

## Children and young people briefing January 2021



Healthwatch Bath and North East Somerset help local people get the best out of health and social care services such as doctors, hospitals, dentists, mental health services, care and nursing homes and social workers.

We do this by finding out what matters to you and we make sure your views shape the support you, your family and the community need.

People's views come first, especially those that find it hard to be heard. Healthwatch Bath and North East Somerset would like to hear what children and young people have to say about the services they use.



Healthwatch have been hearing from some children and young people about their mental health through two Healthwatch funded Community Pot projects.

### **Bath Area Play Project**

'Me in Mind' was a small project that listened to children and young people about their feelings and emotions in relation to their mental health. Previous consultations as part of the mental health review did not include children under 16 years old so it was important to ensure their voice was heard. The project used focus groups and workshops to hear what young people had to say.

Read the report here:

<https://healthwatchbathnes.co.uk/sites/healthwatchbathnes.co.uk/files/BAPP%20Community%20Pot%20report%202019.pdf>

### Off the Record Banes

The project explored the issues and barriers of rural isolation and the impact for young people. It examined the experience this has on their ability to engage in health services, especially for mental health and those young people who identify as lesbian, gay, bisexual and transgender. Read the report here: <https://healthwatchbathnes.co.uk/report/2020-04-03/otr-banes-community-pot-project-report>

These projects happened in 2019 and a lot has happened since especially with the Covid-19 pandemic that closed schools and youth facilities during the summer and again puts us into lockdown now in January 2021. It has been a difficult time for children and young people and with this third lockdown children and young people are again having to access education at home. Children and young people must stay at home, and only leave home for food, medical reasons, exercise, or work. You should be aware that only two young people from different households are allowed to meet in public places such as outdoor public places that include: parks, beaches, countryside, public gardens, playgrounds, allotments and stay socially distanced when meeting. You cannot meet in a friend's home or garden during the lockdown.

At a time where so much change is happening, it is completely normal for children and young people to feel worried, and to want to be around friends or extended family.

Things may be particularly hard for children because of social distancing rules. If as a parent or young person you are struggling to comply with government's guidelines, there is a range of information available to help and support you:

- Public Health England - [Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(COVID-19\) outbreak.](#) They have also produced an easy read version of their advice on the coronavirus for places of education. You can download it [here](#).
- National Autistic Society – [Guidance and helpline for parents', young people and staff.](#)
- Place2Be – [Guide to helping parents answer questions from their children and to support family wellbeing.](#)
- Young Minds - [Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing.](#)
- [A free information book](#) explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler
- Covibook – [An interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic.](#)
- Amaze - [Information pack for parents.](#)
- Mental Health Foundation - [Talking to your children about scary world news.](#)
- Free access to section of [Headspace](#) app for meditation, sleep and movement:
- Resources for helping young people [building resilience](#) and for [supporting their mental health](#)- by the Anna Freud National Centre for Children and Families

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Healthwatch have heard that during the first lockdown children and young people were feeling:

- Worried
- Anxious
- Lonely
- Stressed

Healthwatch Bath and North East Somerset would like to hear how you and your children are feeling now and what you think about the health and care services you use. Let us know by contacting us through one of the following ways:

Web: [www.healthwatchbathnes.co.uk](http://www.healthwatchbathnes.co.uk)

Email: [info@healthwatchbathnes.co.uk](mailto:info@healthwatchbathnes.co.uk)

Tel: 01225 232401

Twitter: @Hwatchbathnes

Facebook: Healthwatch BANES

Text: text ba + your story to 07860 021 603

Post: Freepost RSBS-YBHY-RYLL  
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