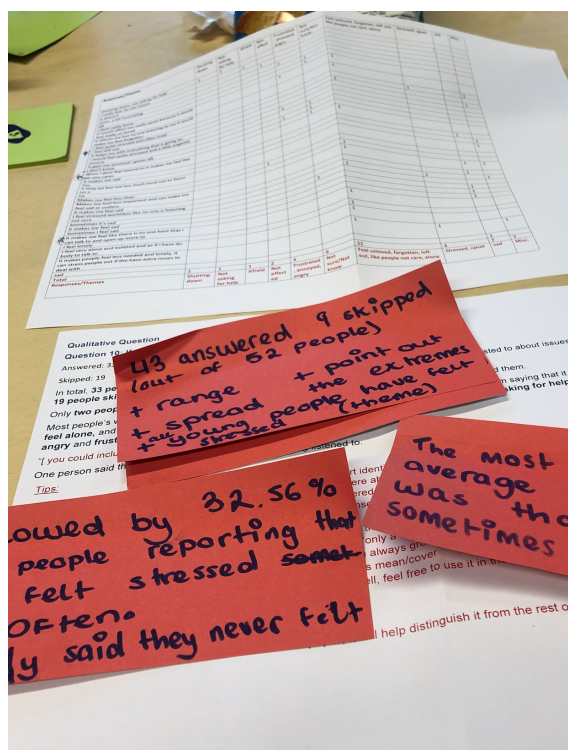
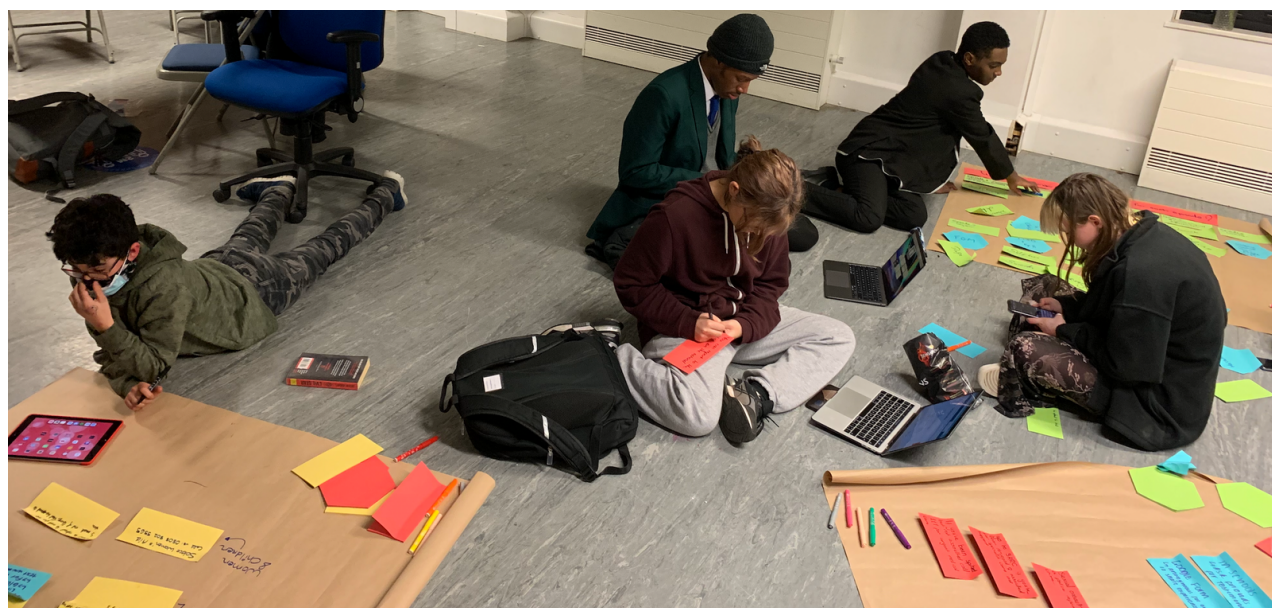


Wandsworth Youth Council Mental Health Report 2022

From September 2021 - January 2022, the Youth Council members designed the Mental Health survey: Happier Wandsworth. The survey was shared with the children and young people of Wandsworth to discover their thoughts, feelings and lived experiences of Mental Health in Wandsworth. They heard from 53 children and young people aged 11 - 18 years old from across Wandsworth and local surrounding areas. The data from the responses have helped decide the next focus for WYC and their Mental Health campaign: they will be reviewing some of the Health Services in Wandsworth.



Funded by Wandsworth Borough Council • Delivered by Participation People



Who are the Wandsworth Youth Council?

Wandsworth Youth Council are a group of young people who live, study or work in Wandsworth between 10 and 18.

They come together every Tuesday to represent the voice of Young People in the borough and have fun (we play games have snacks at each session)! Their current campaigns are on gender violence, climate change and mental health.

