RCPCH &Us reviews

Podcast review: Talking with trustees – a new youth voice

Hanin
Aged 20

This RCPCH &Us podcast, hosted by Ethan, introduces us to our Youth Trustees, Taona and Iman. The conversation covers their goals, experiences and commitment to ensuring that the voices of children and young people remain the main focus in paediatrics.

I really valued hearing how both trustees emphasised advocacy, inclusivity and the importance of listening. Taona's story about the challenges in child health in Malawi was inspiring, and Iman's focus on tackling health inequalities really stood out. It showed me that young people can bring new ideas and experiences that adults might not always think about.

As both trustees are medical students, it also reminded me that being a good doctor isn't just about medical knowledge, but rather about being kind, empathetic and open to learning from children and young people themselves.

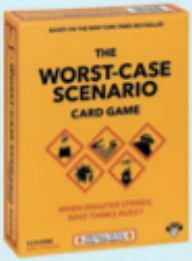
I believe it's incredibly important that doctors listen to this podcast because it shows how involving young people in health governance enriches paediatric practice. The RCPCH &Us podcast channel itself also reinforces why children's voices must remain at the heart of healthcare. Listen here: **rcpchandus.libsyn.com**

Card game: The Worst-Case Scenario

Nathaniel
Aged 14

This is a fun, simple game for three to six players aged 10 and upwards. Each player has a set of coloured chips numbered 1 (bad) to 5 (worst) that you use to rank scenarios. A turn begins by spinning 'the victim wheel' before five scenario cards are revealed, ranging from bear attacks to shark swims, and everyone secretly ranks them using their chips to say how bad the situation is.

Players try to match the victim's ranking, so it isn't all about what you think; you need to be inside their head. It's a great way to see how others think and a fun way to get to know people. More players make it even better. I learnt my brother thought that living with really slow internet was worse than having hiccups for a year!



Book: The Stormlight Archive by Brandon Sanderson

Toby
Aged 20

This is a five-book collection of high fantasy novels that feature expansive worldbuilding and complex magic systems. Sanderson reimagines the format that fantasy authors have been following since Tolkien and creates a completely new type of world. This was the series that got me back into fantasy, and the text being much easier to digest definitely helped with reading the 1,000+ page books that this series contains.

The fact Sanderson does not use as much prose in his writing makes it more manageable for people who do not read much fantasy, even if the large size is a bit daunting.

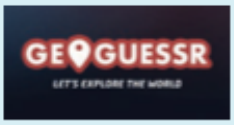
I would recommend this series and author to anyone who has an interest in fantasy, no matter how small, as this series will hook you in and you'll be reading all of the books before you know it. Suitable for ages 13 and upwards, I give it 5/5 stars.

Online game: GeoGuessr

Natalia
Aged 14

GeoGuessr is an online game aimed at people aged 12 and upwards. You are placed in a random location on Google Maps and have to guess where you are in the world. There is a lot of strategy involved, lots of looking around, and it can be considered almost like a mind game.

You can play with friends and make parties of up to 100 people. I play with my friends almost every day and it has helped many of them with their geography skills (countries and their locations). Overall, GeoGuessr is a fun and educational game that anyone can participate in.



Sport: Boxing

Natalia
Aged 14

Boxing is a martial art which I have got involved in recently, and I enjoy it so much! It doesn't require too much flexibility as there are no kicks; however, there is a massive amount of conditioning involved. This can help improve things like stamina and/or agility. Boxing can also be done recreationally, just as a bit of exercise. It's also very easy to grasp types of punches (jabs, crosses, hooks etc). Overall, I highly recommend boxing as a new hobby!