



## **Current concerns/issues being raised by Include Youth staff about the impact of COVID-19 crisis on the young people they work with**

**Mental Health** -young people worried about their mental health and anxieties due to lockdown, unable to access primary mental health services/counselling/CAMHS

**Financial/ Poverty/Food Poverty** - young people falling into food poverty, young people rely on getting lunches from give and take but can't as its closed, worried about benefit payments, worried about having to access food banks, not having money for electric + heat especially when spending more time at home

**Education** – worried about not getting the essential skills they need to progress after they leave the Give and Take Scheme, access to digital tech i.e. laptops was an issue, loss of routine, seeing peers etc.

**Isolation/Loneliness**- not seeing friends and family, not getting to attend give and take, poor routines due to NO routine, lonely and isolated especially for those living alone

**Safety/Family tensions/ relationships** – worried about relationship breakdowns due to spending lots of time at home, worried about parents/other family members poor mental health/alcohol/drug issues

**Social Work support** – a lot of social workers/PAs are off sick or moved about, SW don't have access to their emails, restricted visits etc, young people not getting the support they need

**Drugs/Alcohol** – young people accessing drugs/alcohol to combat boredom/coping mechanism

**Children's Homes** -young people getting into trouble due to not being allowed out of the home, family contact restricted etc

**Criminalisation risks**-risks of young people being criminalised or arrested for not adhering to social distancing or going about in large groups

**Feeling Stigmatised** – young people feel stigmatised as the rule breakers

**Information** – conflicting information by family and friends that doesn't agree with government guidelines and may put others at risk and get young people into trouble

**Rural issues-** young people in rural areas are unable to access large shopping stores for food, live far away from the local hospital and no access to public transport

**Young carers-**some young people are also caring for family members and are worried because they have no break from these caring duties

**Missing out on key events-** young people missing out on birthday celebrations, celebration events, planned holidays, concerts etc.