

Northern Area Children and Young People Survey 2020

Northern Area Locality Planning

From July to September 2020 the Northern Area CYPSP Locality Planning Groups (LPGs) conducted a Children and Young Peoples and Parents (CYP) survey, the aim was to ascertain children, young people and parent's views on their health and wellbeing needs



Northern Area Children and Young People Survey 2020

Northern Area Locality Planning

Background

During and recovery from the first wave of Covid19 pandemic, it was clear anecdotally from LPG members that Children, Young People and Parents faced considerable challenges, many of which has been amplified by Covid19 and the restrictions.

From July to September 2020 the Northern Area CYPSP Locality Planning Groups (LPGs) conducted a Children and Young Peoples and Parents (CYP) survey, the aim was to ascertain children, young people and parent's views on their health and wellbeing needs and how best these need could be met, given the unprecedented times we are living through.

Methodology

The survey was conducted in partnership with LPG members, Northern Health & Social Care Trust (NHSCT) and Children & Young Peoples Strategic Partnership (CYPSP) and circulated widely, via survey Monkey, throughout the Northern area to parents of children aged 0-25 and children and young people 9-25years. It was promoted through Locality Planning Group member organisations, NHSCT, Northern Area Outcomes Group (NAOG), CYPSP media Facebook and twitter accounts.

Parents and children and young people were asked the same 6 questions to identify top health and wellbeing needs. Each respondent was requested to rank order their identified needs and how they would like these needs addressed. The survey also provided an 'other' options to ensure nothing was missed.

Key Results



The total number of responses to the survey was 474 Parents and 127 children and young people. The results will form the basis of each Locality Group action planning for the way forward

Emotional Health and Wellbeing was highlighted as the top need by both parents and CYP

CYP and Parents agreed unanimously that Sports and Exercise to be the number one method to meet needs



The significant level of engagement, collaboration and partnership working with LPG member organisations, CYPSP and NHSCT enabled us to collate and share a robust depiction of the top health and wellbeing needs of CYP in the Northern Area. The results have been broken down into age, gender and locality area to help provide direction to each LPG on how these needs could be met at a local level.

Results

In the general overall data, unsurprisingly Emotional Health and Wellbeing was highlighted as the top health and wellbeing need by both parents and CYP at a clear margin (52% for parents and 55% for CYP). This is in line with larger recent local and wider studies, for example 'Youth Wellbeing Prevalence Survey 2020' and 'Mental Health of Children and Parents in Northern Ireland Report' 2020. Education was ranked second, again by both (48% for parents and 33% for CYP), followed by Sports/Exercise (30% parents, 28% CYP). Further down the ranking order, although still quite a high percentage, parents placed social media/technology, healthy eating and access to play quite highly, whereas CYP followed the top three with healthy eating, weight concerns, physical health/medical concerns and family relationships.



Age Group

The highest percentage of respondents within the CYP was within the 14-18 age group (39%), followed closely by both the 19-25 and 9-13 age group respectively (31% and 30%), whereas parents response rate was for children aged 9-13 years (50%), followed by the 4-8 and 14-18 year age group (42% and 35%). It is worth bearing in mind the timing of this survey, July to September 2020, post first wave lockdown and non-school attendance which may be reflective of responses.

Locality

When the results were categorised into the four locality areas, all Locality Group areas solidly cited mental health and emotional wellbeing as the top priority need. East Antrim had the highest response rate (146 parents and 41 CYP), followed by Antrim/Ballymena (127 parents, 32 CYP), Causeway (112 parents, CYP 26) and Mid-Ulster (91 parent, 28 CYP). Geographically, some differences were noted in the remaining ranking orders between each council area, however sports/fitness, education, social media/technology, access to play and healthy eating were predominant.



Meeting Needs



In the Northern Area wide data, when asked about how they would like their needs met, both CYP and Parents agreed unanimously that Sports and Exercise would be the number one method to meet these needs at an equal rating of 39%. The second most popular method to deliver on needs identified by parents was through group activities at

31%, while CYP responded by choosing 'a safe place to meet' at 33%. Thirdly CYP choose 'art, drama and creative arts' at 22%, and 30% parents selected 'a safe space to meet'.

