

Working with



# The views and experiences of children and young people in Pennine Lancashire

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## About Us

### Healthwatch Blackburn with Darwen and Healthwatch Lancashire

Healthwatch gives people a powerful voice locally and nationally. At a local level, Healthwatch Blackburn with Darwen (BwD) and Healthwatch Lancashire help local people get the best out of their local health and social care services. Whether it's improving them today, or helping to shape them for tomorrow, Healthwatch is all about local voices being able to influence the delivery and design of local services.

Healthwatch was created by the Health and Social Care Act, 2012. We are part of a network of local Healthwatch which helps to ensure that the views and feedback from patients and carers are an integral part of the design and delivery of local service.

Every voice counts when it comes to shaping the future of health and social care, and when it comes to improving it for today. Everything that local Healthwatch does will bring the voice and influence of local people to the development and delivery of local services.

Find out more at: [www.healthwatchblackburnwithdarwen.co.uk](http://www.healthwatchblackburnwithdarwen.co.uk) or [www.healthwatchlancashire.co.uk](http://www.healthwatchlancashire.co.uk)

### Amplify

Amplify is Healthwatch Blackburn with Darwen's Young Person's Project, designed and delivered by young people to allow them to share their views and experiences on the things that keep them happy, healthy and feeling good in order to shape local health and social care provision.



Healthwatch Blackburn with Darwen are recognised as achieving 'investing in children status'





## Disclaimer

Please note this report relates to the findings from **837** children and young people in Pennine Lancashire. Our report is therefore not a representative portrayal of the experience and views of all children and young people in Pennine Lancashire, only an account of what was represented at the time.

## Date of project

Engagement activity took place **July-August 2017**



## Acknowledgements

### Amplify Champions

- Abigail Kearney
- Amelia Walker
- Amy Shepherd
- Katy Mayoh
- Lara Metcalfe
- Levi Broad
- Liam Byram
- Olivia Youd
- Robyn Farnworth
- Tia Clarke

### Healthwatch Blackburn with Darwen Partners

- Blackburn Central High School
- Blackburn with Darwen Youth Justice Service
- Blackburn Youth Zone
- Brook, Blackburn
- Darwen Aldridge Enterprise Studio
- Darwen Vale High School
- Knott Street Children's Centre, Darwen
- Nightsafe
- Shadsworth Leisure Centre
- The Foyer, Blackburn

### Healthwatch Lancashire Partners and Supporters

- Youth Zone's across Pennine Lancashire
- Barnardo's
- Safe Space, Pennine and Rossendale
- Salvation Army
- Lancashire Women's Centre
- Allied Healthcare
- Hyndburn Leisure Centre, Accrington
- St Peters Centre, Burnley
- Burnley Football Club
- Accrington Stanley Football Club
- Bowley Scout Camp
- Pendle Leisure Centre
- The Princes Trust
- East Lancashire Sailing Club

Supported by retailers, restaurants and workplaces across Pennine Lancashire



## Executive Summary

- Healthwatch Blackburn with Darwen and Healthwatch Lancashire were commissioned by East Lancashire Clinical Commissioning Group (CCG) to engage with children and young people across Pennine Lancashire to gather their views and experiences on the issues that affect their health and wellbeing. This is part of the Local Delivery Partnership consultation
- Using community engagement and questionnaires designed by Amplify Champions 837 children and young people aged 8 to 25 engaged in the project
- Self-Harming was the top issue amongst children and young people in Pennine Lancashire, with 40.31% of participants responding
- This is closely followed by experiencing a mental health condition, with 40.19% of participants responding
- Those identifying as Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ) found concerns about their sexuality as an issue with 46.9% identifying this as an issue
- 20% of participants worried about their health several days in the last two weeks, with 5.5% worrying about their own health every day
- Friends and Socialising (26.8%), closely followed by family (26.6%) were the main things that enabled children and young people to stay happy, healthy and feeling good
- Family problems (9.7%) and bullying (9.7%) were the main things that made it difficult for children and young people to stay happy, healthy and feeling good
- Children and young people said more activities/youth provision (28.5%) and mental health support (20.3%) would allow them to thrive
- We recommend both children and young people, and commissioners respond to the findings of this report, we also recommend a second phase of engagement takes place to further explore key themes



## Introduction

Healthwatch Blackburn with Darwen and Healthwatch Lancashire were commissioned by East Lancashire CCG as part of the Pennine Lancashire Transformation Programme (which included both Blackburn with Darwen and East Lancashire CCG) to gather the views and experiences of children and young people aged 8 to 25 across Pennine Lancashire as part of their Local Delivery Partnership (LDP) consultation.

