

"The young people were inspiring." Professional

The Young People's Health Partnership (YPHP) is a seven strong consortium of young people's organisations and part of the Health & Social Care Strategic Partnership Programme (SPP). 2015 is the third year that we have supported Takeover Day focusing on young people's health issues.

Takeover Day was created by the Office of the Children's Commissioner for England to provide young people with opportunities to genuinely and meaningfully influence decision making and have their voices and opinions heard within organisations and businesses.

YPHP supported four national Takeover Days in 2015 as well as hosting some regional days in London and Liverpool.

"The professionals went in with an open mind, with the willingness to learn and understand and that's why it worked, that's why the day was meaningful." Young person

The aim of each of these was to provide a platform for young people to influence decision making about health and wellbeing and to communicate as equals with health professionals and those who make decisions. All four Takeover Days in 2015 involved key decision makers. Messages from the days were shared across social media and other networks. They took place on:

25 th November	14 th November	1 st December	9 th December
NHS England, 50 young people focused on stigma, holistic support, YP as health champions and YP being supported in their own health care in workshops and discussion groups.	Public Health England, 6 young people took over the PHE Board meeting with a focus on mental wellbeing.	Children's Health and Wellbeing Partnership, 14 young people took over the partnership meeting with a focus on the experiences of young people with long-term conditions.	Mental Health Team, Department of Health, 25 young people worked with the team to share their priorities on mental health and wellbeing



Young People's Health Partnership

YPHP includes Addaction, Association for Young People's Health, Brook, CLIC Sargent, National Council for Voluntary Youth Services, StreetGames and Youth Access.

Although there was a different focus at each Takeover Day, there were some common themes expressed by young people. One major shared concern was how to make sure all young people understand their rights and know how to act on them, including young people's right to participate. Young people wanted more professionals to believe that they understood their own health needs. There was also a focus on the importance of professionals giving clear information so young people can make well-informed decisions about and participate in their own care.

"MPs need to be accountable for what they will do. Take responsibility!" Young Person

The benefits of Takeover days:

- * Professionals speak directly with young people and hear their feedback
- * An opportunity for young people to set the agenda and lead the discussion
- * An opportunity for young people to question professionals directly
- * It can help young people see themselves as leaders and decision-makers

"Young people have skills, expertise and knowledge, so listen to us and take action." Young Person

Improving future Takeover Days

There needs to be absolute clarity on the proposed outcomes of any Takeover Day and what future commitment is made to young people. The effect of Takeover Day should never just be one day a year!

Young people want opportunities throughout the year to feed into decision making and service improvement. This means everything from having a say on their own care to making complaints when things go wrong to helping break down stigma with their peers.

A vital part of this ongoing involvement is regular feedback from decision-makers to find out what changes are or are not being made and why. Transparency is important for meaningful participation and young people know to expect it.

We would like to thank all the young people, support staff and health organisations we worked with to plan and run these sessions. We look forward to hearing more about the influence they have had and planning more engagement for young people in 2016.

For more information about the Young People's Health Partnership including more detail about 2015 events and a toolkit about how to run your own takeover day contact: info@youngpeopleshealth.org.uk