

Bromley by Bow Health: Working with Young People

Bromley by Bow Health (BBBH) and Bromley by Bow Centre are a pioneering health and well-being outfit in the heart of East London, delivering services to one of London, delivering services to one of London's most deprived yet vibrant and creative communities.

BBBH provides primary health care services to more than 50,000 registered patients across three different sites (XX Place Health Centre, St Andrew's Health Centre, Bromley by Bow Health Centre and St Pauls Way Medical Centre) which accounts for over 10% of the Borough of Tower Hamlet's population. We are nationally recognised for our innovative work with communities, and are thoroughly committed to working collaboratively with our communities to **create healthy, connected communities – together!**

We have over 3,000 register young people in our practices, and we are committed to improving the health and well-being for the young people in our community, by working with them in a number of ways.

Our Commitment

- ☐ To offer work experience which is both patient-oriented and task-focussed and supports the development of skills within the young people that will be relevant across a range of career choices
- ☐ Work experience will be collaborative: working around the interests and personal goals of the young person as well as supporting the wider work of BBBH
- ☐ To encourage young people to reflect up and share the learning and achievements of any work experience, and provide a forum for them to do so
- ☐ To provide insights into a broad spectrum of community healthcare roles to increase the visibility and accessibility of these to young people
- ☐ To empower young people to independently access healthcare services, advice and wellbeing support and to take ownership of their own health. And to support our staff to engage with young people at every contact, using appropriate language to encourage this independence
- ☐ To promote the development of young people as advocates of wellbeing, to enable them to support their families in health promotion, and spread health messages to others through shared experiences
- ☐ To enhance awareness and understanding within families of young peoples health concerns and how best to support them
- ☐ To offer healthcare education and advice outside of traditional settings, beyond the GP surgery, and in a format which is relevant to young people
- ☐ For all healthcare education to be delivered collaboratively: connecting clinicians, young people, healthcare staff, schools and other community organisation, to ensure it is comprehensive, inclusive and trusted

Our Offers

- ☐ Work Experience (1 Week)
- ☐ Summer Project Placement (4/5 Weeks)

Work Experience (1 Week)

Work experience within Primary Care can be one of the most insightful learning opportunities. It gives young people a chance to gain an understanding of some of the realities of healthcare and careers within the health sector.

BBBH is excited to offer one-week work experience opportunities to young people who are thinking about pursuing a career in primary care. Work experience will provide:

- An understanding of how GP practice supports the community in leading healthier lives
- Exposure to the wide variety of roles involved in caring for communities, increasing the
- visibility and exposure of different roles
- Develop transferable skills relevant to a range of career choices through both
- patient-orientated and task-focused support.
- Access to health-care specific careers advice
- Supporting BBBH to Create Healthy Connected Communities Together!

The ideal young person would be:

- Age 16 years - 25 years
- Good speaking and listening skills
- Keen to learn more about Primary Care
- Interested to make a positive change in the community
- Passionate about helping others

Work experience 2025 dates:

- **August, October**

Applications will open five weeks before the placement dates. See google form for specific dates

Summer Project Placement (4/5 Weeks) (12 hours minimum each week)

We recognise that a week is just a snapshot in time, and often longer is needed to understand the work of a health care organisation, the community it supports and how change can happen. We also know that longer exposure means more opportunity to contribute and be involved in the life of practice and its community in a different way. **Our 4/5 weeks August Summer placement is:**

- An opportunity to gain real life experience in health setting
- Be a part of the primary care team
- Learn a number of transferrable skills in the healthcare environment
- Develop a health campaign for young people and successfully reach out to the target audience using a range of platforms; primarily online
- Get a better understanding of the health and wellbeing of young people and the support available
- Access to health-care specific careers advice
- Supporting BBBH to create healthy, connected communities together!

Young people themselves also have a lot to say, share and offer when it comes to improving the health of other young people. This placement focuses on creating a health campaign of your choice aimed at other young people. **Suggested campaign topics include:**

- Mental Health
- Safe use of social media
- Healthy eating
- Neighbourhood issues
- 5 ways to wellbeing - young people focused
- Any other current issues affecting young people in local communities

You will be supported in research methods, project management techniques and have the opportunity to showcase your work to a wide range of stakeholders.

The Ideal person would be:

- Young people 16-25
- Passionate about community health and wellbeing
- Creative in the way they think
- Able to work independently and also in collaboration with others
- Curious and want to better understand the topic they will campaign about

Summer Placement dates:

- **August 2025:** Monday 4th August- Friday 29th August

(Days and timings will be decided with participants after the introduction meeting. Introduction meeting will take place a week before the summer placement start date)