

# Insight Report: **Children and Young people**

Understanding the experiences, needs and preferences of children and young people, their carers / family / friends, and staff

December 2022 V2.3

## **1. What is the purpose of this report?**

This paper summarises what we know about the children and young people population in Leeds. This includes the experiences, needs and preferences of:

- Children and young people
- Their carers, family, and friends
- Staff working with children and young people

Specifically, this report:

- Sets out sources of insight that relates to this population
- Summarises the key experience themes for this population
- Highlights gaps in understanding and areas for development
- Outlines next steps

This report is written by the [Leeds Health and Care Partnership](#) with the support of the [Leeds People's Voices Partnership](#). We have worked together (co-produced) with the key partners outlined in [Appendix A](#). It is intended to support organisations in Leeds to put people's voice at the heart of decision-making. It is a public document that will be of interest to third sector organisations, health and care services and children and young people. The paper is a review of existing insight and is not an academic research study.

## **2. How do we support children and young people in Leeds?**

Our ambition is for Leeds to be the best city in the UK for children and young people to grow up in.

To help us make this happen, we are bringing together senior people from the organisations working with children and young people in Leeds. Representatives from the NHS, Leeds City Council, Public Health, as well as the voluntary sector, make up the Children and Young People's Population Board. The board will work together to create better health and social care support for young people and their families.

The board is responsible for all children and young people living in Leeds, under the age of 18. The exception to this are pregnant people and infants, who's care is covered by the maternity board.

You can find out more about our work with children and young people by reading the Children and Young People's Plan 2018-2023 here: [Leeds Children and Young People's Plan 2018-2023](#)

### 3. Outcomes for children and young people's care in Leeds

The aims of the children and young people's population board work in Leeds is to make sure:

- Children are safe from harm.
- Children do well at all levels of learning and have skills for life.
- Children in Leeds are healthy.
- Children are happy and have fun.
- Children and young people in Leeds are active citizens who feel they have a voice and influence.

These are our identified outcomes. By setting these clear goals, that are focused on how services impact the people they serve, the board is able to better track whether we're really doing the right thing for the people using these services. The full framework can be seen in [Appendix B](#).

#### 4. What are the key themes identified by the report?

The insight review highlights a number of key themes:

- Children and young people have told us that having different spaces to go for a choice of activities is important to them.
- Children and young people told us that having access to easy transport is important to them.
- Children and young people have told us they would like to communicate about different services (for physical and mental health), opportunities across different media outlets.
- **We will add additional themes as we gather more insight**

This insight should be considered alongside city-wide cross-cutting themes available on the Leeds Health and Care Partnership website. It is important to note that the quality of the insight in Leeds is variable. While we work as a city to address this variation we will include relevant national and international data on children and young people's experience of health and social care.

## 5. Insight review

We are committed to starting with what we already know about people’s experience, needs and preferences. This section of the report outlines insight work undertaken over the last four years and highlights key themes as identified in [Appendix C](#).

Source	Publication	No of participants and demographics	Date	Key themes relating to children and young people’s experience
The Leeds City Council Voice and Influence Team	12 wishes <a href="#">12 wishes</a> ( <a href="#">leeds.gov.uk</a> )	Approx. 80,000 young people over 3 years. Details of demographics aren’t available	2022	<p>Child Friendly Leeds has reviewed the feedback from local and city-wide consultations, surveys, and ballots over the last 3 years, capturing the views of 80,000 children and young people in the city to identify the current top issues and priorities. These are the ‘12 wishes’ identified by the work:</p> <ul style="list-style-type: none"> <li>• <b>Information</b> - Children and young people have told us they want to know how and where to get support for their mental health and wellbeing if they need it.</li> <li>• <b>Environment</b> - Children and young people have told us they want safe spaces to play, hang out and have fun to continue to be healthy.</li> <li>• <b>Involvement in care, involvement in service development</b> - Children and young people told us they want to be involved in decisions that affect their lives, and express their views and feel heard .</li> <li>• <b>Person centered</b> – children and young people told us they feel accepted for who they are. They do not experience bullying and discrimination.</li> <li>• <b>Environment, wider determinants</b> – Children and young people told us that the environment and protecting climate is change is important to them.</li> </ul>

