

43% spending
more time
outside

60% have increased
the amount of time
they connect with
others

CYP Emotional Health and Wellbeing questionnaire

SUMMARY

38% have
increased their
exercise/physical
activity

64% have
increased their
creativity level



Overall data: (as at 13/01/2021)

- ▶ **Total responses: 1429** (further increase of **385** since first rounds 1 and 2 of results)

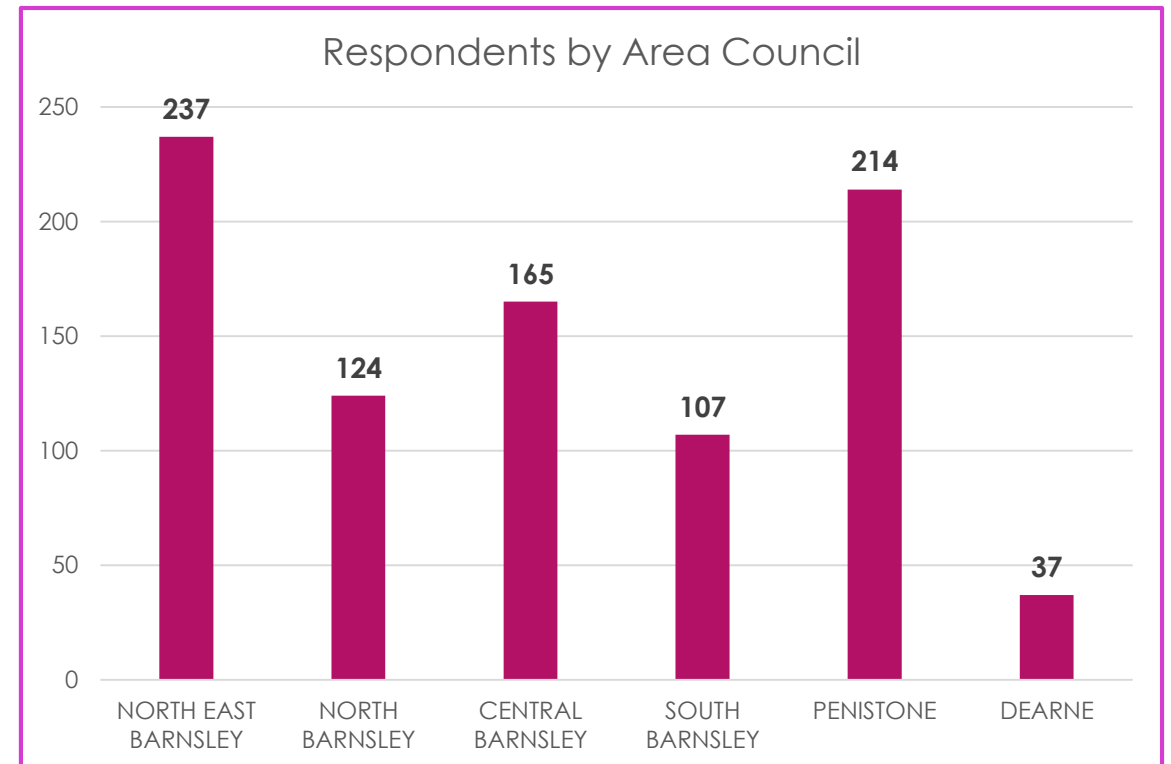


42% Male



56% Female

- ▶ 10% of participants considered themselves to have a disability
- ▶ 6% of participants considered themselves to be a young carer



How did you feel back in March about the Coronavirus Pandemic?



