

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

New Me first Project Lead!

We are very sad to bid farewell to Joanna who is leaving the **Me** first team after 3 years. Thank you Joanna for all your hard work and dedication to **Me** first! You have been an inspirational leader within our team.



Jessie McCulloch will be replacing Joanna as the Project Co-lead alongside Kate. Jessie joins us from London South Bank University where she is a Senior Lecturer in Children's Nursing. Jessie will be a familiar face to some of you as she worked with us recently to develop a **Me** first Health Coaching module.



Upcoming Events

Communication Champions Network: 20th June,
9am-12noon, NCVO, London (plus free breakfast!)

Twitter Chat 4th July 8pm:



“What to do when CYP say no in health and care”

Communication Champions Special Summer Event
GOSH, 18th July 5:30pm-7:30pm

Me first

Children and young people
centred communication

Training update

Demand for masterclasses

We are thrilled to be entering our busiest ever training period this summer. We will be travelling all over London to offer in-house training in more than ten different organisations.

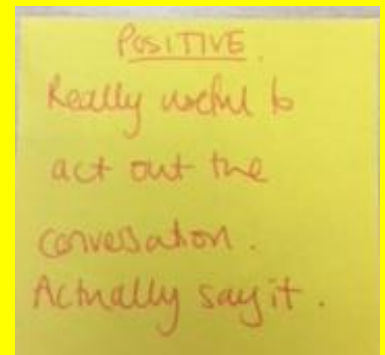
New Me first module: Health Coaching

We piloted this new full day module on in March. This training builds on the **Me** first model of child centred communication to develop skills in health coaching conversations, maximising opportunities to discuss lifestyle factors and setting goals in partnership about health and care needs. Health coaching skills can support health care professionals to develop children's and young people's capacity to consider lifestyle changes, and fully participate in their care.

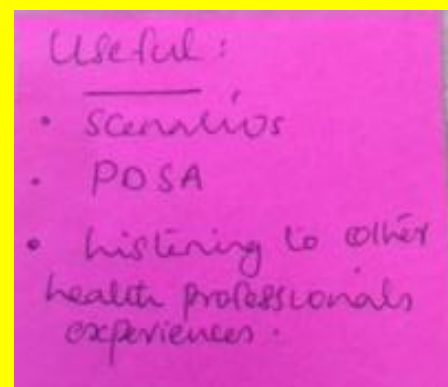
Check out the health coaching [model](#) and see our [training page](#) for details of upcoming courses.

New ½ day themed module

We're exploring different formats for training to help meet the needs of professionals working with CYPs in health and care. In March we piloted the first of our new trial half day modules that focus on a specific theme. This one was about reaching agreements between CYPs, parents and health care professionals to help improve how we manage conflict that arises when disagreement develop. We had a good mix of different professionals to share experiences of these challenges and how they affect individuals involved. Evaluations were very positive



POSITIVE
Really useful to
act out the
conversation.
Actually say it.



Useful:
• Scenarios
• PO SA
• listening to other
health professionals
experiences.



Communication champions

Summary of the Communication Champions Meeting on 5th February

Thank you to those of you who attended the Communication Champions meeting in February. This session focused on health coaching led by Jessie McCulloch who has been working on a project to combine this with **Me first**, particularly around transition and making every contact count. Jessie led an excellent and informative session that introduced health coaching and gave us the opportunity to learn and try out some useful words and phrases for use in clinical settings.

We also ran through one of the new resources on our website, the [15 step challenge](#). The 15 Steps toolkit can help you engage young adults in reviewing care environments so that we can work with them to improve their care experiences.

We had a useful session to collect feedback about what our champs think about the network meetings, the website and the support we provide.

A huge thank you to those who contributed such great ideas on the day. Everything we do in our meetings comes from suggestions from our champions to ensure we're meeting their needs so it's really helpful to have new ideas.

If you have any suggestions about future training or how to improve communications champions meetings or support, we'd love to hear from you.



Communication Champions Special Summer Event

On 18th July 17:30-19:30 we're hosting a party at Great Ormond Street Hospital roof garden to celebrate our Communications Champions and all their hard work and achievements. Join us for some drinks and nibbles and some fun activities, it would be great to see you.

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Communication champions

Examples of ideas for speakers:

- Influencing and change
- Social communication disorders
- Adolescent communication
- Death and dying
- Parent of a CYP with long history of contact with health services

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



Agenda for Communication Champions Meeting

20th June, 9-12, NCVO Centre (Kings Cross)

Theme: Mental Health

Speakers:

- * **Psychological aspects of chronic illnesses**, *Louisa Monzani, Psychologist at Great Ormond Street Hospital*
- * **Communication with CYP who have mental health disorders**, *Cher Johnston, Lead Nurse Specialist Practice CAMHS Liaison, Barnet General Hospital & Me first Trainer*

Please contact us to let us know if you plan to attend.

