

Report for HOSC – 23 March 2015

Healthwatch Wokingham Borough have been overwhelmed by the response of young people to the survey we conducted last year. We are really grateful to have had the opportunity to connect with some many of Wokingham's young people.

We have collected a WEALTH of data about young people's emotional health and wellbeing. The 20,906 pieces of data has been collated and we have almost 100 graphs. These graphs have been rationalised into a manageable amount whilst still giving a good overview of the pupils responses in the survey. There are two sets of graphs, one set represents the feedback from all of the young people, the second set compares 'Carer' young people responses to 'Non Carers'.

We have identified a **few headlines;**

- At least 1 in 10 young people are carers
- Of those with caring responsibilities higher rates of emotional distress are reported (whether it be sleep problems, anxiety, depression)
- Carers report feeling lower emotionally
- Less Carers than Non Carers know how to find help at school
- Carers do access support more, however they find it less helpful than Non Carers.
- Those young people that take part in regular physical activity report feeling better emotionally
- Where issues have been identified the 12-14 age group regularly has the highest numbers.
- Another notable theme is stress and pressure – young people are asking for support in being able to cope with the stress, demands, expectations
- “not being listened to” is something else that is coming through strongly

What next?

1. In order to signpost young people we have taken a page of one school's planners or journals for next academic year
2. We are working on a general report to publish in order to share this wealth of data,
3. We will present the results back to the young people (using an illustrator to draw out the results – see this video https://www.youtube.com/watch?v=thk_wPtyobw)
4. We will ask the young people to vote what should be our focus (offering 2 options; young carers or coping with stress, depression & anxiety)
5. We will then co-design a project focusing on the 11-14 year old age groups

Benefits

- Developing young people's emotional wellbeing and it being a key to achieving educational success, positive relationships and mental health, smooth transition to adulthood etc.
- What with the Care Act & the Children and Families Act & improvement plan in place for Wokingham CAMHS, there is a timely opportunity to be involved in the commissioning of services that children want and need, providing real outcomes for young people

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