Source	Publication	No of participants and demographics	Date	Key themes relating to children and young people's experience
				<ul style="list-style-type: none"> <li>• <b>Travel and transport</b> - Children and young people told us that being able to travel around the city safely and easily is important to them.</li> <li>• <b>Information, wider determinants</b> - Children and young people told us they want to know about different things to do and places to go across the city. They enjoy different cultural experiences including art, music, sport and film.</li> <li>• <b>Health inequality</b> -Children and young people told us that reducing the impact of poverty is important to them and helping families who need it.</li> <li>• <b>Information, Choice, wider determinants-</b>. Children and young people told us it is important to have the support and information needed to make healthy choices. They have opportunities for regular physical activity.</li> <li>• <b>Environment, wider determinants</b> - Children and young people told us it is important they are in learning settings that meet their needs. Including those with a learning needs or a disability.</li> <li>• <b>Wider determinants, choice</b> – Children and young people told us they would like to have access to a wide range of work experience, employment and volunteering opportunities.</li> </ul>
Leeds local offer (Leeds city council)	Make Your Mark Report	Brief demographic info in	2022	Make Your Mark is the largest youth ballot for 11 to 18 year old's in the UK. Young people have their say and begin their democratic journey by voting on the issues they want to change.

Source	Publication	No of participants and demographics	Date	Key themes relating to children and young people's experience
<a href="https://cloudinary.com">Make Your Mark 2022</a> (cloudinary.com)	<a href="#">2020-v2-Make-Your-Mark-Results-with-Infographics.pdf</a> (netdna-ssl.com)	national report		<p>The Top issue highlighted for Leeds was:            First: Health and Wellbeing with 1,125 votes            Second: Jobs, money, homes and opportunities with 1,088 votes.</p>
Leeds City Council	<p>My healthy school survey</p> <p>20211105_Final_Headline_Report_2020-21_V1.pdf (airdrive-secure.s3-eu-west-1.amazonaws.com)</p>	<p>10,238 responses from 101 schools and education settings</p> <p>Some demographic data is collected in the raw data – but this includes national and Leeds</p>	2020-2021	<p>The key findings come under <b>Wider determinants</b>:</p> <ul style="list-style-type: none"> <li>• Children and young people are eating less fruit and veg</li> <li>• Children and young people aren't brushing their teeth twice a day</li> <li>• Overall numbers of pupils reporting they have 'never smoked, have tried or used to smoke' has steadily increased over the last 14 years.</li> <li>• Most year groups reflect stability in pupils reporting 'drinking alcohol everyday'. Year 11 students, however, following their best results in 2019-20 (0.4%) saw an increase of over 2% to 3% this year.</li> <li>• All year groups, except Year 11, recorded their worst results for pupils feeling 'stressed or anxious every day or most days'</li> </ul> <p>Overall data increasing from 19% in 2009-10 to 30% this year for secondary school pupils.</p>

Source	Publication	No of participants and demographics	Date	Key themes relating to children and young people's experience
		<p><u>My Health My School Survey - Data Mill North</u> – please follow the download link 2020/21 for raw data</p>		<p>Primary pupils also reported increases of stress from 13% to 27% (7% increase from 2019-20),</p> <p>Year 11, however, move to 45% (3% increase from 2019-20), although not reaching their highest level which was set in 2018-19 (48%).</p>
Health	<p>Youthwatch</p> <p><u>Young women's mental health event - Your Healthwatch Leeds</u></p>	<p>120 individuals, made up of 51 young people, 10 parents and 59 demographics aren't available</p>	2020	<p>Key themes are:</p> <p><b>Wider determinants</b> - Children and young people told us that more awareness raising on mental health across a variety of media outlets.</p> <p><b>Communications</b> – Children and young people told us that more awareness raising on mental health across a variety of media outlets</p> <p><b>Choice, resource</b> - Children and young people told us they would like to see more creative community approaches using different art forms and resources in the city such as churches, leisure centers.</p> <p><b>Resources</b> - Parent / carer told us they would like more support from themselves to support their child's mental health needs especially around communicating with their child.</p>