For their mental health campaign they created this survey to discover young people's views, thoughts and solutions to mental health in Wandsworth. The findings will be used to inspire and motivate the WYC members towards their next project.

The survey was live for 6 weeks and was sent to other Youth Clubs and to schools all around the borough.

Once the survey closed Healthwatch came along to a session to help them analyse the data. Healthwatch was established under the Health and Social Care Act 2012 to understand the needs, experiences and concerns of people who use health and social care services and to speak out on their behalf. They exist on a national and local level, working towards the same goal of enabling people to have a voice about their health and social care systems.



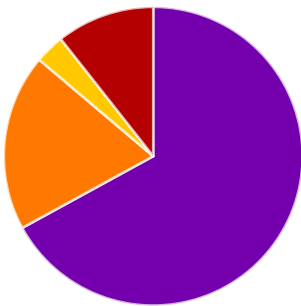
Who answered our questions?

We asked young people in Schools, Colleges, Learning Centres and Youth Clubs to make sure as many people as possible had the option to take part and have their say!

53 young people aged 11-19 completed the survey. The following gives you a brief overview of who answered our questions:

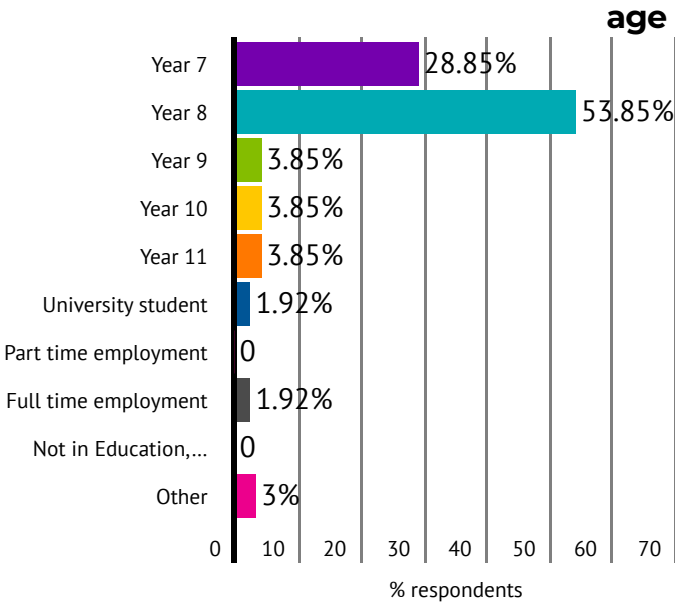
- Most of our respondents were from students in years 7 and 8 (82.7%)
- The majority of our respondents were from Chestnut Grove, Graveney Academy and Northwood Senior.
- Not all of the respondents filled in the entirety of the survey so may not be an accurate representation.

- Straight
- LGBTQI+
- Other
- Prefer not to say



Graph showing survey respondents by sexual orientation

Graph showing survey respondents by age



Graph showing survey respondents by gender (respondents could select multiple options)



- Male
- Female
- Non binary
- Other
- Prefer not to say

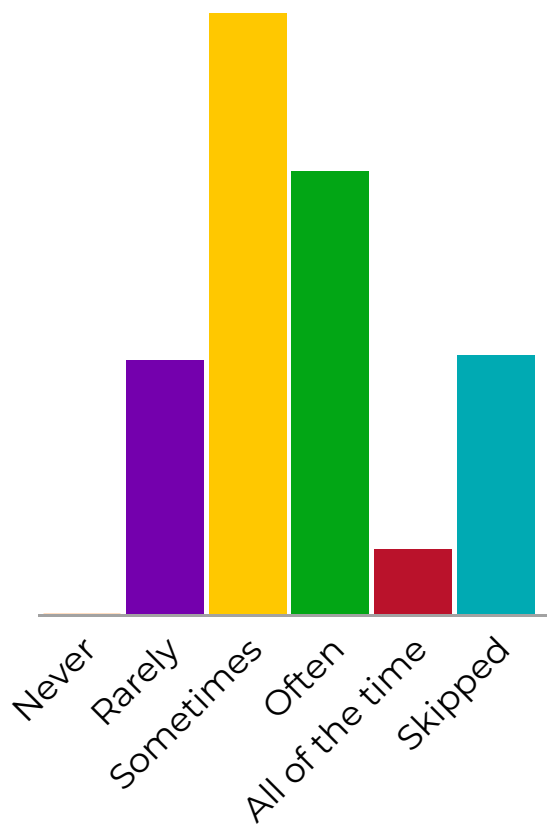


Survey Data and analysis

53 young people who live, study or work in Wandsworth answered our survey. Read on to find out what they told us...

