

Children and Young People Workshop

Workshop Questions

1. What are you hoping to take away from today's workshop? What can you contribute?

Use the learnings from the VRAC project

Use the recent HW Survey, which showed for example that CYP were less keen on seeing a Doctor via virtual methods

2. What have been the most important lessons from the Covid-19 pandemic in relation to education, young people, their wellbeing and mental health?

Realise that a lot of CYP are struggling with uncertainty about their future, ie not being able to do exams, start apprenticeships, go into the armed services etc

If they do go to Uni, why are they paying lots of money for online lessons, feel they are being blamed for the increase in cases, not being able to have fun, ie lack of parties, being able to meet other people, etc

There is not enough low level mental health support

That CYP are feeling the stress of parents losing jobs or being afraid that older family members might die

CYP feelings of loneliness in lockdown have increased, and although some were able to reach out via digital means, those whose families are on a low income do not have the opportunity to make video calls, use WhatsApp etc, not only due to lack of the necessary tech, but lack of privacy, (usually living in overcrowded accommodation, therefore lack of personal space)

Even in a 'nice rural' area, that there might be lack of suitable outside space to enable walks, growing things etc

Having to rely on parents to take anywhere, as lack of public transport, but aware that parents are short of cash

That some CYP have found being away from school a relief as some schools are not providing the caring support needed, and are more stressed by returning to schools

That more needs to be done to ensure that schools have more trained mental health support

Have a reset between schools and parents in regard to communication messages/methods

Look to others across the world, to see what they have used to support CYP, and see how we can adapt to the UK

3. How do you involve CYP in decision making?

HWES, have Edward on board as a Non-Exec Director

If you are having CYP on board, make sure that they are paid the same rate as Adults for their involvement

Make sure you have good support in place

ESCC have a youth cabinet that is open to all young people aged 11 -17 who studies in East Sussex. It campaigns for things that CYP think are important by going to the people who make the decisions and telling them what young people want. It talks to lots of different people, Public Health, the police to bus companies and everyone in between.

Be prepared for things to take longer, don't rush into things, as it takes time to build up the trust of CYP, make sure accessible to all.

Use CYP instead of expensive consultants

Make full use of any partnership events

Make sure that the views of CYP are listened to, ie not only a paper exercise

There is lots of funding out there to help with projects, and make sure that you approach your local parish/town Council as they have their own funding

4. If you were to prioritise one change after Covid-19 that focused on young people, schools and communities, what would it be and why?