Scared



Sad



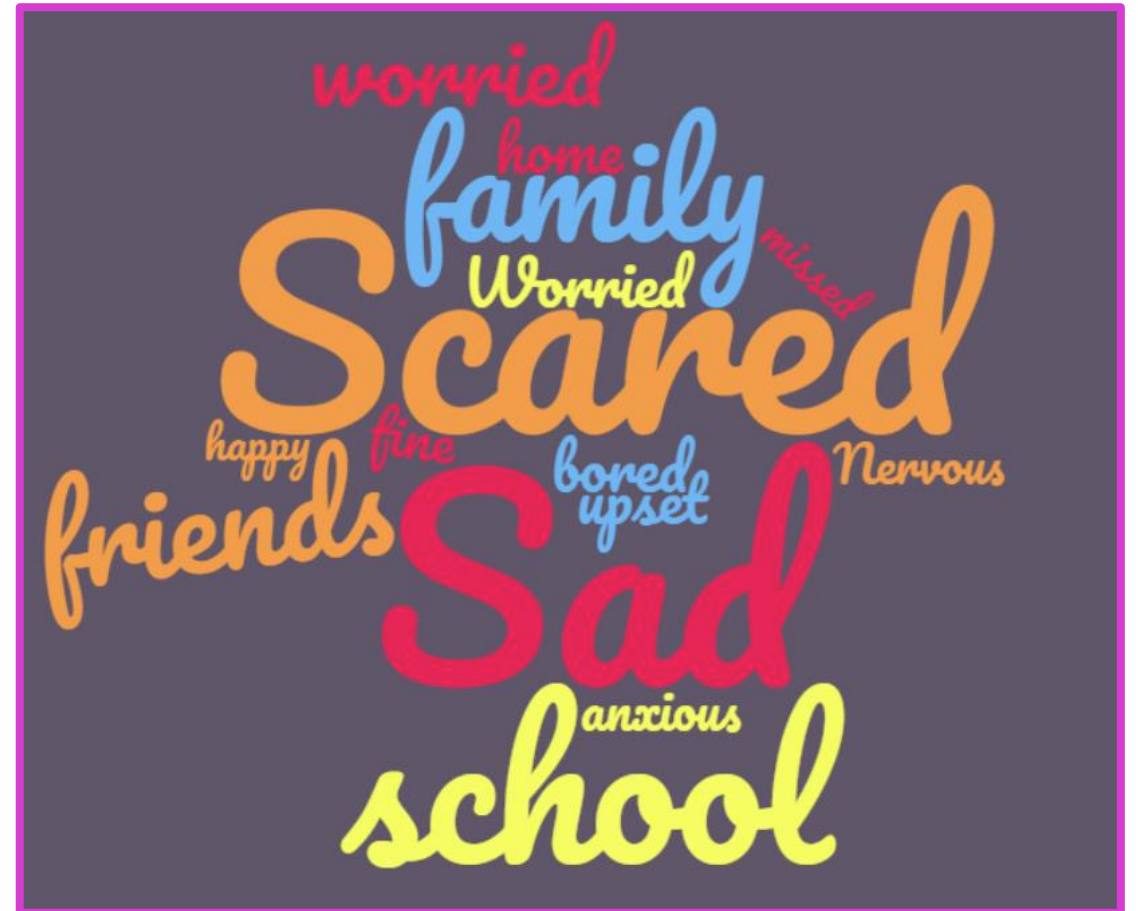
Worried



(missing)
School



(missing) Friends and
Family



How did you feel about the Coronavirus pandemic now? (top 5 words)



School (glad to be back at)



Friends



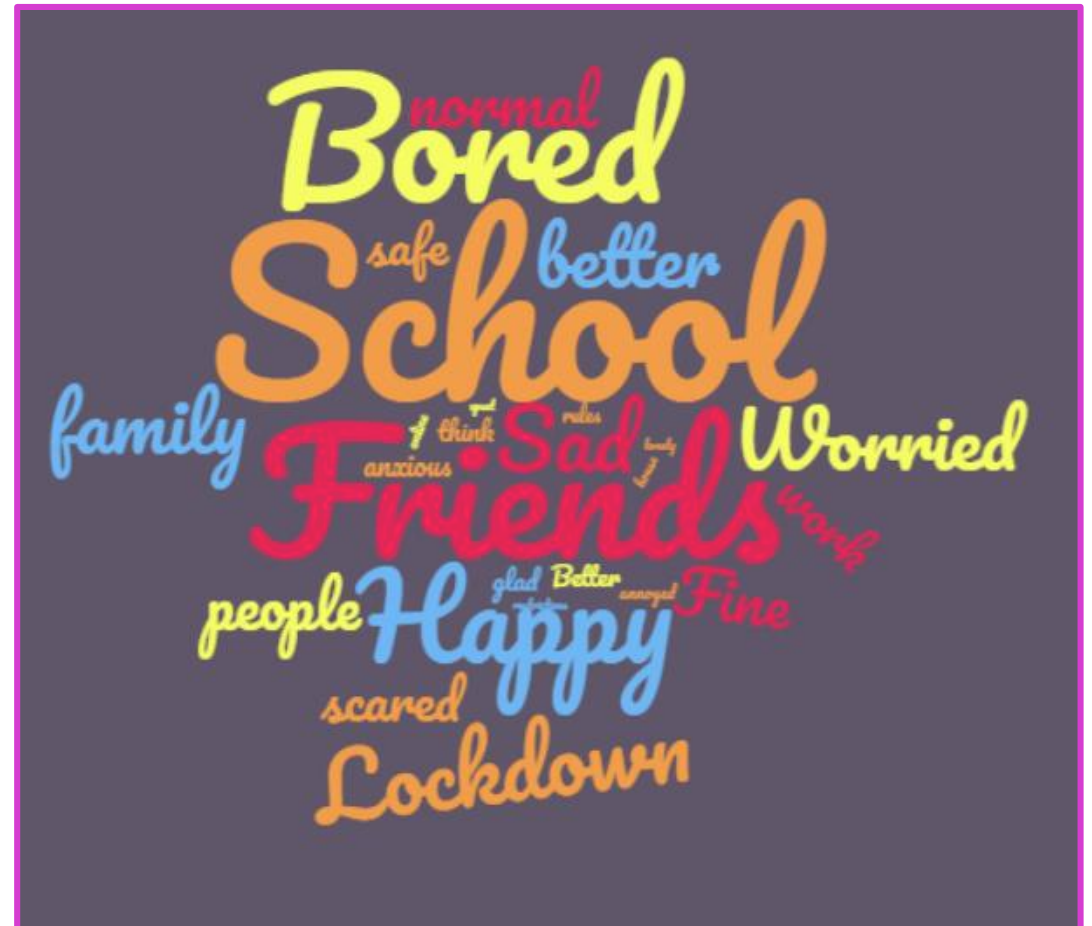
Bored



Happy



Sad



Comments (November):

More time with my family. I see my dad more because he's furloughed or on part time hours.

I've missed extended family though, the summer BBQs, the meals out, the day trips. My baby brother doesn't know anyone else because he's not seen them.

I feel kind of happy because we can see our families, even if we can't kiss or hug them. And also we don't have to get up and rush around anywhere. I miss school though because school is exciting.

I am still concerned about the upcoming examinations and if my school is going to cope and support me with my studies

I got a bit fed up just before they changed the lockdown rules because I wanted to see my friends. But I have taken lockdown in my stride and I have enjoyed spending time with my family. I have been doing lots of school work and we have had fun as a family too. We have done quizzes and cooking and had fun. I am glad that lockdown has been eased because I can see some of my friends now but I don't see them all the time because I enjoy being at home with my family.