Young People's mental health in Wandsworth

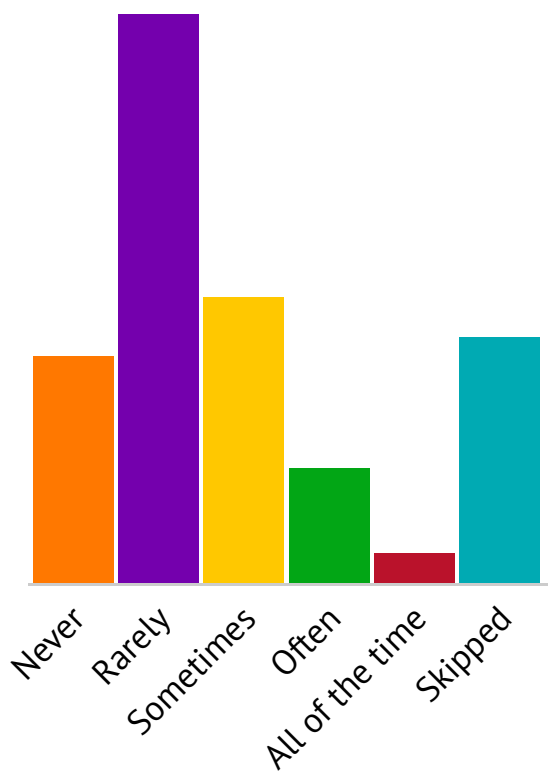
How often in the past 2 weeks have they felt stressed?



43 young people responded about their stress levels over the last fortnight, on a scale of never to all of the time, and nine people skipped this question.

No one said that they didn't feel stressed at all over the past fortnight. 33 people felt stressed **sometimes** (44.19%) or **often** (32.56%); and two felt stresses **all of the time** (4.65%) Only eight people said they **rarely** felt stressed (18.60%).

How often do you feel lonely?



43 young people responded about their loneliness levels, on a scale of never to all of the time, and nine people skipped this question.

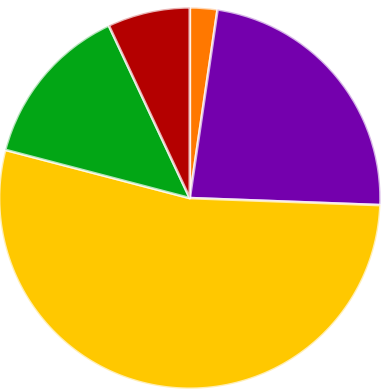
28 people **never** (18.60%) or **rarely** (46.51%) felt lonely. Whereas five felt lonely **often** (9.30%) or **all of the time** (2.33%).

It would seem that from a first glance stress is more of an issue for young people than loneliness.

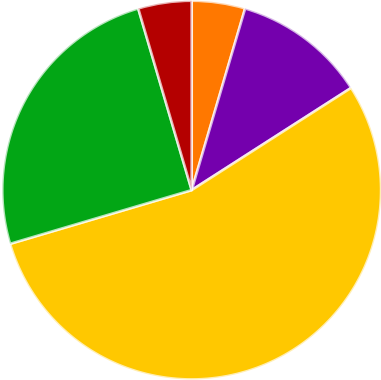
Young people's mental health in Wandsworth

Continued...

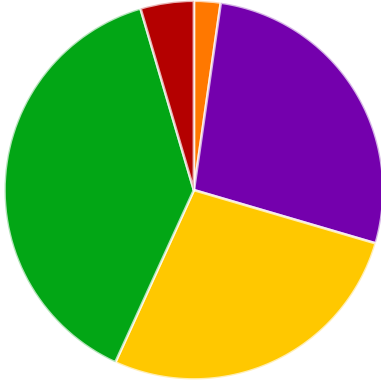
Below are some statements to better assess the feelings and thoughts of young people in Wandsworth in regards to their mental health. These are also the categories for the Warwick Edinburgh Scale, they scored 22.4% which is in the normal range.



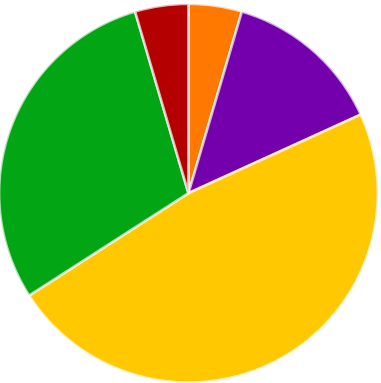
I've been feeling optimistic about the future



