



## Eastleigh Youth Conference

### Emotional Health and Wellbeing

#### Executive Summary

- Healthwatch Hampshire attended this conference organised by Eastleigh Borough Council and supported by the Child and Adolescent Mental Health Service (CAMHS), No Limits and Healthwatch Hampshire.
- Approximately 80 young people attended representing all of the secondary schools and colleges in the Eastleigh borough.
- Healthwatch carried out a 45 minute consultation session focussing on how young people engage with health and social care services, what improvements could be made and key factors that would improve emotional health and wellbeing in young people.

#### Aims & Objectives

The main objective of the consultation session was to raise awareness of Healthwatch Hampshire and discuss the following questions to further understand how services can improve to benefit young people:

1. How do young people engage with health and social care services?
2. Where do young people go for support with emotional health and well-being?
3. What improvements could be made to make services more accessible for young people?
4. What single thing would most improve your own emotional health and well-being?

#### Feedback & Findings

Feedback and comments given to each of the above questions can be found below in order of frequency:

How do young people engage with health and social care services?	
1	I don't
2	By going to see a doctor – however some doctors will only see you with a parent present which may put you off going.
3	By people coming into schools.
4	Social media
5	E-mail
6	Informal sessions in college
7	Through phone lines
8	1-1 sessions



**Where do young people go for support with emotional health and well-being?**

1	Teachers / Tutors
2	Family
3	Friends
4	School / College counselling
5	Doctors
6	Youth Centres
7	Internet & Apps on phone / tablet
8	Childline, No limits, NSPCC
9	Drop-in Sexual Health clinics
10	Police

**What improvements could be made to make services more accessible for young people?**

1	Make services more friendly, welcoming and approachable for young people
2	Create more services specifically for children and young people
3	Provide more 1-1 sessions and peer group sessions
4	Allow children to access services without parents / with friends
5	Improve waiting times
6	Improve access to information
6	More advertising and publicity needed (promotion, gifts, apps, text services)

The final question required every young person to anonymously answer the question 'What single thing would most improve your emotional health and wellbeing?' The responses are shown below and can be broadly split into four categories (Having someone to talk to, Services, Schools and Family). The responses have been included below in order of frequency.

**What single thing would most improve your emotional health and wellbeing?**

<b>1. Having someone to talk to</b>	
1	Talking to someone you know you can trust
2	Talking to friends and making new ones
3	Talking to someone who won't judge you
4	Being able to talk to someone who understands and can give advice
5	Talking to someone friendly
6	Talking confidentially
<b>2. Services</b>	
1	Need to be seen sooner (waiting times need to be improved)
2	More promotion of services for young people so we now about them
3	More support groups
4	More accessible services for young people
5	Knowing that there are always services available at any time
6	Less clinical environments for young people
7	Need to be seen by doctors who really care
8	Free advice



<b>3. Schools</b>	
1	Less Homework
2	Less exam pressure
3	Knowing where to find someone to talk to at school
4	More people to support young people who get stressed at school
5	More professionals visiting schools to talk about services
<b>4. Family</b>	
1	Speaking to my family improves my emotional health and well-being
2	Better home life
3	My well-being is improved if the well-being of my family is good

### Next Steps?

- This report will be shared with Eastleigh Borough Council, CAMHS and publically on our website.
- Key themes from the conference will be used by Eastleigh Borough Council and Eastleigh schools to help improve services in the future.
- Healthwatch Hampshire will be following up with relevant services to ensure that these comments are responded to where appropriate.

### Key contacts

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