What you asked for:

- Mental Health theme
- Psychologist with interest in adolescents



What we did:

- Dedicate our next Comms Champ network event on 20th June to Mental Health & invited guest speakers.

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

Thank you, we look forward to hearing from you!

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Twitter



Twitter is a great way of connecting with **Me** first and with other professionals within health and social care. It is also a useful resource for CPD. You can follow us @CYPMefirst and tweet using #CYPMefirst

Me first Twitter Chats:

Our chats continue every two months on Wednesdays, 8-9pm. We ask key questions around various topics and invite people from our network and beyond to join in the conversation.

Join us for our next chat on
Wednesday 4th July 8-9pm:

“What to do when CYP say no in health and care”

Need help using Twitter?

We have guidance on our website for getting started [here](#). The following links also provide advice and guidance for healthcare professionals on using Twitter, whether a novice or experienced:

- http://www.wecomunities.org/resources/twitteriversity_1
- <http://www.voices.rcpch.ac.uk/post/145956468372/social-media-a-guide-for-cynics-and-champions>

Previous Twitter chat 9th May 2018:

How to share decision making with CYPs in health and social care when there are limited choices to offer

It was great to have so many people joining this conversation including young people, parents and professionals. The transcript for this chat will be up on our website soon.

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In conversation with...

Joanna Reid, Me first Project Lead



Q) Can you tell us a little about yourself, your job title and background?

I'm the Lead Practice Educator for **Me first** and commercial education. This means I co-lead the programme with Kate and support commercial and academic education at GOSH. I am a children's nurse and nurse teacher with a varied experience working in London teaching hospitals and Uganda.

Q) You've been involved with Me first since the beginning, how did you become involved with the project?

I started a new job at GOSH in the central education team and a small project started that needed input from a HCP. My role developed as **Me first** developed.

Q) The Me first team consists of many professionals, from different backgrounds, all with unique and varied skill-sets, what do you believe to be the most important attribute to have when working on a project like this? What makes a great team member

I think the key attribute for the project is valuing everybody's differences and the expertise they bring. One of my key attributes is grounding. The team works brilliantly, having ambitious and creative thinking, trying to push how we can improve experiences and outcomes for CYPs by improving our communication skills. My job is to encourage this and to continue the day-to-day stuff that keeps the project going.

Q) The Me first project has been going for 3 years now, what do you see as Me first biggest achievement to date?

- We have reached a large number of professionals which will have positively impacted a huge number of conversations for children, young people and their families
941 people have been trained in Me first communication
34,000 different people using the website to improve their practice

Q) Me first has a growing suite of training modules, why should professionals book onto a Me first training day?

The Me first courses offer a safe, friendly, relaxed and expert environment to help you to improve your practice, building what you already do in a meaningful way that translates into actual changes in the clinical setting. It also offers a new viewpoint, by being delivered with young people and through working with peers you are able to see and respond to nuanced differences in language that are hard to imagine on your own.

Q) Finally, is there anything else you'd like to add?

I would just like to add that I love the resource hub (mefirst.org.uk/resource) it has so many resources that I like and I wanted to take this opportunity to highlight a few that I think offer practical support. These are things that we have tried and tested and know can help:

Sorting tasks: <http://www.mefirst.org.uk/resource/sorting-tasks/>

Identifying readiness to change:

<http://www.mefirst.org.uk/wp-content/uploads/2018/03/Identifying-readiness-to-change.pdf>

Blood quest App: <http://www.mefirst.org.uk/resource/blood-quest/>

Feedback bullseye: <http://www.mefirst.org.uk/resource/bullseye-young-persons-feedback/>

Three houses: <http://www.mefirst.org.uk/resource/three-houses-communication-technique/>

Cbeebies videos: <http://www.mefirst.org.uk/resource/cbeebies/>

More ways to get involved:

- Become a **Me** first **Communication Champion**
- (all those who have attended our training are eligible to join)
- **Twitter** : Follow us, tweet us or keep an eye out for updates
- Fancy writing a **blog** for us? Have a look at our [blog page](#) for ideas
- **Newsletter** if you'd like to add an entry into future newsletters, please get in touch
- **Feedback:** We always appreciate you have about the project or website or this newsletter.

We wish all our **Me** first supporters and champions a brilliant summer and hope to see you at our upcoming Communication Champions events on 20th June and 18th July!

Our next newsletter will be out in September.

In the meantime stay tuned to us on Twitter and the **Me** first website...