The project enabled both Healthwatch Blackburn with Darwen and Healthwatch Lancashire to identify the key issues for children and young people living in Pennine Lancashire, allowing them to deliver targeted projects on specific trends to further understand the views and experiences of participants, which will allow them to have greater influence on local provision.

Within this report, we have referred to Local Delivery Partnership (LDP) areas. There are five LDPs operating as part of the Healthier Lancashire and South Cumbria Sustainability and Transformation Partnership also known as the STP. The STP is a group of organisations including Local Healthwatch who work together with the aim to improve health and care in our region. For more information visit

[www.lancshiresouthcumbria.org.uk](http://www.lancshiresouthcumbria.org.uk)



## Statistics

### UK

- 20% of adolescents may experience a mental health problem in any given year.
- 50% of mental health problems are established by age 14 and 75% by age 24.
- 10% of children and young people (aged 5-16 years) have a clinically diagnosable mental problem, yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.

\*Mental Health Foundation

<https://www.mentalhealth.org.uk/statistics/mental-health-statistics-children-and-young-people>

### Blackburn with Darwen

- Children and young people under the age of 20 years make up 28.7% of the population of Blackburn with Darwen, compared to 23.7% nationally.
- 52.0% of school children are from a black and minority ethnic (BME) group compared with 30% nationally
- The level of child poverty is worse than the England average with 27.1% of children aged under 16 years living in poverty. The rate of family homelessness is better than the England average.
- 9.7% of children aged 4-5 years and 22.2% of children aged 10-11 years are classified as obese.
- The number of children aged 5 with one or more decayed, missing or filled teeth continues to be significantly worse than the England average and whilst the national average reduced from 2011/12 to 2014/15 the Blackburn with Darwen average has risen and is now has the highest rate in England.
- Hospital admissions due to substance misuse in the 15-24 year old age-group have levelled out, and remains the second highest in England.
- Blackburn with Darwen is the 15<sup>th</sup> most deprived out of 326 authorities in 2015
- Blackburn with Darwen was estimated to have 336 young people not in education, employment or training (NEETs) aged 16-18, down from 369 in





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2013 and 460 in 2012. This equates to 5.8% of the age-group, compared with an England average of 4.7%, and places the borough in the second highest quintile of upper-tier authorities.

### Lancashire

- Children and young people under the age of 20 years make up 23.2% of the population of Lancashire. 18.0% of school children are from a minority ethnic group.
- The level of child poverty is better than the England average with 19.1% of children aged under 16 years living in poverty. The rate of family homelessness is better than the England average.
- 9.3% of children aged 4-5 years and 18.9% of children aged 10-11 years are classified as obese.
- There were 1,665 children in care at 31 March 2015, which equates to a higher rate than the England average.
- Between November 2015-Janauary 2016, 4.8% of young people aged 16-18 were categorised as NEETs

\*Child Health Profiles March 2017, Public Health England [www.chimat.org.uk](http://www.chimat.org.uk).

Blackburn with Darwen Integrated Strategic Needs Assessment 2016



## Research Methods and Design



### Amplify Champions

Healthwatch BwD Amplify Champions were responsible for designing a questionnaire that could be used across Pennine Lancashire to gather the views and experiences of children and young people. They then went out and spoke to children and young people in a range of settings and out on the street across Blackburn with Darwen.

### Community Engagement

Amplify Champions and staff from both Healthwatch BwD and staff from Healthwatch Lancashire gathered the views and experiences of children and young people in a range of public places across Pennine Lancashire, including the cinema, fast food establishments, youth clubs and parks.

### Questionnaire

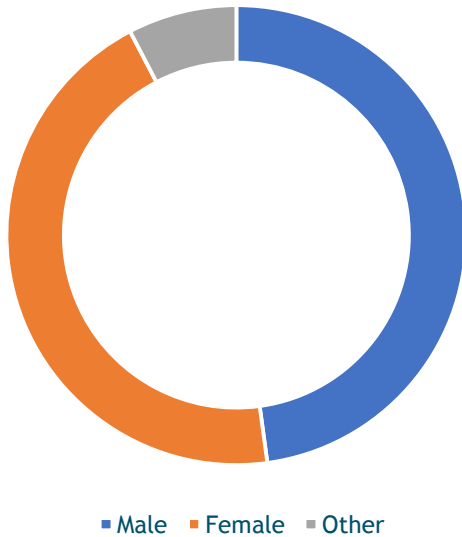
Amplify Champions designed a questionnaire that could be used across Pennine Lancashire to gather the views and experiences of children and young people.



