

Sandwell Health and Wellbeing Board
15 March 2023

Report Topic:	National Takeover Challenge of Sandwell Health and Wellbeing Board
Contact Officer:	Neesha Patel - neesha_patel@sandwell.gov.uk
Link to board priorities	<p>Please include in your report how your work links to one or more of our board priorities:</p> <ol style="list-style-type: none"> 1. We will help keep people healthier for longer 2. We will help keep people safe and support communities 3. We will work together to join up services 4. We will work closely with local people, partners and providers of services
Purpose of Report:	To highlight the issues raised by children and young people in Sandwell within the annual SHAPE Survey through the Health and Wellbeing Young People's Takeover Challenge.
Recommendations	<p>That the Health and Wellbeing Boards consider and comments upon the SHAPE Survey 2022 results, listens to the voices of young people and decides on a set of recommendations for the board to address the needs of the young people.</p> <p>It is also recommended that the Health and Wellbeing Board agrees to provide an update on the recommendations to the young people who have taken part in the Health and Wellbeing Board takeover challenge through the SHAPE Team.</p>
Key Discussion points:	<p>Outlined below are key findings from the SHAPE Survey Report (Appendix 1) which link to the 4 board priorities:</p> <p>We will help keep people healthier for longer The topics that young people are least happy about included their confidence, appearance, caring for the environment and how to communicate with people</p> <p>Young people keep themselves physically fit and healthy through exercising and eating healthy food and the reasons why they keep themselves fit and healthy, are to get stronger and to help with long term health conditions</p>

such as diabetes. Young people who were victims of bullying stated that their physical appearance and the way they looked were the reasons for why they were being bullied.

Although the numbers of young people using substances were low, around 11-20% had used a substance, alcohol, vapes or drugs. There was acknowledgement that substances are now more accessible, and it was a current issue for young people today.

We will help keep people safe and support communities

Young people's perception of Sandwell as a Borough remains negative, due to high levels of crime and deprivation. A greater emphasis needs to be made on the positives and ensuring regeneration and town plans are responsive to the needs of the future generation, making Sandwell a more attractive place to live for all.

From all the surveys conducted over the years, the common issues include gangs and youth violence, knife crime and getting bullied. Issues encountered not only happen face to face but online too through social media from cyberbullying including racist, sexist and homophobic comments to sending sexually explicit photos or videos.

We will work together to join up services

Professionals often talk about peer to peer support or mentoring, however in terms of mental health, young people want to talk to a professional to get advice. The young people stated they would not discuss these issues with another young person with the they fear their peers may tell others or teachers who they don't trust, and young people feel it's their personal business and like to deal with it themselves. They want to choose a trusted adult they feel comfortable with.

One of the issues raised by secondary aged young people surveyed was what to do after GCSEs. 47% stated they did feel as though school provided them with the advice and guidance they needed to make informed decisions about their future and 20% felt they didn't provide the advice and guidance on post-16 options. Services and providers would benefit from linking more with educational institutions to provide non-curriculum activities and life skills such as money management, self-defence and planning for their future.

We will work closely with local people, partners and providers of services

Young people feel their voice is not heard, and when they are listened to, their opinions are not valued by adults. They appreciate having someone to talk to about their problems that could offer them the support they need.

	<p>In Sandwell there are a range of services available to support your emotional health and well-being. The secondary pupils were asked which services they were aware of. Sandwell Council’s Youth Service and pastoral support were the services that they were most aware of. In terms of partner and external services, Kooth and School Health Nursing along with DECCA were most known. The Just Youth website has recently been relaunched and is now also becoming more known to young people.</p> <p>Young people also raised that they wanted services to make them feel safe and build their confidence and self-esteem. They stated they felt services should provide more health and wellbeing education in schools as well as local diversionary activities out of school settings.</p>
<p>Implications (e.g. Financial, Statutory etc)</p>	
<p>There are no implications financially or legally. Young people having their voices heard increases social value.</p>	
<p>What engagement has or will take place with people, partners and providers?</p>	<p>The SHAPE Programme continually engages with a variety of young people. The SHAPE Survey which is sent to all schools for young people to complete. The questions are all based around the SHAPE topics: Staying safe, Being healthy, Enjoying and Achieving, Making a positive contribution and Economic wellbeing. The most recent SHAPE survey received 795 responses.</p> <p>The survey report has been shared with local partners and providers in Sandwell through key strategic boards and the children and young peoples’ voluntary sector forum.</p>

