

#CYPMeFirst Twitter chat 12/07/2017

Transcript

Sarah Lea @sarahrlea23 days ago

It's 8pm! Time to get our #CYPMeFirst chat going. For any new followers (TYA community??!!) who wanted to follow- follow @CYPMeFirst

Kate Martin @_common_room23 days ago

RT @RENphysio: My favourite quote from last time's chat @jcstaff_ #CYPMeFirst Only half an hour to go to continue to talk about we...

Judith Staff @jcstaff_23 days ago

RT @sarahrlea: It's 8pm! Time to get our #CYPMeFirst chat going. For any new followers (TYA community??!!) who wanted to follow- follow @CY...

Judith Staff @jcstaff_23 days ago

RT @CYPMeFirst: It is 8pm! Let's get things going! Remember to use the hashtag #CYPMeFirst... Who is with me?

Me first @cypmefirst23 days ago

RT @TalkingMats: Any of our followers joining the #CYPMeFirst that's starting at 8pm don't think I will make it

Lucy Arora @aroralucy23 days ago

@CYPMeFirst I am #CYPMeFirst

Rachel Naunton @renphysio23 days ago

@CYPMeFirst I'm here with my cuppa, ready to chat #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago

@CYPMeFirst Excited to get started #CYPMeFirst

Judith Staff @jcstaff_23 days ago

@NorthSn @SAPHNAsharonOBE @SharonLMartin1 @CSE_DC @IanGould5 @Nitchola @Helen_StTeams @Thomsk56 @CSEBeth #CYPMeFirst<https://t.co/Ljt07sycIv>

Jessie McCulloch @jem823923 days ago

Hi I'm here too @_Common_Room @AroraLucy @RENphysio <https://t.co/tga4kNi6dS>

Kate Martin @_common_room23 days ago

@RENphysio @CYPMeFirst Ooh I forgot to put the kettle on #cypmefirst tut tir@

Rachel Naunton @renphysio23 days ago

@LucyAlexandria @CYPMeFirst Welcome Lucy, great to have you with us #CYPMeFirst

Kate Martin @_common_room23 days ago

@RENphysio @CYPMeFirst Nooooooo.... I forgot to make. Cuppa!!!!!! Rookie failure #cypmefirst

Kate Martin @_common_room23 days ago

@CSEBeth @jcstaff_ @NorthSn @SAPHNAsharonOBE @SharonLMartin1 @CSE_DC @IanGould5 @Nitchola @Helen_StTeams @Thomsk56 Welcome Beth :) #cypmefirst

Me first @cypmefirst23 days ago

@Jem8239 It happens to all of us!! :) Welcome and thanks for joining us. Just posted Q1... #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago

@CYPMeFirst YP Perspective: it's okay to be nervous. We CYP will be too. Be honest & don't be afraid to show vulnerability. You're human. #CYPMeFirst

Kate Martin @_common_room23 days ago

RT @CYPMeFirst: Q1. How do you manage your anxiety around opening up difficult conversations? #CYPMeFirst <https://t.co/dWr2OYze8F>

Gabrielle @rnc_simps23 days ago

@AroraLucy @CYPMeFirst Me too!! #cypmefirst

Aoife Price @aoifeprice23 days ago

RT @LucyAlexandria: @CYPMeFirst YP Perspective: it's okay to be nervous. We CYP will be too. Be honest & don't be afraid to show vulner...

Judith Staff @jcstaff_23 days ago

@CYPMeFirst A1 main thing is don't rush. Take your time, really tricky hearing diff. things. Contain xtra trauma for you & child. #selfcare #CYPmeFirst

Gabrielle @rnc_simps23 days ago
@CYPMeFirst Me too! #cypmefirst

Kate Martin @_common_room23 days ago
@LucyAlexandria @CYPMeFirst So important - to be human. Professionals don't have to solve everything. Just hear, be genuine, care #cypmefirst

Rachel Naunton @renphysio23 days ago
@Jem8239 happens to us all! #CYPMeFirst

Jessie McCulloch @jem823923 days ago
I think recognising and acknowledging some conversations are difficult is a start to managing any worries about it #CYPMeFirst @CYPMeFirst<https://t.co/6RmBpV3Bnh>

Judith Staff @jcstaff_23 days ago
RT @_Common_Room: @LucyAlexandria @CYPMeFirst So important - to be human. Professionals don't have to solve everything. Just hear, be...

Rachel Naunton @renphysio23 days ago
@rnc_simps @CYPMeFirst Awesome, welcome Gabi! #CYPMeFirst

Aoife Price @aoifeprice23 days ago
RT @_Common_Room: @LucyAlexandria @CYPMeFirst So important - to be human. Professionals don't have to solve everything. Just hear, be...

Lucy Watts MBE @lucyalexandria23 days ago
RT @_Common_Room: @LucyAlexandria @CYPMeFirst So important - to be human. Professionals don't have to solve everything. Just hear, be...

Me first @cypmefirst23 days ago
@LucyAlexandria This is great advice... do you have any specific things you could say or do to show that vulnerability? #CYPMeFirst

Amy Frounks @amyfrounks23 days ago
RT @HalseJenny: Honesty is key, take a deep breath and remember the reason you are asking #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago

@_Common_Room @CYPMeFirst We don't expect professionals to have all the answers, just be kind, honest, compassionate & appreciative of our views/feelings #CYPMeFirst

Lucy Arora @aroralucy23 days ago

@CYPMeFirst Also imagining your end point, maybe you both don't need to be 'happy' at the end, but a good thing needs to have happened?#CYPMeFirst

Leanne Walker @leannewalker23 days ago

RT @CYPMeFirst: Q1. How do you manage your anxiety around opening up difficult conversations? #CYPMeFirst <https://t.co/dWr2OYze8F>

Me first @cypmefirst23 days ago

@_Common_Room @LucyAlexandria Do you have any ideas of things a HCP could say to show their genuinity Kate? (is that a word?!) #CYPMeFirst

