

# Youth Voice Report

Quarter 1 – 2025/2026



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# Background

## Our Missions and Values



### Our vision

Equitable Health and Care services that meet the needs of every person within our community.



### Our mission

To give every person in East Riding of Yorkshire the opportunity to have their voices heard and empower them to play an active role in shaping services in their community.



### Our values are:

- We are proud to be **independent**, and not afraid to speak up and **challenge decisions** that do not meet the needs of our communities.
- We operate a culture of **transparency** and **openness**, ensuring we are accountable to the communities in which we serve.
- Our work is **evidence** based – led by **public voice** and need.
- We are **collaborative**, working with organisations that share our vision of **equitable health and care services** that meet the need of every person within our communities.
- **Partnering** with the Government, health and care services and the voluntary and community sector to make care better whilst retaining our independence.

## About Healthwatch

We are the independent champion for people who use health and social care services. We exist to make sure that people are at the heart of care. We listen to what people like about services and what could be improved and we share their views with those with the power to make change happen. We also help people find the information they need about services in their area.

We have the power to make sure that people's voices are heard by those who commission (pay for) services and those running services. As well as seeking the public's views ourselves, we also encourage services to involve people in decisions that affect them. Our sole purpose is to help make care better for people.

In summary Healthwatch is here to:

- Help people find out about local care
- Listen to what people think of services
- Help improve the quality of services by letting those running services and the government know what people want from care
- Encourage people running services to involve people in changes to care.

**Every local authority area in England has its own local Healthwatch.**

# School Readiness in Driffield

## Update on our work with Driffield INT (Integrated Neighbourhood Team)

During our last quarterly report, we shared information about the work we had carried out as part of our role within the Driffield INT. We are thrilled to share that our report is now [available to read](#) on our website.

This reveals information about household dynamics of young children, accessibility of activities and knowledge of milestones to support school readiness. We have made 10 recommendations for ways that school readiness can be further explored, challenges identified earlier, and communication improved by services to support family's knowledge. Additionally, information from the report was acknowledged and featured at a recent health and wellbeing deep dive workshop into school readiness across the region. This workshop was attended by local health care, social care and voluntary sector organisations, to consider new and collaborative ways of working to improve school readiness for all and provide the right support at the right time for those who may need a little more help.





# SEND Parent Drop-In Sessions

## In Bridlington, Driffield & Beverley

Drop-in sessions are designed to create a safe environment for families of children and young people to share concerns, gain information and share a cuppa with like-minded people. The groups related to anyone who has a child with SEND (Special Educational Needs and/or Disability), whether suspected, or diagnosed.

We visited sessions the session which take place in Driffield and Bridlington, hearing families experience of services, providing information and signposting to resources and support. Information we gathered was as follows:

### Driffield

- Education settings inconsistent in accommodating mental health needs of students
- Lack of consideration around RSD (Rejection Sensitivity Disorder/Dysphoria) meaning comments are detrimental to building relationships with trusted adults
- Parent-led CBT (Cognitive Behavioural Therapy) is the only offer to some, when families believe children need to learn the skills directly as they will not consider learnings from a family member, only a professional
- Families feeling certain support offers are made, despite being unsuitable, as a 'box tick exercise' to say that an offer was made but families refused

- Six-week CBT for young people offered, however families feel it can take six-weeks for a young person to build up trust in the adult and open up about their thoughts and feelings – families mentioned pre-prescribed timescales make the sessions feel tokenistic, or that there is the potential for the young person to feel they have failed if the short number of sessions are not enough

## **Bridlington**

- Health needs not considered by the East Riding of Yorkshire (ERYC) home-to-school transport team – an electively home educated (EHE) child was added to a taxi route for GSCE exams only, meaning the taxi would travel at a different time. Regular travelling students' medication times cannot be moved, and transport remained that 'it was earlier or nothing' resulting in the student missing several days at a specialist provision which offers therapeutic support along with other accommodations as part of their Education Health and Care Plan (EHCP).
- Reasonable adjustments are now available for type 1 diabetics who wear a digital monitor – this was noted as being a huge positive – phones are allowed in exams with invigilators which will alert to any health concerns, breaks can be taken to eat if needed and administer insulin.
- EHE families were unaware they were still able to access the school nursing team, despite not being in traditional education.
- EHE families felt their children were missing out on a lot of health education and were at a disadvantage to live as healthy lives compared to their peers in traditional education.

