

Celebrating 10 years of RCPCH &Us – 2025

Communications pack

“RCPCH &Us have helped to connect me with other young people who have medical conditions, and this connection has helped with the isolation I have felt at times following my diagnosis. Connecting with others in this way has enabled us to connect all our experiences together and help to make powerful changes for others in the future.”

RCPCH &Us exist to help ensure that the voice of children, young people and families across the UK and globally make a difference in child health and healthcare, through active engagement which includes shaping policy and advocacy, informing education, training and practice for healthcare professionals and quality improvement programmes.

In 2025, we will be celebrating the success of RCPCH &Us, showcasing many of the voices involved and setting out how we can better strengthen child health and healthcare in the coming decade.

Join us as we celebrate 10 years of RCPCH &Us leading the way in children’s health.

THE ESSENTIALS



Hashtag: #AndUs10

Instagram	X (formerly Twitter)	Facebook	LinkedIn
@rcpch_and_us	@rcpch_and_us	@RCPCHandUs	RCPCH

OUR OBJECTIVES

Our objective for the year is to:

- 1. Celebrate how far we’ve come:** Since we started in 2015, over 16,000 children, young people and family members volunteered thousands hours on projects and activities looking at experiences with long term conditions such as epilepsy or health policy areas like indoor air quality, even reviewing evidence and writing their own recommendations and responses on topics like COVID-19, on what keeps children and young people healthy, happy or well or their needs for the work force of the future – we are celebrating the rich engagement over the last 10 years.
- 2. Sustain improvement to health services for children and young people:** While expressing commitment to RCPCH &Us is commendable, it's crucial to actively involve children and young

people with health conditions, along with their peers, in service improvement, design, and system change within the NHS. This should be done through an embedded, rights-based approach. We encourage the health sector to adopt this practice. Explore our Engagement Standards project, which raises awareness of good engagement practices in the sector, and our Engagement Academy, which offers the necessary training to effectively implement these practices.

3. **Unlock the next decade of RCPCH &Us:** We want to ensure health systems are aware of their role and as duty bearers, to support children and young people across the country to have access to health services and that systems meets their needs, by children and young people and their advocates to be equipped and enable to challenge, shape and change healthcare for generations to come.

HOW TO SUPPORT US

As part of our celebrations, we are asking for your support through a variety of ways to get involved. Decide on how much time you can commit and get involved.

My wish for child health in the next ten years is...

What: We are asking you to share with us what your wish for child health is in the next ten years. Let's use them to inspire each other and demonstrate the impact children and young people voices can and is making within healthcare across the country.

When: We will begin collecting your wishes from 28th April 2025 to 16th May 2026

Got 10 minutes?	Share on social media your wish for child health in the next ten year or how you will support and amplify children and young people's voices in health.
Got 1 hour?	Get creative! Why not make a short film, write a poem, or create a song. You can submit to us at and_us@rcpch.ac.uk or share on your own channels. Make sure to tag us.
Got a few hours to help?	If you're an organisation, can you speak to a range of children and young people to hear what more health services can do to giving them the best care possible.

CONTENT FOR SOCIAL MEDIA

You can download all the assets for the 10-year celebration here. Some template content can be found below.

General content

Platform	Copy
Social media	In 2025, RCPCH &Us is celebrating 10 years of leading the way in children's health, and over 16,000 volunteers since April 2015. Find out how you can celebrate this occasion at www.rcpch.us . #AndUs10
Website	RCPCH &Us amplifies the voices of children and young people to impact child health and healthcare, through consultation and engagement programmes,

	empowering them to inform, influence and shape better care, better outcomes, and better paediatricians. In 2025, we'll celebrate 10 years and over 16,000 volunteers since April 2015. Showcasing the many voices involved and setting out how we can better strengthen children health in the coming decade. Find out more and join the celebrations at www.rcpch.us.
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