

#CYPMeFirst twitter chat transcript 13/09/2017

Jessie McCulloch @jem8239 16 hours ago

RT @CYPMeFirst: Award winning #CYPMeFirst training: new date. We help professionals build on existing skills to improve CYP experie...

Kate Martin @_common_room 16 hours ago

RT @CYPMeFirst: Award winning #CYPMeFirst training: new date. We help professionals build on existing skills to improve CYP experie...

Me first @cypmefirst 16 hours ago

Less than half an hour to go! Plenty of time to put the kettle on before we talk about sharing power & responsibility with CYPs #CYPMeFirst <https://t.co/NNeWzfS4gk>

Rachel Naunton @renphysio 16 hours ago

I'll be unusually quiet talking about empowering CYPs on here -I'm the brains behind @CYPMeFirst tonight. Join us! Remember to #CYPMeFirst <https://t.co/QIT2ejReUr>

Lucy Watts MBE @lucyalexandria 15 hours ago

RT @JWRTalks: Don't forget to join me and the @CYPMeFirst team at 8pm for our #twitterchat - tweet using the hashtag #CYPMeFirst...

Lucy Watts MBE @lucyalexandria 15 hours ago

Calling all #CYP professionals - a @CYPMeFirst #TweetChat starting now on moving beyond power imbalances between CYP & HCPs #CYPMeFirst <https://t.co/b9WrMD9ymk>

Me first @cypmefirst 15 hours ago

OK, here we go folks, who's with us? Welcome to everyone who's here to talk about sharing power and responsibility with CYPs #CYPMeFirst

Me first @cypmefirst 15 hours ago

@LucyAlexandria Hi Lucy, thanks for joining! #CYPMeFirst

James William Reid @jwrtalks 15 hours ago

Hello everyone, its 8pm (GMT) and the #CYPMeFirst #twitterchat is LIVE! Welcome everyone!

Lucy Watts MBE @lucyalexandria15 hours ago
@CYPMeFirst Glad to be here! Do enjoy #CYPMeFirst #TweetChats

Dr Kate Cushing @katecushing215 hours ago
RT @CYPMeFirst: @spencer_sian @NHSYouthForum @WeCYPnurses @HLB27 Fabulous to hear YP having a say #CYPMeFirst

Dr Kate Cushing @katecushing215 hours ago
RT @JWRTalks: Don't forget to join me and the @CYPMeFirst team at 8pm for our #twitterchat - tweet using the hashtag #CYPMeFirst...

Lucy Watts MBE @lucyalexandria15 hours ago
RT @JWRTalks: Hello everyone, its 8pm (GMT) and the #CYPMeFirst #twitterchat is LIVE! Welcome everyone!

Me first @cypmefirst15 hours ago
First Question for tonight! Please share your thoughts using #CYPMeFirst so we can all read your comments and respond. <https://t.co/5KdFtFAWzs>

Dr Kate Cushing @katecushing215 hours ago
RT @CYPMeFirst: OK, here we go folks, who's with us? Welcome to everyone who's here to talk about sharing power and responsibility with CYP...

Me first @cypmefirst15 hours ago
@lilyhannahlevy Fist bump right back atcha. Welcome! #CYPMeFirst

Lily Levy @lilyhannahlevy15 hours ago
RT @CYPMeFirst: First Question for tonight! Please share your thoughts using #CYPMeFirst so we can all read your comments and respo...

Lucy Watts MBE @lucyalexandria15 hours ago
@CYPMeFirst @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio #CYPMeFirst cause it's daunting. Its shared responsibility which many #CYP have not faced B4. Taking responsibility is a process, takes time

Lucy Watts MBE @lucyalexandria15 hours ago
RT @CYPMeFirst: First Question for tonight! Please share your thoughts using #CYPMeFirst so we can all read your comments and respo...

Simon Hardcastle @hardcastle7615 hours ago
RT @LucyAlexandria: Calling all #CYP professionals -
a @CYPMeFirst #TweetChat starting now on moving beyond power imbalances between
CY...

Louise marsland @louise9099981515 hours ago
RT @CYPMeFirst: OK, here we go folks, who's with us? Welcome to everyone who's
here to talk about sharing power and responsibility with CYP...

Robin Barker @robinfromcamhs15 hours ago
@CYPMeFirst @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2
@spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio It might
involve giving up some of your 'power' (if you started with an unequal
amount) #CYPMeFirst

James William Reid @jwrtalks15 hours ago
@CYPMeFirst @LucyAlexandria @_Common_Room @Jem8239 @KathEvans2 @spencer_sian
@RBMefirst @HalseJenny @rnc_simps @RENphysio It is hard to trust
somebody else with your health. "it's my body, its my life - how do you know what's
best?!" #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago
RT @robinfromcamhs: @CYPMeFirst @LucyAlexandria @JWRTalks @_Common_Room
@Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny...

Lucy Watts MBE @lucyalexandria15 hours ago
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@spencer_sian @RBMefirst @HalseJenny @rnc_simps...

Dr Kate Cushing @katecushing215 hours ago
@CYPMeFirst @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2
@spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio If we believe
that CYP not able to make 'grown up' decisions as less Life experience/wisdom. If CYP
feel can't challenge adults? #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago
RT @KateCushing2: @CYPMeFirst @LucyAlexandria @JWRTalks @_Common_Room
@Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny...

James William Reid @jwrtalks15 hours ago
@robinfromcamhs @CYPMeFirst @LucyAlexandria @_Common_Room @Jem8239 @KathEvans2
@spencer_sian @RBMefirst @HalseJenny @rnc_simps@RENphysio Robin,
welcome! :) #CYPMeFirst

Simon Hardcastle @hardcastle7615 hours ago

@CYPMeFirst @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio#CYPMeFirst
lack of recognition of techniques to involve cyp

Me first @cypmefirst15 hours ago

@LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio Good point, helps if it's done gradually but it can come across as a bit of a bombshell to CYPS and parents #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago

RT @hardcastle76: @CYPMeFirst @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny...

Lucy Watts MBE @lucyalexandria15 hours ago

RT @CYPMeFirst: @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps...

Louise marsland @louise9099981515 hours ago

RT @CYPMeFirst: First Question for tonight! Please share your thoughts using #CYPMeFirst so we can all read your comments and respo...

Rob Brown @rbmefirst15 hours ago

Many people are intimidated by the knowledge that HCP's (particularly doctors) have #CYPMeFirst

James William Reid @jwrtalks15 hours ago

@KateCushing2 @CYPMeFirst @LucyAlexandria @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysioIt is hard to challenge HCPs no matter what your age, its even harder if you've never met them before. #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago

RT @JWRTalks: @KateCushing2 @CYPMeFirst @LucyAlexandria @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny...

Me first @cypmefirst15 hours ago
@robinfromcamhs @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysioAgreed, but what makes giving up power uncomfortable? #CYPMeFirst

Louise marsland @louise9099981515 hours ago
@CYPMeFirst @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysioHealth professionals can be seen as the "expert " #CYPMeFirst

Rob Brown @rbmefirst15 hours ago
@hardcastle76 @LucyAlexandria @CYPMeFirst @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @HalseJenny @rnc_simps @RENphysioYes many are used to the HCP being the expert #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago
@CYPMeFirst @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio #CYPMeFirst adults can struggle too. HCPs can fail to recognise #CYP need to be involved, infantilise them. & parents struggle to step back.

Louise marsland @louise9099981515 hours ago
RT @JWRTalks: @KateCushing2 @CYPMeFirst @LucyAlexandria @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny...

Lucy Watts MBE @lucyalexandria15 hours ago
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Robin Barker @robinfromcamhs15 hours ago
@JWRTalks @KateCushing2 @CYPMeFirst @LucyAlexandria @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps@RENphysio Absolutely. Especially if you don't actually know what their role is. You might not know the power you could have in a situation #CYPMeFirst

Me first @cypmefirst15 hours ago
@KateCushing2 @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysioGreat points. It can cause anxiety if there's an assumption that the CYP isn't up to it and pretty

scary to challenge hierarchy #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago

RT @robinfromcamhs: @JWRTalks @KateCushing2 @CYPMefirst @LucyAlexandria @Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst...

James William Reid @jwrtalks15 hours ago

@CYPMefirst @LucyAlexandria @Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio Transition plays a role here too? Going from not having much of a say, to having a lot of power over choices/decisions is scary. #CYPMeFirst

Jessie McCulloch @jem823915 hours ago

RT @CYPMefirst: First Question for tonight! Please share your thoughts using #CYPMefirst so we can all read your comments and respo...

Me first @cypmefirst15 hours ago

@hardcastle76 @LucyAlexandria @JWRTalks @Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysioOoh interesting, so it may not be anxiety about sharing responsibility, but more how to go about it? #CYPMeFirst

Simon Hardcastle @hardcastle7615 hours ago

@RBMefirst @LucyAlexandria @CYPMefirst @JWRTalks @Common_Room @Jem8239 @KathEvans2 @spencer_sian @HalseJenny @rnc_simps @RENphysio#CYPMefirst I also think pressures on services to get people through the system i.e. 10 minute appointment slots etc discourage conversation

Lucy Watts MBE @lucyalexandria15 hours ago

@JWRTalks @CYPMefirst @Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio #CYPMeFirst I suddenly went paed where mum & HCP made decisions then thrust into adults & suddenly expected to make decisions, take control

Lucy Watts MBE @lucyalexandria15 hours ago

RT @JWRTalks: @CYPMefirst @LucyAlexandria @Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps...

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Lily Levy @lilyhannahlevy15 hours ago
@CYPMeFirst @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio For adults-maybe fear? Uncomfortable/frightening to give up power, also (probably unfounded) fears about managing risk? #CYPMeFirst

Rob Brown @rbmefirst15 hours ago
@JWRTalks @CYPMeFirst @LucyAlexandria @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @HalseJenny @rnc_simps @RENphysio The transition journey needs to be introduced carefully and respectfully #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago
@CYPMeFirst @hardcastle76 @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio#CYPMeFirst I agree. It's not necessarily doing it, it's how you do it - both sides. How #CYP step up, how #HCPs share responsibility.

James William Reid @jwrtalks15 hours ago
RT @robinfromcamhs: @JWRTalks @KateCushing2 @CYPMeFirst @LucyAlexandria @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst...

Robin Barker @robinfromcamhs15 hours ago
@CYPMeFirst @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio You feel vulnerable. #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago
RT @RBMefirst: @JWRTalks @CYPMeFirst @LucyAlexandria @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @HalseJenny @rnc_simps...

Lucy Watts MBE @lucyalexandria15 hours ago
RT @lilyhannahlevy: @CYPMeFirst @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny...

Me first @cypmefirst15 hours ago
@RBMefirst Agreed...the power is often unspoken but very clear. Sometimes to all except the Drs who maybe forget! #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago
RT @robinfromcamhs: @CYPMeFirst @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny...