For parents, this was followed by arts/drama and creative arts and access to play at 23% and 22% respectively, whereas the CYP followed the ranking order by choosing 1 to 1 programmes and face to face support equally at 21%.

It is interesting to note that when results were broken down to locality areas, all had a common theme of meeting the CYP needs through sports/exercise. Other commonalities with locality areas and from both parents and CYP were having a safe place to meet, group activities, face to face and arts and drama. A number of others mentioned on-line support, 1-1 programmes and counselling.

The survey findings show that in today's current climate, CYP and parents in the Northern Area are dealing with many challenges both in terms of health and wellbeing needs and how best these needs can be addressed.

Thank you

We would like to thank all of the CYP and parents who completed the survey as it provides invaluable information and direction for moving forward. It is important that their views are taken seriously and robust action put in place to help support them.

Collaboration between statutory, voluntary and community sectors within the LPGs played an essential role in acting swiftly and planning to address their responses. It is essential that any actions progressed are aligned to the survey results of what CYP and Parents have highlighted and are matched to local needs given the differences in some responses.





Northern Area Children & Young People Survey

Parents

Children & Young People

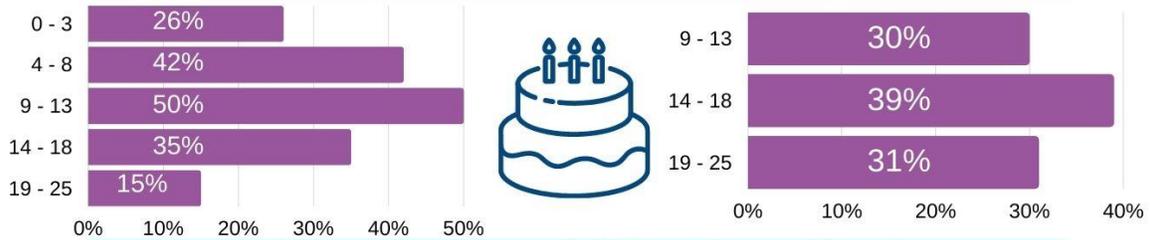
Total Respondents

474



127

What age group are your children / you in?



Where do your children / you live?



Top 3 health and wellbeing needs?



How would you like these needs to be met?





Causeway
Children & Young People Survey

Parents

Children & Young People

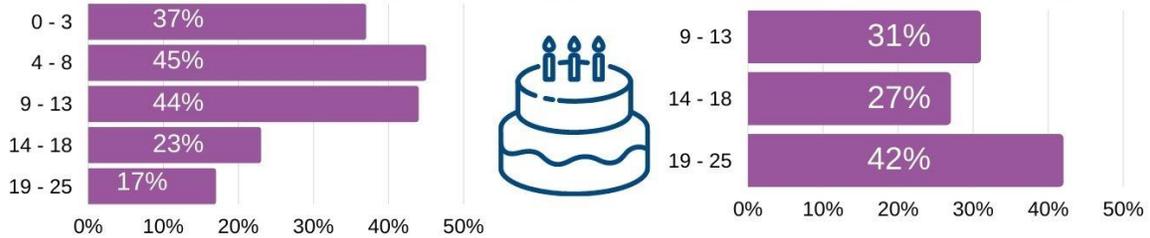
Total Respondents

112



26

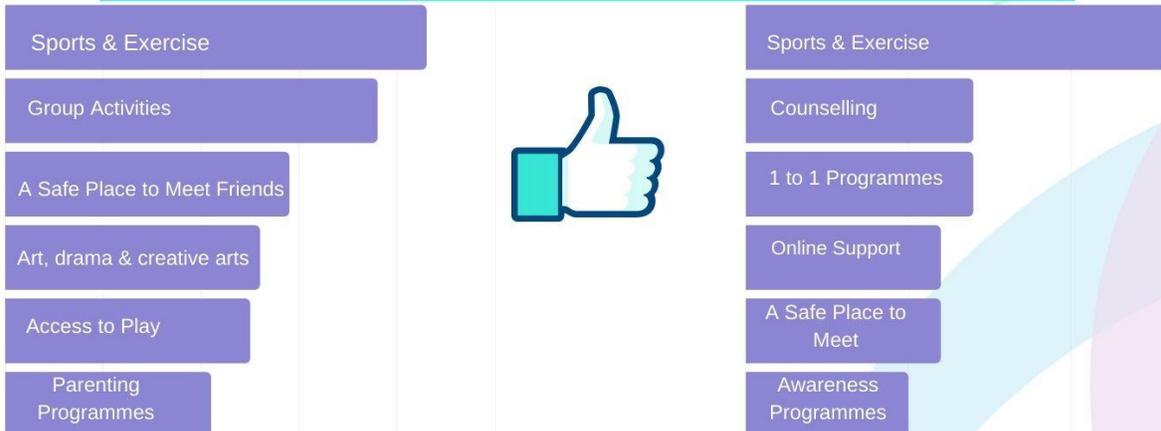
What age group are your children / you in?



