

# Report to the Meeting of the

**CoG 06/2022**

(Agenda item: 04)

# Oxford Health NHS Foundation Trust

# Council of Governors

**15 June 2022**

**Oxford Health and Unloc Project Background**

**and Youth Board Presentation**

**For: Information**

**Executive Summary**

The Unloc and Oxford Health project was initiated in 2021 and the following paper and presentation reflect work undertaken to date.

The core aim of the project is to empower young people and give them a voice within Oxford Health to advocate for change, heighten awareness of their interaction and needs with and from services and to influence Trust communications with young people.

The project approach, governance and activity to date is outlined in this report as background information. A presentation by the Oxfordshire Youth Board will be made virtually to highlight the following points:

* What does the Youth Board mean to those involved;
* What have they achieved to date;
* What they would like Governors to be aware of.

**Governance Route/Approval Process**

This is the first presentation of the Youth Board to the Council of Governors. It has been created in collaboration with Youth Board members, Unloc and Oxford Health project leads and the Oxfordshire working group.

**Recommendation**

The Council of Governors is invited to note and comment upon the report.

**Author and Title: Julie Pink, Head of Charity and Involvement**

**Lead Executive Director: Kerry Rogers, Director for Corporate Affairs and Company Secretary**

1. *A risk assessment has been undertaken around the legal issues that this report presents and there are no issues that need to be referred to the Trust Solicitors*
2. ***Strategic Objectives/Priorities*** *– this report relates to or provides assurance and evidence against the following Strategic Objectives/Priorities of the Trust*

*1) Quality - Deliver the best possible clinical care and health outcomes*

*2) People - Be a great place to work*

*3) Sustainability – Make best use of our resources and protect the environment*

*4) Research and Education – Become a leader in healthcare research and education*

**Unloc and Oxford Health Project Background**

**SITUATION**

The [Unloc](https://www.unloc.org.uk/) and Oxford Health NHS Foundation Trust project was initiated in 2021. The Chief Executive had worked with Unloc when he was Chief Executive of Southern Health NHS Foundation Trust and asked the Director of Corporate Affairs to explore implementation of the model at Oxford Health.

The following report provides background information to the project as a whole, the governance structures in place and outlines activities that have taken place to date. It also highlights future plans for development.

A presentation (provided separately) will be given by members of the Youth Board to outline their reasons for getting involved, what they feel they have achieved so far and what they feel Oxford Health Governors need to be aware of in relation to their experience of the Trust and wider services.

**BACKGROUND**

The main aims of the Unloc and Oxford Health project are threefold:

**VOICE**

* Providing a platform for young people in education and the wider community to share ideas and suggestions for service improvement.
* Engaging young people in the Trust’s decision making and governance through Trust membership, volunteering and the youth board - feeding into the Council of Governors.

**EDUCATION**

* Giving young people the opportunity to engage in conversations on mental health and wellbeing with peers, local community and voluntary services and the Trust.
* Young people gaining knowledge and understanding of services available to them within the Trust’s remit, and acting as ambassadors for their respective schools and colleges.

**OUTREACH**

* Engaging the community the Trust serves in the work of the Trust to foster positive and mutually beneficial relationships.

The approach taken to meet these aims can also be split into three stages,

**SURVEY**

* An opening to survey young people across a designated geography to gather a snapshot on their wellbeing (including the impact of COVID) and their awareness of support available.

**YOUTH BOARD**

* Recruitment to a Youth Board to enable ongoing engagement with the Trust, involvement in specific projects, feedback on topics of concern and development of a summit/engagement opportunity to widen awareness of Oxford Health and partner services and how the Trust can better engage with young people.

**SUMMIT/ENGAGEMENT**

* Provision of a one day (or several days if appropriate) summit to bring young people together and share information, gather feedback and support wellbeing.

The Unloc and Oxford Health project was initiated in Oxfordshire in Spring 2021, with roll out to Buckinghamshire in late Autumn 2021 and plans are under discussion to begin roll out to the BANES, Swindon and Wiltshire (BSW) area in late 2022.

