

Cardiff and Vale University Health Board

A Children and Young People's Charter

The project to develop a Charter started in 2018 with a series of focus groups involving schools, youth clubs, and community groups. The young people involved in the focus groups were from a wide range of backgrounds.

There were a wide range of views expressed at the focus groups, which ranged from some basic changes like the availability of vending machines to some deeper issues around raising awareness about mental health, for example.

The information was then sorted into key themes –environment, interactions, education, information, feedback. These key themes were then developed by young people themselves into a Children's Charter.

Cardiff and Vale Health Youth Board (CAV HYB)

The Health Board began the process of setting up a youth board in 2018, by advertising widely, and inviting young people to a recruitment event in the Wales Millennium Centre.

The Youth Board has been active since late 2018, and consists of 30 young people, and includes young carers, young people who are care-experienced, young people representing ethnic minorities, and young people representing the LGBTQ+ community. The members of the youth board now have lanyards and polo shirts! The young people were involved in designing their own logo:

The Board have received a number of training and personal development opportunities through their involvement with the Board, which include training around the different roles of professionals within health boards, safeguarding, sexual health, training with UNICEF, and training in presentation skills. The young people have presented on the work of the youth board at major events, and have even had their own stall at the Urdd Eisteddfod.

Some of the work the Youth Board has been involved in so far include:

- Safe staffing levels
- Immunisation programme
- Child and Adolescent Mental Health Services improvements
- Future content of pre-registration children's nursing degree
- Interviewing staff
- Healthy weight
- Consultations on patient/ service user information and feedback methods
- Working with the Sexual Assault Referral Clinic on their checklist for young people

- Helping to create a new pathway for 16 and 17 year olds in the emergency department which includes multi-disciplinary meeting every fortnight to review notes
- Helping to create a new assessment for young people to make sure all their needs are met as far as possible when they present to health services
- Involvement in staff training on Children's Rights, and understanding adolescent development