



# HEALTHWATCH HULL HUB

**April & May 2024**

- gathering the experiences of children and young people of using and accessing NHS services

- Asking what they want from NHS services for the future

# Introductions



## Healthwatch Kingston upon Hull

We are the independent champion for people who use health and social care services. We exist to make sure that people are at the heart of care. We listen to what people like about services and what could be improved. We share their views with those with the power to make change happen. We also help people find the information they need about services in their area.

We have the power to make sure that people's voices are heard by the Government and those running services. As well as seeking the public's views through regular engagement we also encourage services to involve people in decisions that affect them. Our sole purpose is to help make care better for people.



## Partners

We work with partners across not only health and social care but the wider community and national charities to promote the many different opportunities which young people can take part in and also the different services which can be used to access support, guidance, volunteering and more!

We hope to continue to build on this list of organisations to continue to share the work of different organisations which are available for young people to access.

- Hull food partnership
- Hull CVS & Time2Volunteer
- The warren
- Citysafe & SaferHull
- MIND
- Diabetes UK

- Epilepsy action
- Life skills hub
- Humber job hub
- Health Captains
- Age UK
- Asthma and Lung

## The breakdown

For April and May we engaged with Hull College, Kelvin Hall secondary school, Wilberforce College and Hull University



From our engagements we spoke to children and young people



During our engagements across these locations our youth volunteers helped us in engagement with children and young people aged from 11-17 throughout the various settings we were in.

Below are just some of the key themes identified in April and May by these young people and as you can see, mental health continues to be highlighted but new themes came in such as vaping and eating disorders.

## Key themes

- 6 A new website for advice, guidance and to talk to people on**
- 6 Provide more spaces for CYP to talk**
- 6 More awareness on vaping and smoking**
- 6 Eating disorders**
- 6 More mental health and well-being support and awareness**



# The breakdown continued

Start a website where you can all talk together and give advice

The NHS should offer better coping mechanisms for mental health

Drugs awareness and helping teens recover

Children and young people also talked again about the NHS advertising more and running drop in sessions at schools and colleges to help raise awareness on what is available.

Create new or different pathways for young people who have diabetes as one young person talked about how the current pathways may not work for others.



Better social care for young people

More youth friendly support

Be more supportive and more activities for mental health

## The breakdown continued



Young people continued to speak on the need for more awareness around sexual health and spaces to go where they can go to talk about any concerns without risk of parents or anybody finding out.

There was also lots of emphasis put on the need for more spaces and a new website which allows young people to go to talk about their concerns anonymously and give each other advice.

**Have more interactive talks about it to support young people**

## Vaping and smoking

Lots of students from Kelvin Hall secondary school spoke about how there should be more information provided to raise awareness on the risks of smoking and vaping.



# Core20Connectors Overview

**CORE20 PLUS 5**

## Connect20 themes:

- o Asthma
- o Diabetes
- o Epilepsy

The Healthwatch Core 20+ Connectors project is modelled on the success of Young/Youth Healthwatch projects that are active across the Humber region, whereby young people are recruited as ambassadors/engagement volunteers for Healthwatch teams. Young people aged 16-25 years old will be recruited as connectors to engage with their peer groups who have experience of asthma, diabetes and/or epilepsy to explore.....

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Some of the students we spoke to about diabetes and asthma spoke on the experiences they had whilst accessing services for these conditions.

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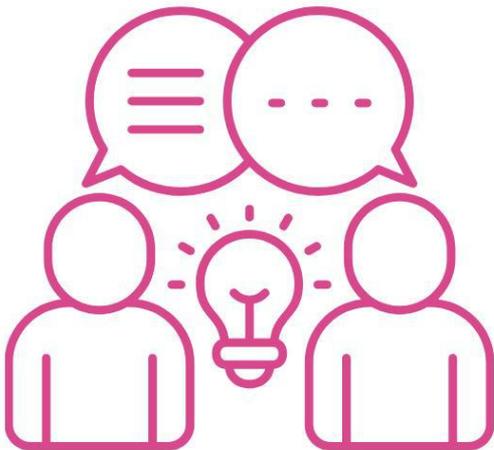
- Experiences of services
- Barriers to accessing services, or wider support for chronic illnesses
- Experiences of transition from children to adult services
- What the young people think the solutions will be

**"I have been in the hospital for 4-5 years due to severe allergic asthma & met some great people"**

**"Diabetes nurses have always been supportive, ringing and texting to see if I was okay"**

**"More personalised diabetes pathways for young people"**

# Impact



The impact of the hubs that we are running across the city in the university, secondary schools, colleges and sixth forms will help to improve the support given to young people and give them more of a voice within health and social care and providing more volunteering opportunities and activities across the wider community.

# Moving forward



The hubs will continue throughout Hull in various different settings with the continued message of **“For young people by young people”**.

We are going to continue to feedback what young people are saying about NHS services and our hope for the future is young people will have more of a voice and be able to make more of a change.