

Self Care Forum Self Care Innovations Award 2023

Award Application Form and Eligibility

The Self Care Forum is inviting applications of good practise and innovations in self care, personalised care, and social prescribing that have made a difference to individuals, groups, or organisations.

Who can apply?

This invitation is open to everyone, whether you are an individual, a community champion, an employer, GP practice, Local Authority, school, college, business, or services organisation (public, private, or charitable). For a guide, see examples table below.

£500 bursary

The winner will receive a £500 bursary to spend on a self care related initiative and the top entries will be included on the Self Care Forum website to share best self care practise and excellence. The winners will be announced during the UK's National Self Care Week (13 – 19 November) as part of its launch and promotional activity.

Closing date for admissions: **31st July 2023.**

Examples of possible initiatives	If specific health-related conditions were targeted, they might include
<ul style="list-style-type: none"> • 2022's Self Care Week activities • Signposting to services • Protecting mental health and wellbeing • Promoting self care to the shielded population • Self care for the elderly or other specific groups • Self care introduced by employers • Local authority population or community initiatives • Pharmacy initiatives • GP initiatives • Self care education by schools, universities, or community groups such as Scouts, Guides etc • Empowering vulnerable groups 	<ul style="list-style-type: none"> • Long-term conditions • Obesity • Diabetes • General health • Nutrition • Exercise • Mental Health • Self-treatable conditions/minor illness

Please use the form below to tell us about your self care initiative.

If you are typing directly into the form, do not worry if the box extends beyond the page – it will continue onto the next one.

Title and contact details.

Title of Initiative (please ensure this is a good description of your initiative in no more than 6 words)

Don't dismiss young people with eczema

Name of Organisation and Region (please state context, i.e. general practice, community care etc)

Eczema Outreach Support (EOS) – Charity

Name of person/team/individual being nominated

Eczema Outreach Support Youth Panel

Contact name for entry

Suzi Holland , Deputy Chief Executive or Sandra Lawton. Project Lead

Contact email for entry

suzi@eos.org.uk or sandra@eos.org.uk

Timeframe and dates of initiative

Proposal November 2020

Recruitment 2021-2023

Date of submission

27/07/2023

Problem(s) and how you tackled them.

What was the problem you were trying to tackle? (max 200 words)

Eczema is a common skin condition typically starting in infancy, improving or resolving by late childhood, but for some, persisting into adolescence and adulthood which can have a significant effect on a young person's quality of life. Young people must therefore take on a more active role in their eczema management, a role that was previously the primary responsibility of their families. Self-management can be challenging for them when they take on their new role and responsibilities. They may feel apprehensive about communicating their needs and treatment concerns to health professionals and often feel not listened to or taken seriously, and for some eczema can be trivialised which has a detrimental impact on the young people (Ghio et al 2021).

"It was only through a process of trying to make my voice heard, as well as trial and error, that I was able to find a treatment that made me feel normal"

There is a need for health professionals to acknowledge and encourage young people's desire to become active contributors to their own healthcare, treating them as an equal partner in their care, whilst recognising that this new role may be initially daunting for some (Greenwell et al 2021).

Please give a brief description of your self care innovation (max 250 words)

The Eczema Outreach Support (EOS) Youth Panel is a group of young people (aged 16-25 years) with eczema and a desire to advocate and raise awareness of their experiences. Their work influences the development of EOS activities and services and those of the wider health care community. Our vision:

“Young people's voices are at the heart of Eczema Outreach Support, shaping the support we provide and the future direction of the organisation to ensure we continue to meet the needs of families affected by eczema and that our services remain relevant to the changing needs of young people.”

EOS provides services for families of children and young people with eczema and although consultations with young people did happen, they were on an ad hoc basis. We realised how beneficial it would be to have a formal youth panel to help shape and develop our services for young people moving forwards. Two young people with eczema supported us every step of the way with the development of our youth panel programme. They co-produced the youth panel proposal, its vision and recruitment plans (promotion, marketing, materials, interviews, and selection).

To develop our proposal and how we wanted our youth panel to operate, we consulted with the wider team at EOS. There are many options out there: youth parliaments, youth groups. From our research we decided we wanted the Youth Panel to be an integral part of the decision making process to support our strategy and have influence at board level.