Sharon Martin @sharonlmartin123 days ago

@jcstaff_ @NorthSn @SAPHNAsharonOBE @CSE_DC @IanGould5 @Nitchola @Hel en_StTeams @Thomsk56 @CSEBeth Thank you! Figure @AMLTaylor66 will be interested in #CYPMeFirst

CSEBeth @csebeth23 days ago

@CYPMeFirst I like to call them "courageous conversations" #CYPMeFirst

Kate Martin @_common_room23 days ago

@LucyAlexandria @CYPMeFirst So true!!! #cypmefirst

Aoife Price @aoifeprice23 days ago

@LucyAlexandria @CYPMeFirst Totally agree. Also, you will only get the answers to the questions you ask so important to address & ask difficult questions.#CYPMeFirst

Rachel Naunton @renphysio23 days ago

@HalseJenny Welcome Jenny. Great point. I remind myself it's positive they are talking to us and any help we can give is a plus #CYPMeFirst

Judith Staff @jcstaff_23 days ago

@_Common_Room AWESOME,
Kate!!!! #CYPmefirst #acknowledgement #empathy #collaboration A1

Lucy Watts MBE @lucyalexandria23 days ago
[@CYPMeFirst](#) Be kind, compassionate & appreciative of our views. Don't be afraid 2 share personal stories. Prof barrier can cause disconnect [#CYPMeFirst](#)

Lucy Watts MBE @lucyalexandria23 days ago
RT [@AoifePrice](#): [@LucyAlexandria](#) [@CYPMeFirst](#) Totally agree. Also, you will only get the answers to the questions you ask so importan...

Me first @cypmefirst23 days ago
[@Jem8239](#) This is a good starting point, thank you. Do you have any specific strategies you use Jessie? [#CYPMeFirst](#)

Judith Staff @jcstaff_23 days ago
[@CYPMeFirst](#) [@_Common_Room](#) [@LucyAlexandria](#) (might not be a word yet, but it should be) [#genuinity](#) [#newword](#) [#CYPmefirst](#)

Me first @cypmefirst23 days ago
[@LucyAlexandria](#) [@_Common_Room](#) Honesty goes a long way... and how do you manage your own anxiety in those situations, if you have anxiety? [#CYPMeFirst](#)

Lucy Watts MBE @lucyalexandria23 days ago
[@AroraLucy](#) [@CYPMeFirst](#) Be prepared to go to deep dark places, but openness can also lead to wonderful, inspiring conversations too [#CYPMeFirst](#)

Amy Frounks @amyfrounks23 days ago
[@LucyAlexandria](#) [@CYPMeFirst](#) Completely agree! It can help YP when they see how the hcp is feeling too. All people have feelings! [#CYPMeFirst](#)

Lucy Watts MBE @lucyalexandria23 days ago
RT [@AmyFrounks](#): [@LucyAlexandria](#) [@CYPMeFirst](#) Completely agree! It can help YP when they see how the hcp is feeling too. All people have feel...

ORB8 @orb8newfutures23 days ago
RT [@CYPMeFirst](#): Q1. How do you manage your anxiety around opening up difficult conversations? [#CYPMeFirst](#) <https://t.co/dWr2OYze8F>

Rachel Naunton @renphysio23 days ago
[@LucyAlexandria](#) [@CYPMeFirst](#) Yep, shared experiences can be a great way to connect. Can you think of any specific examples that have been a good experience? [#CYPMeFirst](#)

Jenny

Halse @halsejenny23 days ago

RT @AmyFrounks: @LucyAlexandria @CYPMeFirst

Completely agree! It can help YP when they see how the hcp is feeling too. All people have feel...

Me first @cypmefirst23 days ago

@jcstaff_ This is a 'top tip!' - the process of documentation can distract from those feelings eating away at you. Thank you for sharing! #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago

@CYPMeFirst @_Common_Room I don't suffer much anxiety, but that's cause difficult conversations have happened with HCPs I am bonded with. Bonding matters #CYPMeFirst

Aoife Price @aoifeprice23 days ago

RT @HalseJenny: It's a 'difficult' conversation don't add additional pressure/anxiety onto you both by expecting a simple solution #CYPMeF...

Me First Maura @maura_neilson23 days ago

RT @sarahrlea: The first question of our #CYPMeFirst twitter chat... join us now, we've just started, if you can and share your ex...

Lucy Watts MBE @lucyalexandria23 days ago

@RENphysio @CYPMeFirst 1 of my home ITU nurses told a conversation about her dad's EoL care. It opened the door to conversations, things I'd held back #CYPMeFirst

Jessie McCulloch @jem823923 days ago

Any thoughts? @WeCYPnurses @WeSchoolNurses @WeHealthVisitor @CYPNAUK #CYPMeFirst <https://t.co/6RmBpV3Bnh>

Lucy Watts MBE @lucyalexandria23 days ago
RT @CSEBeth: #LanguageOfSafety is so important. Shared meaning, giving children the ways, words and means to talk... #FeelingSafe #CYPMeFir...

Me first @cypmefirst23 days ago
@AroraLucy Very useful -looking ahead to the outcome of the conversation - would you address this in the conversation do you think,and how? #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
RT @CYPMeFirst: @jstaff_ This is a 'top tip!' - the process of documentation can distract from those feelings eating away at you....

Lucy Watts MBE @lucyalexandria23 days ago
RT @HalseJenny: It's a 'difficult' conversation don't add additional pressure/anxiety onto you both by expecting a simple solution #CYPMeF...

Lucy Watts MBE @lucyalexandria23 days ago
RT @ajrobets: Do not put unrealistic expectations on yourself. You are there for the other person you cannot solve the issue by what you sa...

