

Me first Communication Champions' Newsletter

Issue 1
August 2016

We had our second Communication Champions' Event on June 6th 2016 – a big **thank you** to those who attended. We asked you how you wanted our electronic network to function. You said that it would be useful to receive a 'newsletter style' email summarising the event, in order to feedback and condense the number of emails that we send out to you.... so here it is!

Communication Champions - thank you for your feedback, we have summarised your ideas, what we have already done and what is in the pipeline below:

You said:

- Using the 'Whose shoes?' game in team meetings works well – click [here](#) for experience using it in practice
- You showed us examples of talking mats and bespoke sorting tasks that you have made; we are going to add this to the website soon as a resource but in the meantime please click [here](#) for more information and ideas.
- You created a video for CYP at pre-admission stage talking them through their patient journey. If you are interested in doing this click [here](#)
- You have embedded CYP centred communication in yearly performance review process
- We could create a film of our next training session to share with others
- Could we circulate a list of [twitter](#) handles
- A common barrier to championing **Me first** can be the parents. You need a resource for explaining **Me first** to parents and why it is important.
- Wearing **Me first** badges at work would promote you and us

We have:

- Created a Communication Champions' newsletter
- The Twitter handles that we have are below for you to network – get tweeting and meeting!
- Set up a twitter chat: 8-9pm on Tuesday 13th September. To join this chat please email info@mefirst.org.uk. Get involved!

We will:

- Create **Me first** 'Communication Champion' pin badges
- We are getting in touch with the Reporter's Academy to ask them to attend the next Champions event and teach how you can film your own short film on a smart phone
- Look to expand our resources to include a help sheet for explaining child-centred communication to parents

Me first

Children and young people
centred communication

#CYPmefirst

Communication Champions' Newsletter

Supplement 1

This is the personal experience of a Paediatric Consultant who used the game 'Whose shoes?' in practice. She took the '*Whose shoes?*' game to her weekly Consultant meeting. She told the chair of the meeting that she had an agenda item for the end. Once all agenda items had been discussed, she explained what **Me** first is all about, that she was a champion of it and that an important part of the **Me** first philosophy is to think as if they were that young person – putting themselves in the child or young person's shoes. She said that generally they are good at this in their department but it is always good to take a step back, reflect what it is like for that child and think about how things could be improved.

She then read a poem from the '*Whose Shoes?*' game and asked her colleagues to tell her how this made them feel. She then asked them to think how this would change their communication behaviour next time. She was pleasantly surprised that she received some very good answers and engagement from her colleagues. She thanked everybody for their thoughts and let them know that she would bring a card monthly to the Consultant meeting. She also gave out more details of **Me** first and informed her colleagues that there will be an opportunity to play the full game in their teaching in December, which they were all very receptive to. She ended the meeting by mentioning the '**Me** first' website and resources.

All of this took less than 10 minutes – meeting schedules are always tight therefore this it is a practical idea to look at one card or have a mini-game at a meeting. It doesn't take long to spread the **Me** first message! Have you got capacity to play our game '*Whose shoes?*' with your colleagues? Get in touch! **#CYPmefirst**.



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Creating your own film as a CYP friendly introduction to your ward, A&E or organisation is a great way of providing great CYP centred communication from the moment a child or young person enters your environment of care. For a couple of ideas to help you to do this:

- Contact your local colleges who have film students and ask if they would film a CYP friendly introduction for you – they often have projects or coursework to do, so this could benefit both of you!
- We are contacting the Reporter's Academy for their help in this and we are asking them to come in to speak to us at our next Communication Champions' Event – so come along for filming ideas and advice
- One example which may give you some ideas is this video, which gives CYP friendly information about common surgical procedures and the pathway of care for paediatric patients.

https://www.youtube.com/watch?v=7cHSqWZMC_4

