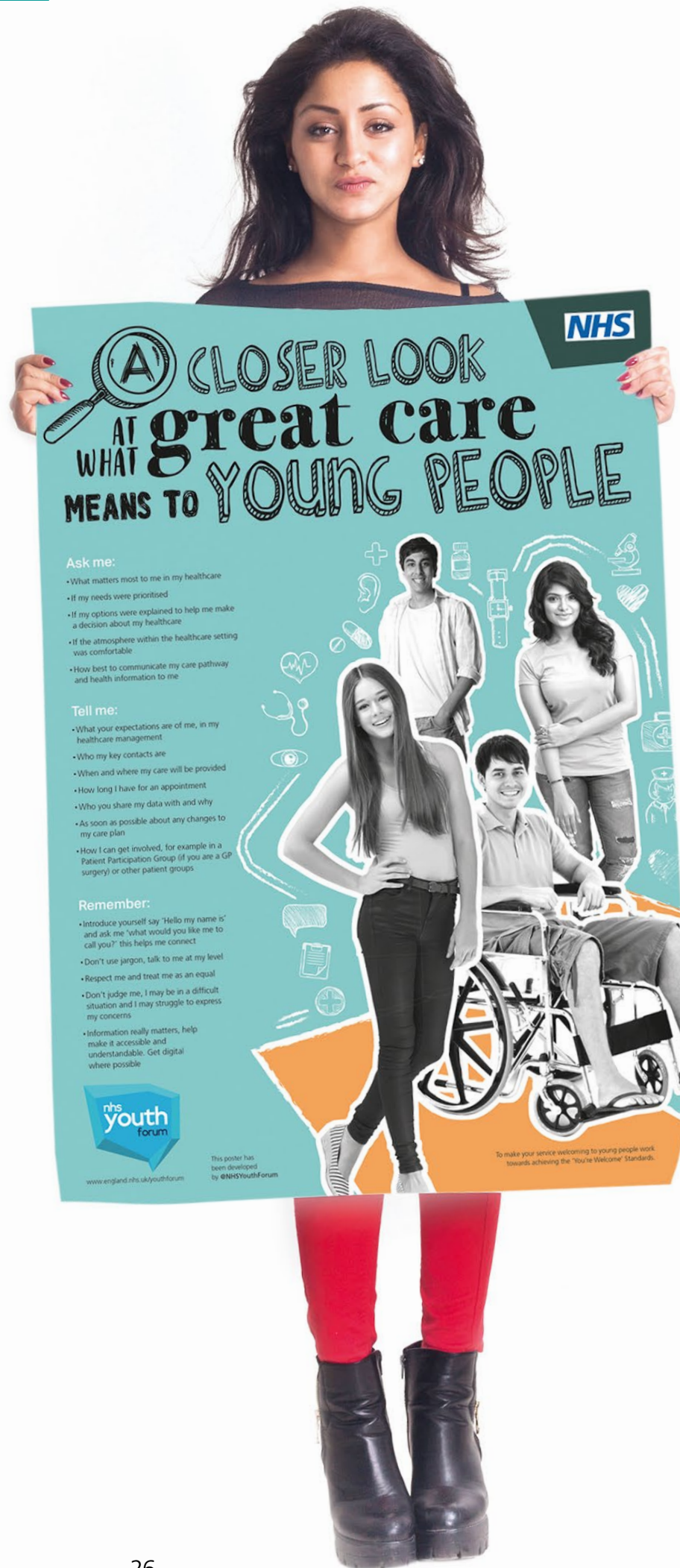


Following some involvement with the national “Vanguard” programme (where the NHS is trialling new innovative models of care), the youth forum were able to develop a one page toolkit (or a “Golden Rules” poster of what good care looks like to young people.

It focuses on what young people should expect in terms of good communication, experience and quality of care. This poster was distributed to Vanguard programmes around the country as a reminder of what any new care model needed to include in order to be effective for young people.

Since setting up the Youth Forum, we have been regularly asked for guidance and information on how it works, how the forum could be replicated and how others could replicate or adapt it. NHS England, the British Youth Council and the Youth Forum all worked together to produce a ‘Bite-Size Guide to Setting up a Youth Forum in Healthcare Services Across England’. This guide provides good practice and practical tips on how to set up a youth forum to support involvement in NHS activity. It contains useful case studies to illustrate different approaches.

www.england.nhs.uk/wp-content/uploads/2015/02/how-to-guid-yth-forum.pdf



NHS Youth Forum has been at the heart of a project to review and refresh the You're Welcome standards, to ensure that refreshed standards are meaningful to young people. They prioritised the criteria under each standard, so the essential criteria have been determined by young people. Along with a range of stakeholders and healthcare professionals, they have challenged and changed the resources, making them more accessible.

'You're Welcome' is a set of quality criteria for young people friendly health services. It provides a systematic framework to help commissioners and service providers to improve the suitability, accessibility, quality and safety of health services for young people. First published in 2007 and reviewed in 2011 the standards remain an important framework for everyone commissioning, delivering and planning young people's health services.