Lucy Watts MBE @lucyalexandria15 hours ago
@Jem8239 @RBMefirst @hardcastle76 @CYPMeFirst @JWRTalks @_Common_Room @KathEvans2 @spencer_sian @HalseJenny @rnc_simps @RENphysio#CYPMeFirst CYP can feel 'threatened', not sure how to speak up w/o doing it wrong or being seen 2 challenge HCPs authority

James William Reid @jwrtalks15 hours ago
@LucyAlexandria @CYPMeFirst @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio How did this make you feel? What could had made it easier? #CYPMeFirst

Jessie McCulloch @jem823915 hours ago
@hardcastle76 @RBMefirst @LucyAlexandria @CYPMeFirst @JWRTalks @_Common_Room @KathEvans2 @spencer_sian @HalseJenny @rnc_simps @RENphysio#CYPMeFirst it is amazing what can be achieved in 10 minutes, but only when a relationship has already been established

Robin Barker @robinfromcamhs15 hours ago
@hardcastle76 @RBMefirst @LucyAlexandria @CYPMeFirst @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @HalseJenny @rnc_simps@RENphysio Agree. I think 'time' can be extremely powerful. CYP and HCP both feeling powerless to the clock. #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago
RT @JWRTalks: @LucyAlexandria @CYPMeFirst @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps...

Me first @cypmefirst15 hours ago
@Louise90999815 @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio Good point. That power can be both helpful and unhelpful. Often difficult to challenge #CYPMeFirst

James William Reid @jwrtalks15 hours ago
@RBMefirst @CYPMeFirst @LucyAlexandria @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @HalseJenny @rnc_simps @RENphysio This is something that all parties, HCPs, CYPs & Parents need to be included in..... #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago
@JWRTalks @CYPMeFirst @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio #CYPMeFirst terrified. I'd never had 2 speak up advocate. Suddenly making life/death decisions alone. I really struggled & felt unsupported.

Lucy Watts MBE @lucyalexandria15 hours ago
RT @Jem8239: @hardcastle76 @RBMefirst @LucyAlexandria @CYPMeFirst @JWRTalks @_Common_Room @KathEvans2 @spencer_sian @HalseJenny...

James William Reid @jwrtalks15 hours ago
@RBMefirst @Jem8239 @LucyAlexandria @hardcastle76 @CYPMeFirst @_Common_Room @KathEvans2 @spencer_sian @HalseJenny @rnc_simps @RENphysio What causes you to feel the need to do this? #CYPMeFirst

Simon Hardcastle @hardcastle7615 hours ago
@Jem8239 @RBMefirst @LucyAlexandria @CYPMeFirst @JWRTalks @_Common_Room @KathEvans2 @spencer_sian @HalseJenny @rnc_simps @RENphysio #CYPMeFirst totally agree how professionals form relationships with cyp how to understand what's not being said etc

Lucy Watts MBE @lucyalexandria15 hours ago
@Jem8239 @hardcastle76 @RBMefirst @CYPMeFirst @JWRTalks @_Common_Room @KathEvans2 @spencer_sian @HalseJenny @rnc_simps @RENphysio #CYPMeFirst #CYP stepping up is a process, built on trust. No trust = no confidence & skills to speak up & take control.

Lucy Watts MBE @lucyalexandria15 hours ago
RT @CYPMeFirst: @Louise9099815 @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny...

Jessie McCulloch @jem823915 hours ago
Definitely - Needs to be introduced progressively and encouraging cyp to gradually take more responsibility #CYPMeFirst <https://t.co/jaeRLmLgG3>

Lucy Watts MBE @lucyalexandria15 hours ago
RT @JWRTalks: @RBMefirst @CYPMeFirst @LucyAlexandria @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @HalseJenny @rnc_simps...

James William Reid @jwrtalks15 hours ago
@Jem8239 @hardcastle76 @RBMefirst @LucyAlexandria @CYPMeFirst @_Common_Room @KathEvans2 @spencer_sian @HalseJenny @rnc_simps @RENphysio Sadly, often we're not afforded the luxury of 'getting to know someone' #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago

RT @hardcastle76: @Jem8239 @RBMefirst @LucyAlexandria @CYPMefirst @JWRTalks @_Common_Room @KathEvans2 @spencer_sian @HalseJenny...

Me first @cypmefirst15 hours ago

@LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio Agreed. Plus it can be a daunting prospect to let go of control when the plan is well thought through and has worked previously #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago

RT @JWRTalks: @Jem8239 @hardcastle76 @RBMefirst @LucyAlexandria @CYPMefirst @_Common_Room @KathEvans2 @spencer_sian @HalseJenny...

Simon Hardcastle @hardcastle7615 hours ago

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Deanne @1985deanne15 hours ago

RT @CYPMefirst: @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps...

Lucy Watts MBE @lucyalexandria15 hours ago

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Simon Hardcastle @hardcastle7615 hours ago

@Jem8239 @RBMefirst @LucyAlexandria @CYPMefirst @JWRTalks @_Common_Room @KathEvans2 @spencer_sian @HalseJenny @rnc_simps @RENphysio#CYPMefirst
I think we forget for many cyp we work with we are a constant factor in their lives. So relationships should be formed

Rob Brown @rbmefirst15 hours ago

We/I need to build skills and techniques to connect and involve CYP given the time constraints #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago

RT @hardcastle76: @Jem8239 @RBMefirst @LucyAlexandria @CYPMefirst @JWRTalks @_Common_Room @KathEvans2 @spencer_sian @HalseJenny...

Lily Levy @lilyhannahlevy15 hours ago

@CYPMefirst @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysioThink it's a super tricky tension between creating environment where CYP feels empowered & involved, but also contained & safe! #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago

RT @lilyhannahlevy: @CYPMefirst @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny...

Me first @cypmefirst15 hours ago

@lilyhannahlevy @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysioAgreed. Worries about accountability if things don't go well too #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago

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Holly Saron @holly_saron15 hours ago

RT @RBMefirst: We/I need to build skills and techniques to connect and involve CYP given the time constraints #CYPMeFirst

Robin Barker @robinfromcamhs15 hours ago

Maybe we should acknowledge the RIDICULOUS professional power struggle that often goes on in health... Learned behaviour? #CYPMeFirst<https://t.co/zzZ10Db9TE>

Lily Levy @lilyhannahlevy 15 hours ago
@RBMefirst Maybe using tools like feedback measures routinely is a good start, to encourage feedback & involvement? Things like SRS, SFQ... #CYPMeFirst

James William Reid @jwrtalks 15 hours ago
@hardcastle76 @Jem8239 @RBMefirst @LucyAlexandria @CYPMeFirst @_Common_Room @KathEvans2 @spencer_sian @HalseJenny @rnc_simps @RENphysio Forming relationships is KEY to all healthcare experiences; building trust and rapport can assist decision making hugely! #CYPMeFirst

Me first @cypmefirst 15 hours ago
@LucyAlexandria @hardcastle76 @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio Both can be challenging! Plus how we can facilitate both parties to do this as well as parents/carers too #CYPMeFirst

Lucy Watts MBE @lucyalexandria 15 hours ago
@RBMefirst @hardcastle76 @Jem8239 @CYPMeFirst @JWRTalks @_Common_Room @KathEvans2 @spencer_sian @HalseJenny @rnc_simps @RENphysio #CYPMeFirst & then having to repeat whole story, leaving little time for action plan. So you end up missing info out, prioritising.

Lucy Watts MBE @lucyalexandria 15 hours ago
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Me first @cypmefirst 15 hours ago
@robinfromcamhs @RBMefirst @LucyAlexandria @JWRTalks @lilyhannahlevy @Jem8239 @RENphysio @AroraLucy @_Common_Room Love it. But I think we can do more - encourage them to come up with options, ideas - offer to share responsibility when approp. #CYPMeFirst

Lucy Watts MBE @lucyalexandria 15 hours ago
RT @LauraHolmesSALT: @CYPMeFirst @LucyAlexandria @hardcastle76 @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst...

James William Reid @jwrtalks 15 hours ago
@robinfromcamhs @CYPMeFirst @RBMefirst @LucyAlexandria @lilyhannahlevy @Jem8239 @RENphysio @AroraLucy @_Common_Room 'All options' being key, even those that are not possible; we should educate as well as inform. #CYPMeFirst

Lily Levy @lilyhannahlevy 15 hours ago
@CYPMeFirst @RBMefirst @robinfromcamhs @LucyAlexandria @JWRTalks @Jem8239 @RENphysio @AroraLucy @_Common_Room Don't let culture of person-centred care & involvement stop at a 'PPI' group, needs to reach all. Use training&supervision. #CYPMeFirst

Me first @cypmefirst 15 hours ago
@hardcastle76 @JWRTalks @LucyAlexandria @Louise90999815 @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny@rnc_simps @RENphysio completely agree. helpful to look past ages, diagnoses etc to avoid assumptions! #CYPMeFirst

Jessie McCulloch @jem8239 15 hours ago
@JWRTalks @LucyAlexandria @Louise90999815 @CYPMeFirst @_Common_Room @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps@RENphysio "Transition" can sound so scary - but involving CYP in their care at their own pace to share decisions is vital #CYPMeFirst

Lucy Watts MBE @lucyalexandria 15 hours ago
@hardcastle76 @JWRTalks @Louise90999815 @CYPMeFirst @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps@RENphysio #CYPMeFirst the damage in transition comes when we try to use 1 process 4 all CYP. Needs to be individualised, around CYP individual needs.

Lucy Watts MBE @lucyalexandria 15 hours ago
RT @hardcastle76: @JWRTalks @LucyAlexandria @Louise90999815 @CYPMeFirst @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst...

Simon Hardcastle @hardcastle76 15 hours ago
RT @LucyAlexandria: @hardcastle76 @JWRTalks @Louise90999815 @CYPMeFirst @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst...

Lucy Watts MBE @lucyalexandria 15 hours ago
RT @CYPMeFirst: @robinfromcamhs @RBMefirst @LucyAlexandria @JWRTalks @lilyhannahlevy @Jem8239 @RENphysio @AroraLucy @_Common_Room L...

Simon Hardcastle @hardcastle76 15 hours ago
RT @CYPMeFirst: @hardcastle76 @JWRTalks @LucyAlexandria @Louise90999815 @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst...

Lucy Watts MBE @lucyalexandria15 hours ago
RT @JWRTalks: @robinfromcamhs @CYPMeFirst @RBMefirst @LucyAlexandria @lilyhannahlevy @Jem8239 @RENphysio @AroraLucy @_Common_Room...

Laura Holmes @lauraholmessalt15 hours ago
@CYPMeFirst @Louise90999815 @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps@RENphysio Very true. Traditionally professionals can feel as though they are in an 'expert' role - am seeing changes thanks to SEND though #CYPMeFirst

Jessie McCulloch @jem823915 hours ago
RT @CYPMeFirst: Question 2, Great comments so far but what do you think of the next question? Please remember to use #CYPMeFirst <https://t...>

Lucy Watts MBE @lucyalexandria15 hours ago
RT @lilyhannahlevy: @CYPMeFirst @RBMefirst @robinfromcamhs @LucyAlexandria @JWRTalks @Jem8239 @RENphysio @AroraLucy @_Common_Room Don't...

Lucy Watts MBE @lucyalexandria15 hours ago
RT @CYPMeFirst: @hardcastle76 @JWRTalks @LucyAlexandria @Louise90999815 @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst...