Positives and negatives of lockdown

NEGATIVES

- ▶ Not able to see friends
- ▶ Not being able to see extended family
- ▶ Missing school
- ▶ Not being able to visit places – go to play centres
- ▶ Lack of routine

POSITIVES

- Spending more time with family
- Having time to learn new skills
- More free time
- More time outside – bike rides/walking dogs etc.
- Less rushing about/more sleep

Comments (November):

No positive part. I feel
More anxious now than I
have ever done and I have
had to seek help from
TADS.

Negative has been that I haven't seen
much of my mum cause she works for a
hospital and I get scared for her.
Positive is that I know she does this to
keep others and me and my brother safe.
She even stayed away from us for 1
month

The negative is I don't go out as I
cannot meet my friends and when you
can you have to be aware of social
distancing. There also nowhere safe to
hang or meet up. Positive I spent my
time with my family

Negative-not seeing loved ones, no martial arts
training, no going out with friends, stuck in house,
inconsistent school life due to times of isolation,
doing school work at home because it rarely works,
lack of motivation and probably far too much Xbox.
Positive-getting to spend a bit more time with my
dad who is occasionally working from home some
days.

Comparison Data



Barnardo's poll of 4,000 children and young people aged eight to 24 years across the UK found that at **least a third said they had experienced an increase of mental health and wellbeing issues including stress, loneliness and worry.**



“Lockdown has **damaged young people’s social lives** with 77% of them citing their inability to socialise with friends and family as their biggest concern. They miss their friends and having someone to talk to and somewhere to go.”

Comparison Data

YOUNGMiNDS

The third survey with young people shows that many young people with mental health problems are struggling to cope as they return to secondary school, after months of living through the COVID-19 crisis. The survey was carried out with 2,011 young people with a history of mental health problems between Friday 15th September and Wednesday 30th September, shortly after schools had reopened.

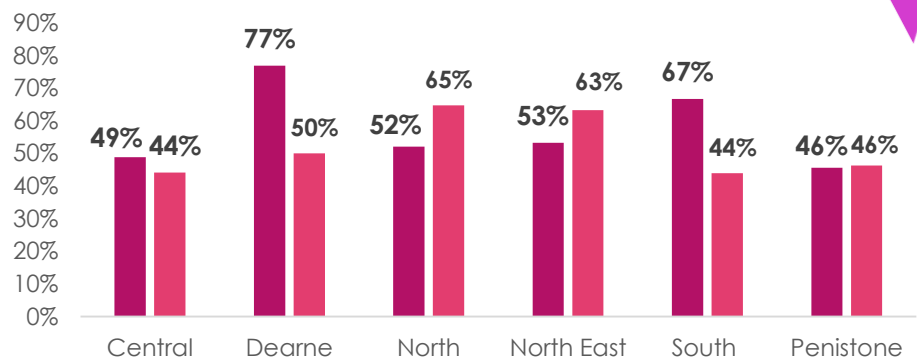
The findings show:

- **69% of respondents described their mental health as poor now that they are back at school;** this has risen from 58% who described their mental health as poor before returning to school.
- **40% of respondents said that there was no school counsellor available to support students in their school**
- **Only 27% had had a one-to-one conversation with a teacher or another member of staff** in which they were asked about their wellbeing, by the time they completed the survey.
- **Almost a quarter of respondents (23%) said that there was less mental health support in their school than before the pandemic,** while only 9% agreed that there was more mental health support.

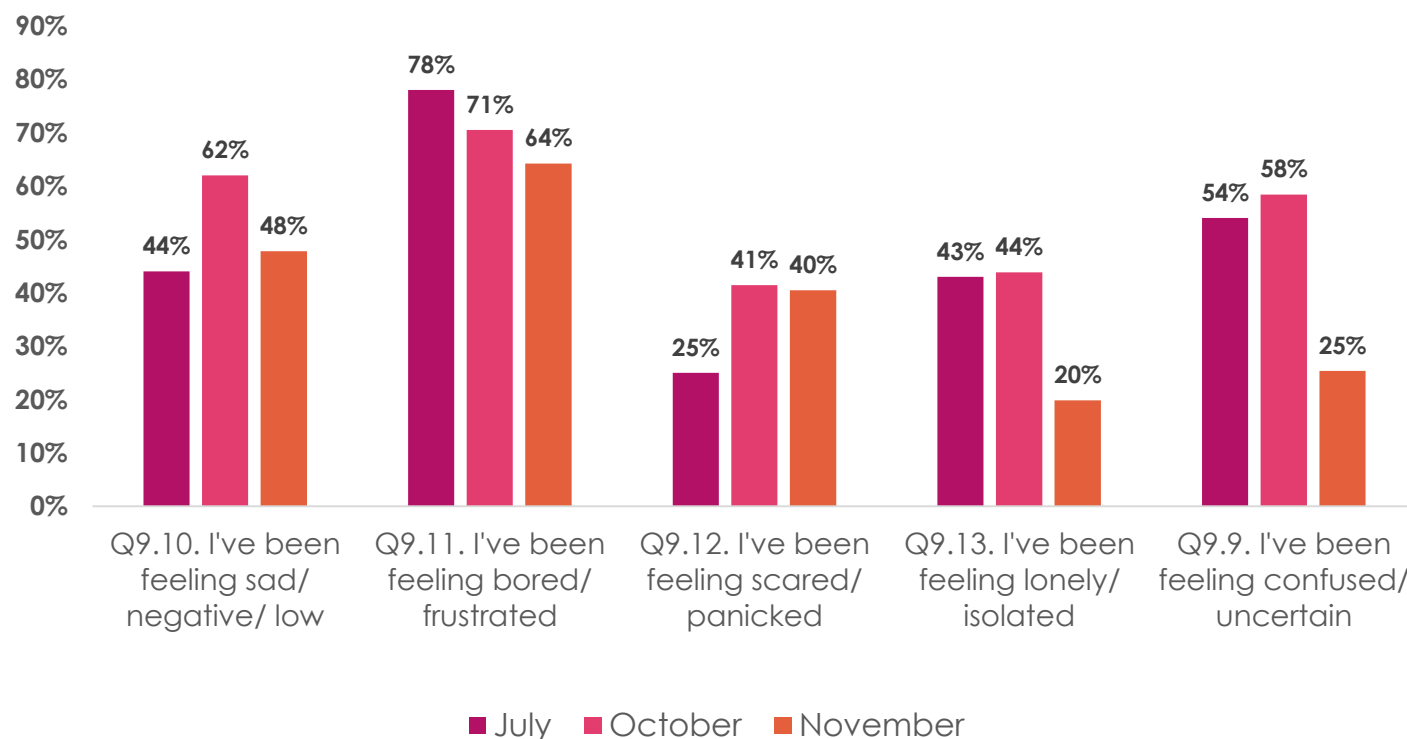
Statements about thoughts and feelings...