Source	Publication	No of participants and demographics	Date	Key themes relating to children and young people's experience
				<p><b>Joint working</b> - Mental health treatment, significant concerns were highlighted about young people with mental health problems who fall between child adolescent mental health services (CAMHS) and adult mental health services (AMHS) and get lost or disengage during their transition.</p> <p><b>Joint working</b> - A joined up approach between services was seen as essential and information for families on how to successfully navigate transition.</p> <p><b>Choice</b> -Children and young people told they would like options of an online offer rather than face-to-face.</p>
Healthwatch	Big Leeds Chat report  <a href="#">big-chat-leeds-2022-RevC.pdf</a> (healthwatchleeds.co.uk)	demographics aren't available	2021	<p>The key themes are:</p> <ul style="list-style-type: none"> <li>• <b>Wider determinants (Money, transport)</b> - children, young people and families told us they would like to positive accessible activities to do</li> <li>• <b>Resource</b> - People told us they want Leeds city to be a 'Think Family' a reality which goes going beyond statutory services</li> <li>• <b>Resources, choice</b> - Parents told us that it is hard to find evening activities for families especially under 5's</li> <li>• <b>Involvement in service development</b> - Children and young people told us that want more opportunities to share their voice.</li> </ul>



Source	Publication	No of participants and demographics	Date	Key themes relating to children and young people's experience
				<ul style="list-style-type: none"> <li>• <b>Choice</b>- Young people told us that want to interact with professionals in person, rather than remotely.</li> <li>• <b>Timely care</b> - Children and young people told us they want easier access to mental health support services</li> <li>• <b>Timely care , Wider determinants (schools)</b> - Children and young people told us they want to see earlier mental health awareness in schools at a younger age</li> </ul>

### Additional Reading

- [NHS England » Children and young people](#)
- [NICE impact children and young people](#)
- [Learning and Development Strategy | Leeds Safeguarding Children Partnership \(leedsscp.org.uk\)](#)
- [Leeds - Children and Young People - UTLA | Leeds | InstantAtlas Reports](#)

## 6. Inequalities Review

We are committed to tackling health inequalities in Leeds. Understanding the experiences, needs and preferences of people with protected characteristics is essential in our work. This section of the report outlines our understanding of how children and young people's care is experienced by people with protected characteristics (as outlined in the Equality Act 2010 – [Appendix D](#)).

Please note that we are aware that the terminology used in relation to the recognition of a person's identity may depend on the context of its use. Some people may define some terms differently to us. We have tried to use terminology that is generally accepted. Please do get in touch if you would like to discuss this further.

Protected Characteristic	Insight
Age	
Disability	Children and young people told us it is important they are in learning settings that meet their needs. Including those with a learning needs or a disability. 12 wishes, 2022.
Gender (sex)	
Gender reassignment	
Marriage and civil partnership	
Pregnancy and maternity	
Race	
Religion or belief	
Sexual orientation	A gap was identified around the provision of peer support groups for young people, particularly more vulnerable young people such as those with learning or physical disabilities, LGBTQ+, racial/ethnic groups – young womens mental health event, healthwatch leeds 2020
Homelessness	
Deprivation	
Carers	Parent / carer told us they would like more support from themselves to support their child's mental health needs. Healthwatch Leeds 2020
Access to digital	

Served in the forces	
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## **7. Gaps and considerations – are there any gaps in our evidence or things we need to consider?**

This section explores gaps in our insight and suggests areas that may require further investigation.

### **Gaps identified in the report:**

The follow groups of young people, we haven't heard from:

- Ethnically diverse communities (those who are asylum seekers or refugees)
- Homelessness young people
- Experience in the care system

### **Additional gaps and considerations identified by stakeholders**

## **8. Next steps – What happens next?**

We would like to outline our next steps to demonstrate how this insight report will be used to improve children and young people's care in Leeds.