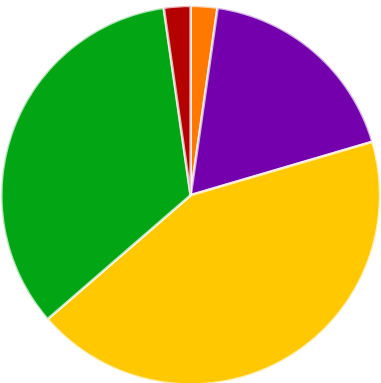
I've been feeling useful



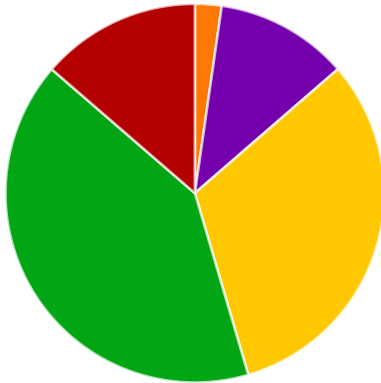
I've been feeling relaxed



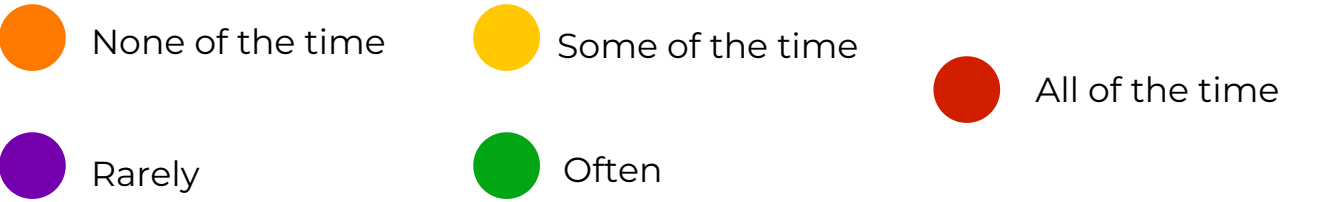
I've been dealing with problems well



I've been thinking clearly

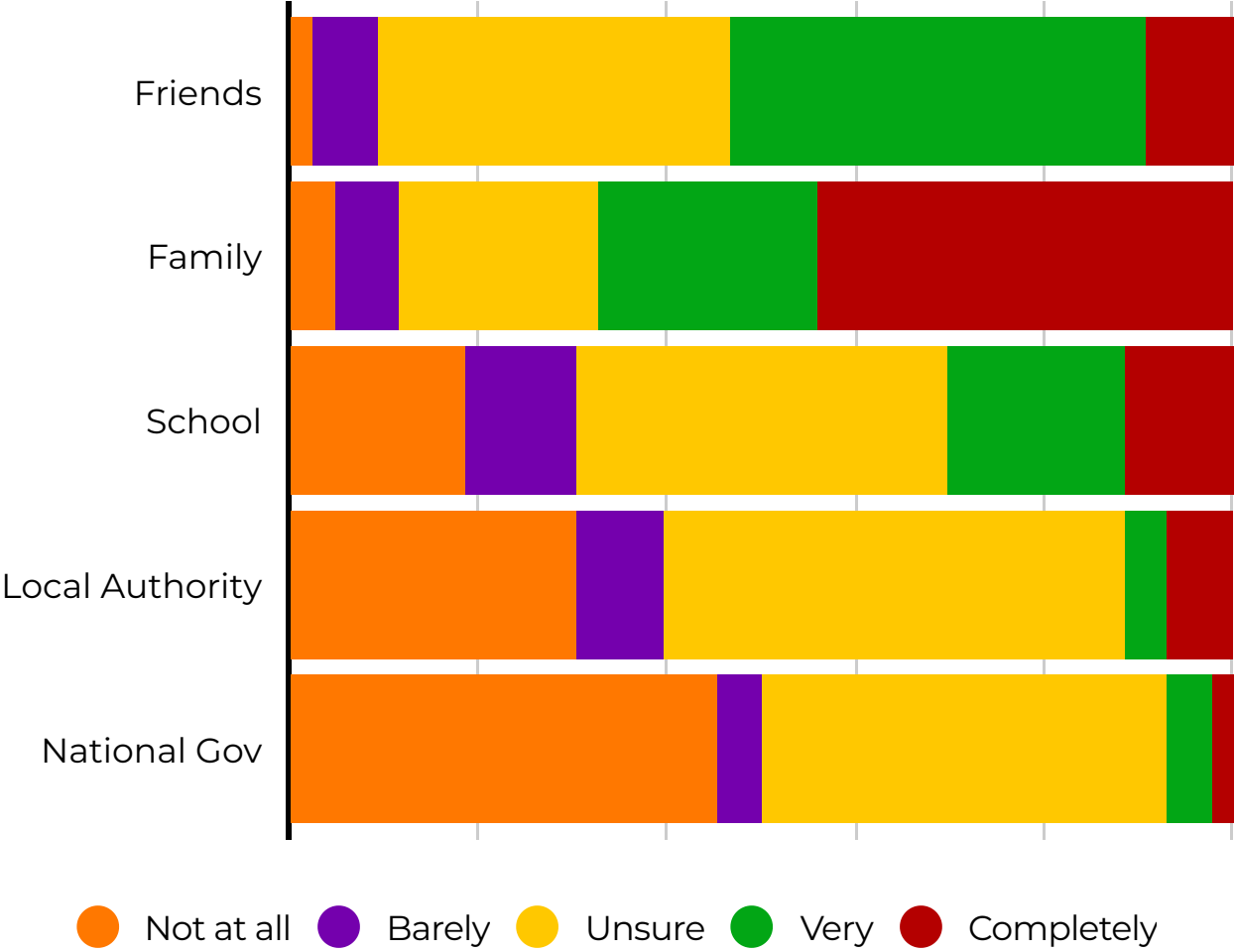


I've been able to make my own mind up about things



Do young people feel listened to in Wandsworth?