Me first @cypmefirst23 days ago
@CSEBeth This is a brilliant name for them. Much more positive than difficult #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
@_Common_Room @CYPMeFirst Exactly. It's not about real-time solutions, but process of working together to discover ways to tackle issues & manage them #CYPMeFirst

Aoife Price @aoifeprice23 days ago
RT @CSEBeth: @CYPMeFirst I like to call them "courageous conversations" #CYPMeFirst

Amy Frounks @amyfrounks23 days ago
@AroraLucy @CYPMeFirst I think it's good to put a positive aspect to all conversations - even if it's tough, always talk about something the YP likes #CYPMeFirst

Aoife Price @aoifeprice23 days ago
RT @LucyAlexandria: @_Common_Room @CYPMeFirst Exactly. It's not about real-time solutions, but process of working together to discover...

Rachel Naunton @renphysio23 days ago
@LucyAlexandria @CYPMeFirst Useful example, thanks. Difficult conversations cover many topics. #CYPMeFirst

Me first @cypmefirst23 days ago
@_Common_Room This are great words. Creates a safe space. And the honesty is so clear. #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
@CSEBeth @CYPMeFirst Difficult conversation sets out the feeling that it will be negative. Courageous means talking tough issues, w/ positive results #CYPMeFirst

Me first @cypmefirst23 days ago
@LucyAlexandria I think personal stories are something HCPs can shy away from. Have your experiences of this been helpful? #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
RT @AmyFrounks: @AroraLucy @CYPMeFirst I think it's good to put a positive aspect to all conversations - even if it's tough, always...

Me first @cypmefirst23 days ago
@jcstaff_ @_Common_Room @LucyAlexandria I feel like it works!!!! #CYPMeFirst

Rachel Naunton @renphysio23 days ago
@LucyAlexandria @CSEBeth @CYPMeFirst Ooh I love thinking about the impact of different words, thanks for pointing this out #CYPMeFirst Great point

Judith Staff @jcstaff_23 days ago
@AoifePrice @LucyAlexandria @CYPMeFirst A1 - from 3min 30sec to 6min 30, @madblack65 talks about this, "No one asked the right questions." #CYPmeFirst<https://t.co/hXA1Y9BBpd>

Kate Martin @_common_room23 days ago
[@CYPMeFirst](#) [@jcstaff_](#) [@LucyAlexandria](#) I love a new word [#cypmefirst](#)

Jenny Halse @halsejenny23 days ago
RT [@LucyAlexandria](#): [@CSEBeth](#) [@CYPMeFirst](#) Difficult conversation sets out the feeling that it will be negative. Courageous means talking...

Lucy Watts MBE @lucyalexandria23 days ago
[@CYPMeFirst](#) Certainly has. HPCs sharing stories is comforting, reminds you they're people w/ stories, removes the barrier between CYP & HCP [#CYPMeFirst](#)

Lucy Watts MBE @lucyalexandria23 days ago
RT [@jcstaff_](#): [@AoifePrice](#) [@LucyAlexandria](#) [@CYPMeFirst](#) A1 - from 3min 30sec to 6min 30, [@madblack65](#) talks about this, "No one aske..."

Judith Staff @jcstaff_23 days ago
RT [@SharonLMartin1](#): [@jcstaff_](#) [@NorthSn](#) [@SAPHNAsharonOBE](#) [@CSE_DC](#) [@IanGould5](#) [@Nitchola](#) [@Helen_StTeams](#) [@Thomsk56](#) [@CSEBeth](#) Thank you! Figur...

Deborah Critoph @critoph_debbie23 days ago
[@_Common_Room](#) [#cypmefirst](#) start on neutral ground with a safe topic.....

Rachel Naunton @renphysio23 days ago
[@jcstaff_](#) [@AoifePrice](#) [@LucyAlexandria](#) [@CYPMeFirst](#) [@madblack65](#) Great link, thanks for sharing. What are the right questions? [#CYPMeFirst](#)

Me first @cypmefirst23 days ago
[@LucyAlexandria](#) [@_Common_Room](#) This is a really useful point. Building relationships. Working in partnership. Getting to know each other [#CYPMeFirst](#)

Gabrielle @rnc_simps23 days ago
RT [@_Common_Room](#): Being honest "im not sure what the best thing to do is, im just glad you've told me and we can figure it out together" [#c...](#)

Judith Staff @jcstaff_23 days ago

RT @CYPMeFirst: @jcstaff_ This is a 'top tip!' - the process of documentation can distract from those feelings eating away at you....

Madeleine Black @madblack6523 days ago

RT @jcstaff_: @AoifePrice @LucyAlexandria @CYPMeFirst A1 - from 3min 30sec to 6min 30, @madblack65 talks about this, "No one aske...

Kate Martin @_common_room23 days ago

@LucyAlexandria @CYPMeFirst It moves beyond patient/professional& remembers that underneath, we're just people figuring out a difficult thing together #cypmeFirst

Rachel Naunton @renphysio23 days ago

@critoph_debbie @_Common_Room Great to use initially, but then how do you start the difficult/courageous part? #CYPMeFirst

Sarah Lea @sarahrlea23 days ago

Thank you @jcstaff_ - one for a watch (after the chat!!!)
:) <https://t.co/4nyileGWQb>

Me first @cypmeFirst23 days ago

Thank you @jcstaff_ - one for a watch (after the chat!!!)
:) <https://t.co/jAegxwxz46>

Lucy Watts MBE @lucyalexandria23 days ago

@CYPMeFirst @_Common_Room It's important to remember HCP & CYP need to be a team, not 2 individuals. No good results will come from 2 disconnected people #CYPMeFirst

Kate Martin @_common_room23 days ago

@LucyAlexandria @CYPMeFirst And that means both sides have feelings and worries!!#cypmeFirst

Lucy Watts MBE @lucyalexandria23 days ago

RT @_Common_Room: @LucyAlexandria @CYPMeFirst It moves beyond patient/professional& remembers that underneath, we're just people figu...

