



Rights & Voice

Association for Young People's
Health (AYPH)

Exploring health inequalities faced by care experienced young people

September 2023

The Association for Young People's Health (AYPH) worked with Coram Voice to facilitate conversations about care experience and health inequalities.

Why?

Care experienced young people face specific barriers to accessing healthcare services, which can have a detrimental impact upon their health and wellbeing. AYPH wanted to engage a group of care experienced young people, through the support of Coram Voice. One of which would become a peer facilitator, to assist in better understanding young peoples experiences.

What did they do?

- Coram Voice brought together a group of 10 care-experienced young people aged 16-25 from across England, to explore what health inequalities care experienced young people faced.
- The group met online 4 times between January and May 2023.
- AYPH supported one group member to become a peer facilitator. They supported AYPH staff to plan, prep and facilitate each of the sessions.
- The group started session 1 by identifying and prioritizing different barriers to good health care and used the remainder of the sessions to explore topics in-depth.
- The group discussed: mental health, finances, stigma and health literacy as barriers.
- The group created a podcast exploring the different barriers they face to leading healthy lives and accessing health care. [Find the podcast here.](#)
- Some of the group spoke at a webinar with one member co-chairing the event. [Watch it here.](#)

What difference is it making?

- Having a youth facilitator really supported the other young people to feel comfortable in talking about difficult topics and challenging staff about the design and structure of sessions
- The sessions were semi-structured so the group could have control of where the conversations went and which topics were explored
- The group decided on a creative output through a podcast to support the reports and give context to some of the issues
- The work directly contributed to the research published by AYPH, Coram Voice and The Health Foundation



- Read the [data report](#) of findings
- Read the [young person's report](#) of findings