

Healthwatch Herefordshire

Crucial Crew

Health & emotional wellbeing survey

June 2018



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Introduction

One of Healthwatch Herefordshire's top three priorities for 2018-19 is Children & young People's mental health. Our crucial crew work forms part of our engagement work towards this priority.

Crucial Crew is a schools safety day coordinated by the west Mercia police every year for all year six children in the county. There are ten workshops delivering various safety messages for the children throughout the day they attend, which are:

- Herefordshire & Worcestershire Fire & rescue - Water safety
- Herefordshire & Worcestershire Fire & rescue - Fire safety
- Strong Young Minds - Mindfulness
- 2Gether Mental Health Trust - Five steps to wellbeing
- Network Rail - Rail safety
- HOPE Support Services - Safety online
- Healthwatch Herefordshire - Who to call and where to go when you are unwell
- Herefordshire Council - Bus Safety
- Dogs Trust - Safety around dogs
- Western Power - Electrical Safety

Crucial Crew runs for two weeks allowing all the children in their last year of primary school a chance to attend for a day and take part in all ten workshops. This is a total of 1,770 10-11 year olds across Herefordshire.

The Healthwatch workshop was split into two halves, all 1,770 children took part in both exercises.

- Exercise 1 - Choose where to go when you are ill (See separate report)
- Exercise 2 - iPad survey on health & emotional wellbeing (this report)

This survey was based on a small subset of the Gloucestershire pupil survey, we asked the following questions:

1. What school are you from
2. What do you do to be healthy? (Tick all that apply)
 - a) Eat fruit and vegetables
 - b) Exercise
 - c) Get enough sleep
 - d) Brush my teeth
 - e) Nothing
 - f) Other (Write in)
3. How often do you brush your teeth? (tick the answer that applies to you)
 - a) Once a day
 - b) Twice a day