The You're Welcome standards have now been refreshed as part of a project supported by Public Health England (PHE), NHS England and the Department of Health (DH). The work has been led by the British Youth Council, Association for Young People's Health and Youth Focus North West. The project has considered the accreditation process and is currently piloting a self-assessment toolkit and a process of young people verifying services.

"After dropping some 'Your Rights' posters into my Medical Practice, they contacted me about setting up a Youth Patient Participation Group for the practice, to which I said a big YES. A friend (who attends UK Youth Parliament meetings) and I did some assemblies to the local school to encourage people to get involved. We had the first meeting in the medical practice boardroom, X weeks later in December. We had four people initially, and discussed the purpose of the group, the kind of things that were happening in the community to do with young people's health, and at the practice, for example youth drop in clinic, sexual health advice, school nurses etc.

This is a huge opportunity for young people to get involved in healthcare and to have a voice within the GP practice about the services it provides. It's because of the work I've done with the Youth Forum and resources we've designed that we were able to set it up!"

Susie, 16, NHS Youth Forum member, 2016-17

"PPGs play a vital role in listening to people from all walks of life that visit GP services. Young people are often left out when holding meetings due to health professionals feeling that young people have no interest or they are unaware of how to engage them. Through this top tips booklet they can learn how to engage young people in a way that will help them improve services as well as helping young people feel part of their healthcare."

Oliver, 17, NHS Youth Forum member 2016-17

5.0 Changing the lives of young people

One area of impact that is often under-acknowledged is the personal development and learning that young people experience as a result of their involvement with the NHS Youth Forum. Participating in the NHS Youth Forum has significant benefits for the young people involved. Supported by BYC's youth work and participation expertise, they learn new skills, build confidence, challenge themselves and others to think differently and go on a journey of personal development.

"The NHS Youth Forum has been an excellent platform for me to voice my views about my own healthcare, the healthcare of my community, the healthcare of my city and indeed country - I am lucky to have represented the views of London's young people as a regional representative to the Forum and to continually work with various organisations and decision makers so far. It's important that young people and their families are listened to and not pushed aside when it comes to their own health and the NHS Youth Forum strongly believes in this. So far, a highlight of my time on the Forum has been visiting an inner London hospital and delivering a speech to hospital staff, doctors and nurses in order to improve young people's healthcare experiences and developing relationships with London based hospital youth forums.

"It goes without saying that the supporting staff involved with the running of the NHS Youth Forum have been amazing and I am grateful to have been given a chance to further advocate on a national level. I am keen to see what the future holds for the NHS Youth Forum."

Liam 16, NHS Youth Forum member 2015 - 2017

"NHS Youth Forum firstly really made me feel valued and supported, and this gave me the confidence and skills I needed to be able to effectively advocate on behalf of other young people, and engage strategically and diplomatically with officials to achieve their aims, and go some way to quelling their issues. It gave me hope that the NHS is listening, and that everyone wants to be a part of youth voice and improving services – You're not just paper pushers, you're really passionate about helping us to make change happen! And when we meet a block or a wall, as we sometimes do with these things, we simply go back to the drawing board and creatively find a way to knock the wall down or go around it."

Rowan, 16, NHS Youth Forum member 2014-16

"Being part of the Youth Forum truly did change my life . Not only have I learnt more about myself, other young people, and the amazing thing that is the NHS.... I made so many lovely friends too. Being around the wonderful young people who were part of the Forum, was the reason I wanted to work with young people in a professional capacity. I now work as a youth participation worker. Bringing together a group of young people who wanted to make a difference together, brought us ideas, creativity and boundless enthusiasm that could never be forgotten."

Luci, 21, NHS Youth Forum member 2014-16



6.0 Independent evaluation

“The NHS England Youth Forum appears to be a unique and inspirational model that has the potential to be widely and internationally recognised, it is therefore recommended that its work is strategically disseminated to provide insight to others who may wish to draw on a similar approach.”

2015 evaluation report

In 2015 and 2016 an external evaluation ‘An Examination of the Work of the NHS Youth Forum’ was conducted by academics from the University of Hertfordshire.

These reports were overwhelmingly positive, highlighting the effective partnership between NHS England, the British Youth Council and young people, and the young people’s ability to network with a collaborative approach that facilitates a ripple effect within local communities.

http://researchprofiles.herts.ac.uk/portal/files/10549906/An_examination_of_the_work_of_the_National_Health_Service_NHS_England_Youth_Forum_11.10.16_both_logos.pdf

Find out more

The NHS Youth Forum continues in 2016/17. We have recently recruited a new cohort of young people.

To find out more about the Youth Forum and to keep an eye on our priorities and projects please visit:

www.byc.org.uk/uk/nhs-youth-forum

www.england.nhs.uk/participation/get-involved/how/forums/nhs-youth-forum/

 [@NHSYouthForum](https://twitter.com/NHSYouthForum)

 fb.com/NHSEnglandYF

If you have any questions about the Youth Forum or this report, the Public Participation Team can be contacted via england.nhs.participation@nhs.net