Lucy Watts MBE @lucyalexandria15 hours ago
RT @Jem8239: @JWRTalks @LucyAlexandria @Louise90999815 @CYPMeFirst @Common_Room @KathEvans2 @spencer_sian @RBMefirst...

Holly Saron @holly_saron15 hours ago
RT @JWRTalks: @robinfromcamhs @CYPMeFirst @RBMefirst @LucyAlexandria @lilyhannahlevy @Jem8239 @RENphysio @AroraLucy @_Common_Room...

Me first @cypmefirst15 hours ago
@LucyAlexandria @RBMefirst @robinfromcamhs @JWRTalks @lilyhannahlevy @Jem8239 @RENphysio @AroraLucy @_Common_Room Good point,so long as we can do this in a supportive way this can be extremely helpful for all involved. Participation. Honesty. #CYPMeFirst

Robin Barker @robinfromcamhs15 hours ago
@JWRTalks @CYPMeFirst @RBMefirst @LucyAlexandria @lilyhannahlevy @Jem8239 @RENphysio @AroraLucy @_Common_Room Absolutely. We need to talk about the options that exist not only the ones we (the 'professional' we) think are viable. #CYPMeFirst

James William Reid @jwrtalks15 hours ago
@CYPMeFirst @hardcastle76 @LucyAlexandria @Louise90999815 @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny@rnc_simps @RENphysio All CYP regardless of age/ability should have the equal right to make choices on an individual basis. It's in the #UNCRC ! #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago
RT @LauraHolmesSALT: @CYPMeFirst @Louise90999815 @LucyAlexandria @JWRTalks @KathEvans2 @spencer_sian @RBMefirst...

Jessie McCulloch @jem823915 hours ago
RT @RBMefirst: @JWRTalks @LucyAlexandria @hardcastle76 @Jem8239 @CYPMeFirst @_Common_Room @KathEvans2 @spencer_sian @HalseJenny...

Rob Brown @rbmefirst15 hours ago
A HCP can share a little about themselves as human - 'boy I'm busy/stressed/tired today' #CYPMeFirst

#hellomynameisTracey @norris_tracey15 hours ago
@LG_NHS an amazing project <https://t.co/oazikO0thI>

Lucy Watts MBE @lucyalexandria15 hours ago
RT @CYPMeFirst: @LucyAlexandria @RBMefirst @robinfromcamhs @JWRTalks @lilyhannahlevy @Jem8239 @RENphysio @AroraLucy @_Common_Room G...

Louise marsland @louise9099981515 hours ago
RT @JWRTalks: @CYPMeFirst @hardcastle76 @LucyAlexandria @Louise90999815 @_Common_Room @Jem8239 @KathEvans2 @spencer_sian...

Lucy Watts MBE @lucyalexandria15 hours ago
RT @robinfromcamhs: @JWRTalks @CYPMeFirst @RBMefirst @LucyAlexandria @lilyhannahlevy @Jem8239 @RENphysio @AroraLucy @_Common_Room Absol...

Lucy Watts MBE @lucyalexandria15 hours ago
RT @JWRTalks: @CYPMeFirst @hardcastle76 @LucyAlexandria @Louise90999815 @_Common_Room @Jem8239 @KathEvans2 @spencer_sian...

Kate Martin @_common_room15 hours ago
@lilyhannahlevy @CYPMeFirst @robinfromcamhs @LucyAlexandria @JWRTalks @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps@RENphysio Couldn't agree more! #CYPMeFirst

Me first @cypmefirst15 hours ago

@LauraHolmesSALT @Louise90999815 @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny@rnc_simps @RENphysio ...and often it's the CYP or parents that bring expert roles too. How can we bring those to the table equally? #CYPMeFirst

Louise marsland @louise9099981515 hours ago

RT @CYPMeFirst: @LauraHolmesSALT @Louise90999815 @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian...

Lucy Watts MBE @lucyalexandria15 hours ago

RT @CYPMeFirst: @LauraHolmesSALT @Louise90999815 @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian...

Robin Barker @robinfromcamhs15 hours ago

RT @JWRTalks: @CYPMeFirst @hardcastle76 @LucyAlexandria @Louise90999815 @_Common_Room @Jem8239 @KathEvans2 @spencer_sian...

Me first @cypmefirst15 hours ago

@RBMefirst Be human! Therapeutic use of self can be very powerful but it can also be a fine line between what works and what doesn't #CYPMeFirst

Lucy Watts MBE @lucyalexandria15 hours ago

@CYPMeFirst @LauraHolmesSALT @Louise90999815 @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny@rnc_simps @RENphysio #CYPMeFirst 1 sug. In appt say "I'm your (HCP role) bt you (parent) are expert in your child & you (CYP) are expert in you. makes difference

Jessie McCulloch @jem823915 hours ago

It's great to focus on shared responsibility with CYP but often within the family, they're a team with parents / siblings #CYPMeFirst <https://t.co/EhLBnFtfFm>

James William Reid @jwrtalks15 hours ago

@lilyhannahlevy @_Common_Room @CYPMeFirst @robinfromcamhs @LucyAlexandria @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny@rnc_simps @RENphysio Welcome @_Common_Room didn't you get the start time memo?? :D #CYPMeFirst

Lucy Watts MBE @lucyalexandria 15 hours ago

RT @Jem8239: It's great to focus on shared responsibility with CYP but often within the family, they're a team with parents / si...

Lucy Watts MBE @lucyalexandria 15 hours ago

RT @CYPMeFirst: @RBMefirst Be human! Therapeutic use of self can be very powerful but it can also be a fine line between what works...

Lucy Watts MBE @lucyalexandria 15 hours ago

RT @RBMefirst: A HCP can share a little about themselves as human - 'boy I'm busy/stressed/tired today' #CYPMeFirst

Robin Barker @robinfromcamhs 15 hours ago

Still haven't met a school aged child who didn't enjoy a shared decision about scheduling next appt during A) maths or B) English #CYPMeFirst

James William Reid @jwrtalks 15 hours ago

@holly_saron @robinfromcamhs @CYPMeFirst @RBMefirst @LucyAlexandria @lilyhannahlevy @Jem8239 @RENphysio @AroraLucy @_Common_Room.....remembering language should be both age AND ability appropriate. #CYPMeFirst

Lucy Watts MBE @lucyalexandria 15 hours ago

RT @robinfromcamhs: Still haven't met a school aged child who didn't enjoy a shared decision about scheduling next appt during A) maths or B...

Me first @cypmefirst 15 hours ago

@lilyhannahlevy @RBMefirst @robinfromcamhs @LucyAlexandria @JWRTalks @Jem8239 @RENphysio @AroraLucy @_Common_Room Couldn't agree more. How can we create a culture of participation throughout where it's expected that all have genuine input? #CYPMeFirst

Laura Holmes @lauraholmessalt 15 hours ago

@CYPMeFirst @Louise90999815 @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps@RENphysio Exactly. It's about recognising the value of both CYP and parents input and ensuring that we enable them to share their opinions #CYPMeFirst

Kate Martin @_common_room 15 hours ago

@JWRTalks @robinfromcamhs @CYPMeFirst @RBMefirst @LucyAlexandria @lilyhannahlevy @Jem8239 @RENphysio @AroraLucy Discussion enables CyP to know and understand and as well as be heard and understood Couldn't agree more! #CYPMeFirst

Rob Brown @rbmefirst15 hours ago
[@CYPMeFirst](#) [@LucyAlexandria](#) Yes the HCP needs to be responsive to what it in front of them on the day. Not be mechanical [#CYPMeFirst](#)

Simon Hardcastle @hardcastle7615 hours ago
RT [@CYPMeFirst](#): [@LauraHolmesSALT](#) [@Louise90999815](#) [@LucyAlexandria](#) [@JWRTalks](#) [@_Common_Room](#) [@Jem8239](#) [@KathEvans2](#) [@spencer_sian...](#)

Jessie McCulloch @jem823915 hours ago
[@robinfromcamhs](#) Or PE! [#CYPMeFirst](#)

Lily Levy [@lilyhannahlevy15 hours ago](#)
[@holly_saron](#) [@robinfromcamhs](#) [@CYPMeFirst](#) [@RBMefirst](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) [@_Common_Room](#) Yes!
In [@camhs_wlmht](#) found it v helpful getting CYP of different ages to help us understand what language worked best for them! [#CYPMeFirst](#)

Me first [@cypmefirst15 hours ago](#)
[@LucyAlexandria](#) [@hardcastle76](#) [@JWRTalks](#) [@Louise90999815](#) [@_Common_Room](#) [@Jem8239](#) [@KathEvans2](#) [@spencer_sian](#) [@RBMefirst](#) [@HalseJenny@rnc_simps](#) [@RENphysio](#) here here! What are the barriers to this? [#CYPMeFirst](#) [#toomanytocount](#)

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
[@CYPMeFirst](#) [@LauraHolmesSALT](#) [@Louise90999815](#) [@JWRTalks](#) [@_Common_Room](#) [@Jem8239](#) [@KathEvans2](#) [@spencer_sian](#) [@RBMefirst](#) [@HalseJenny@rnc_simps](#) [@RENphysio](#) [#CYPMeFirst](#) I have amazing teams who have always said that I'm the expert in me & my health. Make me feel valued & important.

Kate Martin [@_common_room15 hours ago](#)
[@JWRTalks](#) [@robinfromcamhs](#) [@CYPMeFirst](#) [@RBMefirst](#) [@LucyAlexandria](#) [@lilyhannahlevy](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) Discussion often more importnat than the final decision. Sharing knowledge means sharing power Couldn't agree more! [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@CYPMeFirst](#): [@LucyAlexandria](#) [@hardcastle76](#) [@JWRTalks](#) [@Louise90999815](#) [@_Common_Room](#) [@Jem8239](#) [@KathEvans2](#) [@spencer_sian](#) [@RBMefirst...](#)

James William Reid [@jwrtalks15 hours ago](#)
[@RBMefirst](#) [@CYPMeFirst](#) [@LucyAlexandria](#) Totally Agree! It is so hard to open up and engage with someone who is robotic! [#CYPMeFirst](#)

Kate Martin @ [common room](#) 15 hours ago
[@lilyhannahlevy](#) [@CYPMeFirst](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#)
[@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) So true. PPI often just seen as a
one off/separate group. Needs to be embedded throughout Couldn't agree
more! [#CYPMeFirst](#)

Jessie McCulloch [@jem8239](#) 15 hours ago
So positive to seeing these steps being made [#CYPMeFirst](#) <https://t.co/e8LdKxOGuQ>

Lucy Watts MBE [@lucyalexandria](#) 15 hours ago
[@CYPMeFirst](#) [@hardcastle76](#) [@JWRTalks](#) [@Louise90999815](#) @ [Common Room](#) @
[Jem8239](#) [@KathEvans2](#) [@spencer sian](#) [@RBMefirst](#) [@HalseJenny](#) [@rnc_simps](#) @
[RENphysio](#) [#CYPMeFirst](#) inflexibility in services. No transition assessment to assess
needs & design process round them. When we go by age not readiness

Lucy Watts MBE [@lucyalexandria](#) 15 hours ago
RT [@RBMefirst](#): [@CYPMeFirst](#) [@LucyAlexandria](#) Yes the HCP needs to be
responsive to what it in front of them on the day. Not be mechanical [#CY...](#)

Me first [@cypmefirst](#) 15 hours ago
[@ajrobets](#) Agreed! Plain english that is appropriate to the individual is key & trust
comes through that. How can we get on the same page? [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria](#) 15 hours ago
RT [@JWRTalks](#): [@RBMefirst](#) [@CYPMeFirst](#) [@LucyAlexandria](#) Totally Agree! It is
so hard to open up and engage with someone who is robotic! [#CYP...](#)

Lucy Watts MBE [@lucyalexandria](#) 15 hours ago
RT @ [Common Room](#): [@JWRTalks](#) [@robinfromcamhs](#) [@CYPMeFirst](#) [@RBMefirst](#)
[@LucyAlexandria](#) [@lilyhannahlevy](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) Dis...

