

Asthma & Me Ambassadors

The Asthma & Me Ambassadors are a group of asthma experienced or interested children, young people and families who volunteer together to improve care for asthma patients and their families.



Who are we?

We have been working together for over 5 years, meeting online or in person. We are supported by the RCPCH &Us team, and share our ideas, views and insights to the National Respiratory Audit Programme (NRAP) which is run by the Royal College of Physicians.

Our group has young people from ages 15 - 23 from different places including Liverpool, Sheffield, Nottingham, London, Birmingham, Lancaster, Oxford, Bristol and lots of other places!

Our topics

We really want to make things better for children and young people who go to hospital with an asthma attack and to help when they leave hospital (discharge).

In the past we created a series of leaflets about what to do when you go to hospital which you get download from our webpage. The national audit found out that only 25% of children and young people are getting a good discharge experience which includes a personalised asthma action plan, follow up appointments and their inhaler techniques being checked.

We want to change this to 100%!

Our views

"We are taking on a bigger issue but we are keeping children and young people at the centre"

"It's really shocking that not everyone is getting a good discharge when they leave hospital. We have to do something about this together"

"It's so important that schools get more information to help us when we are there"

"There has to be inhaler checks more often, what if you are using it wrong and you didn't realise?"

"information needs to match your age and stage"

Find out more!



Our webpage



#AskAboutAsthma
Podcast



Video update on
project