Young people told us if they felt listened to when it came to issues that affect them, and if so by who



43 young people responded about if they felt listened to about issues that affect them, on a scale of not at all to completely. They also let us know who it is that listens most. Nine people skipped this question.

Unsure is the category that got the most responses.

They felt **most** listened to by families (29) and friends (23). An average of 26 young people said they felt either very or completely listened to. Surprisingly, school was also fairly high with 13 young people.

The area where the young people feel **least** listened to is the local authority (17) and national government. (21). An average of 19 young people said they felt either not at all or barely listened to.

How does not feeling listened to affect their wellbeing?

Less important
Made me feel unloved
No one is here for me
Makes me feel like no one cares
No one is listening
Frustrating
Sad
Shutting down
Upsets me
I feel left out
Alone and isolated
I really fear for the future
Not asking for help
Makes me feel forgotten
Useless
I would feel annoyed and angry

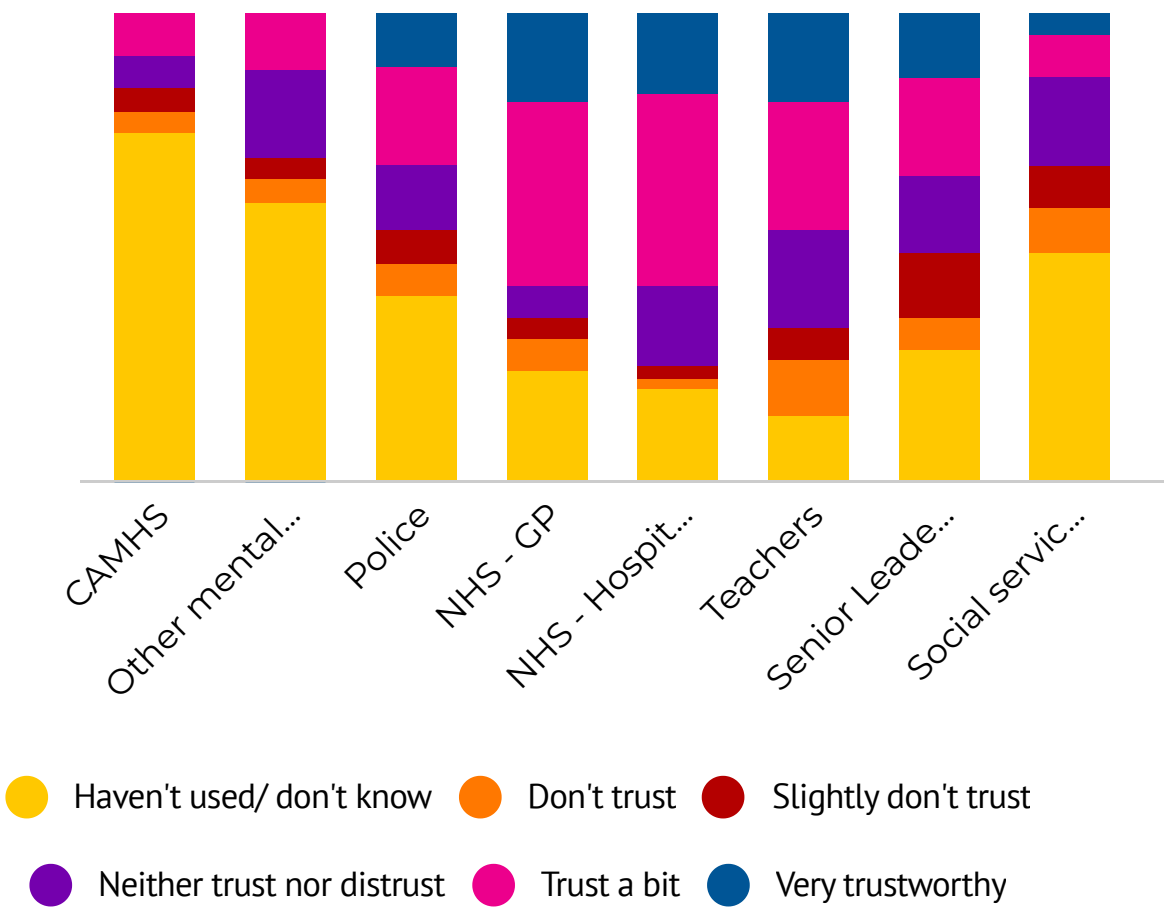
In total, 33 people responded to our question about their wellbeing is affected by not feeling listened to and 19 people skipped answering this question.