## Beverley

Beverley drop-in sessions attended are slightly different, they serve the same purpose, but are organised and funded by a local charity, [Aim Higher](#). Themes arising were:

- Feeling blamed for their child's additional needs.
- Loss of pre-parenting friendships due to SEND.
- Sensory needs not being acknowledged by schools who have; 'old and out-dated buildings' – narrow corridors forcing students into each other's personal space, dark rooms, or new buildings which have little shade, feel temperature extremes, feel 'too big' and echoes.
- Lack of social opportunities for young people with SEND – invites to class parties, playdates etc all stopped.
- Socially isolated – cannot access school environment so home educated, become used to being at home, struggling to access the outside world.
- Unsure of anything in the SEND world other than has a referral for autism as school had recommended – would like to see a guide to SEND.
- A feeling of frustration at entire life changing due to SEND – would not change their child at all, but not being able to work due to child's support needs, being isolated, feeling like they are always begging for help and support, losing individual identity and becoming an addition to the child instead (See information on the '[Don't call me Mum' campaign](#)').

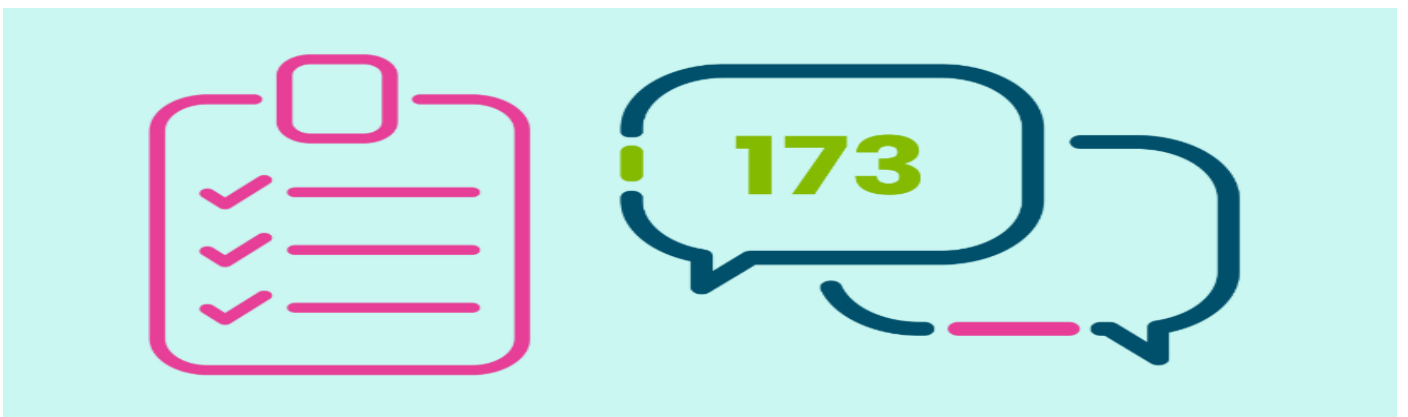


# Hubs

Our hubs have continued over the last 3 months with the team visiting Bishop Burton College, Hornsea Sixth Form and Longcroft Sixth Form. Sessions have covered a variety of topics including:

- Promotion of the sexual health education project and surveys
- Mental health and wellbeing during exams
- Services available at local pharmacies
- Dentistry
- Transition to adulthood
- Impact of alcohol on young people's developing brain & drink driving

We spoke to **173** young people across the hub sites over **5** visits: 2 held at Bishop Burton College, 2 at Longcroft Sixth Form and 1 at Hornsea Sixth Form.



Interaction varied including answering tabletop questions, brief conversation and seated long conversations. Everyone was provided an opportunity to engage in a way that was comfortable for them.

