

***Inaugural meeting of an APPG for Young People’s Health***

**House of Lords, Committee Room 2a**

**14<sup>th</sup> November 2017, 16.00 – 17.30**

**Attendees:**

<b>Members of the House of Commons and House of Lords</b>	<b>Other attendees</b>
Kelly Tolhurst MP (Co-chair) Baroness Massey (Co-chair) Tim Loughton MP Julie Cooper MP Baroness Walmsley Lord Ramsbotham Baroness Redfern Baroness Howe Kate Green MP	Dr Hannah Baynes – Kings College Hospital Emily Rapley – Kelly Tolhurst office Kate Maher - Action for Children Sam Reeve - Action for Children John Poyton - Redthread Dr Marian Davies – RCGP John Coleman - AYPH Emma Rigby - AYPH Ann Hagell - AYPH Vicky Robinson - AYPH Jo Hobbs – British Youth Council Emma Sparrow – RCPCH Kath Evans – NHS England Claire Bethel – Way Ahead Annie Morris – Redthread Deborah Christie – UCL Hospitals Barry Williams – Brook Alison Hadley – Public Health England Hana Najsrova – RCPCH Maggie Clarke – Compass Steph Lamb – The Well Centre Mohini Samani – RCPCH Youth Representative Adam Rajubally - RCPCH Youth Representative Jummy Otaiku - RCPCH Youth Representative Aisha Malik-Smith – NHS Youth Forum

**1. Welcome**

Baroness Massey welcomed everyone to the meeting.

**2. APPG registration and election of posts**

Baroness Massey explained that all APPG’s need to be registered after a general election. Baroness Walmsley and Tim Loughton MP proposed Baroness Massey and Kelly Tolhurst MP as co-chairs of the APPG on Young People’s Health. This was agreed unanimously. Tim Loughton MP, Julie Cooper MP, Baroness Walmsley, Lord Ramsbotham and Baroness Redfern were proposed as officers of the APPG this was agreed unanimously.

AYPH will provide the secretariat for the APPG and will support the co-chairs to complete the relevant paperwork to register the APPG. **Action: AYPH and Co-Chairs**

### 3. What is Youth Friendly Healthcare

Emma Rigby from AYPH presented an overview of Youth Friendly Healthcare. Young people are more frequent users of health services than is sometimes thought. However young people have mixed experiences of healthcare and generally report lower rates of satisfaction than other age groups.

The Department of Health developed the You're Welcome quality criteria for young people friendly health services in 2007. These have recently been refreshed and piloted in health services across England. The standards which have been validated and endorsed by the WHO provide a framework for us to consider youth friendly healthcare and for providers and commissioners to deliver best practice for young people. There are seven standards:

- Involving young people in their care and in the design, delivery and review of services
- Explaining confidentiality and consent
- Making young people welcome
- Providing high quality health services
- Staff skills and training
- Linking with other services
- Supporting young people's changing needs.

Overall there are some fundamental things we need to ensure are in place for youth friendly health: A good relationship with health professionals which is trusted and safe, a holistic approach to care and for young people to be respected, believed and involved in their health.

Questions/discussion

What evidence is there that young people are slower to present to the GP? AYPH reported that there was a lack of good information on this, but there was evidence that young people were less satisfied with their primary care contacts than other age groups. Dr Hannah Baynes added that there is evidence from secondary care that they present later for conditions such as diabetes. Research from focus groups with young people also reinforce these findings. A question about the effect of ethnicity on these trends was raised.

### 4. Youth Friendly Healthcare in different settings

Three speakers presented examples of innovative youth-friendly healthcare in a range of different settings:

- **Secondary care – Dr Hannah Baynes, Kings College Hospital**  
Dr Baynes presented statistics on the large numbers of young people using the hospital and the need for youth friendly healthcare that this reflected. Kings College Hospital was one of the pilot sites for the You're Welcome Quality standards for youth health and a number of other initiatives are also ongoing. These have included improving the capacity of the workforce through engagement and training days, and introducing the KAOS service pilot, where an in-reach team of social workers, psychologists and others provided support to young people on adult wards. Hannah

was involved in this pilot and will be sharing the work they have completed in a hospital setting to support youth friendly care. Hannah also described the work being done within the Royal College of Paediatrics and Child Health on introducing a curriculum on young people's health into training.

- **Public Health – Maggie Clark, Compass**

Maggie Clark is a school nurse. She was also involved in refreshing the You're Welcome Youth friendly healthcare quality standards and has used youth friendly health approaches in schools and other settings to support effective public health provision for young people. Maggie described the work being done in schools in Warwickshire with youth health champions to promote more positive health choices. Effective co-production with young people had helped to work out how to communicate public health models to young people. Other initiatives included an online questionnaire for young people, a confidential texting service, a transition booklet produced with young people, and the Teen Health podcasts.

- **Primary care – Dr Stephanie Lamb, The Well Centre**

Dr Stephanie Lamb is a GP from Lambeth who founded the Well Centre, an innovative model of providing primary care for vulnerable and marginalised young people. The model involves youth workers and other professionals working alongside GPs and involves drop-in clinics, availability of CAMHS on site, use of a Teen Health Check to provide a more holistic approach to understanding young people's health needs and outreach into local schools to help with PSHE.

## 5. **Discussion and questions** - Supporting better Youth Friendly Healthcare

Following a question about health in **youth justice** settings, Lord Ramsbotham raised the example of Claygate as a successful model, although it was a challenge to get the model taken up by other facilities. The need for good links with community services was emphasised as an underpinning to this kind of work.

The importance of the input of **peers** was stressed, as they often help other young people to reach services.

**Funding and commissioning** for innovation was also a topic of discussion. The Well Centre for example is now commissioned by the Clinical Commissioning Group, but existed for the first few years on short term grants. There was also discussion on the replicability of such models, and the need to view Well Centres as an additional resource and learning opportunity, but also to improve the general primary care offer to all young people. The importance of the **curriculum on young people's health** was emphasised, and more detail on content provided.

The need to **publicise and promote** these kinds of services to young people was also raised and this led to the conclusion that people skilled in this work (such as youth workers) and extended working with voluntary sector partners, were invaluable. The stress was on breaking down silos and professional boundaries in order to improve young people's care. John Poyton described the work of Redthread in assisting young people in A&E departments who may have gang involvement.

The need to keep up pressure on the importance of **preventative work** was also raised, including the need to know more about how to intervene with this age group to prevent future ill health in young people as they transition into adulthood.

Overall it was concluded that there would be much to be gained from a more in-depth discussion about the conditions necessary for such innovations to flourish; how to influence the influencers to help provide these conditions (perhaps including a mapping exercise); how to pull the elements together into a coherent message; and how to disseminate the learning more widely, including a suggestion that some be taken to the LGA public health conference.

Young people participating in the APPG raised the need for young people to be empowered to have a voice and be involved in the running of the services (development, co-design, feedback, steering, etc.). They also raised the difficulty young people face getting access to these types of meetings & events where decisions are made and there is access to commissioners, MPs, Peers, etc. They stressed how important it was for young people to be involved and have a seat at the table.

#### **6. Any other business**

Baroness Massey thanked everyone for attending and for the productive discussion. The next meeting would be arranged for early spring 2018.

It was noted that the Youth Select Committee report on body image would be published next day.

**End of meeting 17.30**