### **a. Add the report to the Leeds Health and Care Partnership website**

We will add the report to our website and use this platform to demonstrate how we are responding to the findings in the report.

### **b. Hold a workshop with key partners in the winter**

We will meet with key stakeholders in the winter to

- Describe our children and young people's work in Leeds
- Outline and agree the findings of this report
- Identify and agree additional gaps
- Plan involvement work to understand the gaps in our knowledge
- Coproduce an approach to involving the public in shaping children and young people's services in Leeds

### **c. Explore how we feedback our response to this report**

We will work with partners to feedback to the public on how this insight is helping to shape local services.

## Appendix A: Key partners

It is essential that we work with key partners when we produce insight reports. This helps us capture a true reflection of people's experience and assures us that our approach to insight is robust. To create this insight report on children and young people's care, we are working with the following key stakeholders:

### Board member

Name	Organisation
Ruth Burnett	Leeds Community Healthcare Trust
Hannah Davies	Healthwatch Leeds
Louise Forrest	GIPSIL (3rd Sector Rep)
Julie Longworth	Leeds City Council
Emily Griffiths	Leeds ICB
Tamsin Mohans	West Yorkshire police
	Leeds York foundation partnership trust
Suzanne Abrahams	Leeds Teaching Hospital foundation trust
Kathryn Ingold	Public health
Jayne Bathgate-Roche	ICB in Leeds
Gaynor Connor	General practice rep
Helen Haywood	ICB in Leeds?
Mike Richards	

### Third sector and public representatives

Name	Organisations
	Health for all
Mwesi Magumba	LTHT youth forum
Chris lake	LCH youth board
Anna Crossland	Young lives Leeds
Narwin Nijhum	Project support
Harriet wright	Youth watch
Liz Neil	Mindmate (common room)
Laura Minney	Barca
Karen cruise	Flourished minds

Nicholas Lee	LYPFT
Karen	PAFRAS
Abdullah Adekola	Young black minds
Ian Rodley	Dazl
Olivia Uttley	Kooth

### Networks and partnerships

Contact	Group
Rebecca	Voice and influence network
Charlotte Hanson	CYP city comms group

## Appendix B: Children and young people's Outcomes Framework

Children and Young People Population Outcome Framework		
Link to Healthy Leeds Plan Strategic Indicators		
Health Outcome Ambitions	System Activity Metrics	Quality Experience Measures
Improve infant mortality Reduce weight in 10-11 year olds Improve healthy life expectancy Reduce potential years life lost avoidable causes and rates of early death	Increase expenditure on the 3 <sup>rd</sup> Sector Increase proportion of people being cared for in primary and community services Reduce rate of growth in non-elective bed days and A&E attendances	Improve the experience of those using: <ul style="list-style-type: none"> <li>- Primary care services</li> <li>- Community services</li> <li>- Hospital services</li> </ul> Person centred co-ordinated care experience P3C-EQ
Outcome	Outcome Measure	Process Measure
1 Children are safe from harm	Number of children looked after (split by in/out of area) Life expectancy of children looked after by Local Care Partnership	Increasing the proportion of planned care versus unplanned care
2 Children do well at all levels of learning and have skills for life	Percentage of children who live in Leeds who leave education at 16 with fewer than 5 GCSEs Children and young people have the ability to take care of themselves and others percentage of children who are able to report that they are able to cope with feeling? - Happy – Confident - Sad or upset - Bad tempered or angry - Stressed or anxious - Lonely	Waiting times for all elective services (days missed of school for children in Leeds due to ill health)
3 Children in Leeds are healthy	Percentage of children in Leeds are a healthy weight at age 5 Percentage of children in Leeds are a healthy weight at age 11 Life expectancy at birth males Life expectancy at birth females Increase the percentage of Young people that move into the Healthy Population	Percentage of children in the city with 2 or more risk factors (e.g. healthy weight, smoking, drug use, alcohol use, etc etc) Percentage of children with two or more protective factors from assets in their area
4 Children are happy and have fun	Percentage of primary school children in Leeds who say they are happy every day/most days Percentage of secondary school children in Leeds who say they are happy every day/most days	Children and young people receive the right support at the right time, in the right place and by the right person (increased access to services using health needs assessment versus equity of access assessment, and service waiting times).
5 Children and young people in Leeds are active citizens who feel they have a voice and influence	Children and young people feel that any suggestions/ideas they have shared have been heard by adults and have influenced change in your school, local area/community	Percentage of children who have shared their ideas about improving their local area or city