Proportion of young people reporting that they feel sad/negative/low

■ October ■ November



Percentage of respondents who answered 'Yes, all the time/Yes, sometimes'



- 14% difference (decrease) in respondents feeling sad/negative/low
- 24% difference (decrease) in respondents feeling lonely/isolated
- 33% difference (decrease) in respondents feeling confused or uncertain

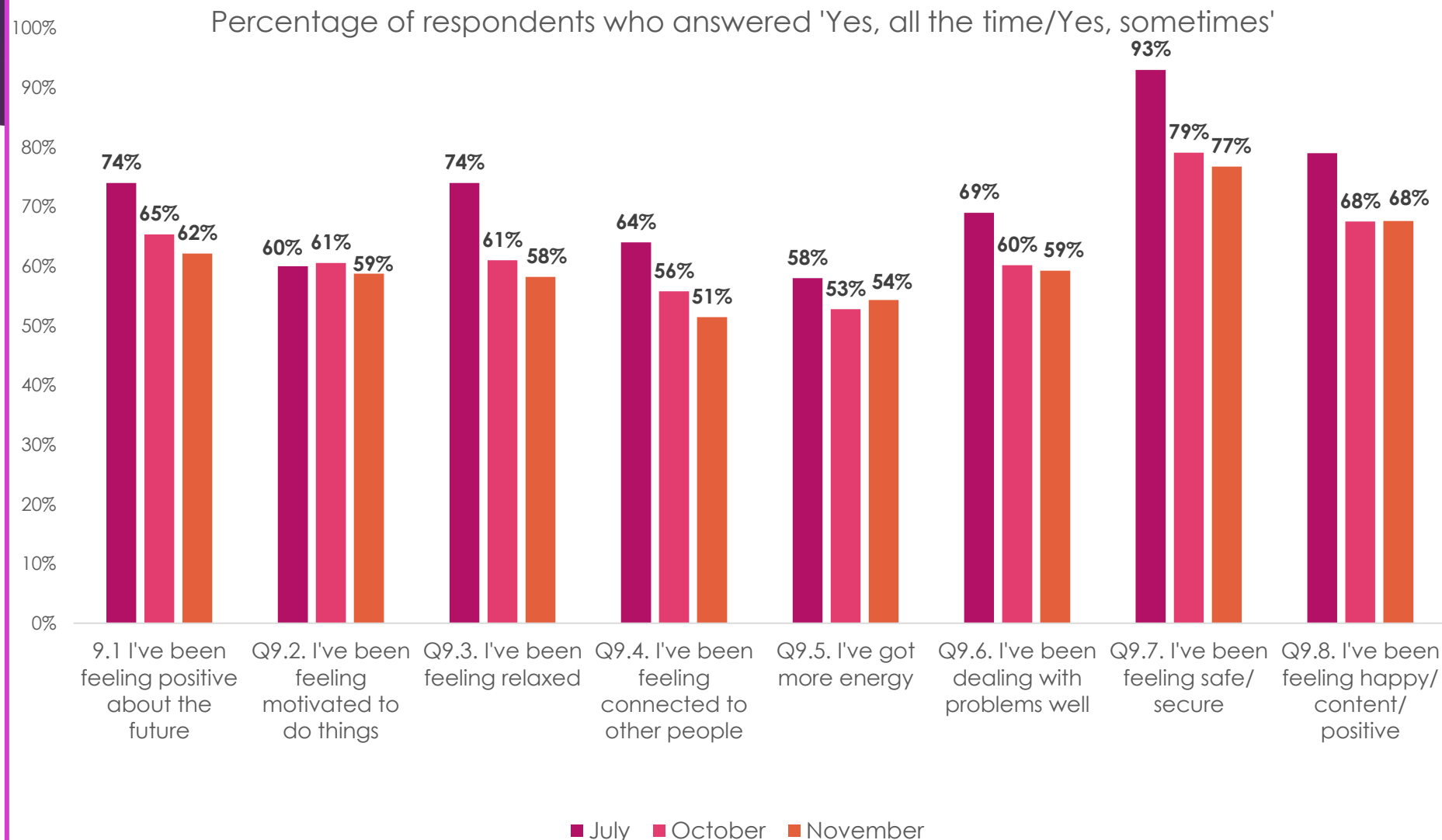
Statements about thoughts and feelings...

