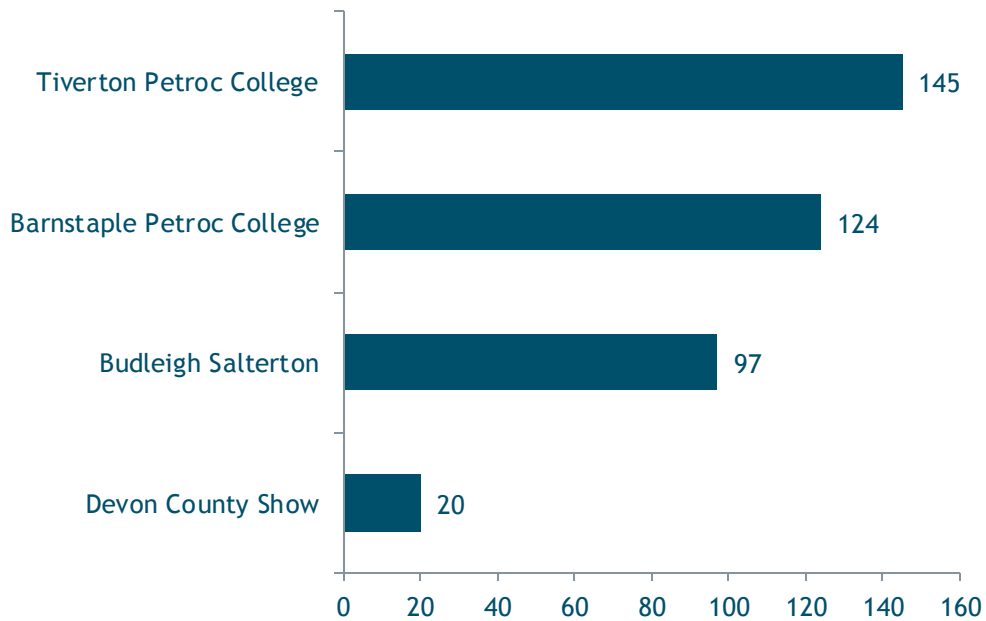


Engaging with Children and Young People

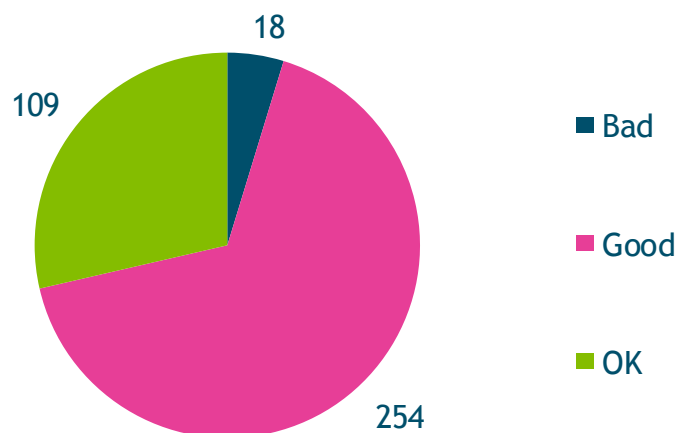
We have received 389 completed Speak Out forms to date from children and young people, broken down as follows:



The form asks young people to rate their GP service, nurse, dentist and local hospital.

The results to date reveal:

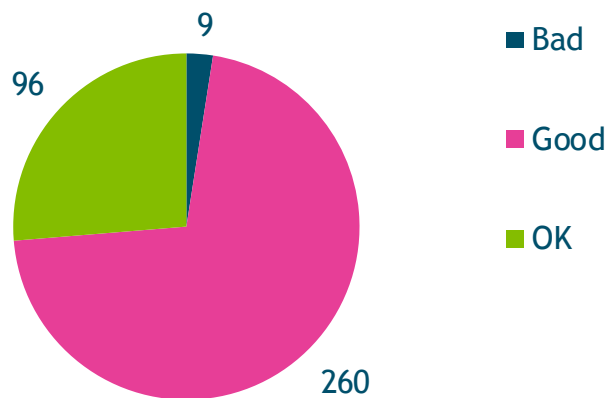
What do you think of the GP service?



