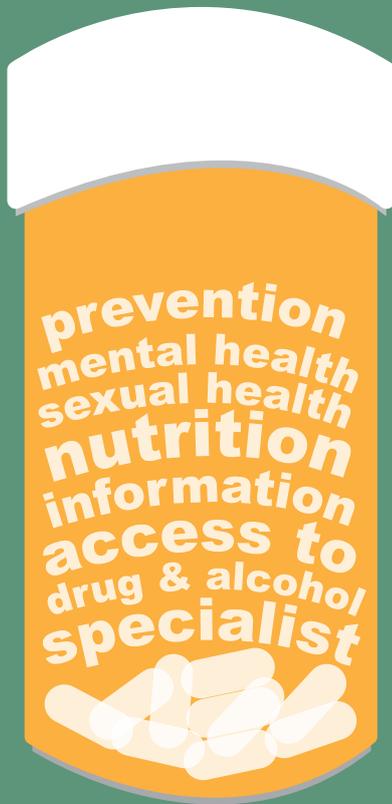


# PRESCRIPTION PAD



*How to  
improve  
services for  
young people  
in London*

On July 31<sup>st</sup> 2015, young people from Croydon Drop-In organised an event to gather young people's views about health services in their area.

Participants were asked how GPs could work better for them and what services should exist locally.

The prescriptions in this pad were developed from these discussions.

**#yphealthlondon**





**DATE:**

31/7/15

**NAME & ADDRESS:**

Health Cafe  
Bernard Weatherill House  
Croydon CR0 1EA

## HOW COULD YOUR GP WORK BETTER FOR YOU?

**SYMPTOMS:**

Registering with a new GP is difficult and sometimes you are left with no care at all

Choices aren't properly explained

Retired adults can dominate involvement in health care

**TREATMENT:**

There should be a sheet from former GP that you can just bring to the new one. Records should be more easily transferred. Nobody should be without a GP at any time.

More time with the GP or nurse to explain treatment options thoroughly. Choice isn't choice unless all the information is there.

GPs should be regularly asking young people their opinions and views. Young people should be consistently involved and receive feedback. There should be young people only groups so they aren't dominated by adults.

**SIGNED:** *Young people*

**PROFESSIONALS : PLEASE READ AND ACT ON THIS!**

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**HOW COULD YOUR GP WORK BETTER FOR YOU?****SYMPTOMS:**

*Appointments*

*Reception greeting/  
friendlier practices*

*Environment*

**TREATMENT:**

*Timings need to be more flexible. Need to be able to speak about more than one thing per appointment! Young people to bring advocates to help them say what they want/need. Use newer technology to make it easier to book appointments.*

*Confidentiality. Need to feel able to speak without being rushed or feeling overheard. Up-to-date training and workshops on working with young people. Social events to share information and bring everyone together.*

*More young people friendly magazines. Activities for young people. More colourful posters, celebrities on what they eat. Separate waiting area for different age groups. Also GPs in other settings like schools.*

**SIGNED:** *Young people*

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**WHAT SERVICES SHOULD BE AVAILABLE FOR YP IN YOUR AREA?**

**SYMPTOMS:**

*All in different places*

*Sexual health*

*Mental health*

*Nutrition & Diet*

**TREATMENT:**

*One-stop shop! Flexible: opening hours & services offered All health: sexual, fitness, GP, walk-in, mental health, drug and alcohol, testing, employment, advice and advocacy.*

*Needs to be consistent and needs to be equal for all genders and sexual preferences. Need more talks in schools. Some schools get a lot more than others.*

*CAMHS, drop-in services, young carers projects and other groups. Reducing the stigma + negativity of 'mental' health > renaming services, more casual opportunities/less formal*  
*• locations • types • peer education*  
*• making them comfortable*

*Drop-in and places you can find out more information (too much bad information on the internet). Cookery classes for people leaving home. More info and services on: nutrition, diet, weight checks, fitness classes, cooking on a budget, etc. Prevention!*

**SIGNED:** *Young people*

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**WHAT SERVICES SHOULD BE AVAILABLE FOR YP IN YOUR AREA?**

**SYMPTOMS:**

*School nurses*

*Education for young people*

*Access to current services/  
Technology*

*Early help  
(before CAMHS)*

**TREATMENT:**

*Bring them back & allow them to be the first point of call & refer young people to the appropriate team. Nurse could educate faculty/staff team!*

*Informing young people of the services available and including educational services for young people eg: to understand how to stay healthy. Educate younger! Year 7: prevention, information, services and advice. They can provide assemblies, workshops & visitors and build it into the timetable*

*Easier access to health services: • skype • trusted websites • drop-ins • open surgery • clinics (asthma) and clinics in schools. Instant help eg: via text or phone calls. Appointments in the evening or drop-in = improves access and reduces stigma*

*Services around wellbeing, life skills, building confidence & self-esteem.*

**SIGNED:** *Young people*

**PROFESSIONALS : PLEASE READ AND ACT ON THIS!**

**IMPORTANT**



# After-care for health services

In partnership with NHS England, AYPH will continue to support young people's voices to be heard in London. This is one part of an ongoing process.

All of these follow-up procedures will take place in 2015/16:

- \* *Establishing a Young People's Steering Group to advise on the priorities and direction of health services in London.*
- \* *Organising a Takeover the NHS Day*
- \* *Continuing to connect decision makers with young people so they can hear about their needs directly*
- \* *Sharing feedback through social media to reach more young people and get their views on health services*



If you would like to find out more or get involved in any of our work on improving health services for young people in London, you can find us here:

[youngpeopleshealth.org.uk](http://youngpeopleshealth.org.uk)



Association for  
Young People's  
Health



@AYPHcharity