Top 3 health and wellbeing needs?



How would you like these needs to be met?





Antrim / Ballymena
Children & Young People Survey

Parents

Children & Young People

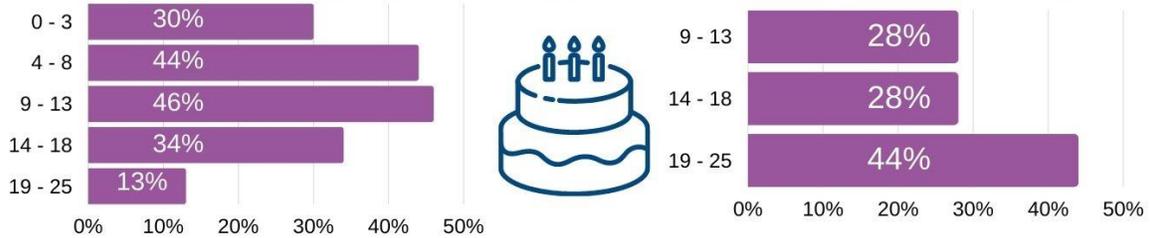
Total Respondents

127



32

What age group are your children / you in?



Top 3 health and wellbeing needs?



How would you like these needs to be met?





Mid Ulster
Children & Young People Survey

Parents

Children & Young People

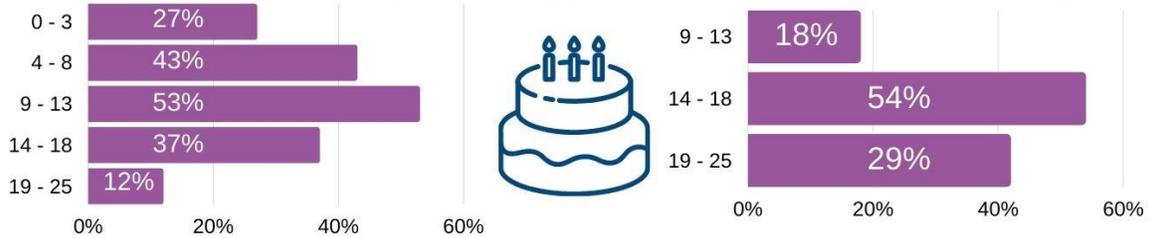
Total Respondents

91



28

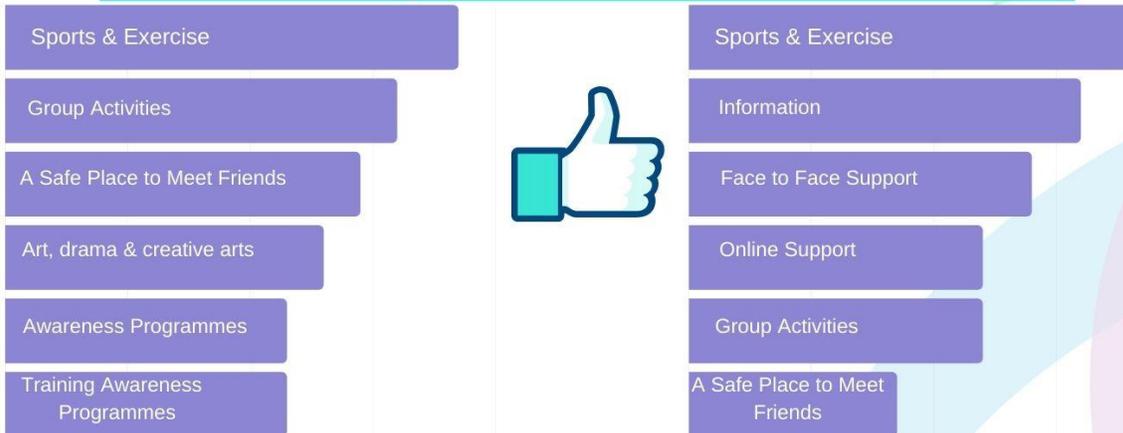
What age group are your children / you in?