Only two people saying that this did not affect them, and another six were not sure how this affected them, and one person said that they try not to think about not being listened to.

Most people's wellbeing was negatively affected by not being listened to. The main themes that appeared were sadness, loneliness and isolation, stress, anger, invalidation and fear.

The Youth Council feels this needs to improve this, as too many young people are being left no longer asking for help at all, as when they ask they are left feeling angry, frustrated or even worthless and forgotten.

How much trust do they have in different services ?



In total, 43 people responded to our question about how much they trust different services, and 9 people skipped answering this question. A lot of young people had not used the services (in yellow) but looking at those who do:

No one thought that CAMHS or other mental health services are very trustworthy, and few even deemed them somewhat trustworthy. In fact, they were generally deemed the least trustworthy.

Those who seem to be most trustworthy are the NHS GPs and hospitals.

I don't really trust CAMHS because I have had a lot of trouble regarding mental health and found that CAMHS didn't really help. The rest of my family have also had issues with them.

What do WYC plan on doing next...



Young People feel they are not listened to enough and that this negatively impacts their mental health and wellbeing



Young People do not trust the current Mental Health services enough

SO

Wandsworth Youth Council are partnering up with Bethan Harris from Richmond and Wandsworth Council to review the Well Centre, which is a health hub for young people.



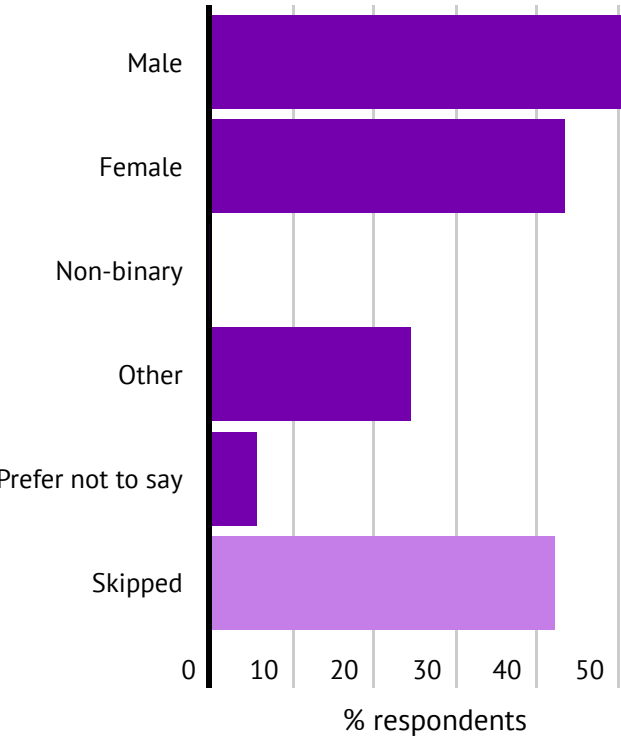
Population Data

Who answered our survey?

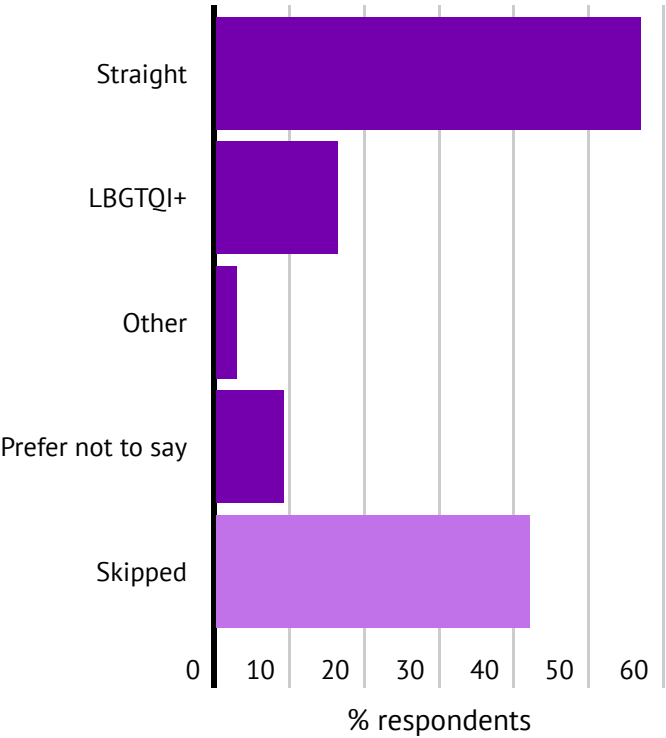
Population data

Who took part? Read on...