- c) More than twice a day
- d) Less than once a day

3) Never

Response Statistics

	Count	Percent
Complete	1,770	100
Partial	0	0
Disqualified	0	0
Totals	1,770	

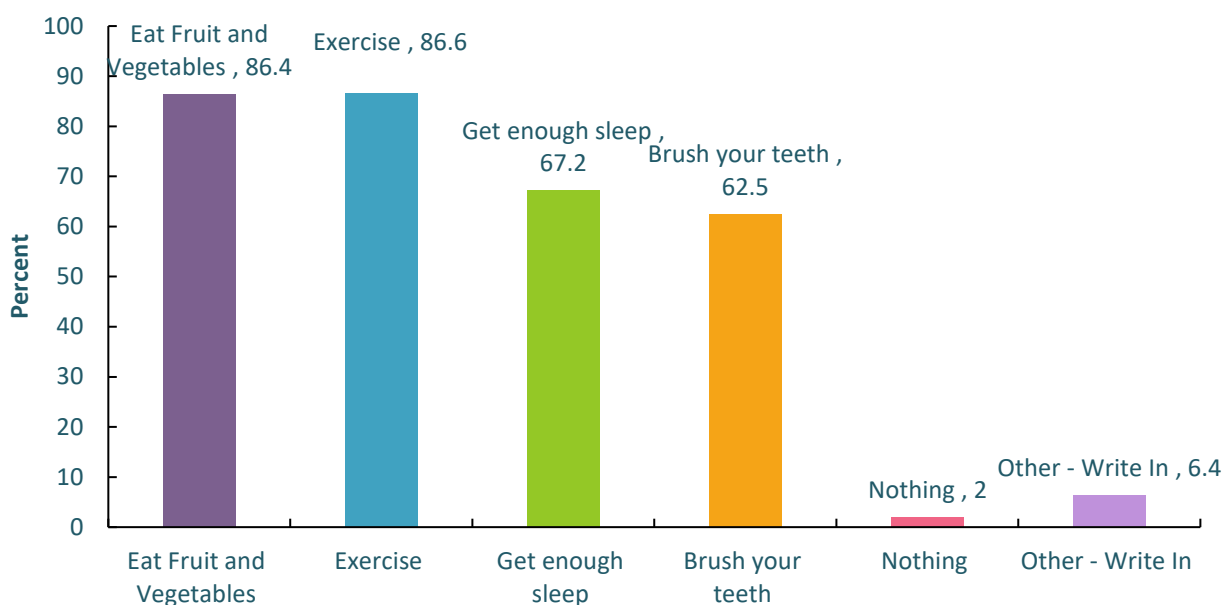
Results

1. What School do you go to?

Value	Percent	Count
Almeley	0.7%	13
Ashfield Park	2.8%	49
Ashperton	1.5%	27
Bodenham	1.0%	18
Broadlands	1.5%	27
Bromyard	1.5%	26
Brockhampton	1.1%	19
Bredenbury	0.2%	3
Brookfield	0.5%	8
Burghill	0.7%	12
Canon Pyon	0.6%	11
Credenhill	1.1%	19
Clifford	0.6%	11
Clehonger	0.8%	15
Colwall	1.2%	21
Eardisley	0.9%	16
Ewyas Harold	0.8%	14
Fownhope	1.1%	19
Garway	0.2%	3
Gorsley Goffs	2.4%	43
Goodrich	1.2%	21
Hampton Dene	2.0%	35
Hereford Cathedral	2.0%	36
Holmer	2.9%	52
Kingsland	1.2%	22
Kimbolton	0.8%	15
Kington	1.7%	30
Kingstone & Thruxton	1.4%	24
Kings Caple	0.3%	5
Luston	0.7%	12
Llangrove	0.4%	7
Lord Scudamore	4.9%	87
Ledbury	3.2%	57
Longtown	0.7%	13
Lea	1.6%	28

Lugwardine	1.6%	28
LPS Leominster	4.5%	80
Leintwardine	1.1%	19
Mordiford	1.2%	22
Marlbrook	3.1%	55
Madley	1.2%	22
Michaelchurch Escley	0.2%	3
Orleton	0.9%	16
Our Lady's	1.6%	28
Pembridge	0.5%	8
Pencombe	0.5%	9
Peterchurch	1.3%	23
Riverside	3.8%	68
St Paul's	3.8%	68
St Weonards	0.2%	4
Stretton Sugwas	0.7%	13
Sutton St Nicholas	1.3%	23
St Mary's Dillwyn	0.3%	6
Shobdon	0.6%	10
St James'	1.5%	27
St Joseph's	1.9%	34
St Thomas'	1.4%	25
Staunton on Wye	0.5%	8
Stoke Prior	0.6%	11
St Francis	1.8%	31
Trinity	4.6%	82
Weobley	1.6%	28
Wellington	1.1%	19
Walford	1.5%	26
Whitchurch	1.0%	17
Western Under Penyard	0.4%	7
Much Birch	1.5%	26
Bosbury	1.5%	27
Burley Gate	0.6%	11
Other	3.8%	68
	Totals	1,770

