

# Me first Communication Champions' Newsletter

Issue 3  
May 2017

Welcome to the latest edition of our newsletter. Here we have an update of the project with our latest news and dates for your diary. We also have a summary about the last Communication Champions meeting as well as plans for the next meeting in June.

A huge **thank you** to those who attended our Communications Champions meeting in February. It was great to hear about some of the work you are doing in your own organisations to promote children and young people centred communication. It's always inspiring hearing about your projects and to share ideas.

## Me first News

Rob Brown, our new Project Lead started in the post full time job for **Me first** on 15<sup>th</sup> May to cover Joanna Reid whilst she's off on maternity leave. Rob is already a **Me first** trainer and previously worked with us last year so we're thrilled to welcome him back.


**Me first** was a finalist at the London Leadership Awards in February and although we didn't receive any awards, we were thrilled to be nominated and to attend the event.



## Me first

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## Upcoming Events

**Monday 24<sup>th</sup> May Twitter Chat**   
about opening up difficult conversations

**Communication Champions Network 21<sup>st</sup> June, 9am-12noon, NCVO, London (plus free breakfast!)**

[www.mefirst.org](http://www.mefirst.org) #CYPmefirst

## Me first Update

So far 2017 has been a very busy year for the **Me** first team. Joanna and Kate attended the Beryl Institute Patient Experience Conference in Colorado, USA where they were asked to present. Rachel and Maura attended the Patient Experience Network National Awards in Birmingham to represent **Me** first as last year's overall winner. James, one of our Young Advisors is also attending the Royal College of Paediatrics and Child Health conference in Birmingham next week to present a poster and represent the team.

We've been running a large number of Masterclasses across London including bespoke days for a variety of Trusts. From this training we have gained more Communications Champions so a huge welcome to them.

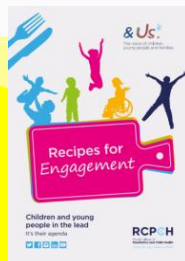
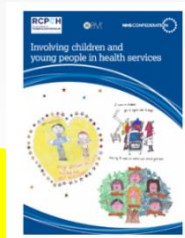
Kate and her team at Open Talk have made great progress on their website and new model of communication to support decision-making conversations in CAMHS. See [www.opentalk.info](http://www.opentalk.info) for details.

The Communications Champions network now has its own separate page [here](#) on the **Me** first website which is hopefully easier to locate and read. Any feedback you have about this would be very useful for us.

Maura has developed a new Twitter page on our website with a useful Twitter Guide for beginners [here](#).



We also have a number of new [resources](#) on our website so please have a look. We will have some of these on display at the next Communications Champions event and we always post new resources on Twitter.



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# Summary of the Communication Champions Meeting on 13<sup>th</sup> February 2017

## Filming workshop with Luke Tchalenko:

We had a very dynamic and informative workshop with Luke about how to make a small film for children and young people using smart phones. Luke gave us lots of ideas about how to plan the film, how to film it and about helpful equipment and post production tips. The handout created from the workshop is at the end of this newsletter and is also on our website for you to use. We had some good feedback from our Champions about this session and those who attended were keen to put their new skills into practice. Hopefully we'll get to see some videos made at our next meeting. Bring them along!

## “Overcoming Blockers” with Kate Martin

We had a follow up session about overcoming blockers in the workplace with Kate Martin using the “Kotter’s Eight Steps of Change”. We looked more closely at steps 4-6 of this model to discuss how to engage more people at an organisational level about children and young people centred communication. We also discussed our goals and how to communicate with others to promote positive change and empower action within our own organisations.



## Topics for future Communications Champions meetings:

(ideas suggested at our last meeting)

- Child Mental Health
  - Starting a difficult conversation
  - Psychological aspects of chronic illnesses
- SEN
  - non verbal CYPs

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

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



## Upcoming Communications Champions Meetings:

**21<sup>st</sup> June 2017**

**11<sup>th</sup> October 2017**

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.

## Agenda for Communication Champions Meeting 21<sup>st</sup> June

- **Me** first update & feedback (**Me** first Team)
- Workshop about communication difficulties (Pamela Kennedy, Speech and Language Therapist)
- Whose Shoes (Gill Phillips)
- **Me** first website update (Maura Neilson)
- Goals & future plans

### 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!**



# Twitter



Twitter is a great way of connecting with other **Me** first Communication Champions and professionals within health and social care. It can also be a useful resource for CPD and is a good way of keeping up with all things **Me** first.