Graph showing survey respondents by gender



Graph showing survey respondents by sexuality



Graph showing survey respondents by faith

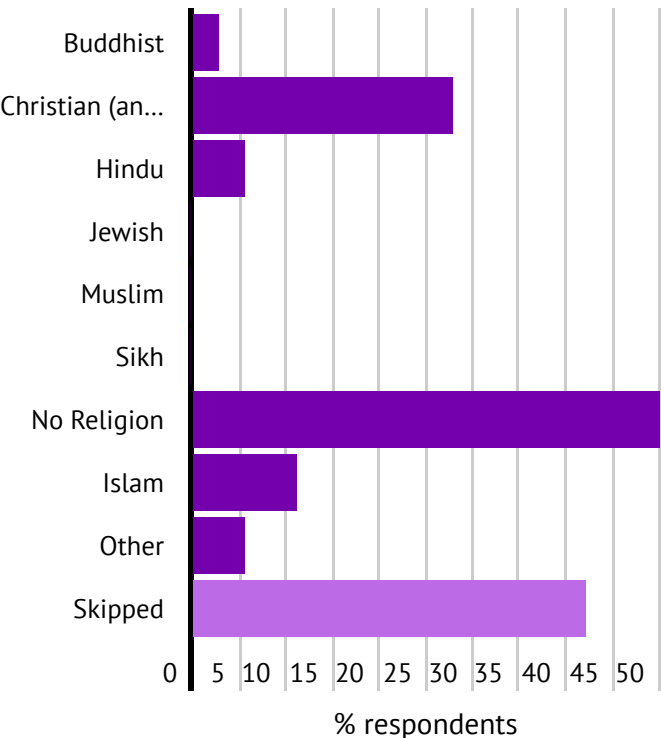
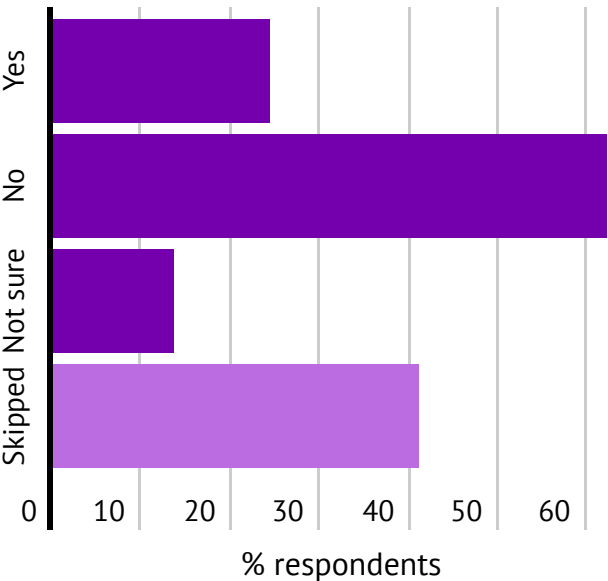


Table showing the number of survey responses from pupils receiving pupil premium.

