

## Programme

### Greater Manchester Children's and Young People's Network Meeting

### Freefall to Parachute: Enabling safe transitions for adolescents and young adults with long-term conditions

Date: Friday 26th September 2025

Time: 12:00pm – 4:00pm

Venue: British Muslim Heritage Centre, College Rd, Whalley Range, Manchester M16 8BP

#### Introduction and purpose

This Children and Young People (CYP) Network meeting considers the evidence base for supporting children and young people with long-term conditions through a transition process that enables safe transfer from paediatric to adult healthcare services. It will review the current national and local policy and practice, exploring the challenges of working with adolescents and young adults and avoiding disengagement with healthcare services after transfer. It will consider examples of where transition and transfer are done well, and how existing good practice can be adopted and adapted for other settings.

#### Aims of the event

- To influence the way that adolescent and young adult healthcare is delivered in Greater Manchester, with a particular focus on the transition process and transfer from paediatric to adult services.
- Gain commitment from stakeholders to take forward key actions that will contribute to a better experience of healthcare transition and transfer for adolescent and young adults.

#### Objectives

- Identify challenges and barriers and develop solutions to support safe transition within the context of the three shifts identified in the NHS Ten-year Plan:
  - Sickness to prevention
  - Analogue to digital
  - Hospital to community
- Share examples of practice and case studies where adolescents and young adults have successfully transferred over to adult services.
- Understand what successful transfer looks like.

- Bringing together key stakeholders in paediatric and adult services including commissioners, clinicians, finance, primary care, mental health, GMCA, education, youth workers, parents/carers, adolescents and young adults.
- Identify learning and generic principles from transition in long-term conditions services that can be applied to other settings.
- Identify areas for further development and the focus of follow-up workshop sessions.

### **Target audience**

Young people, parents, carers, volunteers, providers and commissioners and health and care professionals with a passion for working together to improve health outcomes for our adolescents and young adults. This event will be of particular interest to those with an interest in collaborative working to improve all transition outcomes for adolescents and young adults, and those with an interest in transition for adolescents and young adults with health and care needs.

### **Getting involved**

Interaction with stakeholders is key to these events adding benefit to our current workstreams, the development of our Greater Manchester integrated approach and the improvement of outcomes for our patient population. We will be utilising Mentimeter during the forum, please visit <https://www.menti.com/> and download this prior to the session through your web browser. A Mentimeter app is also available on a smartphone/tablet with the appropriate code(s) to be provided on the day.

### **Hashtag**

**#GMTransition** mentioning **@GMEC\_SCN @GM\_ICP**

### **Queries**

Should you have any queries, please email Afia Ali [afia.ali@nhs.net](mailto:afia.ali@nhs.net)

Time	Subject	By Whom
12:00- 12:45	Registration Light lunch Networking and opportunity to look at stands	
12:45- 12:55	Welcome and Introductions Housekeeping Aims of the day <b>MENTI:</b> What does healthcare transition mean to you? (short answer)	Dr. Easwari Kothandaraman, GMEC SCN Children's Clinical Lead (Chair)
<b>Transition in context</b>		
12:55- 13:10	AYA Video: what young people are saying How far have we come since 2018?	Chair
13:10- 13:25	Children with multiple Long-term conditions and complex needs: CYP/ parent/ carer story- navigating the system	MFT Youth Forum
13:25-13:35	GM IC approach to transition care	Louise Rule, GM IC
13:35-13:50	What happens if we don't do transition well? A clinical perspective	Dr. Jim Ritchie
13:50-14:05	What the data tells us: where we're doing transition well and the impact	Dr. Hood Thabit
14:05-14:20	Panel questions	
14:20-14:35	<b>BREAK</b> Networking and opportunity to look at stands	
<b>Sharing the learning</b>		
14:35- 15:00	Care around the person- journey through adolescence to young adulthood for a person with health needs. How do we make services work for adolescents and young adults without losing them?	MFT Youth forum Young person / youth worker panel- pre-submitted questions from the conference attendees

15:00-15:15	The Stockport Diabetes Transition Young Adults Pilot – The impact of the MDT (including youth workers) in transition	Chris Bolland, Youth Worker Michaela (Kyla) Howard, Diabetes Specialist Nurse (DSN)
15:15-15:20	<b>MENTI:</b> What does successful transfer look like to you and how do we achieve this? (Longer answer)	
<b>Get involved- table discussions</b>		
15:20- 15:50	Finance and commissioning decisions- how do we influence the ICB as a strategic commissioner for adolescent and young adult health care through transition?	CYP/ Adult commissioner TBC
<b>Summary and close</b>		
15:50- 16:00	Final thoughts and comments from the chair <b>MENTI:</b> What would you like to see as a focus for a follow-up workshop? E.g. developmentally appropriate inpatient care, mental health and wellbeing and transition. What action will you take away and commit to following today's meeting? (Longer answer)	

## Biographies