Judith Staff @jstaff_23 days ago
@CYPMeFirst @CSEBeth that's the term
that @MDSCCltd , @nibconsultinguk & @sunflowerdaff prefer to
use too! #courageousconversations #CYPMeFirst

Kate Martin @_common_room23 days ago
@RENphysio @critoph_debbie Be honest and descriptive... "I feel
worried about you because..." #cypmefirst

Rachel Maloney @sunflowerdaff23 days ago
RT @jstaff_ : @CYPMeFirst @CSEBeth that's the term
that @MDSCCltd , @nibconsultinguk & @sunflowerdaff prefer to
use too!...

Lucy Watts MBE @lucyalexandria23 days ago
@RENphysio @critoph_debbie @_Common_Room Ask open
ended Qs - guided discussions. "What's your view on..." "how do
you feel about...". Guide us, but allow 2 talk freely #CYPMeFirst

Judith Staff @jstaff_23 days ago
@AmyFrounks @AroraLucy @CYPMeFirst entirely key - what
do they like/are they interested in? THAT must be the starting
point to enable the conversation. #CYPMeFirst

WeHealthVisitors @wehealthvisitor23 days ago
RT @Jem8239: Any
thoughts? @WeCYPnurses @WeSchoolNurses @WeHealthVisito
r @CYPNAUK #CYPMeFirst <https://t.co/6RmBpV3Bnh>

Lucy Watts MBE @lucyalexandria23 days ago
@RENphysio @critoph_debbie @_Common_Room Most
importantly, don't force discussions if we're not ready. Needs to be
on our terms, not feel pressured or dictated to #CYPMeFirst

Me first @cypmefirst23 days ago
@HalseJenny Yes, thank you, language is important. Do you have any words you
particularly like to use? #CYPMeFirst

Rachel Naunton @renphysio23 days ago
@CYPMeFirst I like taking a direct approach. "I'm worried about you because..."
Important to be explicit #CYPMeFirst

Amy Frounks @amyfrounks23 days ago

@CYPMeFirst @AroraLucy I this tweet by @LucyAlexandria - different conversations can go to tough places but equally some are incredible! <https://t.co/XaWGkzavWv>

Kate Martin @_common_room23 days ago

@sarahrlea Not to sound like the guy from catchphrase... But... #cyp tell us to say what you see. "I feel worried about you because..." #cypmefirst

Me first @cypmefirst23 days ago

@LucyAlexandria @RENphysio @critoph_debbie @_Common_Room That is a very good point. I guess rule number 1 should be to think - is it the right time for the conversation?... #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago

@CYPMeFirst Start off with ball in CYP court. Then turn it round "Are you worried at all about.." If no result, "I'm worried about you BC." #CYPMeFirst

Amy Frounks @amyfrounks23 days ago

RT @jcstaff_: @AmyFrounks @AroraLucy @CYPMeFirst entirely key - what do they like/are they interested in? THAT must be the start...

Judith Staff @jcstaff_23 days ago

@CYPMeFirst Q2 in #ProtectiveBehaviours, theme 1 is "We all have the right to feel safe..." so saying "I'm not feeling too safe.." can help #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago

RT @CYPMeFirst: @LucyAlexandria @RENphysio @critoph_debbie @_Common_Room That is a very good point. I guess rule number 1 should be...

Judith Staff @jcstaff_23 days ago

RT @CYPMeFirst: Thank you @jcstaff_ - one for a watch (after the chat!!!) :) <https://t.co/jAegxwxz46>

Amy Frounks @amyfrounks23 days ago

RT @HalseJenny: It's a 'difficult' conversation don't add additional pressure/anxiety onto you both by expecting a simple solution #CYPMeF...

Judith Staff @jcstaff_23 days ago
RT @sarahrlea: Thank you @jcstaff_ - one for a watch (after the chat!!!)
:) <https://t.co/4nyileGWQb>

Me first @cypmefirst23 days ago
[@LucyAlexandria](#) So giving them space to tell their worries before you jump in to show you are worried? #CYPMeFirst

Amy Frounks @amyfrounks23 days ago
RT @HalseJenny: In my experience showing you are human and you don't have all the solutions goes a long way #CYPMeFirst

Me first @cypmefirst23 days ago
[@HalseJenny](#) So an upfront open to the conversation? #CYPMeFirst

Rachel Naunton @renphysio23 days ago
[@CYPMefirst](#) [@LucyAlexandria](#) [@critoph_debbie](#) [@_Common_Room](#) Yep, keep it light, ask open questions. "Is this a good time to talk?" "We're hear to listen if you want to talk" #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
[@CYPMefirst](#) I think so.YP may raise concerns, on their terms. If not, then the HCP can try to develop the discussion. Put YP in power 1st #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
RT @RENphysio: [@CYPMefirst](#) [@LucyAlexandria](#) [@critoph_debbie](#) [@_Common_Room](#) Yep, keep it light, ask open questions. "Is this a good t...

Me first @cypmefirst23 days ago
[@Jem8239](#) Thank you - I think you've highlighted a challenge there - what do you say to be subtle? #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
[@critoph_debbie](#) [@CYPMefirst](#) [@RENphysio](#) [@_Common_Room](#) Important to ask in advance who the CYP wants there. "We're going to discuss xyz, is there anyone else you'd like here?" #CYPMeFirst

Simon Stones @simonrstones23 days ago
RT [@_Common_Room](#): [@LucyAlexandria](#) [@CYPMefirst](#) So important - to be human. Professionals don't have to solve everything. Just hear, be...

