



GP Champions for Youth Health - Summary

To download our *Toolkit for General Practice* endorsed by RCGP and briefing *Commissioning Effective Primary Care Services for Young People* visit:

www.ayph.org.uk - @AYPHcharity

www.youthaccess.org.uk - @YouthAccess

Project outline

This was a three-year project, funded by the Department of Health and Paul Hamlyn Foundation. Its aim was to transform the delivery of health services for young people by creating innovative new links between GPs and the voluntary sector. The work was piloted in 10 areas in England. Activities have included joint national learning events and the design and implementation of innovative ways to improve the health offer to young people. The model has varied in all 10 sites, depending on the needs and ideas of the young people involved and the take up of commissioners.

Key findings

The GP Champions project has revealed some challenging themes, including the issue of young people not being registered with a GP and others not realising GPs can help with mental health issues. The work has also uncovered barriers to access including telephone triage systems which have deterred young people from making appointments.

The shortfall in provision of Child and Adolescent Mental Health Services has been evident in many of our GP Champions Project sites. Our voluntary sector partners have tried to pick up some of the workload, setting up new referral pathways with their partner GP and providing counselling within the GP practice. The voluntary sector could be commissioned to provide high quality, affordable counselling and services to young people, including drug and alcohol help and sexual health advice.

Achievements

Our 10 pilot sites all developed projects to improve the health offer to young people, supported by the national team. Their work ranged from training for GPs around domestic and sexual violence in Newham and weight management programmes for young people in Brighton and Hove, to improving healthcare for homeless young people in Southampton.

Two new innovative services have been commissioned. Our pilot site in Liverpool succeeded in getting over £30,000 from the Clinical Commissioning Group to run a health drop in with a GP at the Young People's Advisory Service. In South London, our partners were commissioned by the LeSoCo college of further education to run weekly GP 'pop up' clinics on all three campuses – the first of their kind in England.

Healthwatch has commissioned some of our sites to produce materials. In Sheffield they are supporting the roll-out of leaflets produced by young people on the project for every GP practice in the city and a new film to train GPs in Cornwall.

Young people have developed materials and trained GPs. The group from Washington, Tyne and Wear, ran a national workshop at the Royal College of General Practitioners (RCGP). The youth representatives from Bristol were involved in this year's 'Take Over' Day at the Department of Health.

Recommendations

- Primary care is an essential universal service and we need to ensure that there is sufficient focus on improving young people's access to GPs.
- The voluntary sector needs to be commissioned to provide health services alongside primary care, voluntary sector provision is important to improve access to services for this age group.
- All GP practices should appoint a champion for young people's health and look at how they can respond more effectively to young people needs.

Sharing the learning

We have disseminated learning to the London Health Commission, the NHS England London Region's Clinical Standards for Primary Care and the Health Scrutiny Board of the London Assembly. We have also run a webinar for nurses.

We have produced a *Toolkit for General Practice* which has been endorsed by RCGP, along with a briefing, *Commissioning Effective Primary Care Services for Young People*. We will now be rolling out this work across England.

'Working with the voluntary sector encourages you to be more flexible towards young people and more tolerant if they run late, are loud, or turn up to an appointment with a gang of friends.'

'We spoke a different language when we started, but we are absolutely on the same page now'

The GP Champions Project pilot sites

- **Brighton and Hove** - Portslade Health Centre and YMCA Downslink
- **Bristol** - Montpelier Health Centre and Off the Record
- **Cornwall** - Wheal Northey Surgery and Young People Cornwall
- **Liverpool** - Brownlow Health and Young People's Advisory Service
- **London East** - E12 Health and Newham Asian Women's Project
- **London South** - Queens Road Partnership and Redthread
- **Manchester/Salford** - Salford Health Matters and 42nd Street
- **Sheffield** - Pitsmoor Surgery and Sheffield Interchange
- **Southampton** - Bath Lodge Surgery and No Limits
- **Washington (Tyne & Wear)** - Encompass Healthcare

'The project has exceeded expectations and our new found relationships will go from strength to strength.'

'I didn't know there was so much local data available to show how we're performing compared to the rest of the country'