Lily Levy [@lilyhannahlevy](#) 15 hours ago
[@holly_saron](#) [@CYPMeFirst](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#)
[@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) @ [Common Room](#) Maybe it
should start at systemic level, ie professional training & service policy docs re
approaches to person-centred care! [#CYPMeFirst](#)

Kate Martin [@commonroom15 hours ago](#)
[@robinfromcamhs](#) [@JWRTalks](#) [@CYPMeFirst](#) [@RBMefirst](#) [@LucyAlexandria](#) [@lilyhannahlevy](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) We all need to get our heads together to think of all the options. The [#cyp](#), HCP, parents Couldn't agree more! [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@CommonRoom](#): [@JWRTalks](#) [@robinfromcamhs](#) [@CYPMeFirst](#) [@RBMefirst](#) [@LucyAlexandria](#) [@lilyhannahlevy](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) Dis...

Kate Martin [@commonroom15 hours ago](#)
[@robinfromcamhs](#) [@JWRTalks](#) [@CYPMeFirst](#) [@RBMefirst](#) [@LucyAlexandria](#) [@lilyhannahlevy](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) 3 heads are better than one Couldn't agree more! [#CYPMeFirst](#)

James William Reid [@jwrtalks15 hours ago](#)
[@CYPMeFirst](#) [@LucyAlexandria](#) [@hardcastle76](#) [@Louise90999815](#) [@CommonRoom](#) [@Jem8239](#) [@KathEvans2](#) [@spencersian](#) [@RBMefirst](#) [@HalseJenny@rnc](#) [@sims](#) [@RENphysio](#) Couldn't agree more! Health and care is an individual and personal thing, it should be tailored to you! [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@CommonRoom](#): [@lilyhannahlevy](#) [@CYPMeFirst](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) So...

Simon Hardcastle [@hardcastle7615 hours ago](#)
RT [@JWRTalks](#): [@CYPMeFirst](#) [@LucyAlexandria](#) [@hardcastle76](#) [@Louise90999815](#) [@CommonRoom](#) [@Jem8239](#) [@KathEvans2](#) [@spencersian](#)...

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
[#CYPMeFirst](#) even down to getting CYP to repeat info at end of appt to assess their level of understanding.

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@lilyhannahlevy](#): [@holly_saron](#) [@CYPMeFirst](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#)...

Robin Barker [@robinfromcamhs15 hours ago](#)
[@CommonRoom](#) [@lilyhannahlevy](#) [@CYPMeFirst](#) [@RBMefirst](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) I think I had an e-mail about being miss sold PPI... acroymns are power... [#acroynbuster](#) [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria](#) 15 hours ago
RT [@ Common Room](#): [@robinfromcamhs](#) [@JWRTalks](#) [@CYPMeFirst](#) [@RBMefirst](#)
[t @LucyAlexandria](#) [@lilyhannahlevy](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) We...

James William Reid [@jwrtalks](#) 15 hours ago
"Sharing knowledge, is sharing power" Great Quote
from [@ Common Room](#) [#CYPMeFirst](#) <https://t.co/HU2P9UrQQs>

Lucy Watts MBE [@lucyalexandria](#) 15 hours ago
RT [@ Common Room](#): [@robinfromcamhs](#) [@JWRTalks](#) [@CYPMeFirst](#) [@RBMefirst](#)
[t @LucyAlexandria](#) [@lilyhannahlevy](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) 3 h...

Kate Martin [@ common room](#) 15 hours ago
[@lilyhannahlevy](#) [@robinfromcamhs](#) [@JWRTalks](#) [@CYPMeFirst](#) [@LucyAlexandria](#)
[@Jem8239](#) [@KathEvans2](#) [@spencer sian](#) [@RBMefirst](#) [@HalseJenny](#) [@rnc simps](#)
[@RENphysio](#) Fashionably late daaaaaaahling Couldn't agree more! [#CYPMeFirst](#)

Me first [@cypmefirst](#) 15 hours ago
[@lilyhannahlevy](#) [@holly saron](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#)
[@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) [@ Common Room](#) This is a
great point. Maybe we need to address overall hierarchy in health/social care. How
can we create a more equal culture? [#CYPMeFirst](#)

Simon Hardcastle [@hardcastle76](#) 15 hours ago
RT [@robinfromcamhs](#): [@ Common Room](#) [@lilyhannahlevy](#) [@CYPMeFirst](#) [@RBM](#)
[efirst](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) I thi...

Lucy Watts MBE [@lucyalexandria](#) 15 hours ago
RT [@JWRTalks](#): [@CYPMeFirst](#) [@LucyAlexandria](#) [@hardcastle76](#) [@Louise9099981](#)
[5 @ Common Room](#) [@Jem8239](#) [@KathEvans2](#) [@spencer sian](#)...

Jessie McCulloch [@jem8239](#) 15 hours ago
[@CYPMeFirst](#) [@LucyAlexandria](#) [@hardcastle76](#) [@JWRTalks](#) [@Louise90999815](#) [@](#)
[Common Room](#) [@KathEvans2](#) [@spencer sian](#) [@RBMefirst](#) [@HalseJenny](#) [@rnc sim](#)
[ps @RENphysio](#) [#CYPMeFirst](#) Unplanned transition and / or disjointed approach
when many services/ HCPs involved is a huge barrier

Lucy Watts MBE [@lucyalexandria](#) 15 hours ago
RT [@CYPMeFirst](#): [@lilyhannahlevy](#) [@holly saron](#) [@RBMefirst](#) [@robinfromcamhs](#)
[@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#)...

Simon Hardcastle [@hardcastle7615 hours ago](#)
[@robinfromcamhs](#) [@ Common Room](#) [@lilyhannahlevy](#) [@CYPMeFirst](#) [@RBMefirst](#)
[@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) [#CYPMeFirst](#)
types and you have until 2019 to get it sorted! Forward planning at its best lol

Lily Levy [@lilyhannahlevy15 hours ago](#)
[@robinfromcamhs](#) [@ Common Room](#) [@CYPMeFirst](#) [@RBMefirst](#) [@LucyAlexandria](#)
[@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) OH NO first role of sharing
power, USE UNDERSTANDABLE LANGUAGE! I failed at the first hurdle.
D'oh! [#CYPMeFirst](#) <https://t.co/uCHPqR4CmS>

Kate Martin [@ common room15 hours ago](#)
[@lilyhannahlevy](#) [@robinfromcamhs](#) [@JWRTalks](#) [@CYPMeFirst](#) [@LucyAlexandria](#)
[@Jem8239](#) [@KathEvans2](#) [@spencer_sian](#) [@RBMefirst](#) [@HalseJenny](#) [@rnc_simps](#)
[@RENphysio](#) This couldn't be more apt. As I teenager I looked like the child of skeleton
and morticia Couldn't agree more! [#CYPMeFirst](#)

Louise marsland [@louise9099981515 hours ago](#)
RT [@Jem8239](#): [@CYPMeFirst](#) [@LucyAlexandria](#) [@hardcastle76](#) [@JWRTalks](#) [@Louise90999815](#)
[@ Common Room](#) [@KathEvans2](#) [@spencer_sian](#)...

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@lilyhannahlevy](#): [@robinfromcamhs](#) [@ Common Room](#) [@CYPMeFirst](#) [@RBMefirst](#)
[@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) OH
NO...

Jessie McCulloch [@jem823915 hours ago](#)
RT [@JWRTalks](#): [@CYPMeFirst](#) [@LucyAlexandria](#) [@hardcastle76](#) [@Louise90999815](#)
[@ Common Room](#) [@Jem8239](#) [@KathEvans2](#) [@spencer_sian](#)...

Me first [@cypmeFirst15 hours ago](#)
[@robinfromcamhs](#) [@ Common Room](#) [@lilyhannahlevy](#) [@RBMefirst](#) [@LucyAlexandria](#)
[@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) Good point! Th amount of
jargon used in health is unbelievable but it can be daunting to ask whether a CYP,
parent or HSCP! [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@Jem8239](#): [@CYPMeFirst](#) [@LucyAlexandria](#) [@hardcastle76](#) [@JWRTalks](#) [@Louise90999815](#)
[@ Common Room](#) [@KathEvans2](#) [@spencer_sian](#)...

Laura Holmes [@lauraholmessalt15 hours ago](#)
[@ Common Room](#) [@JWRTalks](#) [@robinfromcamhs](#) [@CYPMeFirst](#) [@RBMefirst](#) [@LucyAlexandria](#) [@lilyhannahlevy](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) So important to make time to have that conversation! I try to incorporate CYP and parent views in all my target setting [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
[@Jem8239](#) [@CYPMeFirst](#) [@hardcastle76](#) [@JWRTalks](#) [@Louise90999815](#) [@ Comm on Room](#) [@KathEvans2](#) [@spencer_sian](#) [@RBMefirst](#) [@HalseJenny](#) [@rnc_simps@RENphysio](#) [#CYPMeFirst](#) complex needs often means transition isn't 1 process, but lots of diff transitions between diff HCPs, services & specialities

Louise marsland [@louise9099981515 hours ago](#)
[@Jem8239](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@hardcastle76](#) [@JWRTalks](#) [@ Comm on Room](#) [@KathEvans2](#) [@spencer_sian](#) [@RBMefirst](#) [@HalseJenny](#) [@rnc_simps@RENphysio](#) The transition into adult services can be a big shock similar to falling off a cliff! [#CYPMeFirst](#)

Robin Barker [@robinfromcamhs15 hours ago](#)
RT [@lilyhannahlevy](#): [@robinfromcamhs](#) [@ Common Room](#) [@CYPMeFirst](#) [@RBMefirst](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) OH NO...

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@JWRTalks](#): [@holly_saron](#) [@robinfromcamhs](#) [@CYPMeFirst](#) [@RBMefirst](#) [@LucyAlexandria](#) [@lilyhannahlevy](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#)...

Louise marsland [@louise9099981515 hours ago](#)
RT [@LucyAlexandria](#): [@Jem8239](#) [@CYPMeFirst](#) [@hardcastle76](#) [@JWRTalks](#) [@Louise90999815](#) [@ Common Room](#) [@KathEvans2](#) [@spencer_sian](#) [@RBMefirst](#)...