The project Executive Sponsor is Kerry Rogers and a Steering Group comprising of the Executive Managing Director for Mental Health and Learning Disability Services, the Head of Oxfordshire CAMHS, Lead Consultant for Oxfordshire CAMHS, Head of Buckinghamshire CAMHS, Associate Director for Communications and Engagement, Patient Experience and Involvement Manager, Head of Charity and Involvement, CAMHS Patient Experience and Involvement Lead, the Head of Inclusion and Project Leads from Unloc meets on a six monthly basis to review project developments.

Each geography has its own working group with representatives from Charity and Involvement, Patient Experience, CAMHS, MHSTs and Communications as well as Unloc Project Leads. The working groups meet on a monthly basis and ensure delivery of work against the project plans. They also set agendas for the Youth Board meetings.

The Youth Boards meet on a six weekly basis over a six to nine month period – Oxfordshire’s Youth Board having started meetings in December 2021 and Buckinghamshire’s Youth Board starting in May 2022.

Funding for the project to date has come from both the Trust and an NHS Charities Together partnership grant. Funding to roll out the BSW element is currently being sought.

**ASSESSMENT**

**SURVEY RESULTS**

The project to date has delivered a comprehensive survey of young people in both Oxfordshire and Buckinghamshire. The Oxfordshire survey had approximately 1500 responses, the Buckinghamshire survey receiving approximately 1300 responses. The results of both surveys showed that the top three areas of concern for young people are:

* Studying and Exams
* Negative Thoughts and Feelings
* Relationship Problems

The survey highlighted that the majority of young people lack confidence to ask for help (75% in Oxfordshire and 70% in Buckinghamshire) and are unsure what services are available to them, with only 25% in Oxfordshire knowing where to go for help. This figure was significantly better in Buckinghamshire with 60% knowing where to go for help and further work will be done to find out what is done differently in this area that might explain the more positive result.

It also flagged that approximately only 50% of young people in Oxfordshire and 33% in Buckinghamshire feel good about themselves.

The survey results have been shared with the Trust, schools, youth groups and partners in Oxfordshire and will be shared with similar groups in Buckinghamshire once their report is finalised.

**YOUTH BOARDS**

Both Oxfordshire and Buckinghamshire have successfully recruited young people onto Youth Boards with more than double the applicants to spaces available. All those who were not selected through the shortlisting to join the Youth Boards have been contacted about alternative participation opportunities with the Trust. The shortlisting criteria ensured that each Board has a spread of young people from across each county and covers individuals who have been involved with Trust services as well as those without any previous involvement. To date, their involvement in meetings in both counties has been enthusiastic and passionate with both groups hoping to make a difference to services through their participation.

To ensure the activities of the Youth Board are relevant and their feedback is acted upon, members of each working group are involved in agenda setting and attending sessions. Attendance has also been welcomed from the Council of Governors with Mike Hobbs attending the Oxfordshire Youth Board to explain the role of governors to them and discuss how they might feed into the Council of Governors. An invitation for the Buckinghamshire Youth Board is being prepared.

All those involved in the Youth Boards and those who completed the survey have been invited to become members of the Trust with the Oxfordshire Youth Board able to take part in the latest round of Governor elections. For many this was their first time voting for a person who will have the influence to change services that directly affect them and their friends and the opportunity to get involved in this way was welcomed. A few also expressed interest in potentially running as a young governor in the future.

**SUMMIT/ENGAGEMENT**

The first event for the project is in development at present and will take place in Oxfordshire on 5 July 2022 (the NHS Birthday). The event has been co-designed with the Youth Board and will feature seminars, stands and activities focused on wellbeing. The sessions will be delivered by Unloc themselves as well as members of Oxford Health. Partners are also being invited to be present and get involved in the seminars. More information on the event can be found at [https://unloc.online/events/oxfordshire-youth-mental-health-summit](https://protect-eu.mimecast.com/s/ydLQC57YpS6PXz6SjOCD8?domain=unloc.online).

A second event or set of events, will be co-designed with the Buckinghamshire Youth Board for delivery in late 2022.

**RECOMMENDATION**

The Council of Governors is asked to consider how they would like to engage with the Youth Board in the future and whether there are any projects or developments that they would particularly welcome Youth Board views on.