Me first @cypmefirst23 days ago
@LucyAlexandria You've got the 'Me first' message on point! Great work #CYPMeFirst

Kate Martin @_common_room23 days ago
@critoph_debbie @RENphysio @CYPMeFirst @LucyAlexandria CYP say that if we don't say we're worried, it's like we're saying what's happening to them is ok #cypmefirst

Judith Staff @jcstaff_23 days ago
@RBMefirst excellent question - really good to do beforehand so they have someone already lined up - more than one person! 5 if possible. #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
@madblack65 @RENphysio @jcstaff_ @AoifePrice @CYPMeFirst YP body language must be taken into account. HCPs need to see subtle signs, words, movements. Be direct if needed, explain why #CYPMeFirst

Judith Staff @jcstaff_23 days ago
RT @_Common_Room: @critoph_debbie @RENphysio @CYPMeFirst @LucyAlexandria CYP say that if we don't say we're worried, it's like we're...

Lucy Watts MBE @lucyalexandria23 days ago
RT @_Common_Room: @critoph_debbie @RENphysio @CYPMeFirst @LucyAlexandria CYP say that if we don't say we're worried, it's like we're...

Rachel Naunton @renphysio23 days ago
@jcstaff_ @RBMefirst Also opens up possibility for a conversation if they're ready #CYPMeFirst

Jessie McCulloch @jem823923 days ago
@CYPMeFirst #CYPMeFirst on cyp terms essential. Are there signs that cyp is ready to talk? Is it right time & place? Can you revisit safely?

Me first @cypmefirst23 days ago
@RBMefirst This is a very useful question, thank you Rob for sharing this #CYPMeFirst

Amy Frounks @amyfrounks23 days ago
@CYPMeFirst @LucyAlexandria Definitely always good to let the YP express their thoughts first before dominating & also their thoughts about a solution.#CYPMeFirst

Lucy Arora @aroralucy23 days ago

@CYPMeFirst @Jem8239 It's about opening a door, letting the CYP know you are concerned and available, you can't expect it all to happen at once #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago

@CYPMeFirst I've always been asked who I want there. Sometimes, these conversations I want mum there, others I don't to avoid upsetting her #CYPMeFirst

Judith Staff @jcstaff_23 days ago

@dr_treisman are you following this chat #CYPMeFirst ? xx

Jessie McCulloch @jem823923 days ago

RT @AroraLucy: @CYPMeFirst @Jem8239 It's about opening a door, letting the CYP know you are concerned and available, you can't exp...

Rachel Naunton @renphysio23 days ago

@LucyAlexandria @madblack65 @jcstaff_ @AoifePrice @CYPMeFirst Important to be explicit that we've noticed. "I'm worried about you because... (observation)" #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago

RT @AroraLucy: @CYPMeFirst @Jem8239 It's about opening a door, letting the CYP know you are concerned and available, you can't exp...

Lucy Watts MBE @lucyalexandria23 days ago

RT @RENphysio: @LucyAlexandria @madblack65 @jcstaff_ @AoifePrice @CYPMeFirst Important to be explicit that we've noticed. "I'm wor...

Judith Staff @jcstaff_23 days ago

@RENphysio @RBMefirst absolutely!! And if they're not ready, as practitioners, we can still take note of their physical demeanor/responses etc. #CYPMeFirst

Me first @cypmefirst23 days ago

@AroraLucy @Jem8239 Thank you -are there any words/actions an HCP can use to help 'open the door'? #CYPMeFirst

Lynn Shields @shields12lynn23 days ago

RT @_Common_Room: Being honest "im not sure what the best thing to do is, im just glad you've told me and we can figure it out together" #c...

Rachel Naunton @renphysio23 days ago

@LucyAlexandria @CYPMeFirst :) Great to think about personal choice and that that can change -always ask, avoid assumptions #CYPMeFirst

Lynn Shields @shields12lynn23 days ago

RT @Jem8239: I think recognising and acknowledging some conversations are difficult is a start to managing any worries about it...

Lynn Shields @shields12lynn23 days ago

RT @Jem8239: Letting cyp know you've noticed something, but carefully, without drawing unwanted attention #CYPMeFirst <https://t.co/P8VjP9ZA...>

Lynn Shields @shields12lynn23 days ago

RT @_Common_Room: Feeling able to say you're feeling worried or uncertain - but you'll figure it out together #cypmefirst

Lynn Shields @shields12lynn23 days ago

RT @sahrlea: The first question of our #CYPMeFirst twitter chat... join us now, we've just started, if you can and share your ex...

Amy Frounks @amyfrounks23 days ago

@CYPMeFirst I normally go solo however sometimes I need that option of support or even an advocate... need to be asked otherwise I won't say #CYPMeFirst

Lynn Shields @shields12lynn23 days ago

RT @_Common_Room: Evening!! Fab that it's time for our next #cypmefirst chat on difficult conversations

Lucy Watts MBE @lucyalexandria23 days ago

@RENphysio @madblack65 @jcstaff_ @AoifePrice @CYPMeFirst I'd sooner start off on my terms & HCP raise concerns after seeing signs, than say nothing. Start on YP terms, raise it later #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago

RT @RENphysio: @LucyAlexandria @CYPMeFirst :) Great to think about personal choice and that that can change -always ask, avoid assumptions...

Me first @cypmefirst23
days ago
[@jcstaff_](#) [@RENphysio](#)
[@RBMefirst](#) Again, great
thank you, highlighting
the importance of us
documenting the
conversation, this can help
us later [#CYPMeFirst](#)

Lucy Watts MBE @lucyalexandria23 days ago
RT [@HalseJenny](#): It is important we leave the door open if the CYP
is not ready to have a courageous conversation [#CYPMeFirst](#)

Lynn Shields @shields12lynn23 days ago
RT [@AroraLucy](#): [@CYPMefirst](#) [@Jem8239](#) It's about opening a
door, letting the CYP know you are concerned and available, you
can't exp...

