



Young Healthwatch Meeting

Wed 20 January 5 – 7pm
at The Station

Young Healthwatch volunteers present:

Heidi
Ellie
Lauren
Lily
Maeve
Fatima

Others:

Pat, Healthwatch Bristol
Tom Renhard, Healthwatch Bristol Children and Young People's Advisory Group Lead
Laura, Off the Record (OTR)
John, Bristol Health Partners (BHP)
Nicole, Clinical Commissioning Group (CCG)
Katie, Freedom of Mind Festival
Kate, Freedom of Mind Festival

Lily explained Young Healthwatch and what the group have been doing to the other attendees including how they meet regularly and have been working as the reference group for the Clinical Commissioning Group on the re-commissioning of children's community health services.

John explained that there is a Healthy Body Healthy Mind campaign and how Young Healthwatch and the wider Healthwatch should be involved – for more info contact John Kellas at BHP

Laura explained that OTR is a charity providing mental health services, and Laura asked the young people for feedback on the service they provide. Laura explained that demands are high for their services and it is difficult to get a CAHMS service many young people turn to OTR for help. OTR welcome new members to the Mentality meetings and share what is being said with Healthwatch. Laura explained there are services covering South Gloucestershire. Lauren said she is a member of the South Glos Youth Board and has never heard from anyone in Healthwatch South Gloucestershire. Pat said she would put Lauren in touch with Louise Spencer the Healthwatch South Gloucestershire Project Co-ordinator, but added that Louise only works part time term time only.

John explained how BHP is made up of nine organisations (University Hospital Bristol, North Bristol Trust, Avon and Wiltshire Mental Health Partnership, 3 CCG's Bristol, South Glos and



North Somerset, University of the West of England, University Bristol and Bristol City Council). John explained about the 18 Health Improvement Teams and how the input from today's meeting will influence the three strategic themes:

1. Using data better
2. Sustainability
3. Future workforce

At a meeting on 25 February three ideas from the list John shared will be picked for funding to help organisations to work together and influence the theme. The young people gave their views on the ideas and John explained that their views will form part of the consultation that closes on 19 February.

Katie and Kate explained that they are planning a Festival of Mind around the issues of being mentally healthy. The plan is for a week long event including a music gig and a conference for professionals and others including young people to talk about mental health. Katie explained how they are already working with OTR Mentality and want to include Healthwatch. Katie explained her vision for a the whole city to be taken over to talk about mental health, with a focus on mental illness. Katie asked the young people to make some work clouds showing how everyone has mental health, she will take these away to share in the festival planning.

As this was Nicole's last meeting she was given a card (signed by the young people attending) and flowers to thank her for all the support she has given the young people and Healthwatch.