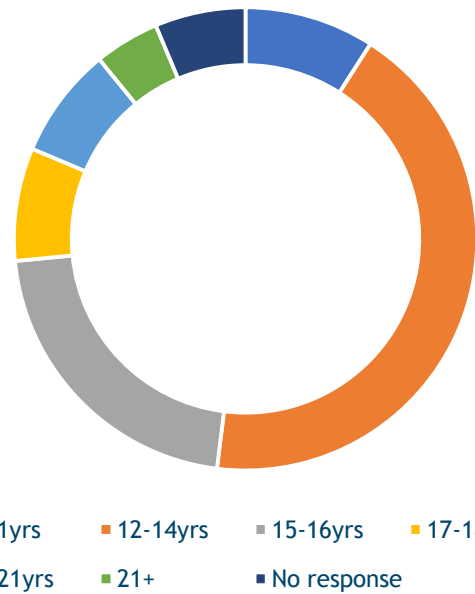
## Who we spoke to?

- 564 children and young people in Blackburn with Darwen
- 273 children and young People in East Lancashire (Burnley, Pendle, Hyndburn, Rossendale and the Ribble Valley)

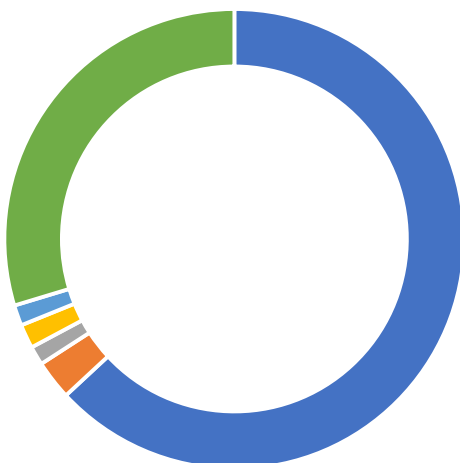
Gender



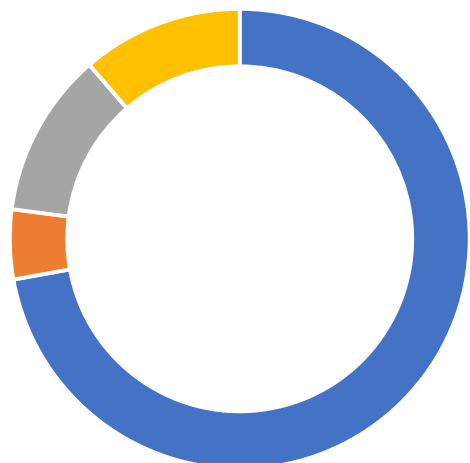
Age



Sexual Orientation



Ethnicity



■ Hetrosexual ■ Bisexual ■ Gay ■ Lesbian ■ Other ■ No response

■ White british ■ Indian ■ Pakistani ■ Other



## Findings

What do you feel are the 4 most important health (physical, mental and emotional) and wellbeing issues for children and young people?

Issue	Number	Percentage (%)
Self-Harming	337	40.31
Experiencing a mental health condition	336	40.19
Taking Drugs	334	39.95
Becoming ill/having a life limiting condition	258	30.86
Smoking	236	28.23
Being bullied in person	184	21.98
Experiencing a long-term health condition	179	21.41
Concerned about body image	176	21.03
Not feeling safe at home	164	19.62
Having an accident/becoming injured	144	17.22
Concerned about weight/eating disorder	133	15.91
Having problems at school	120	14.35
Not having access to enough food to eat	119	14.23
Abusing alcohol	116	13.88
Not having hope about the future	111	13.28
Experiencing relationship issues	111	13.26
Concerned about Sexual Health	88	10.53



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Being Bullied online	79	9.45
Concerned about sexuality*	73	8.73
Worrying about the health of others	62	7.41
Concerned about inactivity	21	2.51
Other	10	1.20