Rachel Naunton @renphysio23 days ago
[@jcstaff_](#) Training can also help us feel more confident in what
we're doing. Peer support, supervision, Twitter chats! [#CYPMeFirst](#)

Me first @cypmefirst23 days ago
[@AmyFrounks](#) This is so useful, thank you Amy - sometimes it is
easy to assume a CYP would ask if they wanted someone else
there [#CYPMeFirst](#)

Lucy Watts MBE @lucyalexandria23 days ago
RT [@RENphysio](#): [@jcstaff_](#) Training can also help us feel more
confident in what we're doing. Peer support, supervision, Twitter
chats! [#CYPM...](#)

Rachel Naunton @renphysio23 days ago
[@AmyFrounks](#) [@CYPMefirst](#) [@LucyAlexandria](#) Great point Amy.
Providing opportunities, time and space to listen. Sit with the
silence if needed. [#CYPMeFirst](#)

Judith Staff @jcstaff_23 days ago
[@CYPMefirst](#) [@RENphysio](#) [@RBMefirst](#) so true, & our emotions
may affect our memory of exactly what was said. Also, that record
may be needed for court etc.later on. [#CYPMeFirst](#)

Me first @cypmefirst23 days ago
[@LucyAlexandria](#) [@RENphysio](#) [@madblack65](#) [@jcstaff_](#) [@AoifePrice](#) If the YP just does not have the confidence to even go there, but the HCP is worried, how can an HCP tackle that? #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
[@RENphysio](#) [@jcstaff_](#) Also getting feedback from YP after these conversations will help HCPs improve, feel more confident, know good & bad points #CYPMeFirst

Judith Staff @jcstaff_23 days ago
[@RENphysio](#) yes!!! #CYPMeFirst #sharinggoodpractice #TwitterCommunity #safeguarding

Rachel Naunton @renphysio23 days ago
[@_Common_Room](#) A story can show how to open up/who to talk to and what happens next. Shows the adult is open to hearing about courageous topics #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
[@CYPMeFirst](#) [@RENphysio](#) [@madblack65](#) [@jcstaff_](#) [@AoifePrice](#) Time. Slowly break down wall. Hypothetical situations & say "you know if you needed to talk xyz I'll be here". Open door policy #CYPMeFirst

Me first @cypmefirst23 days ago
[@_Common_Room](#) Ah nice idea - do you think a HCP can encourage a YP to try this? If so, how? #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
[@CYPMeFirst](#) [@RENphysio](#) [@madblack65](#) [@jcstaff_](#) [@AoifePrice](#) Or see if YP would rather discuss via other methods, Write down fears maybe? Drawing? Role play? #CYPMeFirst

Kate Martin @_common_room23 days ago
[@CYPMeFirst](#) [@LucyAlexandria](#) [@RENphysio](#) [@madblack65](#) [@jcstaff_](#) [@AoifePrice](#) A tip from a #cyp "I can tell something is wrong. It's ok if you're not ready to talk, but I want you to know I'm here for you" #cypmefirst

Lucy Watts MBE @lucyalexandria23 days ago
RT @_Common_Room: @CYPMeFirst @LucyAlexandria @RENphysio @madblack65 @jcstaff_ @AoifePrice A tip from a #cyp "I can tell something is..."

Amy Frounks @amyfrounks23 days ago
Sitting with silence is so important. Sometimes people just need some time to feel able to talk. That space is vital #CYPMeFirst @CYPMeFirst <https://t.co/g8EzvFYnVc>

Lucy Watts MBE @lucyalexandria23 days ago
@CYPMeFirst @RENphysio @madblack65 @jcstaff_ @AoifePrice Sometimes I find it easier 2 write things than say them. Have emailed HCP after visit, to air fears, then discussed it later #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
RT @AmyFrounks: Sitting with silence is so important. Sometimes people just need some time to feel able to talk. That space is vita...

Kate Martin @_common_room23 days ago
@sarahrlea And knowing there's no such thing as a perfect conversation. We're all human. Intention is most important #cypmeFirst

Rachel Naunton @renphysio23 days ago
@LucyAlexandria @CYPMeFirst @madblack65 @jcstaff_ @AoifePrice Time/space for opportunities to talk when ready -after many different attempts/enough space in one conversation to gain courage #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
RT @RENphysio: @LucyAlexandria @CYPMeFirst @madblack65 @jcstaff_ @AoifePrice Time/space for opportunities to talk when ready -afte...

Rachel Naunton @renphysio23 days ago
@_Common_Room @sarahrlea Sometimes just trying can go a long way even if we don't get it quite right. Important to show we care & want to listen. #CYPMeFirst

Kate Martin @_common_room23 days ago
[@CYPMeFirst](#) "What would you say to a friend if..." #cypmefirst

Judith Staff @jstaff_23 days ago
Hearing adult survivors on what inhibited them talking as children highlights barriers. #cypmefirst #whysurvivorsdontreport @RachelintheOC

Lucy Watts MBE @lucyalexandria23 days ago
[@CYPMeFirst](#) Build relationship 1st. Trust vital. Get to know CYP. Talk abt things they like, Ask about their life. B4 tackling hard stuff #CYPMeFirst

Margaret Daly @mdaly_margaret23 days ago
RT [@jstaff_](#): Hearing adult survivors on what inhibited them talking as children highlights barriers. #cypmefirst #whysurvivorsdontreport @...

Lucy Watts MBE @lucyalexandria23 days ago
[@CYPMeFirst](#) Also put YP in driving seat. "What would you tell a friend if they...". "How would you feel if we talked about..." #CYPMeFirst

Judith Staff @jstaff_23 days ago
[@CYPMeFirst](#) A3 can be tricky. If old enough, take them out if they want to, let them choose venue. I used Caffe Nero a lot last year! #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
RT [@RENphysio](#): [@_Common_Room](#) [@sahrlea](#) Sometimes just trying can go a long way even if we don't get it quite right. Important to...