2. What do you do to be healthy? (Tick all that apply)

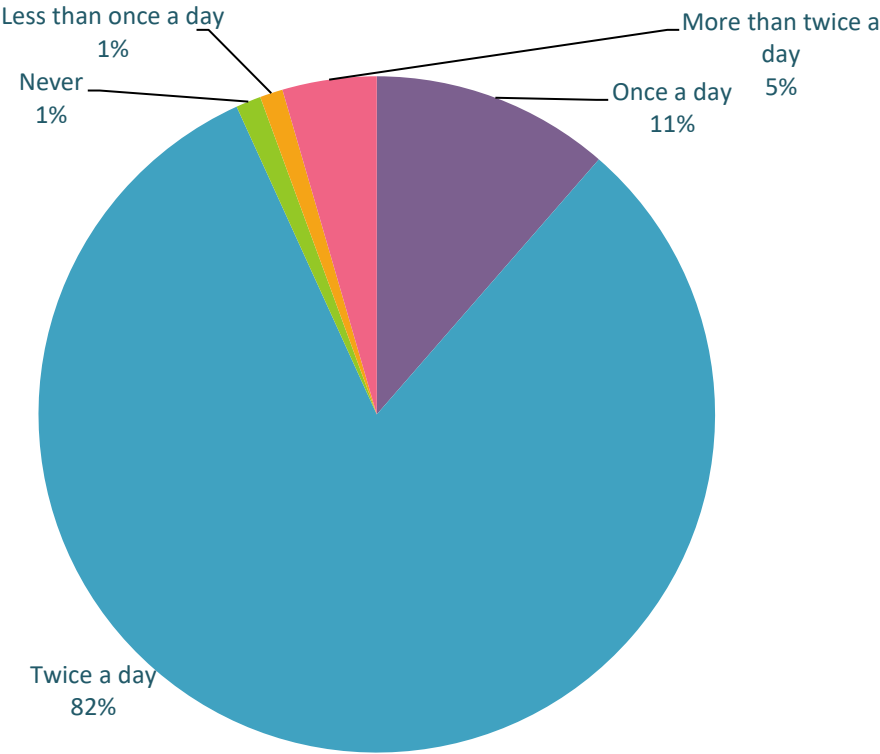


Value	Percent	Count
Eat Fruit and Vegetables	86.4%	1,530
Exercise	86.6%	1,533
Get enough sleep	67.2%	1,189
Brush your teeth	62.5%	1,107
Nothing	2.0%	35

Other - Write In	Count
Eat a balanced diet	18
Drink water	11
Bike Rides	6
Gaming	5
Play Football	4
Keep clean	4
Less TV & screen time	4
Be outdoors	3
Swimming	3
Run	3
Be happy	2
Long walks	2
Rest	2
Go to the doctor if I'm unwell or hurt myself	2
Gymnastics	2

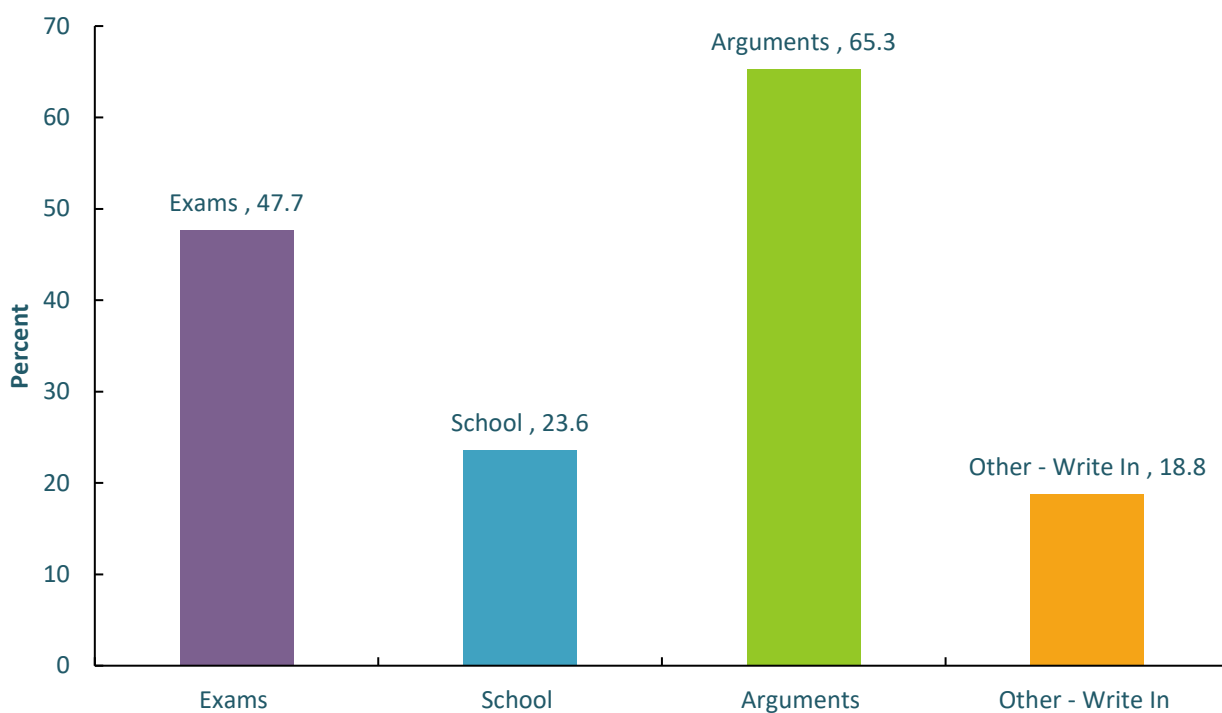
Walking my dog	2
Basketball	1
Boxing	1
Chicken nuggets	1
Don't be fat	1
Don't eat too much	1
Don't over exercise	1
Eat chocolate	1
Eat peppermint	1
Have fun	1
Go to gym	1
Be careful of what I do	1
Have medicine if I'm ill	1
Look after your body	1
Make sure I use my inhaler	1
No caffeine	1
Physiotherapist	1
Play rugby	1
Read	1
Think positive	1
Trampolining	1
Yoga	1
Water polo	1
Tae Kwon-do	1