Sample comments that young people have made about health professionals include:

- *I usually have to wait a long time when I got to the doctors and then I don't even get to have a good amount of time in the doctors. But everything else in the doctors is okay.*
- *Uni health centre, very good service, doctors and nurses always appropriate without being patronising.*
- *Although they are good, the appointments are usually late.*

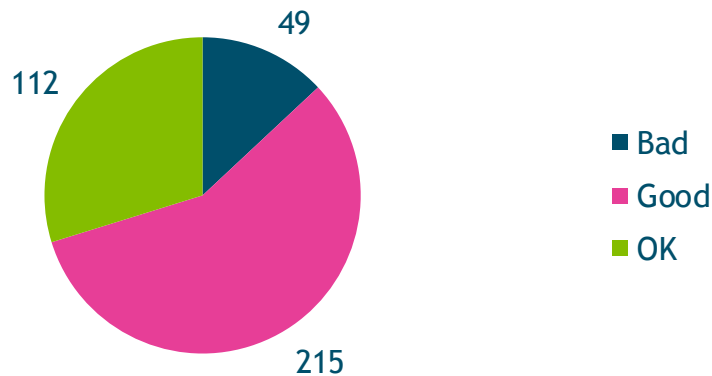
What do you think of the Practice Nurse service?



Sample comments that young people have made about health professionals include:

- *She was the kindest person ever. She made me feel calm and that helped with the problem I had.*
- *They are very friendly and always helpful.*
- *Help with my asthma*
- *Friendly care and supportive towards any issues*

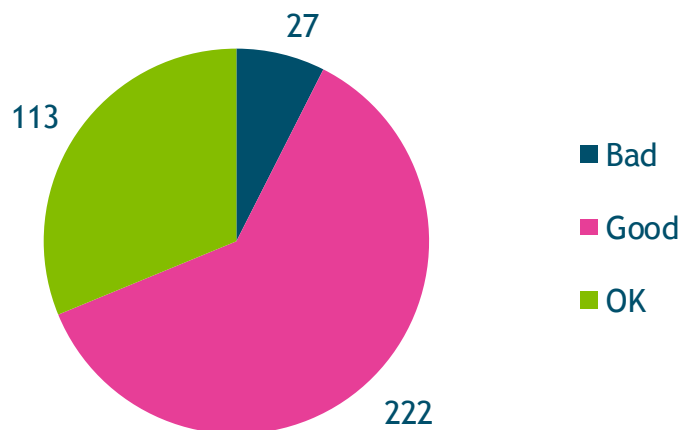
What do you think about the dentist service?



Sample comments that young people have made about health professionals include:

- *Avoid going to the dentist as I have found them rude in the past.*
- *She is a bit hostile but maybe that's because she puts fingers in our mouths.*
- *Gives great advice on how to keep teeth clean and oral care*
- *She injected me with the wrong potion*

What do you think of your local hospital?



Sample comments that young people have made about health professionals include:

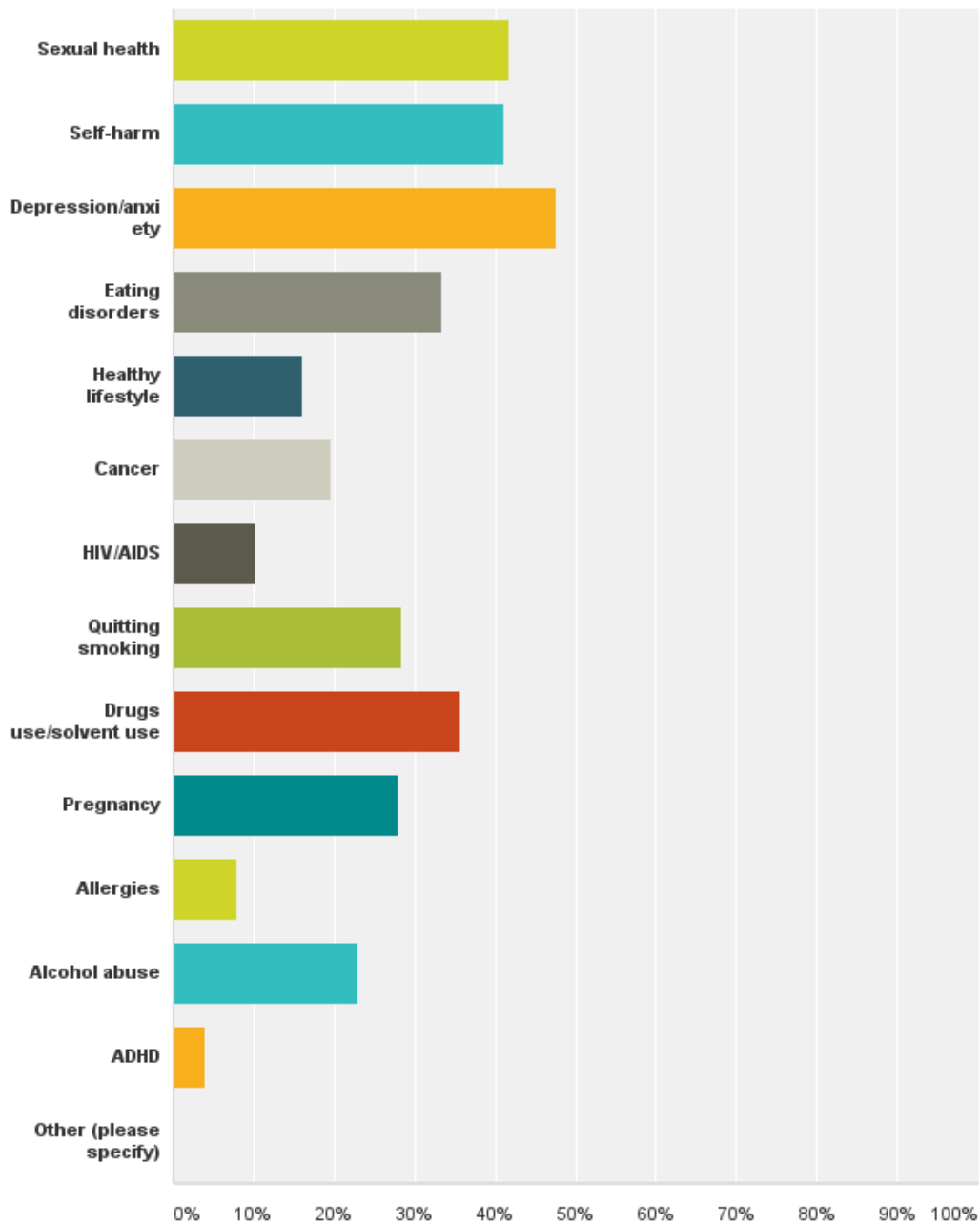
- *Always found receptionists very friendly*
- *My overall experience of healthcare in Devon has been very good and very supportive. I never have any problems*

Being Healthy Survey

The following graphs show the results to date from our ongoing survey for children and young people.

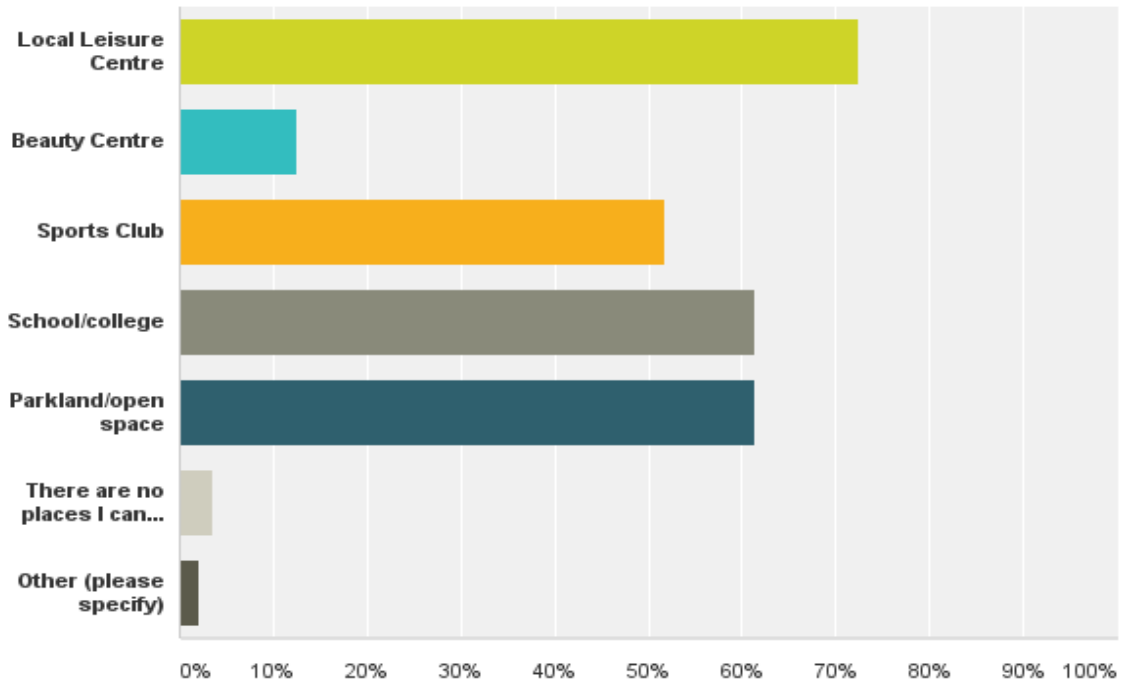
Q1 What are the three most important health issues for you?