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

The following links also provide advice and guidance for health care 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>

Our next

## Twitter Chat

is on:

**Wednesday 24<sup>th</sup> May 8-9pm**

The topic is:

**Opening up difficult conversations with children and young people around health and social care**

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.

### TWEET AND MEET!

We are building our network of Me first Communication Champions. You can find a useful list of Twitter handles at the end of this newsletter.

# Communication Champions' Newsletter Supplement 1



## Useful Twitter Handles

### Me first team

@\_Common\_Room  
@jo\_\_reid  
@RENphysio  
@maura\_neilson  
@sahrlea

### Young advisors

@AmyFeltham  
@JWRTalks  
@gracie\_stardust  
@amyfrounks

### We communities

@Wenurses  
@WeDocs  
@WeAHPs  
@WeCYPNurses  
@WeSchoolNurses  
@ACCNUK

### Relevant Organisations

@bemoreollie  
@MonkeyWellbeing  
@whoseshoes  
@CDC\_tweets  
@NVTweeting

### Influencers

@KathEvans2  
@childrenscomm  
@YvonneNewbold  
@Spencer\_sian  
@hee\_lisaBP  
@JaneMCummings  
@RMayNurseDir  
@VivJBennett

### Communication Champions

@izabelawakula  
@emnavjames  
@eleezer  
@tb\_or\_not\_tb  
@ams\_leo  
@shottley  
@nigeljmillis  
@iam\_fiona  
@kstpier  
@HalseJenny  
@robinfromcamhs

**Please send us your Twitter handle and we will add you to our list!**

### Young people & young peoples groups

@NHSYouthForum  
@YPSGWMids  
@ShropshireYHC  
@kiatipat  
@sophof theyear  
@YPHealth





# Filming workshop with Luke Tchalenko

Practical skills for making a short film for  
children and young people

## Equipment

Here are some suggested helpful options that may come in use when making a short film:

- Smartphone (see Tangerine: <http://nofilmschool.com/2015/07/tangerine-sundance-iphone-5s-sean-baker-radium-cheung-interview>)
- Extra battery / phone
- Tripod / mini-tripod (such as <http://joby.com/griptight-gorillapod-stand>)
- Steadicam Smoothee (<http://tiffen.com/steadicamsmoothee/>)
- Lav mic (can use on old ipod as cheap radio mic)
- On-phone mic (such as Rode  
<https://www.amazon.co.uk/d/Microphones/R%C3%98DE-VIDEOMICME-VideoMic-Me-Directional-Smart-Phones/B018KIJGU8>)
- BBC-recommended Filmic Pro software for focus and exposure control (<http://www.filmicpro.com/apps/apple/filmic-pro/>)

## Pre Production

This is a useful list of prompts to help you plan and structure your film:

- What does the film need to say?
- Who is the film for?
- Basic storyboard - talking about stuff + doing Stuff
- Basic scripts: Luke suggested avoiding this unless it is a voiceover. If using a script to speak on camera, ask the participant to memorise and deliver naturally and always avoid looking at notes on camera!
- A film for Young People? Then have a child star if possible, and maybe they could co-produce or help to write it.

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Luke Tchalenko, February 13<sup>th</sup> 2017  
Me first Communication Champions Network

## Production Tips

Here are some useful tips on how to film it:

- Landscape (Horizontal) !!! –This makes a big difference in how the final product looks.
- No zooms – this reduces the quality of the footage.
- Keep it steady using a mini-tripod / tripod.
- Make use of several angles with several takes to make it more interesting
- Go for the unusual!
- For pieces to camera, use the rule of  $\frac{2}{3}$ . Try putting the subject next to a window for better light.
- Whether talking to camera or talking off camera, aim for consistency.
- Eliminate /minimise background noise as much as possible.
- Do you need to shoot 4K? Luke suggests this isn't necessary and helps provide you with more memory space.
- Shoot people talking about stuff + doing stuff – make it more interesting.

## Post Production

Here are some useful links or things to search for some post production guidance:

- Lynda videos (<https://www.lynda.com/Video-Editing-training-tutorials/82-0.html>)
- Free tutorials iMovie / Final Cut Pro at the apple stores.

## Workshop 1 - Piece to Camera (Talking About Stuff)

Here is a list of things we practiced in the workshops as a useful reminder for those who attended:

- Use a Window
- Try different locations
- At camera /away?
- 2/3rds?
- Dynamic shot
- Stable
- Eliminate Background sound
- Natural, no script?
- Stable
- Angles
- Takes