Robin Barker [@robinfromcamhs15 hours ago](#)
RT [@CYPMeFirst](#): [@robinfromcamhs](#) [@ Common Room](#) [@lilyhannahlevy](#) [@RBMefirst](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) G...

Kate Martin [@ common_room15 hours ago](#)
[@lilyhannahlevy](#) [@holly_saron](#) [@CYPMeFirst](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) We're on the case with [#YPOpentalk](#) + coproducing a [#personcentredcare](#) framework for health/mental health services [#CYPMeFirst](#)

James William Reid [@jwrtalks15 hours ago](#)
[@Louise90999815](#) [@Jem8239](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@hardcastle76](#) [@Common Room](#) [@KathEvans2](#) [@spencer sian](#) [@RBMefirst](#) [@HalseJenny@rnc simp s](#) [@RENphysio](#) I don't want to ask how you know what falling off a cliff feels like.....! [#CYPMeFirst](#)

Lily Levy [@lilyhannahlevy15 hours ago](#)
[@CYPMeFirst](#) [@holly saron](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) [@Common Room](#) Maybe needs to be accepted (and resorced via training!) at senior levels? Raising awareness via things like this helps! [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
[#CYPMeFirst](#) funny [@Louise90999815](#) In speeches describe my transition as jumping off a cliff into the unknown! <https://t.co/ulXgp7yF33>

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@CYPMeFirst](#): [@robinfromcamhs](#) [@Common Room](#) [@lilyhannahlevy](#) [@RBMefirst](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) G...

Simon Hardcastle [@hardcastle7615 hours ago](#)
[@LucyAlexandria](#) [@Jem8239](#) [@CYPMeFirst](#) [@JWRTalks](#) [@Louise90999815](#) [@Common Room](#) [@KathEvans2](#) [@spencer sian](#) [@RBMefirst](#) [@HalseJenny](#) [@rnc simp s](#) [@RENphysio](#) [#CYPMeFirst](#) and that can be just within children's services

Jessie McCulloch [@jem823915 hours ago](#)
[#CYPMeFirst](#) yet there is so much potential to do this well - gradual inroduction to new teams / getting used to new environments etc <https://t.co/Bp3RWJpyU6>

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@LauraHolmesSALT](#): [@Common Room](#) [@JWRTalks](#) [@robinfromcamhs](#) [@CYPMeFirst](#) [@RBMefirst](#) [@LucyAlexandria](#) [@lilyhannahlevy](#) [@Jem8239](#) [@RENphysio](#)...

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@Louise90999815](#): [@Jem8239](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@hardcastle76](#) [@JWRTalks](#) [@Common Room](#) [@KathEvans2](#) [@spencer sian](#) [@RBMefirst](#)...

Rob Brown [@rbmefirst15 hours ago](#)
[@CYPMeFirst](#) [@LucyAlexandria](#) [@lilyhannahlevy](#) [@holly saron](#) [@robinfromcamhs](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) [@Common Room](#) I often ask HCP's (but mostly doctors) to explain in plain english. Takes courage - even as a fellow HCP. [#CYPMeFirst](#)

James William Reid [@jwrtalks15 hours ago](#)
[@Jem8239](#) [@LucyAlexandria](#) [@Louise90999815](#) [@CYPMeFirst](#) [@ Common Room](#)
[@KathEvans2](#) [@spencer sian](#) [@RBMefirst](#) [@HalseJenny](#) [@rnc_simps](#) [@RENphysio](#)
There is a lot of debate around transition, it is scary but does the word itself cause this?! [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@hardcastle76](#): [@LucyAlexandria](#) [@Jem8239](#) [@CYPMeFirst](#) [@JWRTalks](#) [@Louise90999815](#) [@ Common Room](#) [@KathEvans2](#) [@spencer sian](#) [@RBMefirst](#)...

Robin Barker [@robinfromcamhs15 hours ago](#)
RT [@ Common Room](#): [@lilyhannahlevy](#) [@holly saron](#) [@CYPMeFirst](#) [@RBMefirst](#)
[@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#)...

Kate Martin [@ common room15 hours ago](#)
[@KateCushing2](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@KathEvans2](#) [@spencer sian](#) [@RBMefirst](#) [@HalseJenny](#) [@rnc_simps](#) [@RENphysio](#) So true. [#cyp](#) say they can agree but not disagree and have to agree with adults to 'prove' they can make the right decision [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@ Common Room](#): [@lilyhannahlevy](#) [@holly saron](#) [@CYPMeFirst](#) [@RBMefirst](#)
[@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#)...

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@JWRTalks](#): [@Louise90999815](#) [@Jem8239](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@hardcastle76](#) [@ Common Room](#) [@KathEvans2](#) [@spencer sian](#)...

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@lilyhannahlevy](#): [@CYPMeFirst](#) [@holly saron](#) [@RBMefirst](#) [@robinfromcamhs](#)
[@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#)...

Jane Fish [@janefish215 hours ago](#)
RT [@Jem8239](#): [#CYPMeFirst](#) yet there is so much potential to do this well - gradual inroduction to new teams / getting used to new...

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@RBMefirst](#): [@CYPMeFirst](#) [@LucyAlexandria](#) [@lilyhannahlevy](#) [@holly saron](#)
[@robinfromcamhs](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#)...

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@JWRTalks](#): [@Jem8239](#) [@LucyAlexandria](#) [@Louise90999815](#) [@CYPMeFirst](#) [@Common Room](#) [@KathEvans2](#) [@spencer_sian](#) [@RBMefirst](#) [@HalseJenny](#)...

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@Common Room](#): [@KateCushing2](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@KathEvans2](#) [@spencer_sian](#) [@RBMefirst](#) [@HalseJenny](#)...

Lily Levy [@lilyhannahlevy15 hours ago](#)
[@RBMefirst](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@holly_saron](#) [@robinfromcamhs](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) [@Common Room](#) Awesome! The more peers/professionals demand this, the more of a precedent it sets cos asking for explanations takes guts! [#CYPMeFirst](#)

James William Reid [@jwrtalks15 hours ago](#)
[@RBMefirst](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@lilyhannahlevy](#) [@holly_saron](#) [@robinfromcamhs](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) [@Common Room](#) We often hear that 'time' is a restraint in health and care - if HSCPs explained in English the 1st time around, we'd save time! [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria15 hours ago](#)
RT [@lilyhannahlevy](#): [@RBMefirst](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@holly_saron](#) [@robinfromcamhs](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#)...

Robin Barker [@robinfromcamhs15 hours ago](#)
[@Common Room](#) [@lilyhannahlevy](#) [@holly_saron](#) [@CYPMeFirst](#) [@RBMefirst](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) Can you find out more information at <https://t.co/x1Df2DVT8E> ? [#YPOpenTalk](#) [#CYPMeFirst](#)

Louise marsland [@louise9099981515 hours ago](#)
RT [@LucyAlexandria](#): [#CYPMeFirst](#) funny [@Louise90999815](#) In speeches describe my transition as jumping off a cliff into the unknown! <https://t...>

Dr Kate Cushing [@katecushing215 hours ago](#)
RT [@Common Room](#): [@KateCushing2](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@KathEvans2](#) [@spencer_sian](#) [@RBMefirst](#) [@HalseJenny](#)...

Transcultural CBT [@andrewbeck4515 hours ago](#)
Make sure that minority voices are heard in service planning decisions. When a service gets good at that it hears all voices better. <https://t.co/znuMVQR5p0>

Lucy Watts MBE [@lucyalexandria](#) 15 hours ago
RT [@JWRTalks](#): [@RBMefirst](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@lilyhannahlevy](#) [@holly_saron](#) [@robinfromcamhs](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#)...

Me first [@cypmefirst](#) 14 hours ago
[@lilyhannahlevy](#) [@holly_saron](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) @ Common Room Love it.
Education & even just awareness can go a long way. How can we get people to listen & see a need for training? [#CYPMeFirst](#)

Louise marsland [@louise90999815](#) 14 hours ago
RT [@JWRTalks](#): [@Louise90999815](#) [@Jem8239](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@hardcastle76](#) @ Common Room [@KathEvans2](#) [@spencer_sian](#)...

Jessie McCulloch [@jem8239](#) 14 hours ago
[@JWRTalks](#) [@LucyAlexandria](#) [@Louise90999815](#) [@CYPMeFirst](#) @ Common Room [@KathEvans2](#) [@spencer_sian](#) [@RBMefirst](#) [@HalseJenny](#) [@rnc_simps](#) [@RENphysio](#) Yep - What might you transition into? [#CYPMeFirst](#) <https://t.co/xA7A2BHRxd>

Lily Levy [@lilyhannahlevy](#) 14 hours ago
[@RBMefirst](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@holly_saron](#) [@robinfromcamhs](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) @ Common Room Maybe we should start laying groundwork by having jargon-free clinical meetings? One team I worked in played buzzword-bingo! [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
RT [@CYPMeFirst](#): [@lilyhannahlevy](#) [@holly_saron](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#)...

Kate Martin @ common room 14 hours ago
[@CYPMeFirst](#) [@robinfromcamhs](#) [@lilyhannahlevy](#) [@RBMefirst](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) Even most hcp's don't

understand all the jargon [@WhoseShoes](#) is the queen of tackling [#jargon](#) [#CYPMeFirst](#)

Elizabeth Stanley [@wraparoundfp](#) 14 hours ago
RT [@LucyAlexandria](#): [#CYPMeFirst](#) funny [@Louise90999815](#) In speeches describe my transition as jumping off a cliff into the unknown! <https://t...>

Simon Hardcastle [@hardcastle7614](#) 14 hours ago
[@JWRTalks](#) [@Jem8239](#) [@LucyAlexandria](#) [@Louise90999815](#) [@CYPMeFirst](#) [@Common Room](#) [@KathEvans2](#) [@spencersian](#) [@RBMefirst](#) [@HalseJenny](#) [@rnc_simps](#) [@RENphysio](#) [#CYPMeFirst](#) TFSL latest guidance talks about moving on rather than transition -

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
RT [@lilyhannahlevy](#): [@RBMefirst](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@holly_saron](#) [@robinfromcamhs](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#)...

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
RT [@Common Room](#): [@CYPMeFirst](#) [@robinfromcamhs](#) [@lilyhannahlevy](#) [@RBMefirst](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) Eve...

Rob Brown [@rbmefirst](#) 14 hours ago
[@CYPMeFirst](#) [@LucyAlexandria](#) [@lilyhannahlevy](#) [@holly_saron](#) [@robinfromcamhs](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) [@Common Room](#) [#CYPMeFirst](#) I try to model my MeFirst training to other HCP's. It can happen in a number of ways.

Lily Levy [@lilyhannahlevy](#) 14 hours ago
[@CYPMeFirst](#) [@holly_saron](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) [@Common Room](#) Think maybe modelling sharing power by talking about it in prtnership w/ CYP, their voices are more compelling! [#CYPMeFirst](#)

Me first [@cypmefirst](#) 14 hours ago
Aw shucks I wanna keep chatting about Q2 but it's time for the 3rd! Keep it coming, great comments so far, struggling to keep up! [#CYPMeFirst](#) <https://t.co/thtOxRBPeG>

Kate Martin [@common room](#) 14 hours ago
[@CYPMeFirst](#) [@lilyhannahlevy](#) [@holly_saron](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) This is also true for staff. In my PhD, care workers/nurses felt similar powerlessness to [#cyp](#) in inpatient camhs [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
[#CYPMeFirst](#) [@Tog4ShortLives](#) Saying moving on sounds like they're in charge of their life & moving 4ward. Transition = being moved, no contrl <https://t.co/WNyLkFmH3h>

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
RT [@RBMefirst](#): [@CYPMeFirst](#) [@LucyAlexandria](#) [@lilyhannahlevy](#) [@holly_saron](#) [@robinfromcamhs](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#)...