Answered: 204 Skipped: 7



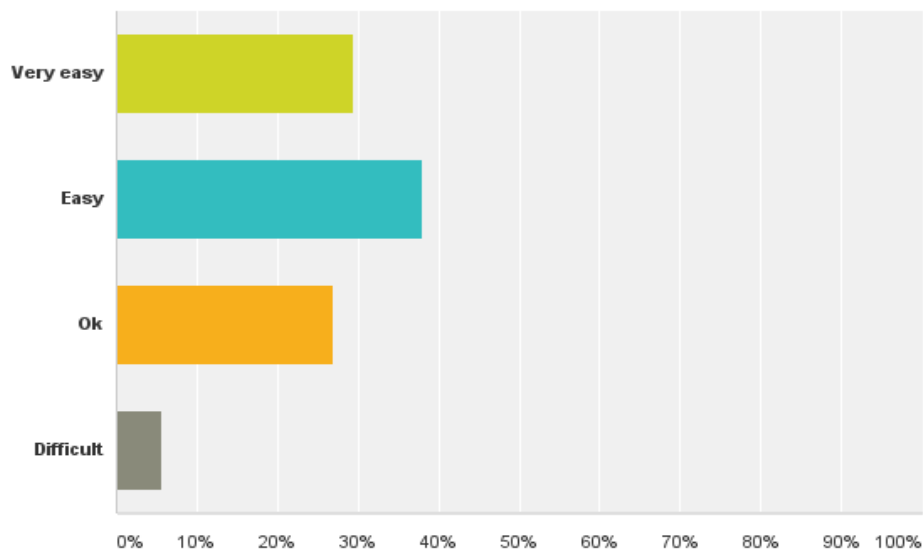
Q3 What places are there for you to play sports/leisure and relaxation?

Answered: 199 Skipped: 12



**Q4 How easy do you find it to be active?
Please tick relevant box:**

Answered: 197 Skipped: 14



What prevents you from being active?

134 young people responded to this question. The responses are summarised by theme as;

- Time / Too busy
- Cost
- Existing health conditions (e.g. asthma, anxiety, and arthritis)
- Lack of motivation and / or energy
- Poor access to services
- Weather
- TV / social activities / friends

One person felt they did not want to go to the park for fear that they (teenagers) appear intimidating to others

Is there anything professionals such as doctors, nurses or social workers could do better or differently to make sure you are happy and healthy?

135 young people responded to this question, the results are summarised into key themes below:

- Early intervention
- Being taken seriously
- Better education and campaigns in local communities
- Being treated with respect
- Provide healthy eating advice
- Find out more about a person's life and how they are feeling / on the other hand some said they preferred professionals to be less invasive and more delicate regarding issues
- Easier to access to professional without parents being involved
- Be approachable
- Be caring
- More personalised advice rather than signposting to a generic website
- A non-judgemental environment for young people to be safe in
- Confidentiality
- More awareness and recognition of depression in young people by GPs
- Faster referral times e.g. mental health services
- Be informative but not patronising
- Better availability and access to health professionals
- Make time for young people to explain and to listen and understand them

- Health professionals should come into schools more to provide advice and information