Our hub stalls



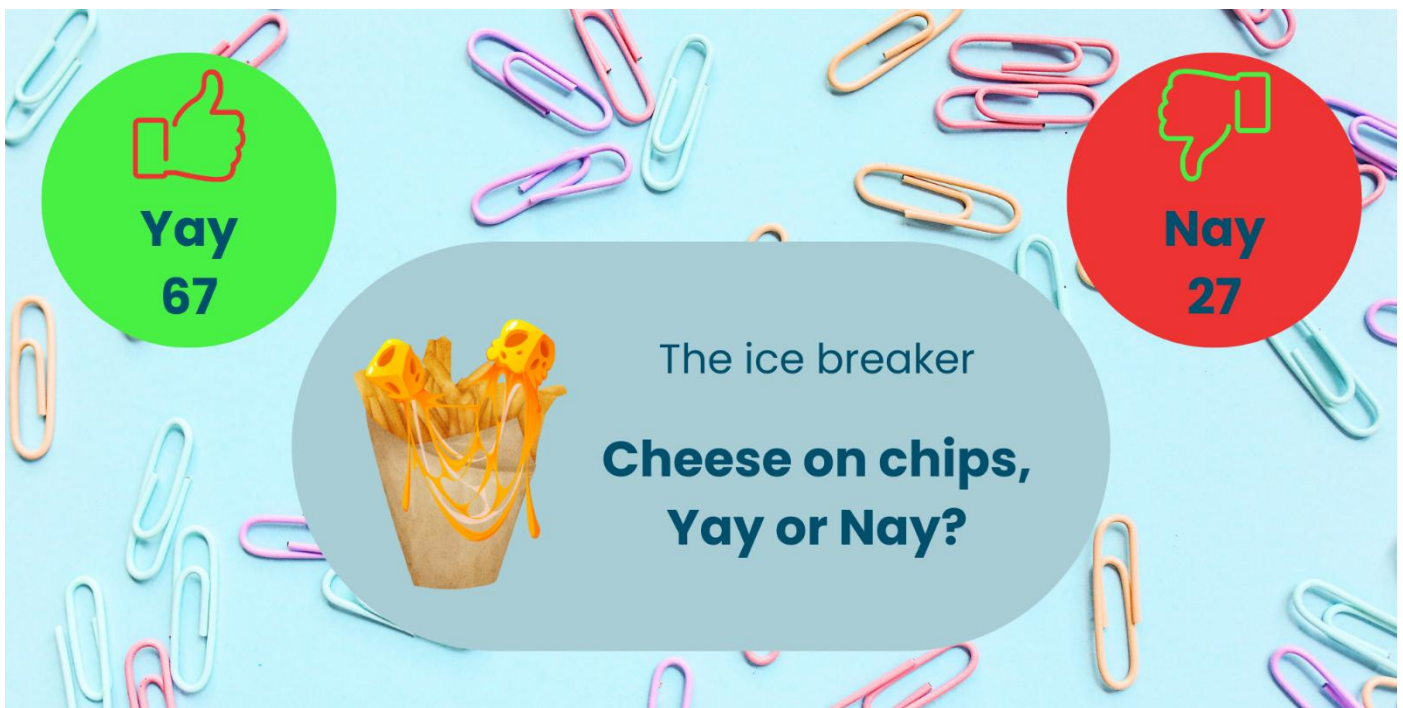


## What did we learn from students?

### Tabletop questions

The number of students we spoke to was lower than usual as many of those in Year 13 had left due to these hubs being held at the end of the academic year.

Our ice breaker tabletop question produced many giggles, conversations between friends about expecting each other to answer differently, the quality of cheese used by some takeaways being 'poor' or 'not like real cheese', and a person being lactose intolerant.



For the cheese on chips enthusiasts, results are broken down as follows:

- Bishop Burton College – Yay = 49, Nay = 16
- Hornsea Sixth Form – Yay = 9, Nay = 7
- Longcroft Sixth Form – Yay = 9, Nay = 4

Two hub stalls were themed on mental health and wellbeing.



Bishop Burton College students answered:

Yes = 23, No = 11, Sometimes = 31 and Unsure = 0

Hornsea Sixth Form students answered:

Yes = 4, No = 1, Sometimes = 11 and Unsure = 0

Those who said they did or sometimes worry about the future were asked if there was anything that especially caused them concern and if they know where to go if they needed support.

We heard:

- Fear of the general unknown
- Uncertainty over university placement and future work prospects

- What if they progress in their chosen field and decide they've made a mistake – fear of wasted years
- Where they will live
- How they will financially support their horse; what is they can't?
- Transition to adulthood feeling so final that childhood/adolescence is over and lots of responsibility coming
- Finances – increase in cost of living, housing, utilities, foot etc
- Pending exam grade – what if it isn't enough for university placement, fear of letting themselves, family, teachers down
- Pressure to have life mapped out
- Didn't get a work experience placement, worrying they haven't had an opportunity to trial their chosen career pathway



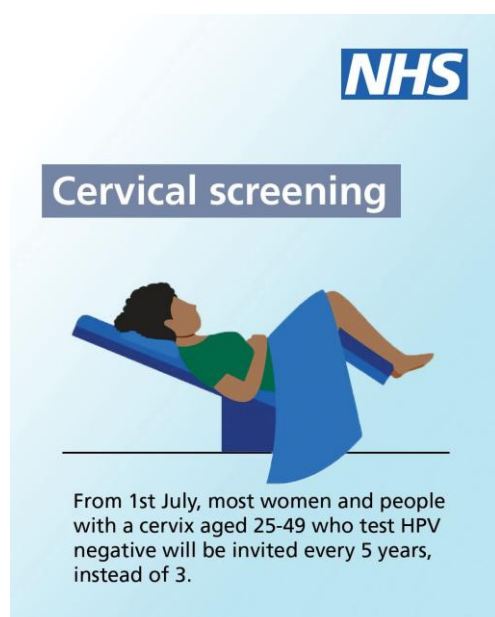
Students were provided with leaflets for [Young Healthy Minds](#) (for those under 18) and [Healthy Minds](#) (for 18+) which offers information, resources and information for support organisations if they worries every become detrimental to their day-to-day lives.