What challenges or barriers were you faced with and how did you solve the problems or overcome the barriers? (max 250 words)

The main challenge was to develop the project plan and to implement it in a timely manner:

- **Project purpose:**

The Youth Panel is a group of 16 – 25 year old volunteers selected to bring young people's voices into conversations with our Senior Management Team and our Board of Trustees, as well as other departments across the organisation. Each volunteer will be an EOS Youth Panel Member.

EOS Youth Panel Objectives:

- Operations – oversight on EOS programmes ensuring they are well designed, appealing and will have a positive impact on our members (reviews and new programmes)
- Communications and Campaigns – spread the word and raise awareness of EOS
- Finance and Resources – contribute to ensuring we have the resources available to make it all happen (including fundraising, researching funding streams and/or supporting funding applications)

Approach and rational:

- The YP would meet monthly before each board meeting to cover any topics which need discussion or brought to board with in between meetings convened if there are any time sensitive topics to be discussed or evaluated. Sub-groups can also be convened for specific projects in between formal, planned meetings. A representative of the YP will sit on the board, although they not formal board members are to update on Youth Panel work and input into other agenda items.
- Meetings are online, with an annual face to face event to team build and focus on specific projects. We aim for face-to-face meetings more than once a year with some video links.

Did you collaborate with other partners or organisations, if so, who were they?

The initial research involved speaking to other organisations to investigate options, set up and impact. This proved to be beneficial in shaping what EOS wanted from our youth panel. We decided early in the process that it was essential to have youth panel members who had personal experience of living with eczema. Through speaking with other organisations and consulting with our two young volunteers, we developed an inclusive application process whereby young people had to answer 3 questions: Tell us a bit about you - what you like, what your hobbies are, what superpower you would choose - anything at all that you want to include about yourself!

Since establishing the youth panel they have been involved in a variety of activities promoting the needs of young people living with eczema, they now attend EOS board meetings with updates on their projects, reviewed EOS internal youth projects and welcome packs, and completed leadership training with Dare 2 Lead (Dare2Lead | Unlocking the Leader Within). They have been involved in developing apps for external partners, participated in key pieces of research, publications, conference presentations, podcasts and advised on transition from children's to adult services at Bristol Children's Hospital.

Impact and outcomes

Who was the initiative directed at and what were the benefits to the targeted group or individuals? (max 250 words)

The initiative was to develop the EOS Youth Panel which we have achieved and to identify our goals:

Short Term

- Young Peoples (YPs') voices are represented at Board meetings
- YPs (who want to) stay connected to EOS once they've moved on from our support services for teenagers
- Panel members learn new skills to increase their confidence for the future, e.g. teamwork, communication, project planning

Medium Term

- Board considers the views of young people with eczema when making all decisions
- Panel members increased confidence in talking about eczema & sharing experiences
- Panel members feel more connected to others with eczema
- YPs with eczema are more aware of EOS & the support provided
- EOS services are more accessible to YPs

Long Term

- All EOS strategic decisions are influenced by EOS young people's voices
- EOS services remain relevant to the changing needs of young people with eczema
- YPs with eczema feel more confident & supported to deal with their condition

Were there further benefits to you, your colleagues, your organisation or to a wider area such as the NHS? If so, what were they? (e.g. improved job satisfaction, smoother running of facility, happier service users, better use of scarce resources, cost saving)

- Job satisfaction for the team; feeling inspired by the stories and experiences of the young people
- Influence of external healthcare professionals (see tweets for example of their impact @EczemaOutreach)
- Improved service development and delivery: kickstarted our review of support for teenagers with eczema

Evidence

Please quantify the benefits of your initiative. (e.g. cost improvement, numbers of people helped, time saved)

There are now 7 panel members and potentially more joining

36 families were helped directly at the youth panel webinar

Do you have formal or anecdotal evidence of success? (e.g. qualitative, quantitative, informal feedback?)

