healthwatch Suffolk

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What have we done? Quick summary

- “My Health, Our Future” – Co-produced survey & materials.
- Increased awareness about where to find support.
- Started to influence on a national scale.
- Built networks that will mean we can involve CYP in our work.
- Established as a firm influencer of young people’s support.
- Videos with young people.
- Young Shadow Director on our Board – A local scheme.
- Working with CYP to co-produce AGM event in 2019.
- New trainee nurse Director on our Board will have CYP focus.
- Close working with local parent carer network to extend reach – Case study will be shared by Healthwatch England.

Our ethos…

"A collaborative approach, in co-production with people, is usually the best way to achieve outcomes for the public and for the health and care sector workforce."

My Health, Our Future

- Recorded views from 26,000 CYP. 29 schools & colleges to date.
- Important findings on topics like self-harm, self-esteem, cyberbullying, wellbeing & more.
- One countywide report + Every school gets a bespoke report.
- Survey content produced with CYP.
- Opportunity for CYP to have their art featured.
- Part commissioned by CCG's/Public Health to shape local CYP transformation.

A few insights

- 14% currently, or have previously self-harmed. 14% would rather not say.
- 38% spend over four hours each day on social media. Many female students had used social media to escape from negative feelings.
- 12% of young people had been bullied online within the last two months.
- More than half of girls and just under a quarter of boys worry about their body image “most or all of the time”. Those who worry about their body image had a lower wellbeing score.
- 40% spend most of their evenings alone in their rooms.

“**Overwhelmed with everything...**”

“Sometimes I feel like I’ll be replaced by the people I love because I’m not beautiful enough...”

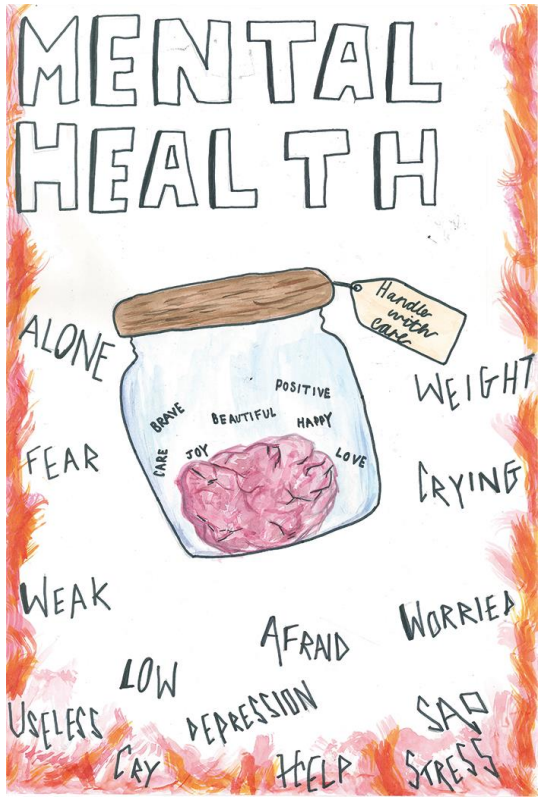
“Boys get in contact with you and **send pictures what no one wants to see**, making me feel sad.”

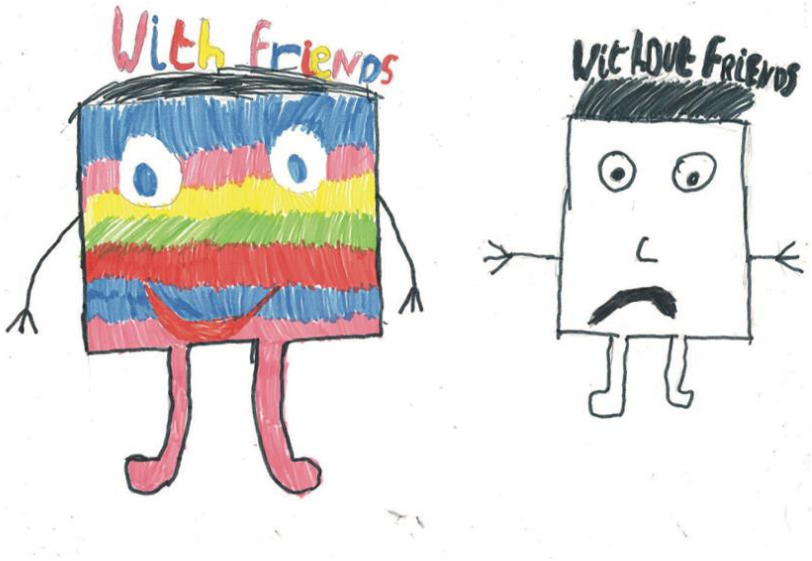
“People just straight up try and get me to self harm and tell me to kill myself...”

LGBTQ+

- National inquiry by the House of

improve support.

