

December 2018

Young Healthwatch #RealMe report

Our Young Healthwatch #RealMe report has been launched - Young Healthwatch used a survey, an arts competition, and workshops in a local college to find out more about young people in Sheffield's sense of self-worth.



They heard from 151 as part of the survey, and their findings include:

- 51% of young people asked said they think about their self-worth often,
- Many young people are struggling because of a low sense of self worth - when asked to self-score their sense of self-worth, the average score was 4 out of a possible 9
- Young people understand which activities help them to feel better and worse about themselves.

Young Healthwatch set out 5 principles for Health and Social Care commissioners including doing more meaningful engagement with young people, and thinking about the effect that services will have on self-worth and wellbeing.

"I'll never be good enough."

"I measure my successes against others."

Since the report was published, our Young Healthwatch volunteer Danial appeared on BBC Radio Sheffield to talk about the findings.

You can read all of our reports on our website www.healthwatchsheffield.co.uk, or contact our office to request a paper copy.

Telephone: 0114 253 6688

Email: info@healthwatchsheffield.co.uk

Apply for a #SpeakUp grant!

In 2018, we used our involvement fund to commission 11 groups to lead engagement work within communities. We wanted to empower people and communities to ask questions about local health and care. The resulting findings had great breadth - in total we heard from 540 people - and depth. All of the individual reports plus a summary report which captures cross cutting themes are available on our website.

Common themes included: good experiences; provision and accessibility of information; communication challenges; access to services; flexibility of services and the importance of community.



We're already seeing the impact of these reports. For example, Burton Street Foundation have acted on their findings, teaming up with Sheffield Mencap and Gateway and NHS Sheffield Clinical Commissioning Group to improve the health of people with learning disabilities.

On 19th December 2018 we'll be inviting applications to the scheme again from voluntary and community groups. Last year people told us that the application period should be longer, so this time you'll have eight weeks in which you can apply. You could receive up to £500 to carry out creative and impactful engagement.

Our next VCF health and wellbeing forum on Wednesday 19th December 2018 at 9.30-11.30am, here at The Circle, is Ready...Set...Engage! Previous recipients will join us to share their experiences and we will be looking at the wider role of the sector in engagement and involvement. If you're interested in engagement or perhaps you're thinking about applying for this round of #SpeakUp grants, please come along.

Healthwatch Sheffield have welcomed two new team members



Rosie Priestnall-Birkett is our new Engagement Officer. With a background in the arts as well as experience working in the NHS, Rosie runs our Young Healthwatch; supporting young volunteers to hear the voice of other young people in the city.



Matt Blomefield joined the team as Policy and Evidence Officer, managing feedback which comes into the rate and review website and organising Enter and View visits. He has a background in sociology and social research at university.

Dates for your diary

12th December, 5-6pm.

Strategic Advisory Group (SAG) meeting in public.

Our new SAG's first meeting in public will focus on Young Healthwatch. Call us on 0114 253 6688 to book a place.

19th December, 9.30-11.30am.

Voluntary, Community, and Faith Sector (VCF) Forum.

This VCF Forum will focus on effective engagement and involvement. Call us on 0114 253 6688 to book a place.

Christmas closure.

Healthwatch Sheffield will be closed from Monday 24th December 2018 to Tuesday 1st January 2019.

Enter & View

One of Healthwatch Sheffield's priorities for 2018-20 is to investigate the quality of care homes locally. To do this, our Authorised Representatives are carrying out a series of Enter & View visits in care homes, and will have completed 6 of these by the end of March 2019.

We've spoken with key professionals from Sheffield Clinical Commissioning Group and Sheffield City Council, as well as the Care Quality Commission. We wanted to maximise our impact in the local area, by visiting the right places and sharing information with other organisations.

After undertaking the training and carrying out my first visit at a Care Home, I have to say it was an enjoyable and educating experience. I managed to speak to some of the residents and obtain their feedback first hand.

- Naz Iqbal, Enter & View Authorised Representative

Enter & View visits are a unique snapshot into daily service provision. Visiting and seeing for ourselves is a really valuable way to speak to residents, relatives, and staff.

In November, we visited Scarsdale Grange Nursing Home, Park View Residential Care Home, and Prior Bank Residential Care Home. We will be making more visits in January.

Our Enter & View reports will include recommendations to help the care homes improve, as well as sharing examples of best practice which other care homes can learn from.

It was a great opportunity to get 'beneath the skin' of the care home. Talking to the staff and residents really told a story. It was a privilege to take part.

- David Boddy, Enter & View Authorised Representative

If you would like to get involved with our Enter & View work, please contact our Volunteer & Engagement Co-ordinator Mark.
Email: m.smith@healthwatchsheffield.co.uk
Telephone: 0114 253 6688