November data shows (slight) decreases again in:

- Feeling positive about the future
- Feeling motivated
- Feeling relaxed
- Feeling connected
- Dealing with problems well
- Feeling safe/secure

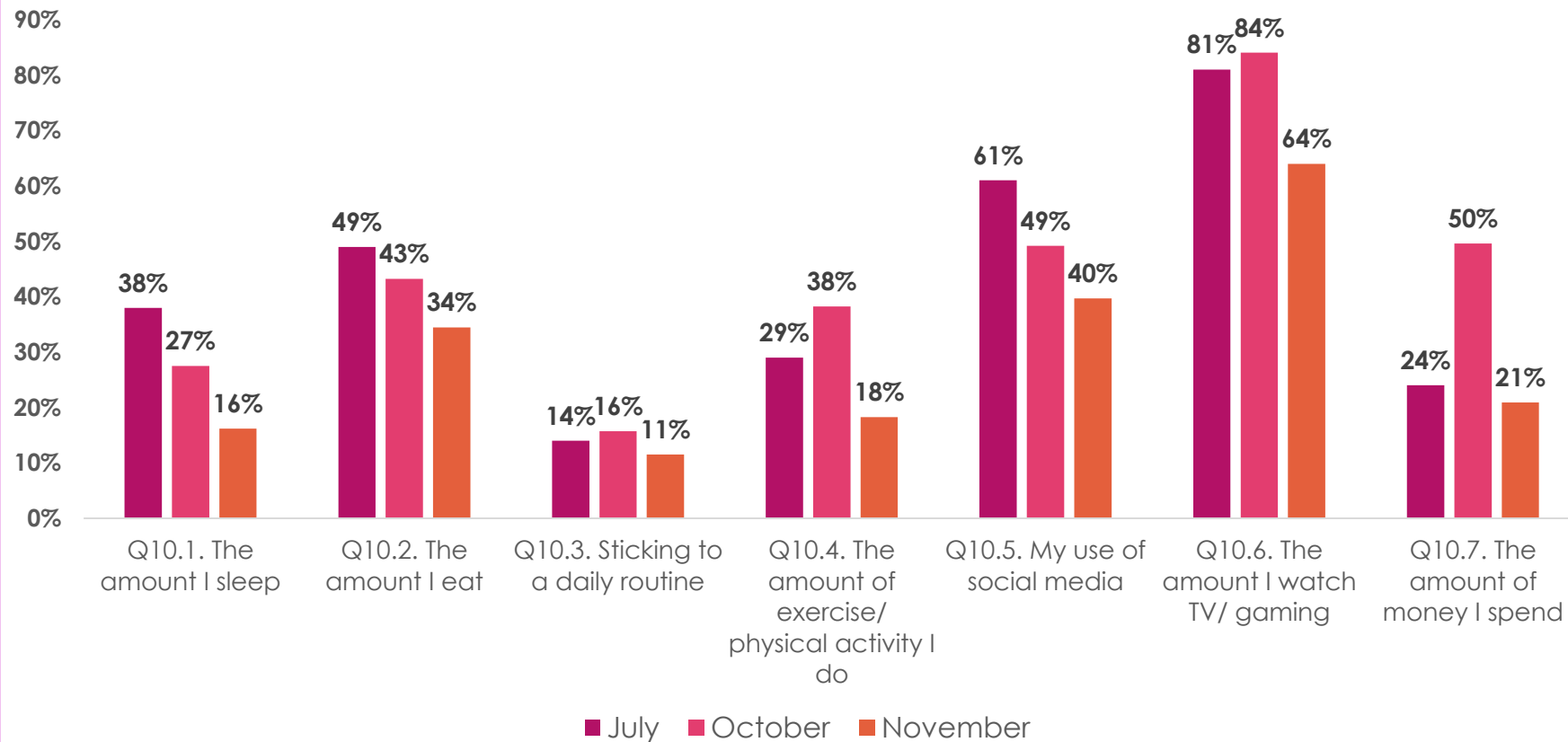
But slight increase in:

- Having more energy



How has lockdown affected your lifestyle?

Number of respondents reporting slightly increased/increased a lot



Lower percentages of respondents reporting increases across the board including:

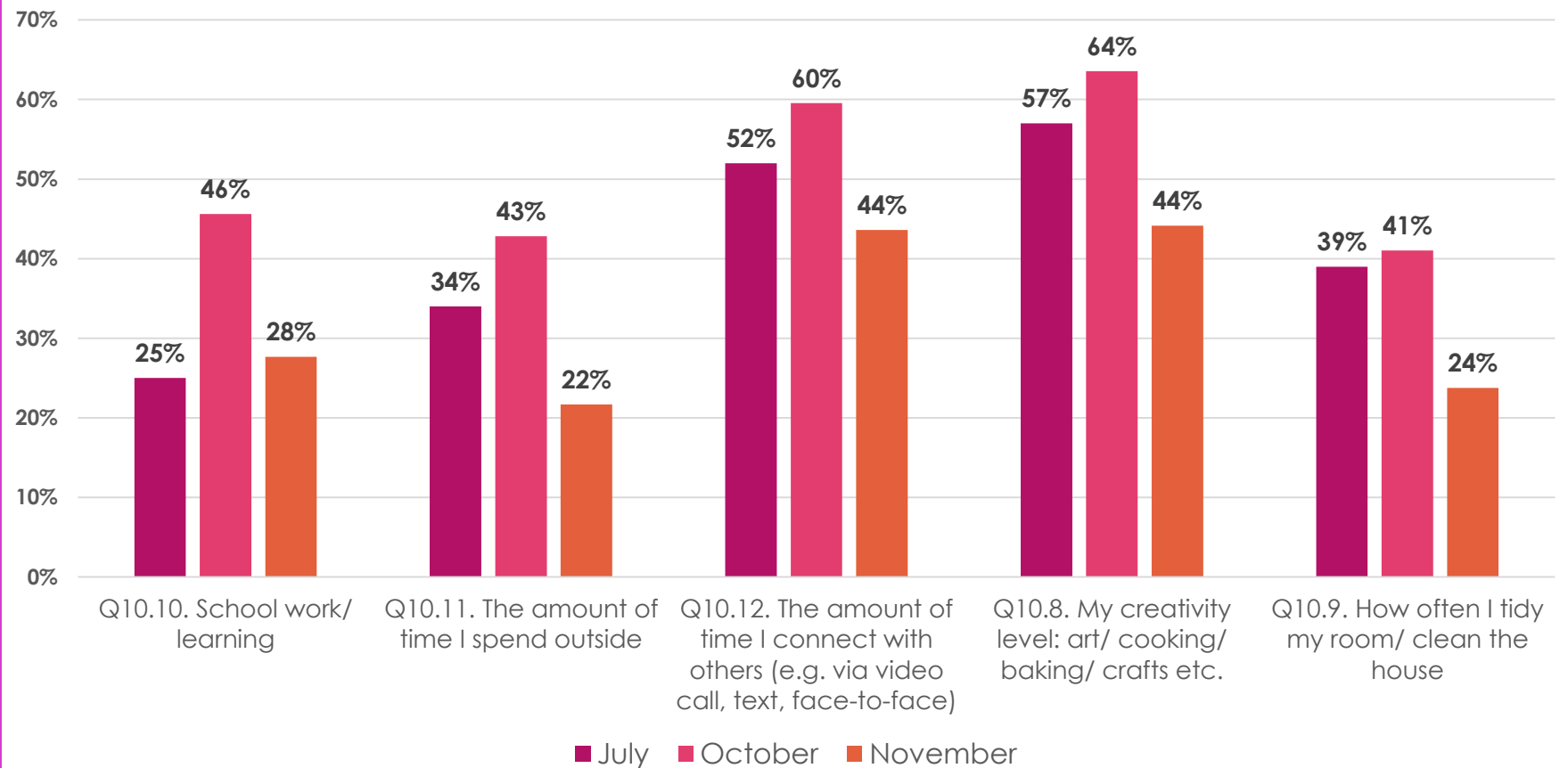
- Amount of sleep (-11%)
- Amount of TV/gaming (-20%)
- Amount of exercise (-20%)
- Amount of money spent (-29%)

How has lockdown affected your lifestyle?

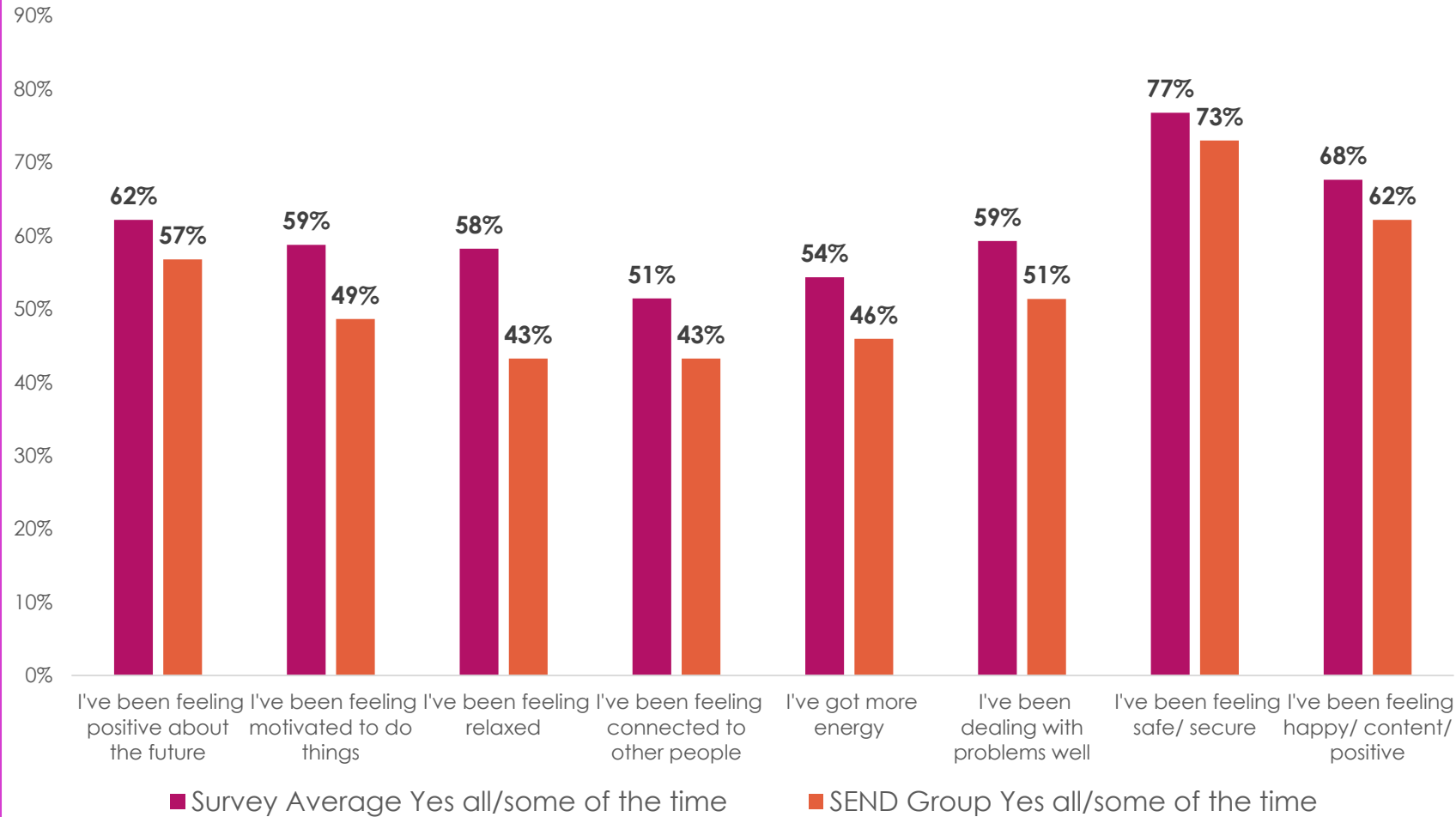
Lower percentages of respondents reporting increases. In particular on:

- School work/learning
- The amount of time spent outside
- Creativity level

Number of respondents reporting slightly increased/increased a lot



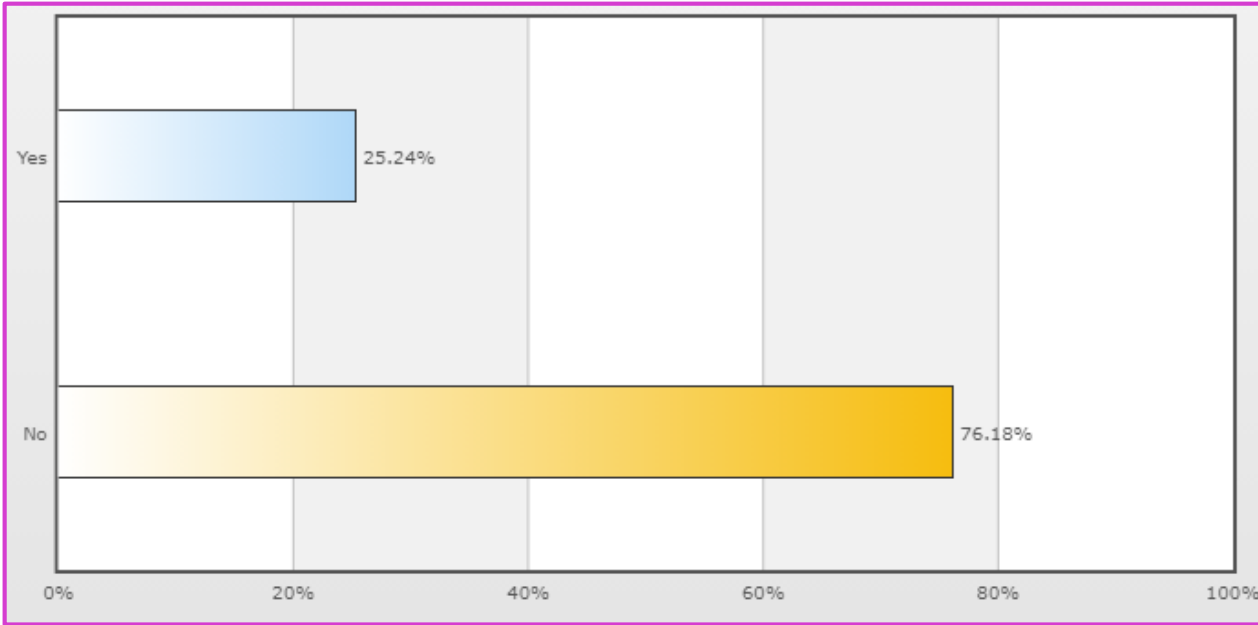
SEND Data



Still observing lower scores among the SEND group (n:37), in particular:

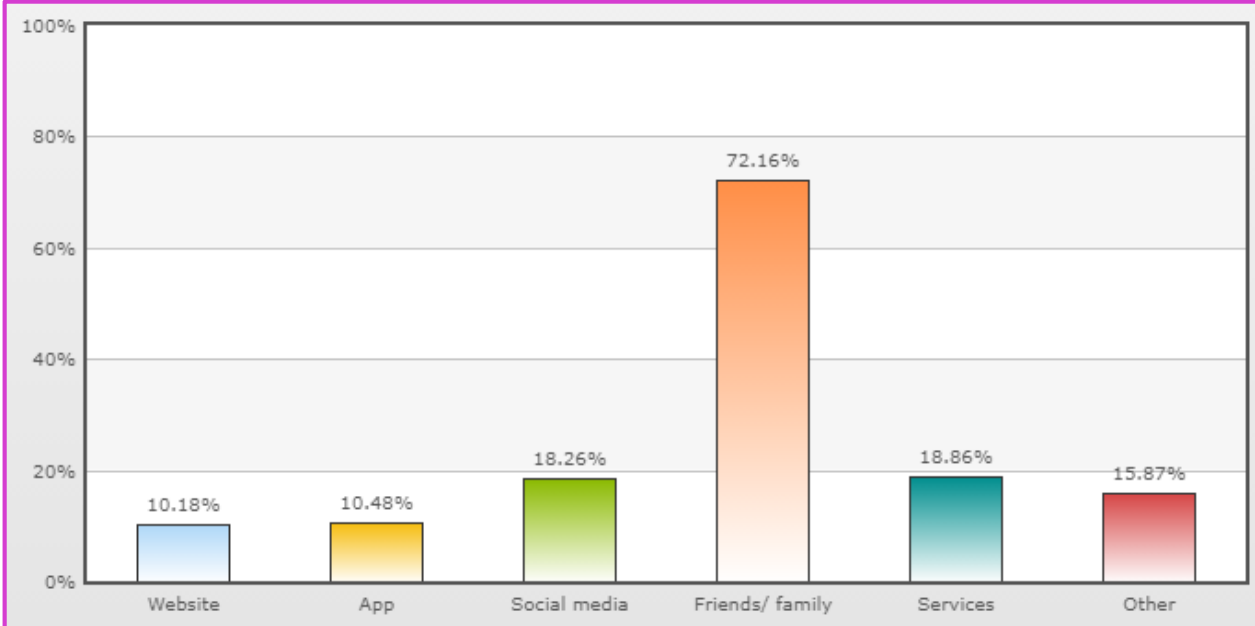
- -15% difference on I've been feeling relaxed
- -10% difference on I've been feeling motivated to do things
- 8% difference on I've got more energy