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
RT [@lilyhannahlevy](#): [@CYPMeFirst](#) [@holly_saron](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#)...

Simon Hardcastle [@hardcastle7614](#) hours ago
RT [@LucyAlexandria](#): [#CYPMeFirst](#) [@Tog4ShortLives](#) Saying moving on sounds like they're in charge of their life & moving 4ward. Transition...

Jessie McCulloch [@jem8239](#) 14 hours ago
The best game! Important to recognise when slipping into jargon [#cypmefirst](#) <https://t.co/Un24CHMSWZ>

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
RT [@CYPMeFirst](#): Aw shucks I wanna keep chatting about Q2 but it's time for the 3rd! Keep it coming, great comments so far, strugglin...

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
RT [@ Common Room](#): [@CYPMeFirst](#) [@lilyhannahlevy](#) [@holly_saron](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#)...

Simon Hardcastle [@hardcastle7614](#) hours ago
RT [@ Common Room](#): [@CYPMeFirst](#) [@lilyhannahlevy](#) [@holly_saron](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#)...

Me first [@cypmefirst](#) 14 hours ago
[@lilyhannahlevy](#) [@holly_saron](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) [@ Common Room](#) Indeed - often the most powerful [#irony](#) So continuing to get the voice of the CYP out there as much as possible! [#CYPMeFirst](#)

Simon Hardcastle [@hardcastle7614](#) hours ago
RT [@CYPMeFirst](#): Aw shucks I wanna keep chatting about Q2 but it's time for the 3rd! Keep it coming, great comments so far, strugglin...

Robin Barker [@robinfromcamhs](#) 14 hours ago
RT [@ Common Room](#): [@CYPMeFirst](#) [@lilyhannahlevy](#) [@holly_saron](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#)...

Lily Levy [@lilyhannahlevy14 hours ago](#)

RT [@CYPMeFirst](#): Aw shucks I wanna keep chatting about Q2 but it's time for the 3rd! Keep it coming, great comments so far, strugglin...

Lily Levy [@lilyhannahlevy14 hours ago](#)

RT [@ Common Room](#): [@CYPMeFirst](#) [@lilyhannahlevy](#) [@holly saron](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#)...

Lucy Watts MBE [@lucyalexandria14 hours ago](#)

[@CYPMeFirst](#) [@robinfromcamhs](#) [@lilyhannahlevy](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [@RBMefirst](#) [#CYPMeFirst](#) by involving more [#CYP](#), gaining more feedback, research & giving CYP a voice - patients are powerful change makers. Ppl listen.

Jessie McCulloch [@jem823914 hours ago](#)

[@WeCYPnurses](#) [@WeSchoolNurses](#) How do we recognise and act on the barriers this can cause? [#CYPMeFirst](#) <https://t.co/2HUOWr4gXG>

Lucy Watts MBE [@lucyalexandria14 hours ago](#)

RT [@CYPMeFirst](#): [@lilyhannahlevy](#) [@holly saron](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#)...

Rob Brown [@rbmefirst14 hours ago](#)

[@CYPMeFirst](#) [@LucyAlexandria](#) [@robinfromcamhs](#) [@lilyhannahlevy](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [#CYPMeFirst](#) I think it is important to be able to role reverse with the CYP. What is it like to stand in their shoes?

Me first [@cypmefirst14 hours ago](#)

[@lilyhannahlevy](#) [@holly saron](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy](#) [@ Common Room](#) I also find persistence is key -repeating these messages until we're heard. [#CYPMeFirst](#)

Dr Kate Cushing [@katecushing214 hours ago](#)

[@JWRTalks](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@ Common Room](#) [@Jem8239](#) [@KathEvans2](#) [@spencer sian](#) [@RBMefirst](#) [@HalseJenny](#) [@rnc_simps](#) [@RENphysio](#) So true! As HCP we need help enable CYP 2 feel listened 2, elicit ideas, concerns, expectations & b in partnership, not dismissive [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria14 hours ago](#)

[@CYPMeFirst](#) [@robinfromcamhs](#) [@lilyhannahlevy](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [@RBMefirst](#) [#CYPMeFirst](#) if we want society to listen, [#CYP](#) need 2 b the one leading campaigns, being

involved&consulted& treated as [#expertsbyexperience](#)

Gerry Bennison [@alresfordbear14 hours ago](#)

By using methods which consider the individual and the life course and qualitative research which deconstruct the CYP grouping. [#CYPMeFirsthttps://t.co/TRIDFyev17](#)

James William Reid [@jwrtalks14 hours ago](#)

[@RBMefirst](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@robinfromcamhs](#) [@lilyhannahlevy](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) Likewise for CYP to understand what its like to be HSCPs shoes - understanding each others experiences and disusing these. [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria14 hours ago](#)

RT [@CYPMeFirst](#): [@lilyhannahlevy](#) [@holly_saron](#) [@RBMefirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@Jem8239](#) [@RENphysio](#) [@AroraLucy...](#)

Lucy Watts MBE [@lucyalexandria14 hours ago](#)

RT [@RBMefirst](#): [@CYPMeFirst](#) [@LucyAlexandria](#) [@robinfromcamhs](#) [@lilyhannahlevy](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#)...

Lucy Watts MBE [@lucyalexandria14 hours ago](#)

RT [@JWRTalks](#): [@RBMefirst](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@robinfromcamhs](#) [@lilyhannahlevy](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#)...

Robin Barker [@robinfromcamhs14 hours ago](#)

[@CYPMeFirst](#) [@LucyAlexandria](#) [@lilyhannahlevy](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [@RBMefirst](#) Name it. [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria14 hours ago](#)

[@JWRTalks](#) [@RBMefirst](#) [@CYPMeFirst](#) [@robinfromcamhs](#) [@lilyhannahlevy](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [#CYPMeFirst](#) it's all about open dialogue. Both sides sharing their experience & working together to co-produce solutions & create change

Jessie McCulloch [@jem823914 hours ago](#)

Be brave in finding new ways to involve CYP - pictures / letters / video diaries so powerful as well as asking qu's in clinic type contacts [https://t.co/eFagor7nkg](#)

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
RT [@KateCushing2](#): [@JWRTalks](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@ Common Room](#) [@Jem8239](#) [@KathEvans2](#) [@spencer sian](#) [@RBMefirst](#) [@HalseJenny](#)...

Lily Levy [@lilyhannahlevy](#) 14 hours ago
[@CYPMeFirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [@RBMefirst](#) Lots of interesting interventions & trainings growing, so let's evaluate their effectiveness to show everyone their importance! [#CYPMeFirst](#)

Rob Brown [@rbmefirst](#) 14 hours ago
[@JWRTalks](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@robinfromcamhs](#) [@lilyhannahlevy](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [#CYPMeFirst](#) Hey great strategy! Ask the CYP to be the HCP for the session. Then we'd really get to know where they were coming from.

Lily Levy [@lilyhannahlevy](#) 14 hours ago
RT [@LucyAlexandria](#): [@CYPMeFirst](#) [@robinfromcamhs](#) [@lilyhannahlevy](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [@RBMefirst](#)...

James William Reid [@jwrtalks](#) 14 hours ago
Absolutely agree here. We need to enable and empower [#CYP](#) to take centre-stage and drive the force for change [#CYPMeFirst](#) <https://t.co/fQLiXABgQ0>

Me first [@cypmefirst](#) 14 hours ago
[@AlresfordBear](#) TY Gerry, like the sound of this! Really listening to people as individuals can itself be very empowering [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
RT [@Jem8239](#): Be brave in finding new ways to involve CYP - pictures / letters / video diaries so powerful as well as asking qu's...

Simon Hardcastle [@hardcastle7614](#) hours ago
[@JWRTalks](#) [@RBMefirst](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@robinfromcamhs](#) [@lilyhannahlevy](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [#CYPMeFirst](#) I don't have enough words to put down what I would like to say!

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
RT [@lilyhannahlevy](#): [@CYPMeFirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [@RBMefirst](#)...

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
RT [@RBMefirst](#): [@JWRTalks](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@robinfromcamhs](#)
[@lilyhannahlevy](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#)...

Gerry Bennison [@alresfordbear](#) 14 hours ago
Does the deconstruction of jargon to a singularity also lead to disempower and nullification of choice and individual expression [#CYPMeFirsthttps://t.co/CwdnWX2wp2](https://t.co/CwdnWX2wp2)

Me first [@cypmefirst](#) 14 hours ago
[@hardcastle76](#) [@JWRTalks](#) [@RBMefirst](#) [@LucyAlexandria](#) [@robinfromcamhs](#) [@lilyhannahlevy](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) Multiple tweets! Or just a snippet is useful!! [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
RT [@JWRTalks](#): Absolutely agree here. We need to enable and empower [#CYP](#) to take centre-stage and drive the force for change...

James William Reid [@jwrtalks](#) 14 hours ago
[@hardcastle76](#) [@RBMefirst](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@robinfromcamhs](#) [@lilyhannahlevy](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) Multiple tweets?! [#CYPMeFirst](#)

Vanessa Temple [@veeteeteach](#) 14 hours ago
RT [@RENphysio](#): Are you ready to share your power and responsibility with CYPs? Join us this time TOMORROW NIGHT for our Twitter ch...

Rob Brown [@rbmefirst](#) 14 hours ago
[#CYPMeFirst](#) re Q3. As a HCP I need to be aware of the power I bring to the meeting!

Lily Levy [@lilyhannahlevy](#) 14 hours ago
[@hardcastle76](#) [@JWRTalks](#) [@RBMefirst](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@robinfromcamhs](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) Link up with professional trainings, accreditation bodies, transformation schemes like [@cyp_iapt](#) [@iTHRIVEinfo](#) LOBBY PARLIAMENT! [#CYPMeFirst](#)

Louise marsland [@louise9099981514](#) hours ago
RT [@Jem8239](#): Be brave in finding new ways to involve CYP - pictures / letters / video diaries so powerful as well as asking qu's...

Lucy Watts MBE [@lucyalexandria14 hours ago](#)
RT [@lilyhannahlevy](#): [@hardcastle76](#) [@JWRTalks](#) [@RBMefirst](#) [@CYPMeFirst](#) [@LucyAlexandria](#) [@robinfromcamhs](#) [@ Common Room](#) [@Jem8239](#)...

