

Youth Co-Production of COVID-19 Educational Information

Youth Empowerment Squad

The Youth Empowerment Squad (YES) is the Barts Health youth forum. It's made up of a group of young people who have extensive experience and knowledge (or an interest) in healthcare. They have been meeting once a month since October 2015. Their mission is for all Barts Health young people to share their views in their care, share good practice and make and influence decisions.



Since lockdown was first initiated in the U.K., YES have been meeting virtually. Their membership has grown significantly and some of the recent projects they've been part of include: 'What Matters to Me in Hospital' videos, creating interview packs for members, participating in Trust interview panels and celebrating their 5th birthday!

Leaflet Design and Background

In April 2020, the Barts Health Youth Forum recognised that there was very little information geared specifically towards young people to educate them on COVID-19. With this in mind, YES members created an age appropriate, educational resource with accurate information for young people on the COVID-19 pandemic.

Method

Members collaborated with clinical staff and an illustrator to create the leaflet. It included information about COVID-19 and how to prevent the spread of the virus, tips on how to physically distance but not socially isolate from friends and how to seek help for COVID-19 symptoms and links to resources for further support.

"YES members wanted to create a leaflet to help inform young people about COVID-19 in a way that they could understand, developing an easy format that was informative and appropriate for young people. Using the leaflet young people are more informed and know which organisations to contact and approach if they are struggling." – Felicia (YES member)

Results

The leaflet debuted on social media and has been a huge success. It has been shared via Twitter over 300 times and has been showcased on many youth forum websites and included in online publications. Members plan to continue updating the leaflet as new information becomes available.



Conclusions

The YES forum recognised that having accessible and relevant information was key to empowering young adults to protect themselves and their families. We have shown that involving young adult stakeholders in co-production of educational material is highly successful and achieves widespread engagement.

If you'd like more information on the leaflet, or the Youth Empowerment Squad, please email:

youthforum.bartshealth@nhs.net

Or check out their Social Media:

Twitter: @YES_BartsHealth

Instagram: @BartsHealthYouthForum



"We set up YES to establish a platform for passionate individuals to have an impact on lives of adolescents across Barts and we have definitely achieved that goal." - Theo (YES member)

COVID-19 INFORMATION for YOUNG PEOPLE by Young PEOPLE PAGE 1

COVID-19 is an infectious disease caused by a newly discovered **CORONAVIRUS**. Coronaviruses have been around for a long time, but COVID-19 is a NEW strain that was originally identified in China and has spread RAPIDLY into almost every country around the world.

The World Health Organisation (WHO) have characterised it as a **PANDEMIC**.

Most people with COVID-19 will have MILD to MODERATE symptoms including a high TEMPERATURE, a SORE throat and a COUGH and will RECOVER without requiring treatment.

Other people can develop a SERIOUS illness and will need more SPECIALISED hospital care.

To try to PREVENT the VIRUS from continuing to SPREAD we have had to make some adjustments to the way we LIVE. Schools, colleges and Universities have temporarily SHUT and students are HOME SCHOOLING.

It can be really HARD if you have relatives or friends in hospital and you CANT visit them as usual, this is for their and your SAFETY. Hospitals are having to put TIGHTER restrictions on visitors at the moment to REDUCE the spread of infection. There are many ways you can stay in TOUCH with those you care about while in hospital. Please also know the staff will do EVERYTHING they can to keep you informed about your LOVED ones.

People are working from HOME where possible and in some cases people will have LOST their JOBS.

If you are feeling UNWELL and begin to develop COVID-19 symptoms yourself, STAY HOME and use the online 111 CORONAVIRUS service to find out what to do. The website is: <https://111.nhs.uk/covid-19>

You can also call 111 if you need ADVICE for a baby or child. If they seem very UNWELL are getting worse or you think there's something SERIOUSLY wrong, call 999. If you have an underlying health condition and need HELP please contact your GP or if an EMERGENCY go to A&E.

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We are all being asked to PHYSICALLY distance ourselves from others and to avoid any UNNECESSARY contact.

Those who are more VULNERABLE and at RISK of becoming unwell have been advised to SELF-ISOLATE completely, this has been called SHIELDING.

We need to make sure that whilst PHYSICALLY distancing ourselves we don't SOCIALLY isolate ourselves from our FRIENDS and LOVED ones.

When our regular ROUTINES are disrupted, it is important to MAINTAIN our daily RITUALS for our wellbeing and MENTAL health.

Eating healthy, participating in a DAILY exercise and maintaining a normal SLEEP schedule are all things we can do to CARE for ourselves during this time.

TALKING to people about how we are FEELING is also very important.

With the CONSTANT flow of information about coronavirus it is normal to feel OVERWHELMED and even anxious about the FUTURE.

Make sure to use TRUSTED sources of information and know that it's okay to take BREAKS from the NEWS as needed.

When you LOSE someone close to you, it's natural to feel SAD, DEPRESSED or angry. If you're finding it hard to COPE with any of these new adjustments, you are NOT alone and there is lots of SUPPORT you can ACCESS.

Very sadly, not everyone will RECOVER from COVID-19. This can be especially HARD if it is your relative, or someone you know.

YOUNGMINDS <https://youngminds.org.uk/>

childline <https://www.childline.org.uk/>

gov.uk <https://www.gov.uk/>

bbc <https://www.bbc.org.uk/>

kooh <https://www.kooh.com/>