## Children and young people population outcomes framework

Link to Healthy Leeds Plan strategic indicators:

- **Health outcome ambitions**
  - Improve infant mortality
  - Reduce weight in 10-11 year olds
  - Improve healthy life expectancy
  - Reduce potential years life lost avoidable causes and rates of early death
- **System activity metrics**
  - Increase expenditure on the 3rd Sector
  - Increase proportion of people being cared for in primary and community services
  - Reduce rate of growth in non-elective bed days and A&E attendances
- **Quality experiences measures**
  - Improve the experience of those using:
    - Primary care services
    - Community services
    - Hospital services
  - Person-centred co-ordinated experience.

Outcome	Outcome measure	Process measure
1. Children are safe from harm	<ul style="list-style-type: none"> <li>• Number of children looked after (split by in/out of area)</li> <li>• Life expectancy of children looked after by Local Care Partnership</li> </ul>	Increasing the proportion of planned care versus unplanned care
2. Children do well at all levels of learning and have skills for life	<ul style="list-style-type: none"> <li>• Percentage of children who live in Leeds who leave education at 16 with fewer than 5 GCSEs</li> <li>• Children and young people have the ability to take care of themselves and others</li> <li>• percentage of children who are able to report that they are able to cope with feeling?               <ul style="list-style-type: none"> <li>○ Happy – Confident - Sad or upset - Bad tempered or angry - Stressed or anxious</li> <li>○ Lonely</li> </ul> </li> </ul>	Waiting times for all elective services (days missed of school for children in Leeds due to ill health)
3. Children in Leeds are healthy	<ul style="list-style-type: none"> <li>• Percentage of children in Leeds are a healthy weight at age 5</li> <li>• Percentage of children in Leeds are a healthy weight at age 11</li> <li>• Life expectancy at birth males</li> <li>• Life expectancy at birth females</li> <li>• Increase the percentage of Young people that move into the Healthy Population</li> </ul>	<ul style="list-style-type: none"> <li>• Percentage of children in the city with 2 or more risk factors (e.g. healthy weight, smoking, drug use, alcohol use, etc etc)</li> <li>• Percentage of children with two or more protective factors from assets in their area</li> </ul>
4. Children are happy and have fun	<ul style="list-style-type: none"> <li>• Percentage of primary school children in Leeds who say they are happy every day / most days</li> </ul>	Children and young people receive the right support at the right time, in the right place

Outcome	Outcome measure	Process measure
	<ul style="list-style-type: none"> <li>Percentage of secondary school children in Leeds who say they are happy every day / most days</li> </ul>	and by the right person (increased access to services using health needs assessment versus equity of access assessment, and service waiting times)
5. Children and young people in Leeds are active citizens who feel they have a voice and influence	Children and young people feel that any suggestions/ideas they have shared have been heard by adults and have influenced change in your school, local area/community	Percentage of children who have shared their ideas about improving their local area or city

## Appendix C: Involvement themes

The table below outlines key themes used in our involvement and insight work. The list is not exhaustive and additional themes may be identified in specific populations.