2. How often do you brush your teeth? (Tick one answer)



Value	Percent	Count
Once a day	11.4%	201
Twice a day	81.8%	1,448
Never	1.2%	22
Less than once a day	1.1%	19
More than twice a day	4.5%	80
	Totals	1,770

4. What things make you feel sad, worried or anxious? (Tick all that apply)



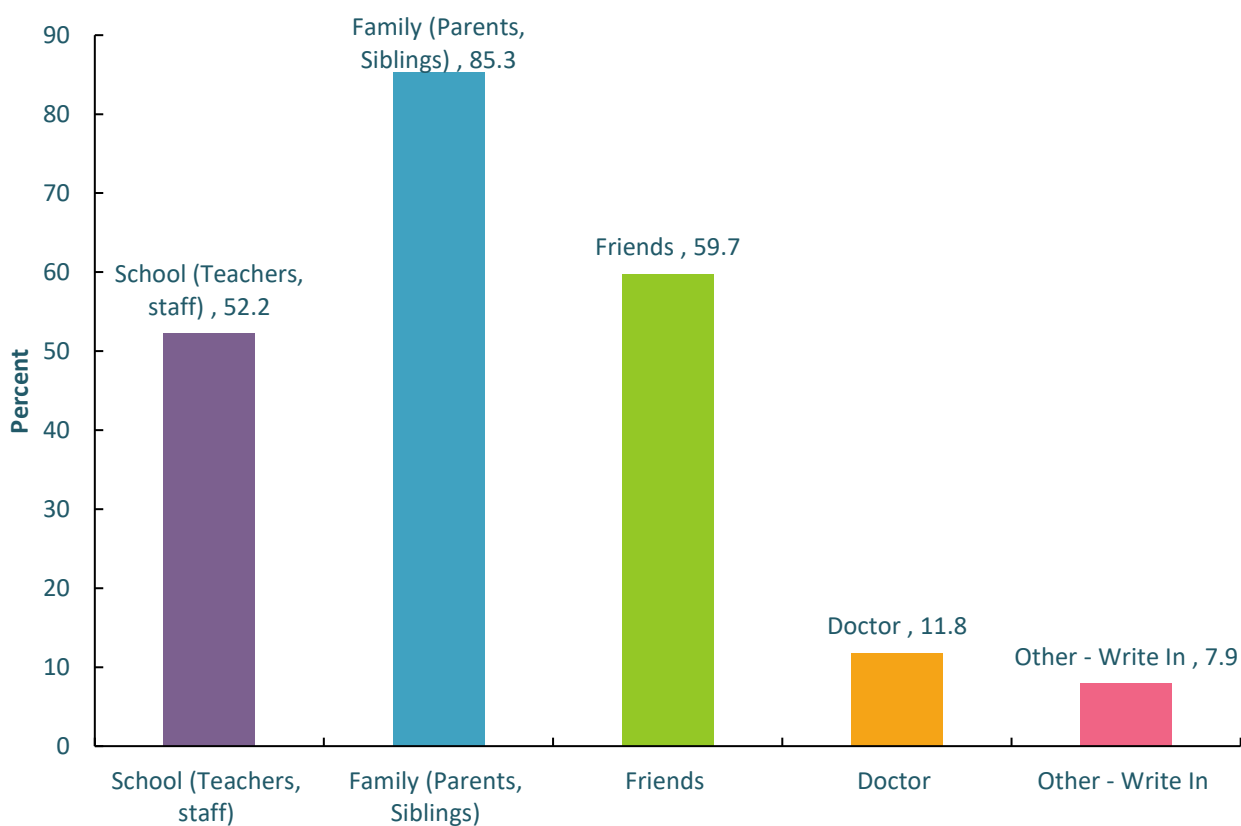
Value	Percent	Count
Exams	47.7%	845
School	23.6%	417
Arguments	65.3%	1,156

