

Welcome to the latest edition of our newsletter. Here we share our latest news and dates for your diary.

## New team members

A very warm welcome to Jessie McCulloch and Lucy Arora who are both new to our team. Welcome back to Andy Dignan who has returned to help us in the office during his study leave and thank you to James Reid one of our young advisors who has taken on extra work to help develop the project.



Jessie



Lucy



Andy



James

A special **Me** first welcome to the world to Lachlan Patrick Reid and congratulations to his parents, Joanna and Alisdair. Joanna is the **Me** first Project Lead but is currently otherwise occupied on maternity leave.

*I believe that good communication helps transform children and young people's experiences, and I am keen to help spread the Me first message far and wide" -Jessie*

*"I am practically obsessed with promoting good communication between CYP and healthcare practitioners and expect to learn as much as I contribute to the Me first team whilst I am here" -Lucy*

## Me first

Children and young people  
centred communication

## Upcoming Events

### Twitter Chat: 13th September

"How to move beyond power imbalances in conversations between CYPs and health and social care professionals" 

### Communication Champions

**Network: 11<sup>th</sup> October,**  
9am-12noon, NCVO, London (plus free breakfast!) 

**Me first masterclass: 18th October,**  
London

## Me first Updates

The **Me** first team have been reviewing feedback from our masterclasses and trying a few new ideas to improve our training. Feedback so far from testing this out has been very positive.



Kate; Amy; Grace and our colleague Duncan Law have been travelling all over the country to deliver new training about how to open up difficult conversations around safeguarding issues. Most of these dates have been oversubscribed so this has been a very popular course. Keep in touch with **Me** first to hear about new future projects delivering new specialist **Me** first training module options.

Lucy and Jessie are looking at integrating health coaching principles into the Me first approach and strategies to support practitioners and young people to have difficult conversations and how the Me first approach can be used to have better conversations about health

Over the last few months we've continued to add new, useful items to our resources hub. We also post regular blogs and hold Twitter chats to discuss interesting topics about communicating with CYPs.

# Me first

Children and young people  
centred communication



Your Rights, Your Future Toolkit

Your Rights, Your Future is an interactive training session designed for any practitioner working with children and young people...



Don't Get Me Wrong

Information for supporting children and young people with speech, language and communication needs.



What Matters To You?

'What matters to you?' aims to encourage and support more meaningful conversations between health and social care and professionals...

# Summary of the Communication Champions Meeting on 21st June 2017

A huge welcome to those who have recently joined our communications champions network and **thank you** to all who attended our meeting in June. It was great to share ideas and hear about your work to promote children and young people centred communication, you're always an inspiration to us!

## Communication Difficulties with Pamela Kennedy:

Following requests for a workshop about communication with children with speech, language and communication needs, we looked to the wealth of expertise in our network. Pamela Kennedy, Speech and Language Therapist and **Me** first Communications Champion volunteered to speak at this event. This presentation was fascinating to listen to and was very well received. Topics for discussion included levels of language; non verbal rules of communication; how to collect information without asking questions and ideas to improve how we communicate such as using Talking Mats. Thank you Pamela for this fascinating talk.

*“Opportunities to communicate within conversations are as important as the means of communication... - Great talk by Pamela Kennedy”*



# Summary of the Communication Champions Meeting on 21st June 2017

## “Whose Shoes” with Gill Phillips

It was great to welcome back Gill Phillips from Whose Shoes to introduce the interactive learning and development tool “Whose Shoes” to those who haven’t used it before. This activity is a great way of generating thought provoking discussion of ideas and thoughts around communication with children and young people in healthcare. Gill gave us a brief introduction to the activity and we had a chance to do the activity and read a few cards that led to some insightful conversations.

*“Thank you for a fab morning with one of my Twitter heroes @WhoseShoes Really nuanced helpful talk/tips #CYPMeFirst”.*



## “The Me first Website” with Maura Neilson

We had a quick chance to discuss the latest updates to the website. Maura, our website developer has been putting in lots of work to improve the **Me** first website. This is still a work in progress and we’re always trying to improve what we do so any feedback would be most welcome.