Theme	Description	Examples
<b>Choice</b>	Being able to choose how, where and when people access care. Being able to choose whether to access services in person or digitally	People report wanting to access the service as a walk-in patient. People report not being able to see the GP of their choice
<b>Clinical treatment</b>	Services provide high quality clinical care	People told us their pain was managed well
<b>Communication</b>	Clear communication and explanation from professionals about services, conditions and treatment.	People report that they're treatment was explained in a way that they understood
<b>Covid-19</b>	Services that are mindful of the impact of Covid-19	People report the service not being accessible during the pandemic
<b>Environment</b>	Services are provided in a place that is easy to access, private, clean and safe and is a way that is environmentally friendly and reduces pollution	People report that the waiting area was dirty
<b>Health inequality</b>	Services are provided in a way that meet the needs of communities who experience the greatest health inequalities.	Older people report not being able to access the service digitally
<b>Information</b>	Provision of accessible information about conditions and services (leaflets, posters, digital)	People report that the leaflet about their service was complicated and used terms they did not understand
<b>Involvement in care</b>	Involvement of people in individual care planning and decision-making.	People told us they were not asked about their needs and preferences
<b>Involvement in service development</b>	Involvement of people in service development. Having the opportunity to share views about services and staff.	People told us that they were given an opportunity to feedback about the service using the friends and family test
<b>Joint working</b>	Care is coordinated and delivered within and between services in a seamless and integrated way	People report that their GP was not aware that they had been admitted to hospital
<b>Person centred</b>	Receiving individual care that doesn't make assumptions about people's needs. Being treated with dignity, respect, care, empathy and compassion.	People report that their relative died in the place they wanted

	Respecting people's choices, views and decisions	
<b>Resources</b>	Staff, patients and their carers/family/friends have the resources and support they need	Family reported that adaptations to the house took a long time to be made
<b>Satisfaction</b>	Services are generally satisfactory	Most people told us that they were very happy with the service.
<b>Timely care</b>	Provision of care and appointments in a timely manner	People report waiting a long time to get an appointment
<b>Workforce</b>	Confidence that there are enough of the right staff to deliver high quality, timely care	People raised concerns that the ward was busy because there were not enough staff
<b>Transport and travel</b>	Services are provided in a place that is easy to access by car and public transport. Services are located in a place where it is easy to park.	People report poor local transport links People report good access to parking
<b>Wider determinants</b>	Services and professionals are sensitive to the wider determinants of health such as housing	People told us that their housing had a negative impact on their breathing

## Appendix D: Protected characteristics (Equality and Human Rights Commission 2016)

1. **Age** - Where this is referred to, it refers to a person belonging to a particular age (for example 32 year olds) or range of ages (for example 18 to 30 year olds).
2. **Disability** - A person has a disability if she or he has a physical or mental impairment which has a substantial and long-term adverse effect on that person's ability to carry out normal day-to-day activities.
3. **Gender (Sex)** - A man or a woman.
4. **Gender reassignment** - The process of transitioning from one gender to another.
5. **Marriage and civil partnership** - Marriage is no longer restricted to a union between a man and a woman but now includes a marriage between a same-sex couple. [1] Same-sex couples can also have their relationships legally recognised as 'civil partnerships'. Civil partners must not be treated less favourably than married couples (except where permitted by the Equality Act).
6. **Pregnancy and maternity** - Pregnancy is the condition of being pregnant or expecting a baby. Maternity refers to the period after the birth, and is linked to maternity leave in the employment context. In the non-work context, protection against maternity discrimination is for 26 weeks after giving birth, and this includes treating a woman unfavourably because she is breastfeeding.
7. **Race** - Refers to the protected characteristic of Race. It refers to a group of people defined by their race, colour, and nationality (including citizenship) ethnic or national origins.
8. **Religion or belief** - Religion has the meaning usually given to it but belief includes religious and philosophical beliefs including lack of belief (such as Atheism). Generally, a belief should affect your life choices or the way you live for it to be included in the definition.
9. **Sexual orientation** - Whether a person's sexual attraction is towards their own sex, the opposite sex or to both sexes.

### Other characteristics

Other protected characteristics identified by the ICB in Leeds include:

- **Homelessness** – anyone without their own home
- **Deprivation** – anyone lacking material benefits considered to be basic necessities in a society
- **Carers** - anyone who cares, unpaid, for a family member or friend who due to illness, disability, a mental health problem or an addiction
- **Access to digital** – anyone lacking the digital access and skills which are essential to enabling people to fully participate in an increasingly digital society
- **Served in the forces** – anyone who has served in the UK armed forces