



Emotional health and well-being

Sheffield Council

GP AWARENESS

October 2022

Following their Bright Spots survey findings Sheffield Care Leavers' Union members wanted to start conversations with local GPs and health services to improve services for care experienced young people.

Why?

Through the Bright Spots surveys nearly 550 children in care and care leavers have shared how they feel they are doing and what influences their well-being.

GPs and health services are a key support and the Sheffield care leavers' union wanted to raise the profile of children's experiences and start thinking about ways to improve things – so they created some questions to get everyone talking.

SHEFFIELD CARE LEAVERS' UNION REALITY Check-in

We are a group of Care Experienced young people that come together and work on trying to improve the system for ourselves and others.

We would like to challenge our Sheffield GPs to answer these questions and think about any changes you could make that would improve things for us.

1 Have you got a way of easily knowing from our records that we are care experienced? Even once we turn 18? Some of us struggle when we are seen to be adults at 18.

3 Do you have a way to regularly check what our contact details are? We move around a lot more than our non-care experienced peers.

5 Do you know what mental health support is available to us? Do you have physical leaflets we can take away with us? Many care experienced young people really struggle with their mental health.

7 More care experienced young people struggle with communication than their non-care experienced peers. We really appreciate things being explained clearly, written down for us to take away and even better to have a few pictures to explain what you mean. No one thinks they can draw- but we really like people that try.

2 Is there a way of us having the same GP? We have lots of adults moving in and out of our lives and consistency really helps. Many of us really appreciate being given a photo or leaflet telling us a bit about a worker so we can remember who you are and your role.

4 Are you confident that you know who the main grown ups are in our lives and what we call them? Some of us have our care status revealed in front of others and it can be embarrassing.

6 Are you a trauma informed Practitioner? Are all the staff in your practice trauma informed? We each have had our own journey into and through care and appreciate professionals that understand this. It can take us longer to build trust.

8 Will you tell us when you sharing our information and why? Confidentiality is important to us. Many of us hate having information shared in front of others. Please be mindful of this.



We would love to hear and see how you have got on!
Or perhaps you are doing things already you would like to share?



Tweet us your changes

@Sheffield_SCLU

#bigGPconvo

What difference is it making?

The first #bigGPconvo was a success – Sheffield Care Leavers' Union spoke online to over 500 local GPs and health service colleagues. They have plans to share their message further and have even bigger conversations to raise awareness – they are excited to have secured a session at a Yorkshire and Humber regional conference for those working in health.