#CYPMeFirst Twitter chat tips!

In addition to our #CYPMeFirst Twitter chat this evening's tips, we have written a list of tips for voice Twitter chaters to help them get involved.

(Please note that the hyperlinks will not function in the PDF version below but you can download a PDF version [here](#).)

### #CYPMeFirst Twitter chat tips

A Twitter chat is when a group of Twitter users meet at a pre-determined time to discuss a certain topic, using a designated hashtag (or for each tweet) a common word.

A host or moderator will pose questions (beginning with Q1, Q2, Q3) to prompt responses from participants (using A1, A2, A3) and encourage interaction among the group. Chats typically last an hour. Here are some tips for getting involved.

- 1) Watch and learn: Spend time lurking and watching from the side. First, read through a previous Twitter chat transcript before chatting for the first time to get a feel for how they work. You can [find chat transcripts here](#).

Communication Champions

Once you have attended a me first masterclass you too could be a Me First Communication Champion

What it means to be a Me first Communication Champion

Communication Champions are multi-region for helping communication with children and young people high on the agenda in the clinical setting. They are a dedicated team of professionals based in the Me First masterclass and young people shared communication resources who are dedicated to helping children and young people across various communication issues. The Me First communication champions resource pack has been created to help you to make the most of children and young people shared communication with your organisation and help you to build your own communication resources. With the shared goal of providing children and young people shared communication resources to help them and their families.

The Me First team are excited to support you in the implementation of your Me First Communication Champions network, masterclass and resource pack, which will help you to build your own communication resources.

Me first

Children and young people shared communication

Me First is dedicated to improving communication between healthcare professionals and children and young people. We have a wealth of information, tips and resources to help you to become a Me First masterclass champion.

The Me First masterclass is a powerful tool to help tackle the key communication issues and find out how it can help you better.

# Agenda for Communication Champions Meeting 11<sup>th</sup> October

- **Me first** update & feedback
- Workshop: Opening up challenging conversations about Safeguarding issues
- Brainstorming session: Group reflective practice about empowering CYPs
- Communications Skills sessions

Represent us! Come to the next Communication's Champions events to pick up one of our shiny badges!



## Upcoming Communications Champions Meetings:

**11<sup>th</sup> October 2017**  
**5<sup>th</sup> February 2018**

All meetings are 9-12 at the NCVO Centre in Kings Cross, London. Free Breakfast is included. Please contact us to let us know if you plan to attend.

## Topics for future Communications Champions meetings:

Child Mental Health

- Opening up difficult conversations
- Psychological aspects of chronic illnesses

**If you have any other requests, please get in touch.**

## More ways to get involved:

- \* Twitter
- \* Blogs
- \* Newsletter
- \* Website feedback
- \* Focus Groups

Please get in touch if you would like to contribute to any of the above.

### Keep the ideas coming!

If you think of anything we could do that would help you as a Communication Champion, please email us [info@mefirst.org](mailto:info@mefirst.org)

**Thank you, we look forward to hearing from you!**

**@CYPmefirst**

**www.mefirst.org**

**#CYPmefirst**



# Twitter



**Me** first Twitter chats continue every 2 months.

Our next

## Twitter Chat:

### How to move beyond power imbalances in conversations between children and young people and health and social care professionals

**Wednesday 13th  
September 8-9pm**

Between 8 and 9pm we will ask key questions around this topic and invite people from our network and beyond to join in the conversation. Our Twitter chats always generate lots of interesting thoughts and ideas so please spread the word and join us if you can. See [here](#) for guidance for Twitter chats and further information.

Twitter is a great way of connecting with **Me** first and with other professionals within health and social care. It is also a useful resource for CPD.

We have guidance on our website for getting started on Twitter. See [here](#) for details:

The following links also provide advice and guidance for healthcare professionals on using Twitter, whether a novice or experienced:

- <http://www.wecomunities.org/resources/twitteriversity1>
- <http://www.voices.rcpch.ac.uk/post/145956468372/social-media-a-guide-for-cynics-and-champions>

**Connect with us and the Me first network using #CYPMeFirst or get in touch using @CYPMeFirst**