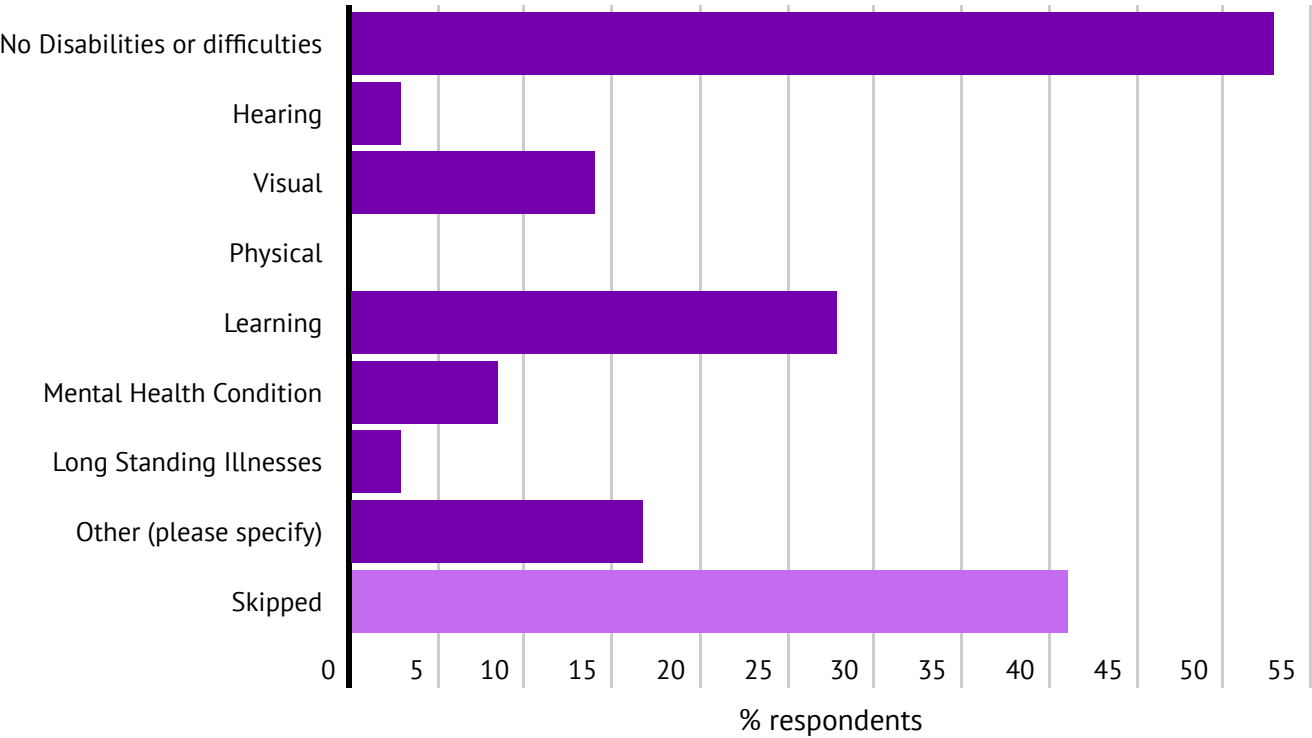


*Introduced in 2011, the pupil premium is a sum of money given to schools each year by the Government to improve the attainment of disadvantaged children.

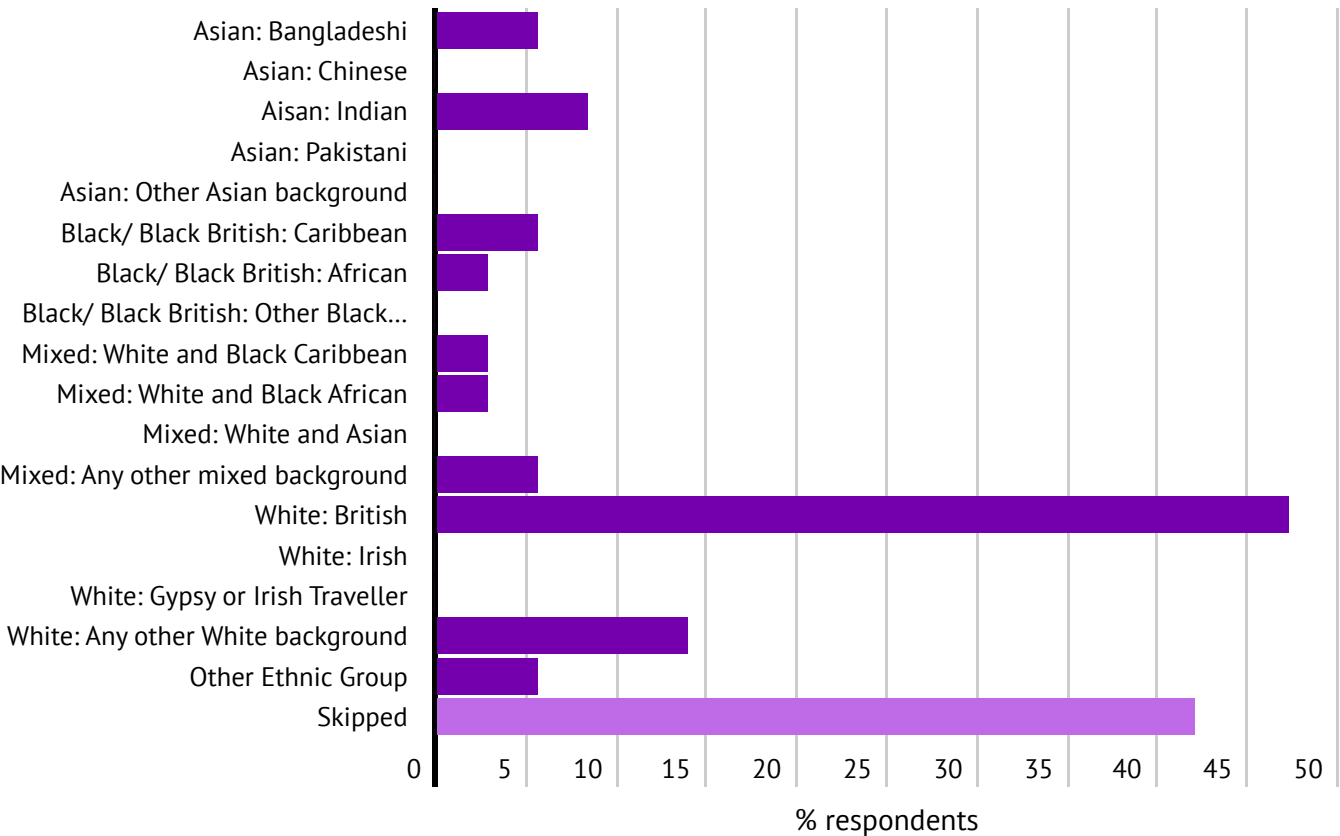
Population data

Who took part? Read on...

Graph showing % survey respondents by disabilities and difficulties



Graph showing % survey respondents by ethnicity





**KEEP AN EYE OUT
TO SEE WHAT
WANDSWORTH
YOUTH COUNCIL
DO NEXT**