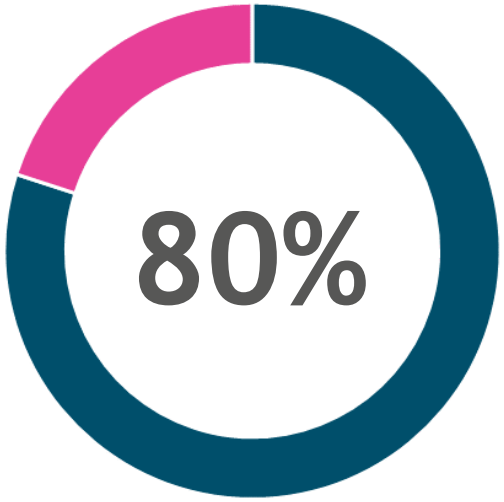

MENTAL HEALTH
Handle with care
ALONE
WEIGHT
POSITIVE
BRAVE
BEAUTIFUL
HAPPY
CARE
JOY
LOVE
FEAR
CRYING
WEAK
AFRAID
WORRIED
LOW
USELESS
DEPRESSION
SAD
CRY
HELP
STRESS


With Friends
Without Friends

Artwork

The impact

- Specific part of commissioner led strategies. A conversation piece at every forum concerned with CYP wellbeing.
- Keeps minds focused on what needs to change & why.
- Shaped the development of a self-harm campaign that will be delivered in schools.
- Supported decision to fund Suffolk whole school approaches.
- Voluntary & community sector funding targeted at prevention. Projects known to improve outcomes for CYP.
- Enabled more young people to find support.
- The volume of response made reports hard to ignore.



80% said taking part had improved their knowledge of mental health

School impact

- Changes to PHSE lesson content - New focus on wellbeing & resilience.
- New peer support networks (e.g. LGBTQ*+ at Thurston College).
- School awards from national bodies & supporting OFSTED inspections.
- Safeguarding process protected CYP from harm &ensured support is in place.
- Schools used data to identify vulnerable year groups & target education.
- Increased confidence amongst students led to an increase in mental health safeguarding disclosures made by students within a school.
- Training & links with outside agencies that support schools to make referrals.
- Informed decisions about other initiatives e.g. a wellbeing week & teacher training.
- Positive media coverage for schools and pupils.

Helping young people to find support…

Suffolk Children & Young People's Emotional Wellbeing Hub
Information, advice and support for children, young people, families and professionals.
0345 600 2090 (Mon-Fri, 8am-7.30pm)
www.emotionalwellbeinggateway.org.uk

Children & Young People's Emotional Wellbeing Hub

Wellbeing means more than just being happy, it means feeling able to cope with the challenges life can throw at us. If you are unhappy or facing a difficult situation, talk to someone you trust - this could be a parent, friend, teacher or even your GP for some professional support. You can also try some of the services below:

Emotional Wellbeing Gateway - Find information and support on mental health issues and how to stay mentally well infolink.suffolk.gov.uk/emotionalwellbeinggateway

Suffolk Wellbeing Service - Provide a range of support for people with common mental health and emotional issues 0300 123 1503 wellbeingnands.co.uk

4YP - Services that improve the social, emotional, and physical health and wellbeing of 12-25 year olds 01473 252607 4yp.org.uk

The Source - Information and advice for young people in Suffolk thesource.me.uk/wellbeing

Beat - The UK's eating disorder charity 0808 8010711 beateatingdisorders.org.uk

Samaritans - Talk any time you like, in your own way – about whatever is getting to you. You don't have to be suicidal 116 123 (UK) samaritans.org

Childline - Support and advice 0800 1111 childline.org.uk

Young Minds - UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people 0808 802 5544 youngminds.org.uk

Papyrus - Prevention of young suicides 0800 0684141 papyrus-uk.org

Bullying UK 0808 8002222 bullying.co.uk

ChatHealth Texting Service - Confidentially ask for help about a range of issues, or make an appointment with a school nurse, by sending a text message 07507 333356

Comms examples

- No one way to communicate. Multiple methods including:
  - Communication with young people in touch with other networks or support organisations.
  - Schools sharing comms with pupils, staff & parents.
  - Range of content types (video, infographics, GIF, news items, parish news etc).
  - Social media advertising.
  - Significant media coverage in local papers andon BBC Suffolk, including lead story on ITV Anglia & coverage on BBC Look East.
  - A poster summary about impact for schools.
  - Communication pack to help schools.

Video

- Filmed groups of students talking about things that impact on their mental health & wellbeing.
- Also filmed a Clinical Psychologist talking about impact at her school.
- Check them out on our YouTube channel.

Conferences/Networks

- Extensive sharing and communication about the project at numerous health/care forums (national, regional & local), HOSC & H&WB etc.
- Interactive presentation delivered at high profile conferences concerned with CYP wellbeing.

We've even reached this man…

Ambitions for the future

- Improve communication direct with young people.
- Develop a Young Healthwatch in Suffolk. Early planning at this stage.
- Develop five year plan with local commissioners to extend our work with young people. Might include new areas like primary school age children and young people not in traditional education settings (e.g. home education and PRUs).
- Currently planning a project exploring the wellbeing of young carers.
- Co-produce our AGM event with young people.

Thank you & Q&A

www.healthwatchsuffolk.co.uk