Me first [@cypmefirst14 hours ago](#)
[@lilyhannahlevy](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [@RBMefirst](#) Show proof! Sounds good. How can we demonstrate it's importance and get people to listen? [#CYPMeFirst](#)

Laura Holmes [@lauraholmessalt14 hours ago](#)
[@lilyhannahlevy](#) [@CYPMeFirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@ajrobets](#) [@RBMefirst](#) Yes I think it's really key to look at research based interventions and training that can clearly show their efficacy. [#CYPMeFirst](#)

Lucy Watts MBE [@lucyalexandria14 hours ago](#)
RT [@CYPMeFirst](#): [@lilyhannahlevy](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#)...

Lucy Watts MBE [@lucyalexandria14 hours ago](#)
[@CYPMeFirst](#) [@lilyhannahlevy](#) [@robinfromcamhs](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [@RBMefirst](#) [#CYPMeFirst](#) by bringing together both sides. Even mnmgt meeting CYP to understand. CYP involved at all levels. & their voice, their words.

Lucy Watts MBE [@lucyalexandria14 hours ago](#)
[@CYPMeFirst](#) [@lilyhannahlevy](#) [@robinfromcamhs](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [@RBMefirst](#) [#CYPMeFirst](#) but also ensure that [#CYP](#) are involved in the actual solution. See the results of their work. We need to see results

Me first [@cypmefirst14 hours ago](#)
[@LucyAlexandria](#) [@lilyhannahlevy](#) [@robinfromcamhs](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [@RBMefirst](#) Great! Have CYPs involved at every step [#CYPMeFirst](#)

Jessie McCulloch [@jem823914 hours ago](#)
Good question - I think needs to be led by child or young person. Some positives to jargon too [#CYPMeFirst](#) <https://t.co/8xPPJIm5ix>

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
RT [@LauraHolmesSALT](#): [@lilyhannahlevy](#) [@CYPMeFirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@ajrobets](#) [@RBMefirst](#) Y
...

Rob Brown [@rbmefirst](#) 14 hours ago
[#CYPMeFirst](#) as per Me first model - what is the one small thing I can do to empower the CPY to be an equal partner during the meeting?

Jo Connolly [@joconnolly](#) 14 hours ago
RT [@LucyAlexandria](#): [@CYPMeFirst](#) [@robinfromcamhs](#) [@lilyhannahlevy](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [@RBMefirst](#)...

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
RT [@CYPMeFirst](#): [@LucyAlexandria](#) [@lilyhannahlevy](#) [@robinfromcamhs](#) [@JWRTalks](#) [@ Common Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#)...

Andy [@ajrobets](#) 14 hours ago
Listening to and acting upon the views of the people who use your service makes complete business sense. [#CYPMeFirst](#)

James William Reid [@jwrtalks](#) 14 hours ago
[@RBMefirst](#) I agree. It's important that all parties are aware of what power they bring to the meeting [#CYPMeFirst](#)

Lily Levy [@lilyhannahlevy](#) 14 hours ago
[@CYPMeFirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@_Common_Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [@RBMefirst](#) People's stories are always most compelling- need to give CYP paid involvement work like at [@AFNCCF](#) and [@_Common_Room](#) to help [#CYPMeFirst](#)

Louise marsland [@louise9099981514](#) 14 hours ago
RT [@JWRTalks](#): Absolutely agree here. We need to enable and empower [#CYP](#) to take centre-stage and drive the force for change...

Lucy Watts MBE [@lucyalexandria](#) 14 hours ago
RT [@lilyhannahlevy](#): [@CYPMeFirst](#) [@robinfromcamhs](#) [@LucyAlexandria](#) [@JWRTalks](#) [@_Common_Room](#) [@Jem8239](#) [@LauraHolmesSALT](#) [@ajrobets](#) [@RBMefirst](#)...

Laura Holmes [@lauraholmessalt](#) 14 hours ago

RT @lilyhannahlevy: @CYPMeFirst @robinfromcamhs @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobets @RBMefirst...

Robin Barker @robinfromcamhs14 hours ago

RT @JWRTalks: @RBMefirst I agree. It's important that all parties are aware of what power they bring to the meeting #CYPMeFirst

Lily Levy @lilyhannahlevy14 hours ago

RT @LauraHolmesSALT: @lilyhannahlevy @CYPMeFirst @robinfromcamhs @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @ajrobets @RBMefirst Y...

Lucy Watts MBE @lucyalexandria14 hours ago

@lilyhannahlevy @CYPMeFirst @robinfromcamhs @JWRTalks @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobets @RBMefirst @AFNCCF #CYPMeFirst yes CYP need to be paid, if profs paid to be there so should CYP! They need to be shown their contribution is truly valued.

Simon Hardcastle @hardcastle7614 hours ago

RT @LucyAlexandria: @CYPMeFirst @lilyhannahlevy @robinfromcamhs @JWRTalks @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobets @RBMefirst...

Gerry Bennison @alresfordbear14 hours ago

@Jem8239 Like any identification and construction tool. It helps to quantify and consider conceptual exploration and meaning. #CYPMeFirst

James William Reid @jwrtalks14 hours ago

@LucyAlexandria @lilyhannahlevy @CYPMeFirst @robinfromcamhs @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobets @RBMefirst @AFNCCF This is such a bold & true statement; by paying CYP you really show that their input is valid and important. #CYPMeFirst

Lily Levy @lilyhannahlevy14 hours ago

RT @LucyAlexandria: @lilyhannahlevy @CYPMeFirst @robinfromcamhs @JWRTalks @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobets @RBMefirst...

Lucy Watts MBE @lucyalexandria14 hours ago

RT @JWRTalks: @LucyAlexandria @lilyhannahlevy @CYPMeFirst @robinfromcamhs @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobets...

Gerry Bennison @alresfordbear14 hours ago

@Jem8239 To always assume the deconstruction of jargon perhaps may assume normativity of

expression and a denial of the individual. #CYPMeFirst

Jessie McCulloch @jem823914 hours ago

A big one for me is to use their name& speak to them not just parents. Find out what interests them - not only HCP agenda #CYPMeFirst <https://t.co/Y3aDeWxNKW>

Me first @cypmefirst14 hours ago

Is it me or do Tweet chats make time go more quickly than normal? Will try to reply to all comments... thanks for joining! #CYPMeFirst

Lucy Watts MBE @lucyalexandria14 hours ago

RT @RBMefirst: #CYPMeFirst re Q3. As a HCP I need to be aware of the power I bring to the meeting!

Lucy Watts MBE @lucyalexandria14 hours ago

RT @JWRTalks: @RBMefirst I agree. It's important that all parties are aware of what power they bring to the meeting #CYPMeFirst

Me first @cypmefirst14 hours ago

Awesome chat everyone! TY for joining. Great contributions -looking forward to the transcript & blog to follow #CYPMeFirst <https://t.co/1L9AAVckDI>

Louise marsland @louise9099981514 hours ago

RT @Jem8239: @JWRTalks @LucyAlexandria @Louise90999815 @CYPMeFirst @_Common_Room @KathEvans2 @spencer_sian @RBMefirst...

Lucy Watts MBE @lucyalexandria14 hours ago

RT @RBMefirst: #CYPMeFirst as per Me first model - what is the one small thing I can do to empower the CPY to be an equal partner during th...

Lucy Watts MBE @lucyalexandria14 hours ago

RT @Jem8239: A big one for me is to use their name& speak to them not just parents. Find out what interests them - not only HCP...

Lucy Watts MBE @lucyalexandria14 hours ago

@Jem8239 #CYPMeFirst our lives, wishes & thoughts matter 2. With my HCPs, they say their desired outcomes, I say mine & we coproduce to meet them.

James William Reid @jwrtalks14 hours ago

WOW it's 9pm (GMT) already!?? Where has the time gone....? Thanks to everyone for your input! GREAT discussions! #CYPMeFirst

Lucy Watts MBE @lucyalexandria14 hours ago

RT @CYPMeFirst: Awesome chat everyone! TY for joining. Great contributions -looking forward to the transcript & blog to follow...

Jessie McCulloch @jem823914 hours ago

RT @LucyAlexandria: @Jem8239 #CYPMeFirst our lives, wishes & thoughts matter 2. With my HCPs, they say their desired outcomes, I say mi...

Robin Barker @robinfromcamhs14 hours ago

It's been a really good one tonight with #CYPMeFirst #TwitterChat Past my bedtime. Thanks for the great dialogue. <https://t.co/oCWLYvH17u>

Lucy Watts MBE @lucyalexandria14 hours ago

#CYPMeFirst they always go far too quickly. Feels like just 10 mins we started! <https://t.co/bozLEHgnjL>

Rob Brown @rbmefirst14 hours ago

@CYPMeFirst #CYPMeFirst It has gone quickly with great participation and ideas. Thanks for convening Rachel.

Louise marsland @louise9099981514 hours ago

RT @JWRTalks: "Sharing knowledge, is sharing power" Great Quote from @_Common_Room #CYPMeFirst <https://t.co/HU2P9UrQQs>

Louise marsland @louise9099981514 hours ago

RT @RBMefirst: Hello X what would you like to get out of today's appointment? #CYPMeFirst

Me first @cypmefirst14 hours ago

@JWRTalks @LucyAlexandria @lilyhannahlevy @robinfromcamhs @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobots @RBMefirst @AFNCCF Yep -being valued is so important for all and must be more than financial or token involvement. #CYPMeFirst

Lucy Watts MBE @lucyalexandria14 hours ago

RT @CYPMeFirst: @JWRTalks @LucyAlexandria @lilyhannahlevy @robinfromcamhs @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobets...

Me first @cypmefirst14 hours ago
@LucyAlexandria Agreed! #CYPMeFirst

Louise marsland @louise9099981514 hours ago
RT @LucyAlexandria: #CYPMeFirst they always go far too quickly. Feels like just 10 mins we started! <https://t.co/bozLEHgnjL>

Me first @cypmefirst14 hours ago
@robinfromcamhs Thanks for joining Robin, great to have you with us tonight and lovin the gifs. Sleep well! #CYPMeFirst

Me first @cypmefirst14 hours ago
@LucyAlexandria @Jem8239 Genuine collaboration is really effective. Simple things like the CYP going first (if happy to do so) can shift the power #CYPMeFirst

Lucy Watts MBE @lucyalexandria14 hours ago
@Louise90999815 Certainly was. Really enjoy the #CYPMeFirst #TweetChats. I always come away with so much more knowledge, info, ideas & diff perspectives.

Louise marsland @louise9099981514 hours ago
RT @LucyAlexandria: @Louise90999815 Certainly was. Really enjoy the #CYPMeFirst #TweetChats. I always come away with so much more knowl...

Lucy Watts MBE @lucyalexandria14 hours ago
RT @CYPMeFirst: @LucyAlexandria @Jem8239 Genuine collaboration is really effective. Simple things like the CYP going first (if happ...