Other - Write In	Count
Nothing	48
Family issues	25
Family health problems	21
Death of someone close/family	15
Being bullied, other people being bullied	12
My health	12
The thought of the death of my parents	8
Friendship's and friendship groups changing	8
A football game	7
People being angry, arguing or fighting	7
My pets fighting, getting ill, lost or dying	7
A lot	5
Other people who are sad	5
Bombing, war or worldwide disasters	4
New Situations	4

Sports, events & competitions	4
Performing in Plays	3
Pressure / stress	3
Accidents	3
Changing school	3
Hospital or surgery	3
Losing	3
Sad stuff	3
Separation from family members	3
Teachers	3
Video games	3
When I do something bad or something I regret, being told off	3
When I can't have something I want	2
Climate change	2
Competitions	2
Divorce & separation	2
Discussing things with other people	2
Getting lost / not knowing where I am	2
Injuries	2
Needles	2
SATS, tests	2
Being away from home	1
Being in danger	1
Being late	1
Being on my own	1
Being tired	1
Being told off	1
Boredom	1
Bruce the shark from finding nemo	1
Bush camping	1
Cheese	1
Dying in a video game	1
Eat chicken nuggets coz they make me fat	1
Embarrassment	1
Gross things that I see or hear	1
Heights	1
Horse riding shows	1
Kidnappers	1

Life	1
Loosing things	1
Low blood sugars	1
Upsetting others	1
Making sure my animals are ok	1
Moving house	1
My Oreos	1
Myself	1
No one wanting to hang out with me	1
Not really anything I just get constant anxiety	1
Pain	1
Passing a karate grading	1
People being mean	1
People in trouble	1
People saying whatever I do is wrong	1
People talking about you	1
Planes & flying	1
Clowns	1
Sad movies	1
Scary noises	1
Seeing my friends sad or a family member	1
Social workers	1
Spellings	1
Talking about my emotions	1
Talking to people I don't really know well	1
Times I go to sleepovers and don't sleep	1
Water	1
Small spaces	1
What others may think of me	1
When I think of what I will be in the future	1
When getting told off by the police	1
ghosts	1
Being rushed to make a decision	1

