

REPORT TO THE TRUST BOARD: PUBLIC
3 October 2019

Title	People Participation Committee 17 September 2019 – Chair’s Report
Committee Chair	Aamir Ahmad, Committee Chair
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Purpose of the report

To bring to the Board’s attention key issues and assurances discussed at the People Participation Committee (PPC) meeting held on 17 September 2019.

Issues to be brought to Board’s attention

At its meeting on 17 September 2019 the Committee were joined by young people from the Child and Adolescent Mental Health Service (CAMHS) and considered a range of items including presentations from Bedfordshire and Luton CAMHS and East London CAMHS; and discussions took place on support into education/employment and priorities;

The Committee wished to draw the Board’s attention to the inspiring presentations from the young people and their sharing of their personal experience and journeys which had provided plenty of ‘food for thought’ and to the following:

- **Bedfordshire and CAMHS:** The Committee received a presentation on the wide range of projects being undertaken and service user involvement which included:
 - Delivering training (both supporting and co-delivery)
 - Service user led accreditation and young people doing assessments with the Quality Assurance Team
 - Presenting at corporate induction days
 - QI training has been adapted for young people
 - Helping to develop local offer websites
 - Contributing to CAMHS newsletter
 - Contributing to development of ASD (Autistic Spectrum Disorder) pathway
 - Launched bi-weekly ‘CAMHS Talk’ which is a podcast available to download on iTunes, Spotify and Google. This is approved by, but not censored by, senior clinicians and the aim is to contribute to breaking the stigma around mental health

The Committee also learnt about:

- A young person’s personal experience and journey with the autism service; how the support of staff had helped him through his initial difficulties; how his involvement with people participation has helped him develop a better understanding of issues faced by other communities, developed interview skills and understanding from sitting on interview panels, and fundamentally how his involvement has had a positive impact on his mental wellbeing
 - The issues that can be faced by transgender young people, and in particular the challenges that arise from local support not being available. A film about these challenges has been produced and is used in schools and colleges in Bedfordshire to provide training on gender identity.
- **East London CAMHS:** The Committee received a presentation on service user involvement in various services in East London including:
 - Eating Disorder Service: Young people have been involved in a range of initiatives notably a project on calorie counting including the creation of an animation and as a result, were invited to show the film at the recent Nurses’ Conference and the intention is

to take the animation into schools

- Newham: There are a number of young people projects including 'what to expect' (to tackle issue of people not turning up to the service following referral) 'photo smart, access to CAMHS and Family First Nights offering theatre visits in partnership with West End theatres
 - CAMHS Collaborative: Young people have been involved in the bid by sharing their experiences
 - Tower Hamlets: A 'bright ideas box' has been introduced to encourage input from all involved in the service
 - Hackney: Young people have been involved in 'Bike Works', a partnership initiative, which involved a four week course in building and repairing bikes; the bikes are kept by the young people if they complete the course.
- **Support into Education/Employment and Priorities:** Discussions covered access to education, the problems and possible ways forward. In support of its strategic objective on *improving population health*, the Committee agreed that there is a need to both investigate what the Trust can do (for example, what Recovery Colleges could offer to young people specifically) as well as working with Local Education Authorities (LEAs) to explore solutions to some of the challenges young people face having missed their part of their education.