\*8.73% of total participants are concerned about sexuality although amongst those who identify as LGBTQ this is 46.9%

### Top 4 Female Responses

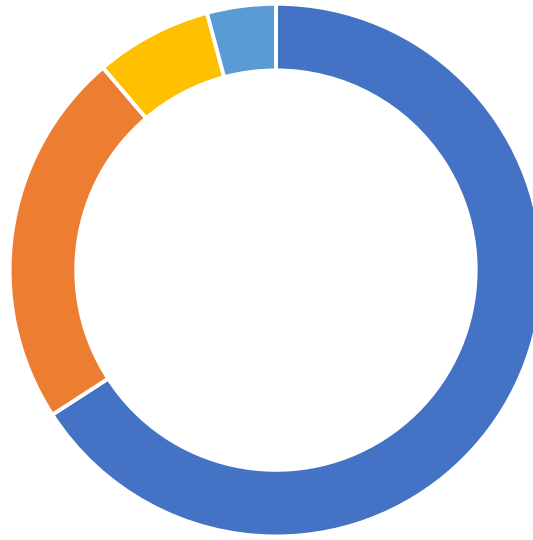
Issue	Number	Percentage (%)
Experiencing a mental health condition	178	44.5
Self-Harming	175	43.8
Taking Drugs	141	35.3
Becoming ill/having a life limiting condition	111	27.8

### Top 4 Male Responses

Issue	Number	Percentage (%)
Taking Drugs	175	47
Self-Harming	137	36.8
Experiencing a mental health condition	134	36
Becoming ill/having a life limiting condition	130	34.9



In the past two weeks, have you ever felt worried about your own health (physical, mental and emotional) and wellbeing?



■ Not at all ■ Several Days ■ More than half the days ■ Every Day ■ No response

- Not at all 65.8%
- Several days 20%
- More than half the days 4.3%
- Every day 5.5%
- No response 4.4%

What one thing helps you stay happy, healthy and feeling good?

	Number	Percentage (%)
Friends/Socialising	218	26.8
Family	216	26.6
Exercise/Sport	107	13.2
Food/Diet	80	9.8



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*'My parents motivate me to be happy and feel good'* 14, Male, Heterosexual, White British

*'I remind myself that tomorrow is a new day and I will feel better'* 13, Male, Heterosexual, White British

*'Getting out of bed and not wasting the day'* 16, Female, Heterosexual, White British

*'I do volunteer work with horses which is therapeutic'* 23, Male, Bisexual, White British

*'Smoking cannabis'* 17, Male, Heterosexual

### What one thing makes it difficult for you to stay happy, healthy and feeling good?

	Number	Percentage (%)
Family Problems	37	9.7
Bullying	37	9.7
School and Exam Pressures	33	8.6
Mental Health (Anxiety/Depression)	28	7.3

The findings were widespread and varied here, which explains the smaller number of respondents fitting into the top 4 themes. 6% of respondent's spoke about their diet, while other responses included financial worries (4.7%), work (3.7%), stress (3.4%), body/self-image (2.9%) and lack of sleep (2.1%).

*'Worry that people are lying when they say that they like me.'* 16, Non-Binary

*'Thinking of the past, scared of any future, not happy with myself'* 14, Male, Heterosexual

*'Not having food in my fridge'*



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*'I struggle with my weight because I eat 'rubbish'* 13, Male

*'That I only get to see my Mum 6 times a year'* 10, Male, Heterosexual

*'People don't understand my sexuality'* 21, Female, Lesbian

*'Stress from worrying about money and if made the right decision to work and not go to Uni'* 19, Female, Heterosexual

*'Not getting to some places as mum has a disability'* 15, Male

**Is there anything you would like to see that isn't currently available that would help you thrive (grow, develop and be successful)?**

	Number	Percentage (%)
Activities (sport, gym, youth clubs)	45	28.5
Mental Health Support	32	20.3
School Support	21	13.3
Employment/Work experience	15	9.5

In addition, responses included financial advice/support (5.7%), health checks/support (3.2%), bereavement support (1.9%) and LGBTQ support (1.9%). With 5.9% of participants identifying as LGBTQ this equates to 32.2% of LGBTQ respondents identifying a need for further support.