5. Where would you go to get help if you felt sad, worried or anxious? (Tick all that apply)

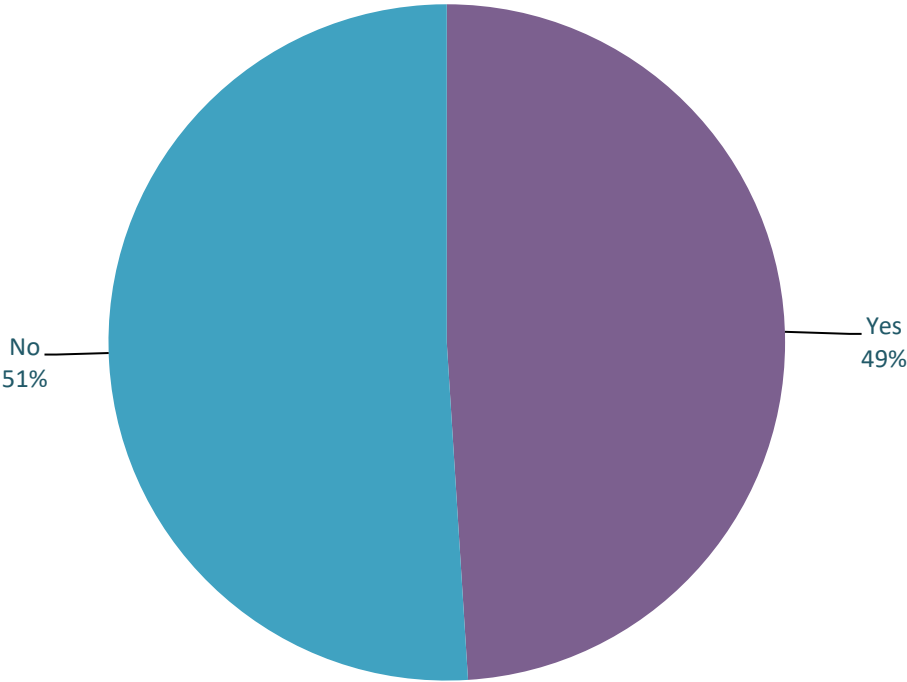


Value	Percent	Count
School (Teachers, staff)	52.2%	924
Family (Parents, Siblings)	85.3%	1,510
Friends	59.7%	1,057
Doctor	11.8%	208
Other - Write In		

Other - Write In	Count
ChildLine	19
Pets	17
No one / nowhere	11
Any trusted adult	10
Keep it to myself	9
Bedroom	5
Councillor	5
Police	4

Carrots	2
Therapist	2
Depends how bad where I go	2
I just write it down and it makes me feel better	2
My teddies	2
Anger	1
Any one I know	1
Bombing	1
CAMH's	1
CLD trust	1
Consultant	1
Eat chicken nuggets	1
Guardian of the time	1
Bathroom	1
I bottle it up inside and then take it out on other people	1
On my own	1
Rainbow room at school	1
Snapchat	1
To a bush camper	1

6. Do you ever have sleepless nights because you are worried about something?



Value	Percent	Count
Yes	49.0%	868
No	51.0%	902
	Totals	1,770

Conclusions

The majority of children in the survey had a good awareness of what keeping healthy means when responding to question 2, with 86% of children feeling that they eat fruit and vegetables and exercise in order to keep healthy.

Only 62% of children recognised brushing their teeth as something they do to keep healthy. We believe the majority of the remaining 38% do brush their teeth due to the response in question 3, where only 1% of children never brush their teeth.

The top five other things children cited as ways they keep healthy were:

- Drink water
- Bike rides
- Gaming
- Play football
- Keep clean

The largest cause of sadness or feeling worried or anxious was arguments, affecting 65% of children in question 4 and then exams 47.7% which is supported by national data. In the 'other' category, apart from 48 children who wrote 'Nothing', the top 5 other things were:

- Family Issues
- Family health problems
- Death of a family member or loved one
- Bullying. (Being bullied or others being bullied)
- The children's own health problems.

85.3% of children turn to their family when they feel sad worried or anxious, by far the biggest number selected in question 5. There were a wide range of things children turned to, the top five things in the 'other' category children cited as things they do or turn to when they feel worried, sad or anxious were:

- ChildLine
- My pet(s)
- A trusted adult
- No one/nowhere
- Keep it to myself

A high number of children have sleepless nights or disrupted sleep due to being worried about something, at 49% for question 6.

Recommendations

- 1) Putting a greater emphasis on the health benefits of brushing your teeth and getting a good night sleep, at school through wellbeing education programmes. Whilst the majority of 10-11 year olds surveyed are brushing their teeth, many do not see the wider benefits of this being a way to stay healthy.
- 2) Addressing the causes of worry and anxiety, e.g. Arguments, Exams, (there is national research and data to support the worry and anxiety which is associated with exams). Also talking more openly about death and illness in schools. Providing a space where children feel comfortable to express their feelings and gain support, to reduce fear and anxiety.
- 3) Friendships and bullying. Continue to work on this message in schools. Helping children to discuss and develop more positive relationships, and consideration for how they treat one another.
- 4) Further encourage children to understand what a balanced diet is and understand the benefits of eating fruit and vegetables.
- 5) Public Health to consider how they can support schools to deliver wellbeing education programmes which inform children about all of the above issues.

If you have found this report useful and have used it to make a difference or influence your work, please let us know.

Thankyou

Thank you to all the schools who have taken part - your voice counts!

We would also like to thank the police and fire service for coordinating the crucial crew event.

Thank you to our volunteers David and Megan for helping us with this event.

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