

# Embedding the learning of communities that experience marginalisation

## Young People's Recommendations

These recommendations are taken directly from young people who took part in the original engagement project in 2023. The young people we spoke to suggested how the epilepsy care offered to them, could be improved to help reduce barriers to services. Below are the key recommendations.

[More detail can be found in the full report here.](#)



### Improve the information offered

The information needs to be offered in a variety of formats, languages and styles in order to engage young people and families with different needs.

### Stigma busting and awareness training

Community groups, teachers, universities and other spaces adults interact with young people, need to be more aware about epilepsy to reduce stigma and help young people not feel singled out.



### Working together

Increase opportunities for young people with epilepsy to work with their peers and help co-produce solutions with professionals. Build relationships with voluntary, community and faith organisations.

### Accessible and simple technology

Many young people and their families face barriers when accessing technology. From computer literacy to language barriers, a range of options must be offered.



Recommendations produced in partnership with

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## What is important for professionals to learn and develop?

The below are based on a digital post – it note exercise AYPH ran with the Young Ambassadors whilst producing the training workshop on what key elements and messages professionals needed to hear.

Young people's overarching conversations centred around treating each young person as the individual they are and ultimately taking into consideration their whole selves and not simply as a 'young person.'

Think - How people feel and understanding how to make them feel better.

Practice your effective communication and active listening, as we learn understand etc in different ways

Emotionally understanding and sympathetic with us.

Widening their perspective of epilepsy, I think increasing an understanding would help in preventing marginalisation by being more aware.

Promote equality in epilepsy care and champion young people not to be 'put to the side' or excluded from an activities or appropriate care, due to our needs.

Strive to give equal experiences to all and conquer ending marginalisation and not to isolate individuals in any situations

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## Practical tips from Young Advisors on engaging marginalised communities

These practical ideas and pieces of wisdom have been collected from the Young Advisors involved in the Embedding the Learning project.

These were recorded during co-production sessions, in-person facilitations and at the Youth Advisory Board meetings. by the Youth Engagement team.

1 “Be proactive in learning about the communities in your region”

2 “Regularly review, what or how you are making extra efforts to ensure young people from these communities (low income, LGBTQ, religions etc) are being reached out to, to attend and be involved in their epilepsy care”

3 “Remember Epilepsy is not the only part of this young persons life, what else might they have going on and how will it impact their epilepsy care?”

4 “Raise awareness of epilepsy knowledge in the specific communities in your area”

5 “Work with schools to encourage learning and awareness raising with both young people and people”

6 “Speak to young people about their care, get feedback, learn why they may find certain things difficult, to enable you to engage in service improvement”

7 “Take part in regular and up to date training on Equity, diversity and inclusion to learn more about engaging with marginalised communities”

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