

RCPCH &Us celebrates with a royal visit

• When Her Royal Highness The Princess Royal joined the RCPCH &Us 10th birthday celebrations, **Toby** (20) welcomed her to the College. He shares highlights from the visit



The celebration event included a tour around some of our RCPCH &Us projects, including showcasing Asthma &Me

Ambassadors, our Experts by Experience parent/carers, Epilepsy12 Youth Advocates, National Paediatric Diabetes Audit Youth Communications Group, Voice of the Nation team and, of course, the Youth Editorial Board.

Her Royal Highness asked a wide range of insightful questions, which challenged all of us to dive deeper into and highlight all the amazing work we've done in each of the areas on display. All of the volunteers, including myself, were very grateful for the opportunity to meet The Princess Royal, and many expressed that she was particularly friendly and interested in everything she was shown.

After the tour, speeches were given by Assistant Registrar Dr Bhanu Williams; Grace, an RCPCH &Us volunteer; and The Princess Royal; with video messages from College President Professor Steve Turner and Chief Executive Robert Okunnu.

Grace's powerful beginning really resonated with us all: "I first got involved with RCPCH &Us when I was a teenager trying to find a place to belong. I was looking for other young people with health conditions who are like me, trying to navigate the world without feeling alone and invisible. Back then, I didn't know how powerful it could be to find a community, and that's exactly what I found through RCPCH &Us. Not only did I find people who understood and related to me, I found my voice and learned how to use it, also."

As the Master of Ceremonies for the speeches, I had a small role in introducing and closing each of the speeches. This is something I'm very grateful I got to do, and I would like to thank the RCPCH &Us staff who supported me with script-writing and preparations on the day. Our young volunteers who attended had lots to say about the event, too. Haania was "inspired because you could see The Princess Royal took interest in our work", while volunteer Catherine shared a similar sentiment, remarking, "she was so passionate about our cause".



Toby (below, left) was thrilled to be Master of Ceremonies for the speeches during the visit from HRH The Princess Royal, during which she met volunteers and staff from RCPCH &Us



Our 10th birthday royal event celebration was a massive success, and we would like to thank The Princess Royal for coming to the College for this special visit and for continuing to be the College's Royal Patron.