

WITH US NOT FOR US:

LEARNING FROM THE PANELS PROJECT ON EMBEDDING UNDER-SERVED YOUNG PEOPLE'S PARTICIPATION IN INTEGRATED CARE



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"YOUNG PEOPLE AND ADULTS OBVIOUSLY HAVE DIFFERENT VIEWS ON DIFFERENT STUFF, SO IT'S GOOD TO GET THEM TOGETHER SO THAT THEY CAN UNDERSTAND EACH OTHER'S VIEWS" (YOUNG ADVISOR)

WHY THIS MATTERS

- Children & young people (CYP) are 1/4 of the UK population & their health & care needs are increasing.
- CYP receive only 11% of UK health funding & have poorer health than in comparable countries.
- Integrated Care Systems (ICS) face significant challenges including growing health inequalities, pressures on services and cuts to staff and funding.
- Health inequalities shape health & wellbeing throughout childhood and into adulthood
- Involving young people in planning ensures that services better address their needs



AIM

PANELS (Participation of under-served young people in NE London health and wellbeing Services) aimed to create a strong and lasting place-based partnership where young people, and adults who work with them, can learn and work together to explore how participation can best improve the health and wellbeing of under-served young people aged 15-25.

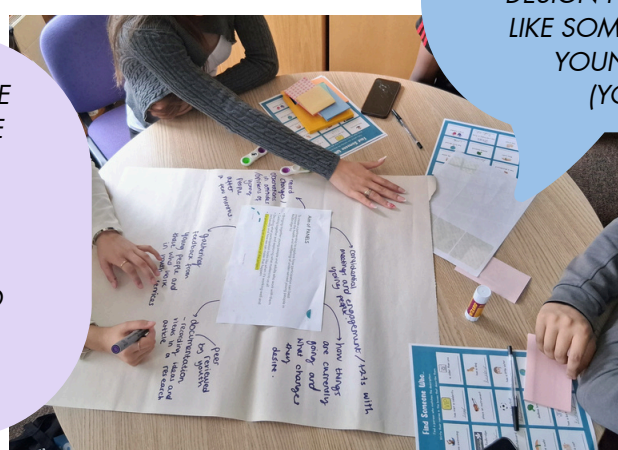
WHAT WE DID

- Collaboration: developed and delivered with a local community organisation and 7 young advisors
- Building community: bringing together local young people and organisations working with them
- Engagement: visits to young people's groups & services, meetings, workshops & a community of practice to find out what matters to people and co-create solutions
- Co-produced project evaluation

During the project we spoke to:

- **70 young people**, who told us about their experiences of local services and the things that affect their health
- **58 professionals** from 50 different organisations

"I DO FEEL LIKE I HAVE BEEN LISTENED TO... [SOMETIMES WE DO GO INTO ROOMS AND WE ARE THE YOUNGEST PEOPLE [THERE], BUT... INSTEAD OF LETTING THAT HOLD US BACK WE JUST TAKE IT ON BOARD AND WE JUST GO AHEAD AND SHARE OUR VIEWS AND REPRESENT YOUNG PEOPLE". (YOUNG ADVISOR)



"IF YOU INVOLVE YOUNG PEOPLE IN THINKING ABOUT HEALTH SYSTEMS AND SERVICES, THEN YOU CAN END UP HAVING LIKE A BETTER DESIGN FOR THE SERVICES AND LIKE SOMETHING THAT ENTICES YOUNG PEOPLE MORE." (YOUNG PERSON)



WHAT WE LEARNED

Facilitators

- Shared commitment to youth voice and participation
- Acting on young people's views not just hearing them
- Place-based approach grounded in local knowledge
- Shared spaces for young people and adults to come together, alongside young people-only spaces
- Flexible, inclusive and trauma-informed approaches
- Tangible benefits for young people: payment, experience, and skills

"WE WERE FORTUNATE TO HAVE BUILT THE TRUST NEEDED TO REACH THESE GROUPS — IT TOOK A LOT OF PERSISTENCE, RELATIONSHIP-BUILDING, AND RESILIENCE" (TEAM MEMBER)

Challenges

- Involving young people experiencing hardship and personal challenge, including digital poverty
- Developing shared understanding and priorities in a limited time
- Time and funding: for project and stakeholders
- Cuts & changes to integrated care & wider health system

Impact

- Strengthened cross sector relationships & communication
- Increased commitment to youth participation in strategy and practice
- Young advisors reported greater confidence, skills and sense of influence
- 'Walking the walk': people valued how the project modelled inclusive involvement.

WHAT WE'RE DOING NEXT

Working with young people and stakeholders to:

- Develop creative outputs to share learning and support implementation
- Co-create a theory of change
- Plan further research

MORE INFORMATION

Contact us: panels@herts.ac.uk

<https://www.communityactionredbridge.org.uk/panels-project>