Me first @cypmefirst14 hours ago
@AlresfordBear @Jem8239 Really interesting thoughts here. has to be based on the individual with open conversation about what's working and what's not #CYPMeFirst

Lucy Watts MBE @lucyalexandria14 hours ago
@CYPMeFirst @Jem8239 #CYPMeFirst my HCPs get it so right. We share responsibility, mutual respect, work together & value each others contribution. Pure #Teamwork

Me first @cypmefirst14 hours ago

@JWRTalks @RBMefirst Awareness is key and is often lacking! Great to share ideas in this chat about how we can improve this #CYPMeFirst

Me first @cypmefirst14 hours ago

@ajrobets Useful to use this perspective. I wonder how much of it is only a token gesture -are we using their full potential? #CYPMeFirst

Me first @cypmefirst14 hours ago

@LucyAlexandria @lilyhannahlevy @robinfromcamhs @JWRTalks @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobets @RBMefirst Yes agreed -can have input every step of the way to ensure we get it right for patient experience and get good outcomes #CYPMeFirst

Me first @cypmefirst14 hours ago

@LucyAlexandria @lilyhannahlevy @robinfromcamhs @JWRTalks @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobets @RBMefirst Would be great to have widespread involvement to respect all views -truly share power for better outcomes #CYPMeFirst

Me first @cypmefirst14 hours ago

@LauraHolmesSALT @lilyhannahlevy @robinfromcamhs @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @ajrobets @RBMefirst Making sure we combine evidence based with lived experience and professional experience -very #CYPMeFirst approach and very effective!

James William Reid @jwrtalks14 hours ago

99+ Notifications, over 200 tweets, and 45,510 impressions that were a great #CYPMeFirst twitter chat! <https://t.co/s9WQfc4fLB>

Lucy Watts MBE @lucyalexandria14 hours ago

RT @CYPMeFirst: @LauraHolmesSALT @lilyhannahlevy @robinfromcamhs @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @ajrobets...

Me first @cypmefirst14 hours ago

@lilyhannahlevy @hardcastle76 @JWRTalks @RBMefirst @LucyAlexandria @robinfromcamhs @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobets@cyp_iapt @iTHRIVEinfo A combined and truly collaborative approach! #CYPMeFirst

Lucy Watts MBE @lucyalexandria14 hours ago

#CYPMeFirst "Nothing about us without us". If CYP/pt involvement was truly embedded, so many

problems solved & mutually beneficial teamwork. <https://t.co/AKmYmb6sXa>

Lucy Watts MBE @lucyalexandria14 hours ago

RT @CYPMeFirst: @LucyAlexandria @lilyhannahlevy @robinfromcamhs @JWRTalks @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobets...

Me first @cypmefirst14 hours ago

@LucyAlexandria @robinfromcamhs @lilyhannahlevy @JWRTalks @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobets @RBMefirst Love to hear CYPs leading it, and the adults can then be involved and consulted #CYPMeFirst

Lucy Watts MBE @lucyalexandria14 hours ago

RT @CYPMeFirst: @LucyAlexandria @robinfromcamhs @lilyhannahlevy @JWRTalks @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobets...

Me first @cypmefirst14 hours ago

Great to hear different avenues to help involve and empower CYPs #CYPMeFirst <https://t.co/H1Ww0FAIQj>

Me first @cypmefirst14 hours ago

@Louise90999815 @JWRTalks @LucyAlexandria Love to hear CYPs being involved in all aspects. The more this happens, the more potential to share responsibility #CYPMeFirst

Lucy Watts MBE @lucyalexandria14 hours ago

RT @CYPMeFirst: @Louise90999815 @JWRTalks @LucyAlexandria Love to hear CYPs being involved in all aspects. The more this happens, t...

Me first @cypmefirst14 hours ago

@LucyAlexandria @JWRTalks @RBMefirst @robinfromcamhs @lilyhannahlevy @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobets Effective communication! <3 #CYPMeFirst

Deanne @1985deanne14 hours ago

RT @LucyAlexandria: #CYPMeFirst "Nothing about us without us". If CYP/pt involvement was truly embedded, so many problems solved & mutu...

Holly Saron @holly_saron14 hours ago

RT @AlresfordBear: By using methods which consider the individual and the life course and qualitative research which deconstruct the C...

Sherann Hillman MBE @sherann_hillman14 hours ago

RT @CYPMeFirst: Question 2, Great comments so far but what do you think of the next question?
Please remember to use #CYPMeFirst <https://t...>

Sherann Hillman MBE @sherann_hillman14 hours ago

RT @LauraHolmesSALT: @CYPMeFirst @RBMefirst @robinfromcamhs @LucyAlexandria @JWRTalks @lilyhannahlevy @Jem8239 @RENphysio @AroraLucy...

Me first @cypmefirst14 hours ago

@KateCushing2 @JWRTalks @LucyAlexandria @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio Agreed. Listening can be very powerful to help self esteem which can help share power and facilitate CYP involvement #CYPMeFirst

Dr Kate Cushing @katecushing214 hours ago

RT @CYPMeFirst: @KateCushing2 @JWRTalks @LucyAlexandria @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny...

Lucy Watts MBE @lucyalexandria14 hours ago

@CYPMeFirst @robinfromcamhs @lilyhannahlevy @JWRTalks @_Common_Room @Jem8239 @LauraHolmesSALT @ajrobets @RBMefirst #CYPMeFirst I believe meaningful change will happen the day #CYP r embedded @ every level & equal footing & empowered/supported 2 b leaders.

Lucy Watts MBE @lucyalexandria14 hours ago

RT @CYPMeFirst: @KateCushing2 @JWRTalks @LucyAlexandria @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny...

Me first @cypmefirst14 hours ago

@Jem8239 Great idea! We also have the game @DrJargon <https://t.co/woZYBAZfL8> to help reflect on & improve our communication #CYPMeFirst

Me first @cypmefirst14 hours ago

@LucyAlexandria @Tog4ShortLives I wonder what the word transition means to CYPs? Doesn't sound very functional or helpful! #CYPMeFirst

Louise marsland @louise9099981514 hours ago

RT @CYPMeFirst: @KateCushing2 @JWRTalks @LucyAlexandria @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny...

Me first @cypmefirst14 hours ago

@smyler2 @_Common_Room @lilyhannahlevy @holly_saron @RBMefirst @robinfromcamhs @LucyAlexandria @JWRTalks @Jem8239 @RENphysio @AroraLucy here here, it can be very frustrating in my experience! #CYPMeFirst

Holly Saron @holly_saron14 hours ago

@LucyAlexandria really loved reading your responses to these questions #CYPMeFirst so insightful! Thank you

Lucy Watts MBE @lucyalexandria14 hours ago

#CYPMeFirst I often hear from CYP & parents tht transition sounds like s/thing scary & like there's no control. move on= CYP in driving seat <https://t.co/4L1r3eKQVf>

Lucy Watts MBE @lucyalexandria14 hours ago

@holly_saron #CYPMeFirst Thank you love doing these #tweetchats as I learn so much. New ideas & perspectives. They're an invaluable resource.

Lucy Watts MBE @lucyalexandria14 hours ago

RT @holly_saron: @LucyAlexandria really loved reading your responses to these questions #CYPMeFirst so insightful! Thank you

Lucy Watts MBE @lucyalexandria14 hours ago

RT @CYPMeFirst: Great to hear different avenues to help involve and empower CYPs #CYPMeFirst <https://t.co/H1Ww0FAIQj>

Lucy Watts MBE @lucyalexandria14 hours ago

RT @JWRTalks: 99+ Notifications, over 200 tweets, and 45,510 impressions that were a great #CYPMeFirst twitter chat! <https://t.co/s9WQfc4fLB>

Me first @cypmefirst14 hours ago

@_Common_Room @robinfromcamhs @lilyhannahlevy @RBMefirst @LucyAlexandria @JWRTalks @Jem8239 @RENphysio @AroraLucy @WhoseShoes Love @WhoseShoes and @DrJargon -both great to encourage reflection of communication skills & how to improve #CYPMeFirst

Lucy Watts MBE @lucyalexandria14 hours ago

RT @CYPMeFirst: @_Common_Room @robinfromcamhs @lilyhannahlevy @RBMefirst @LucyAlexandria @JWRTalks @Jem8239 @RENphysio @AroraLucy...

Me first @cypmefirst14 hours ago

@lilyhannahlevy @RBMefirst @LucyAlexandria @holly_saron @robinfromcamhs @JWRTalks @Jem8239 @RENphysio @AroraLucy @_Common_Room Love this idea! It takes courage to challenge this for CYPs, parents & professionals. Questioning it more often can normalise it #CYPMeFirst

Lucy Watts MBE @lucyalexandria14 hours ago

RT @CYPMeFirst: @lilyhannahlevy @RBMefirst @LucyAlexandria @holly_saron @robinfromcamhs @JWRTalks @Jem8239 @RENphysio @AroraLucy...

Me first @cypmefirst14 hours ago

@Louise90999815 @Jem8239 @JWRTalks @LucyAlexandria @_Common_Room @KathEvans2 @spencer_sian @RBMefirst @HalseJenny @rnc_simps @RENphysio That sounds so much nicer than transition! #CYPMeFirst

Me first @cypmefirst14 hours ago

@robinfromcamhs @_Common_Room @lilyhannahlevy @holly_saron @RBMefirst @LucyAlexandria @JWRTalks @Jem8239 @RENphysio @AroraLucy Great to know there's so much going on to encourage involvement & empower CYPs #CYPMeFirst #YPOpentalk

Me first @cypmefirst14 hours ago

@JWRTalks @RBMefirst @LucyAlexandria @lilyhannahlevy @holly_saron @robinfromcamhs @Jem8239 @RENphysio @AroraLucy @_Common_Room So true James! Making time for good, effective communication saves time and money! Probably saves a lot of stress too! #CYPMeFirst

Lucy Watts MBE @lucyalexandria13 hours ago

RT @CYPMeFirst: @JWRTalks @RBMefirst @LucyAlexandria @lilyhannahlevy @holly_saron @robinfromcamhs @Jem8239 @RENphysio @AroraLucy...

Lucy Watts MBE @lucyalexandria13 hours ago

RT @CYPMeFirst: @robinfromcamhs @_Common_Room @lilyhannahlevy @holly_saron @RBMefirst @LucyAlexandria @JWRTalks @Jem8239 @RENphysio...

Me first @cypmefirst13 hours ago

So important that adults are aware of how a power imbalance can cause this so we can help address it #CYPMeFirst <https://t.co/mNHCLladRM>

Me first @cypmefirst13 hours ago

@hardcastle76 @LucyAlexandria @Jem8239 @JWRTalks @Louise90999815 @_Common_Room @K

athEvans2 @spencer_sian @RBMefirst @HalseJenny@rnc_simps @RENphysio #canofworms #CYPMeFirst #wecandobetter

Lucy Watts MBE @lucyalexandria13 hours ago

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@LucyAlexandria @Louise90999815 Worrying that this is what it's like to exp it but great to hear it's being talked about by those who've lived through it! #CYPMeFirst

Lucy Watts MBE @lucyalexandria13 hours ago

RT @CYPMeFirst: @LucyAlexandria @Louise90999815 Worrying that this is what it's like to exp it but great to hear it's being talked...

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@lilyhannahlevy @robinfromcamhs @LucyAlexandria @JWRTalks @_Common_Room @Jem8239 @KathEvans2 @spencer_sian @RBMefirst @HalseJenny@rnc_simps @RENphysio Great point and important for professionals to be aware of this -awareness of effect of own insecurities and power #CYPMeFirst

Lucy Watts MBE @lucyalexandria13 hours ago

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@LucyAlexandria And the professional repeating what the CYP has said to make sure all has been heard, understood and incorporated into plans #CYPMeFirst