*'A place to go to get away, which is close'* 14 Female, Bisexual

*'Interventions in school, not after school'* 14, Male, Heterosexual, Indian

*'More support in mainstream schools'* 23, Female

*'I don't want Shad Leisure to close'* 14, Female, Heterosexual





*'More opportunities for young people to voice their concerns'* 18, Male, Heterosexual, White British

*'Not enough awareness in school. Only have 2 PHSE days a year and is not enough.'* 15, Male

*'More praise on progress from professionals'* 17, Male, Heterosexual, White British

*'To be white'* 15, Female, Any other black backgrounds

*Doctors talk to my mum, not me'* 14, Female

*'Mental health workers that don't just sit you in a room and bombard you with questions that you have already answered'* 21, Female, Heterosexual

**Is there anything else you would like to tell us about your experiences, feelings and thoughts in relation to your health and wellbeing or that of other children and young people?**

*'No child is happy and no adult seems to care.'* 16, Non-binary, White British

*'Young people with depression tend to be told its just puberty when that is not the case'* 15, Female, White British

*'More gyms just for young people, Cardio machines for ages 10-16'* 23, Female, White British

*'I suffer from anxiety and it's hard to talk about. I feel ashamed like anxiety is bad'* 16, Female

*'Sexuality is not really spoken about in schools and coming out is difficult'* 16, Female, Lesbian

*'Used to self-harm and nearly killed myself. Feel like I can't breathe'* 22, Female, Heterosexual, White British

*'Young people aren't taken seriously. We are the future'* 19, Male



## Conclusion

- Self-Harm was the largest issue for children and young people in Pennine Lancashire with 40.31% of participants identifying it as an issue, this was closely followed by experiencing a mental health condition at 40.19%.
- Taking drugs was identified as another key issue (39.95) affecting children and young people, higher in male respondents (47%) than female (35.3%).
- Those identifying as Lesbian, Gay, Bisexual, Transgender or Questioning (LGBTQ) found concerns about their sexuality as an issue with 46.9% identifying this as an issue.
- Friends and socialising (26.8%) and family (26.6%) were identified as the main things that enabled children and young people to stay happy healthy and feeling good.
- Family problems (9.7%) and Bullying (9.7%) were the main things that made it difficult for children and young people to stay happy healthy and feeling good.
- School and exam pressures (8.6%) was another key issue when it came to things that made it difficult for children and young people to stay happy, healthy and feeling good.
- Participants identified various things that they thought would enable them to thrive, these included more activities (28.5%), mental health support (20.3%) and school support (13.3%).



## Recommendations

- We recommend that young people are given the opportunity to respond to the findings in the report and that East Lancashire CCG respond to young people's responses on what they want to see happen.
- We recommend that East Lancashire CCG consider the listed subjects below as priorities for engagement work and co-production

**Self-Harm**

**Mental Health**

**LGBTQ**

**Substance Use**

**Family Problems**

**Bullying**

- Healthwatch Lancashire and Healthwatch Blackburn with Darwen will work in partnership with Amplify Champions to develop future projects. These projects will ensure children and young people continue to be empowered to 'amplify' the views and opinions of their peers.
- We recommend Adverse Childhood Experiences (ACE's) are further explored in Phase 2 of engagement, including bereavement, loss and separation which were indicated briefly during Phase 1 but not further explored.



## Responses

### Children & Young People

#### What we think of the findings?

- Take note and action, help people, what are we doing with this research?
- Adults don't understand why young people are stressed, they need to have conversations rather than jump to conclusions
- 'Angry and Upset'
- I can understand findings, I 'have a spliff to have a chat, can't have a chat without a spliff or beer'.
- 'not that shocked with amount of issues young people face'
- 'makes you wonder why it's happening'

#### What we would like to see happen next?

- More in schools, more workshops to inform people
- More mental health services available for young people, that are local and more accessible
- 'More people should be able to see findings, take action and make change'
- More awareness on substance misuse
- More in depth research on some of the big issues
- Educate people where services are already
- More support and intervention for families
- More support/peer support groups
- Someone we can talk to and not be judged



## The views and experiences of children and young people in Pennine Lancashire

### Response from Pennine Lancashire LDP

### To Follow



## Contact

If you would like more information about Healthwatch Blackburn with Darwen or Healthwatch Lancashire, to receive a hard copy of this report or to find out how you can get involved in future projects, please get in touch with your local Healthwatch.

### Healthwatch Blackburn with Darwen

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