Me first @cypmefirst23 days ago
[@RENphysio](#) Yes I've used that before - "this is a completely normal procedure, we always do this"....#CYPMeFirst

Amy Frounks @amyfrounks23 days ago
[@RENphysio](#) [@_Common_Room](#) [@sahrlea](#) No ones perfect & sometimes conversations do struggle (esp. difficult ones). But being there, caring & listening is what matters #CYPMeFirst

Kate Martin @_common_room23 days ago
[@RENphysio](#) Great suggestion [@RENphysio](#) [#cypmefirst](#)

Judith Staff @jcstaff_23 days ago
[@sarahrlea](#) forgot most of you work in health and can be difficult to leave if in hospital; even a little walk? [#CYPMeFirst](#) [#childsvoice](#) [@MDSCCltd](#)

Me first @cypmefirst23 days ago
[@jcstaff_](#) And did you find parents/carers made comments about you doing this? Or were accepting? [#CYPMeFirst](#)

Lucy Watts MBE @lucyalexandria23 days ago
[@CYPMeFirst](#) Make YP feel it's normal. "I want to talk to you alone to hear your perspective". "I want to know what you want/feel". [#CYPMeFirst](#)

Kate Martin @_common_room23 days ago
[@CYPMeFirst](#) [@RENphysio](#) "I ask all these questions to all young people as it's important to check they feel safe" [#cypmefirst](#)

Kathryn Somerville @cse_dc23 days ago
RT [@CSEBeth](#): [#LanguageOfSafety](#) is so important. Shared meaning, giving children the ways, words and means to talk... [#FeelingSafe](#) [#CYPMeFir...](#)

Lucy Arora @aroralucy23 days ago
[@critoph_debbie](#) [@CYPMeFirst](#) Or if you have a waiting room call the CYP in, explain to parent/catrr you talk to CYP 1st. Easier than asking them to leave. [#CYPMeFirst](#)

Me first @cypmefirst23 days ago
[@jcstaff_](#) [@sarahrlea](#) [@MDSCCltd](#) Thank you. Yes, it can be tricky, especially if CYP unwell and parents obviously anxious [#CYPMeFirst](#)

Lucy Watts MBE @lucyalexandria23 days ago
[@jcstaff_](#) [@sarahrlea](#) [@MDSCCltd](#) Or even sitting in the 'family/TV room' or going to canteen? Or if not, see if someone else can engage parents 2 get YP alone [#CYPMeFirst](#)

Lucy Watts MBE @lucyalexandria23 days ago
RT @_Common_Room: @CYPMeFirst @RENphysio "I ask all these questions to all young people as it's important to check they feel safe" #cypmefi...

Lucy Watts MBE @lucyalexandria23 days ago
RT @AmyFrounks: @RENphysio @_Common_Room @sarahrlea No ones perfect & sometimes conversations do struggle (esp. difficult ones). Bu...

Lucy Watts MBE @lucyalexandria23 days ago
RT @RBMefirst: If the YP is a teen, I explain the request to see YP alone as preparation for transition. Helping them to become more involv...

Me first @cypmefirst23 days ago
@_Common_Room @RENphysio Thanks for this Kate, Showing the CYP's best interests are at the centre of everything. #CYPMeFirst

Rachel Naunton @renphysio23 days ago
@LucyAlexandria @CYPMeFirst @madblack65 @jcstaff_ @AoifePrice Yep! Different ways of communicating can be extremely useful. Asking CYP preferences about how/when, opportunity to follow up too #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
RT @RENphysio: @LucyAlexandria @CYPMeFirst @madblack65 @jcstaff_ @AoifePrice Yep! Different ways of communicating can be extremely...

Me first @cypmefirst23 days ago
@LucyAlexandria @jcstaff_ @sarahrlea @MDSCLtd Yes this can work - another member of your team taking parents/carers to coffee room - respite for them and space for the CYP #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
@CYPMeFirst @jcstaff_ @sarahrlea @MDSCLtd Also gives chance to hear parents thoughts/fears/feelings, which are vital - they might not reveal true ones in front of YP #CYPMeFirst

Rachel Naunton @renphysio23 days ago
@LucyAlexandria @CYPMeFirst @madblack65 @jcstaff_ @AoifePrice Communication activities can be extremely useful too like pants and tops or a sorting task <https://t.co/r4qnnoknqS> #CYPMeFirst

Kate Martin @_common_room23 days ago
@RBMefirst Ah I like that!!! #cypmefirst

Judith Staff @jcstaff_23 days ago
RT @CYPMeFirst: @jcstaff_ @sarahlea @MDSCCltd Thank you. Yes, it can be tricky, especially if CYP unwell and parents obviously anxious #CY...

Kate Martin @_common_room23 days ago
@RENphysio @LucyAlexandria @CYPMeFirst @madblack65 @jcstaff_ @AoifePrice Love this one #CYPMeFirst

Rachel Naunton @renphysio23 days ago
@jcstaff_ Yep, important to be clear that we want to hear everyone's views -everyone's important and we care about both #CYPMeFirst

Me first @cypmefirst23 days ago
@RENphysio @LucyAlexandria @madblack65 @jcstaff_ @AoifePrice Rachel, you do love your sorting task don't you! It is a great communication aid #CYPMeFirst

Amy Frounks @amyfrounks23 days ago
@CYPMeFirst It can be hard for parents/carers to accept this due to worry. Though if its made the norm from offset, it's a lot easier. #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
@CYPMeFirst Also for YP with comm. difficulties, using charts, word cards etc 2 get their feelings/wishes; no voice doesn't mean no feeling #CYPMeFirst

Me first @cypmefirst23 days ago
@RENphysio @jcstaff_ Yes I agree, important not to make the parent/carer feel pushed away or out of the loop #CYPMeFirst

Lucy Watts MBE @lucyalexandria23 days ago
RT @CYPMeFirst: Take a look at our #CYPMeFirst website for info on our training on safeguarding: <https://t.co/rqPbZik4nJ> <https://t.co/IUeQP...>

Lucy Watts MBE @lucyalexandria23 days ago

RT @_Common_Room: All these amazing ideas will be great tips for our new #cypmefirst training in safeguarding conversations <https://t.co/8X...>

Kathryn Somerville @cse_dc23 days ago

RT @jcstaff_: @AoifePrice @LucyAlexandria @CYPMeFirst A1 - from 3min 30sec to 6min 30, @madblack65 talks about this, "No one aske...