- Eczema Outreach Support Youth Panel: BDNG annual conference Dermatological Nursing, 2022, Vol 21, No 1:46-47- article
- Podcast- British Dermatological Nursing Group
- Annual Report: <https://eos.org.uk/wp-content/uploads/2022/10/EOS-annual-report-21-22.pdf>
- Contributed to this study: de Vere Hunt IJ, McNiven A, Roberts A, et al' Not just a piece of skin in front of you'—a qualitative exploration of the experiences of adolescents with eczema and psoriasis with healthcare professionals BMJ Open 2021;11:e041108. doi: 10.1136/bmjopen-2020-041108
- Young patients with eczema are tired of being dismissed <https://www.healthawareness.co.uk/dermatology/young-patients-with-eczema-are-tired-of-being-dismissed/>
- Presentations at British Association of Dermatologist Conference 2022, 2023 and British Dermatological Nursing Group Conference 2022

What was the cost of this initiative in terms of time, money, and/or other resources? Please be as specific as you can

Cost per year is around £2.5k for youth panel expense but doesn't include staff management costs

And, finally...

Are there any lessons you learned or top tips that you would like to share? (max 200 words)

Our top tips would be:

- Including and involving young people every step of the way
- Ensure safeguarding policies are in place
- Meetings- create the right atmosphere, friendly, introductions and listen to everyone's opinion so they know their voice is being heard and feel included. Involve the panel early in any planning for the meetings, events, projects or exhibitions. Then they feel included from the start and can see their ideas blossom.
- Use the ideas put forward and encourage everyone to work on them as a team. If ideas are unrealistic or too expensive, be honest and explain why. Give the panel the chance to make changes and suggestions on how to make their ideas work.
- Make sure meetings are fun! Balance fun with getting things done. It's good to be social, but also have real outcomes and achievements
- Evaluate often and give young people the respect they deserve and always complete the feedback loop. It's important that they know the difference they are making.
- It's important to continually evaluate and evolve.
- Shout about it!
- Support the panel to gain new skills. Make the skills transferrable by supporting young people to put their panel experience on their CVs, UCAS statements and job applications.

Did you use any of the Self Care Forum's resources? If so, please specify.

No

Please provide the social media addresses of all those who were involved in the initiative.

Youth Panel Link: <https://eos.org.uk/youth-panel/>

Why do you think this initiative deserves to win the award? (Max 100 words)

As an organisation we feel proud that working with young people to represent, interpret and make important choices about EOS has really made a difference to what and how we do things. For colleagues at EOS and health care professionals working with the Youth Panel it has always been important for the young people to feel safe, secure, accepted and informed and we are proud to say that we have achieved this and continue to do so. They have had a voice, made a difference and influenced what we and others do for children, young people and their families.

Do you have an image, materials or weblinks to supplement your application? Please supply no more than 2 images which may also be used to promote your application if successful. Ensure images are square (i.e. height/width dimensions are the same).

1. Two young volunteers created a recruitment video which you can watch here: https://youtu.be/nSjt_K8Dn9k
2. Youth Panel Webinar: <https://eos.org.uk/eos-news/youth-panel-webinar-for-parents-and-carers/>
3. Youth Panel Link: <https://eos.org.uk/youth-panel>

References

Greenwell K, Ghio D, Muller I, et al. Taking charge of eczema self-management: a qualitative interview study with young people with eczema. *BMJ Open* 2021;11:e044005. doi:10.1136/bmjopen-2020-044005. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7789449/pdf/bmjopen-2020-044005.pdf>

Ghio, D., Greenwell, K., Muller, I., Roberts, A., McNiven, A. and Santer, M. (2021), Psychosocial needs of adolescents and young adults with eczema: A secondary analysis of qualitative data to inform a behaviour change intervention. *Br. J. Health Psychol.*, 26: 214-231. <https://doi.org/10.1111/bjhp.12467>

Your application may be chosen to be uploaded to the “best practise” page of the Self Care Forum website to share self care excellence so that others might use the learnings in your application. We will also include your email address so that people may get in touch with you. If you would prefer that your application and/or email address was NOT chosen then please make it clear in the box provided below.

For communication : info@eos.org.uk

We look forward to receiving your application. Please email your completed form to: selfcare@selfcareforum.org

About the Self Care Forum

The Self Care Forum supports organisations in helping their communities and service users better understand how to self care. It is the leading independent provider of best practice around self care and the ‘go-to’ place for top quality resources, current opinion, and self care interventions in the UK.

It is a charity and aims to improve public health by promoting self care at national policy level. It creates resources, runs the UK-wide National Self Care Week, and supports robust research evidence.

For more information about the Self Care Forum please go to the website. www.selfcareforum.org.