Top 3 health and wellbeing needs?



How would you like these needs to be met?





East Antrim

Children & Young People Survey

Parents

Children & Young People

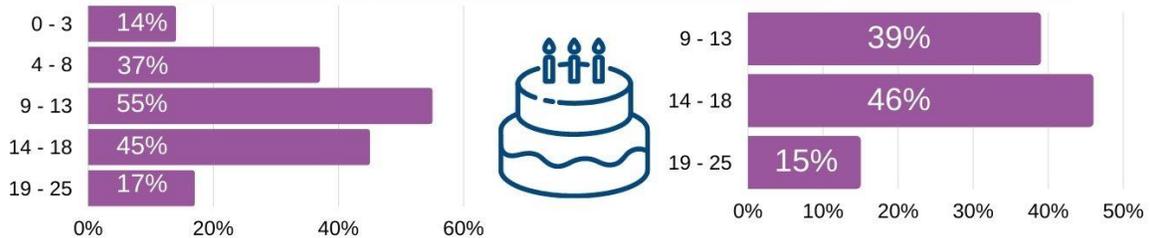
Total Respondents

146



41

What age group are your children / you in?



Top 3 health and wellbeing needs?



How would you like these needs to be met?





Initial Key Recommendations

Evidence suggests that a range of interventions with a common message, is the most effective approach. With that in mind, it is agreed with Locality Planning Group member organisations that between October 2020 to-March 2021 initially we will;



1. Seek additional funding to support a range of Sport/Physical Activity and Emotional Health & Wellbeing Programmes across the Northern Area.
2. Work in partnership with Community Sports Network to deliver on a range of Sports/Physical Activity programmes over the life course of CYP aged 0-25 years.
3. Collaborate with Action Mental Health, Aware and Fresh Minds Education to agree and deliver on a range of emotional wellbeing and support resources that can be adapted to local needs and delivered in a variety of mediums.
4. Provide practical support to families struggling in the current climate through 'Save the Children' funds and NHSCT Emergency Children's Response initiatives.
5. Continually gather information from LPG organisations to inform action plan.
6. Continue to offer a range of evidence based Parenting Programmes for parents and CYP, for example bespoke ParentingNI programmes, Incredible Years, Parents Plus as well as providing Christmas crafts packs to support mental health 2020.

It is anticipated the Survey will help to inform the strategic Northern Areas Outcome Group (NAOG) and the overall CYPSP April 2021- March 2024 Action Plan under the four main priorities and will provide direction and sustainability moving forward over the next few years:

- Children's Mental Health and Emotional wellbeing, in particular but not exclusively children in the 5- 10 age groups.
- Early Intervention support for Children with Disabilities and their families.
- Support to children where mental health and wellbeing is being affected by disruption to their schooling.
- Contribution to strategic cross departmental actions in response to food and fuel poverty, as well as locality based service responses.

For further information, please contact:

Health and Wellbeing Officers for each of the Northern Area Locality Planning Groups:

Emma McElhone (Causeway Coast and Glens)

emma.mcelhone@northerntrust.hscni.net

Mairead Kane (Mid-Ulster)

Mairead.kane@northerntrust.hscni.net

Lynsey McVitty (Antrim/Ballymena)

Lynsey.mcvitty@northerntrust.hscni.net

Bernie McGarry (Larne/Carrick and Newtownabbey)

Bernadette.mcgarry@northerntrust.hscni.net

Kate McDermott, Health and Wellbeing Manager

Kate.mcdermott@northerntrust.hscni.net

For more information on CYPSP: www.cypsp.hscni.net