Lucy Watts MBE @lucyalexandria23 days ago

RT @CYPMeFirst: @RENphysio @jcstaff_ Yes I agree, important not to make the parent/carer feel pushed away or out of the loop #CYPMeFirst

Penguin Yark @debbo_fisko23 days ago

RT @AmyFrounks: Sitting with silence is so important. Sometimes people just need some time to feel able to talk. That space is vita...

Lucy Watts MBE @lucyalexandria23 days ago

RT @AmyFrounks: @CYPMeFirst It can be hard for parents/carers to accept this due to worry. Though if its made the norm from offset,...

Amanda Taylor @amltaylor6623 days ago

@SharonLMartin1 @jcstaff_ @NorthSn @SAPHNAsharonOBE @CSE_DC @IanGould5 @Nitchola @Helen_StTeams @Thomsk56 @CSEBeth Arghhh have I missed out? #CYPMeFirst Out on the Brommies <https://t.co/kfa4O5wpAS>

Me first @cypmefirst23 days ago

@AMLTaylor66 @SharonLMartin1 @jcstaff_ @NorthSn @SAPHNAsharonOBE @CSE_DC @IanGould5 @Nitchola @Helen_StTeams @Thomsk56 @CSEBeth Ahhh you did.... but there is always next time :) Next chat in Sept! #CYPMeFirst

Judith Staff @jcstaff_23 days ago

RT @CYPMeFirst: @AMLTaylor66 @SharonLMartin1 @jcstaff_ @NorthSn @SAPHNAsharonOBE @CSE_DC @IanGould5 @Nitchola @Helen_StTeams...

Rachel Naunton @renphysio23 days ago

@CYPMeFirst @LucyAlexandria @madblack65 @jcstaff_ @AoifePrice I really do! I've had amazing results with them -I highly recommend! <https://t.co/bGxRYbjITQ#CYPMeFirst>

Me first @cypmefirst23 days ago

@HalseJenny great point - use those little windows of time to your advantage to have conversations where you can build a relationship #CYPMeFirst

Judith Staff @jcstaff_23 days ago

@CYPMeFirst @AMLTaylor66 @SharonLMartin1 @NorthSn @SAPHNAsharonOBE @CSE_DC @IanGould5 @Nitchola @Helen_StTeams @Thomsk56 @CSEBeth And if you search on #CYPMeFirst hashtag and click Latest, you can scroll back and follow the chat retrospectively! Really great points!

Amanda Taylor @amltaylor6623 days ago

@CYPMeFirst @SharonLMartin1 @jcstaff_ @NorthSn @SAPHNAsharonOBE @CSE_DC @IanGould5 @Nitchola @Helen_StTeams @Thomsk56 @CSEBeth I'll keep my eye out for sure - sorry to have missed this Ty for the reply #CYPMeFirst

Amanda Taylor @amltaylor6623 days ago

@jcstaff_ @CYPMeFirst @SharonLMartin1 @NorthSn @SAPHNAsharonOBE @CSE_

DC @IanGould5 @Nitchola @Helen_StTeams @Thomsk56 @CSEBeth Ty will do - thank you again for thinking about me #CYPMeFirst

Me first @cypmefirst23 days ago

@jcstaff_ @AMLTaylor66 @SharonLMartin1 @NorthSn @SAPHNAsharonOBE @CSE_DC @IanGould5 @Nitchola @Helen_StTeams @Thomsk56 @CSEBeth Yesss! And we have also started doing summaries of our chats - @RENphysio is going to put up May's one soon so keep an eye out! #CYPMeFirst

Kat Cormack @kittycormack23 days ago

RT @CYPMeFirst: Q1. How do you manage your anxiety around opening up difficult conversations? #CYPMeFirst <https://t.co/dWr2OYze8F>

Kat Cormack @kittycormack23 days ago

RT @LucyAlexandria: @CYPMeFirst YP Perspective: it's okay to be nervous. We CYP will be too. Be honest & don't be afraid to show vulner...

Me first @cypmefirst23 days ago

@AMLTaylor66 @SharonLMartin1 @jcstaff_ @NorthSn @SAPHNAsharonOBE @CSE_DC @IanGould5 @Nitchola @Helen_StTeams @Thomsk56 @CSEBeth We'll be advertising the next date soon so keep an eye out! + chat summary will go up on the website so you can catch up :) #CYPMeFirst

Amanda Taylor @amltaylor6623 days ago

RT @sarahrlea: Take a look at our #CYPMeFirst website for info on our training on safeguarding: <https://t.co/BLK9FV5K4G> <https://t.co/YFt8Op...>

Amanda Taylor @amltaylor6623 days ago

RT @CYPMeFirst: @jcstaff_ @AMLTaylor66 @SharonLMartin1 @NorthSn @SAPHN AsharonOBE @CSE_DC @IanGould5 @Nitchola @Helen_StTeams...

Amanda Taylor @amltaylor6623 days ago

RT @CYPMeFirst: @AMLTaylor66 @SharonLMartin1 @jcstaff_ @NorthSn @SAPHN AsharonOBE @CSE_DC @IanGould5 @Nitchola @Helen_StTeams...

Kat Cormack @kittycormack23 days ago

@CYPMeFirst @LucyAlexandria I always found it helpful, let me bond with the professional & accept their help more readily, definitely more human approach #CYPMeFirst

Penguin Yark @debbo_fisko23 days ago

RT @RENphysio: @LucyAlexandria @CYPMeFirst @madblack65 @jcstaff_ @AoifePrice Yep! Different ways of communicating can be extremely...

Me first @cypmefirst23 days ago

@KittyCormack @LucyAlexandria Thank you, this will hopefully give more HCPs confidence in using personal stories when having tricky or personal conversations #CYPMeFirst