Help and Support



Of those who hadn't accessed support to manage their thoughts and feelings:

- **78%** Didn't feel that they needed support
- **10%** Didn't know where to find support
- **7%** Were too embarrassed
- **7%** felt there was no support that could help them



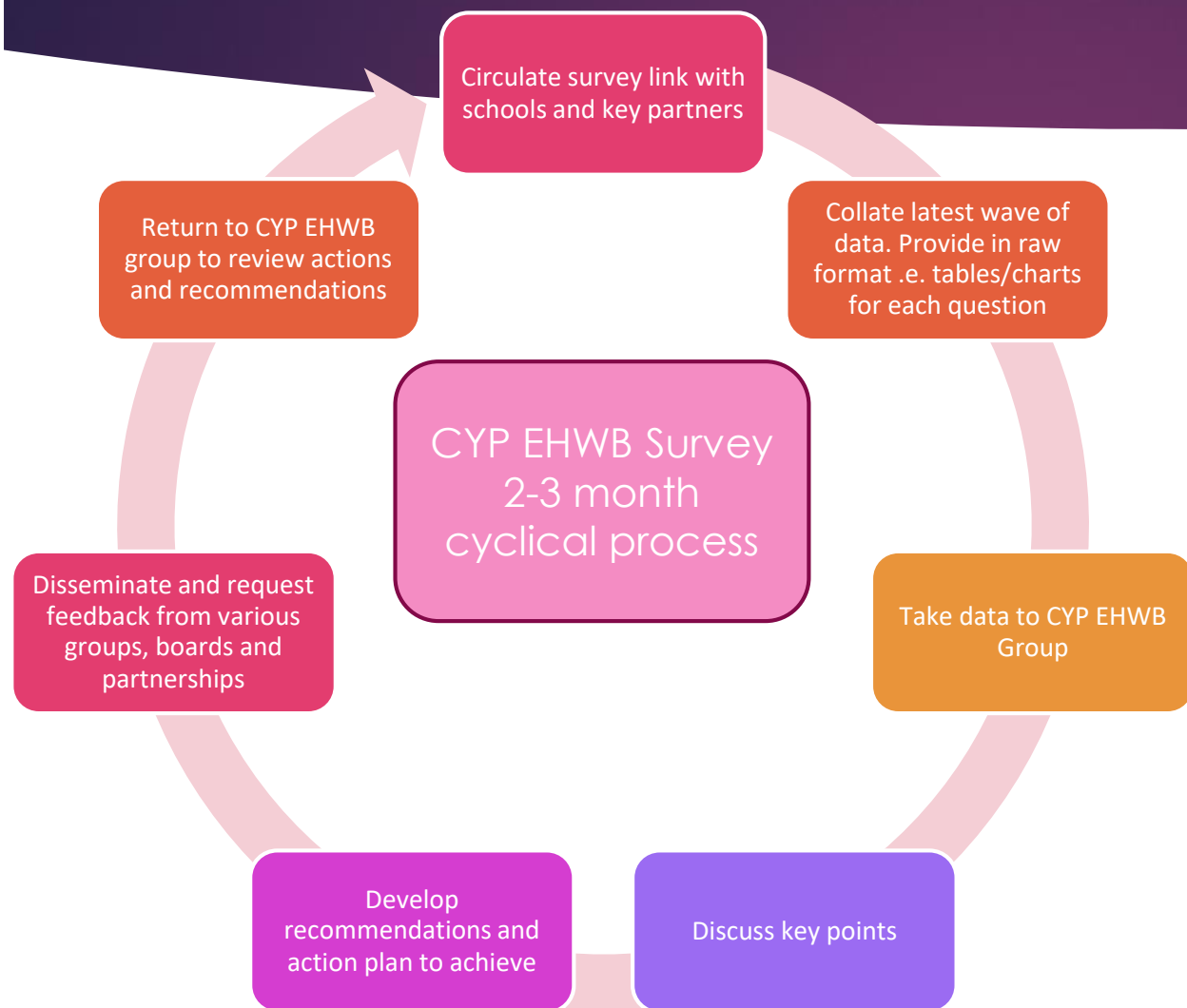
Suggestions as to what needed to be in place to support young people better were:

- ▶ More autism support,
- ▶ More school support,
- ▶ More support for those with additional needs
- ▶ More mental health support

Help and Support

“Teenagers are embarrassed to talk about mental health because they think nobody understands or care this then makes their condition much worse we need local role models to share their experiences with mental health and other related conditions. Schools need to be showing documentaries of role models speaking up especially Jesy Nelson the little mix star where she explains her experience with mental health and online trolling this is so important especially during the pandemic as more people are in lockdown and isolating more people are in social media and are getting bullied / trolled and this needs to be a wake up call.”

How do we plan to use this data?



- A plan has been developed to help govern the survey data to ensure that recommendations are developed in partnership with key stakeholders, that the information is shared widely and the actions taken to meet the recommendations are recorded and tracked.
- The survey will continue throughout the pandemic as the situations change.
- When restrictions begin to lift in what feels like a more permanent change the survey will continue albeit less frequently with an aim to gather responses from CYP when the pandemic is 'officially over' and life is back to normal to see how emotional wellbeing has hopefully changed for the better.

Link to the Survey:

Please continue to share this to support us in understanding how CYP in Barnsley are coping during these challenging times

<https://surveys.barnsley.gov.uk/s/YFEZGV/>