Year 12 students at Hornsea Sixth Form took pride in sharing about their work experience placements they had taken part in, giving them a glimpse into what the working world is like, providing motivation and excitement about their future.

Many looked forward to attending University in the new academic year, with some advancing into workplaces. Two particularly enthusiastic students enjoyed telling us about their new careers; one selling beds and event providing a business card, another working as part of the tyre crew for race cars travelling the world starting in Greece soon.

### **Wider conversations at Longcroft Sixth Form**

We asked students if they had seen the recent information about changes to cervical screening, and if so, what their thoughts were as someone who would be able to access this service in the not to distance future.



NHS visual from social media reads, 'From 1<sup>st</sup> July, most women and people with a cervix aged 25-49 who test HPV negative will be invited every 5 years, instead of 3.'



Student responses were as follows.

- Can understand the reason why, with advances in medical science and reduction in those testing positive due to HPV vaccination, but still concerned



"I haven't seen anything about this. A lot can go wrong in 5 years can't it. I would say I'm concerned"



Student, aged 17

- Will book their screening test when invited at 25, will be embarrassed but will definitely attend their appointments
- Is thinking they will be worried whilst waiting for their results
- Concerned the NHS could learn increasing the time from 3 years to 5 will be a mistake but missed opportunities to diagnose and treat



"I don't feel this is being promoted well at all. We should know about these things now and keep hearing about them."



Student, aged 18

- This information needs normalising, mentioning regularly, mentioning to all genders so those without a cervix can support and encourage those with to attend their appointments
- Suspicion from students surrounding motives; mention of finding it 'convenient' that evidence has shown this to be a safe strategic decision as mass budget cuts are being made



“Evidence backed reason or budget saving, hmmm, I’m not sure!”



Student, aged 17

- Parent worries about all things health and will ensure student attends the appointment when invited
- Didn’t know that invited were sent or much about it (information provided)
- Knew the age had been moved previously to 25 years old – felt like the window of safety is getting smaller
- Was unaware of the symptoms surrounding cervical cancer (provided information)
- Suggested they may look at going private for in-between screening if concerned when older

- Felt lucky to have screening via the NHS and said not all countries are so fortunate.
- People are being especially vocal with negative thoughts about the changes on TikTok, however there was no real context to their reasons, so students said it made the posts quite irrelevant

Thank you to Mary – 17, Olivia – 16, Evie – 18, Katie – 18, Erin – 17, Ella B. – 17 and Ella T. – 18 for their contribution in sharing their thoughts and feelings on the topic.

## Alcohol and Drink Driving

Sometimes we are asked by colleges and sixth forms to create hubs with a particular theme. In June, we were asked to tailor Longcroft Sixth Form hub around alcohol and drink driving.

One of our tabletop questions asked, have you heard of '5 and Drive'?

Results were as follows.



5 and Drive relates to a phrase, popular with young people especially, that claims people can drive 5 alcoholic beverages, remaining safe and legal to drive. It was explained to everyone that this is a myth and that there is no set 'safe' amount due to how each individual responds to and processes alcohol differently. Many students said they use a 'zero alcohol' rule to ensure they are safe. Students were advised to check the credibility of any health or safety information before assuming it is genuine and accurate.

Here are some of the resources created for this hub session.



You can find more information about our resources at the end of the report. We have thoroughly enjoyed visiting students, getting to know them and hearing about their thoughts, ideas and experiences relating to health and social care. We wish everyone a fantastic summer and look forward to starting our hubs again from September.

# Future work in process

## East Riding College

We met with a small group of students at East Riding College in Beverley. We talked about what was important to them and if there was anything they would like to focus to make improvements in the future. Addiction, physical activity and wellbeing were all hot topics. Students shared their thoughts on what was positive and negative. They mentioned feeling like they couldn't make a difference as they didn't believe their voices were heard.

In this short initial session, we shaped early ideas of what we can do together to create a project which will cover these areas, gathering the voice of other students on campus and create a platform to be heard.

We are very excited to see this unfold in the new academic year!

# Young Healthwatch

## Young volunteers aged 16-25

Our Young Healthwatch team are made up of volunteers aged between 16-25 who want to gain work experience and have an interest in health care and social care. Our Young Healthwatch team have been busy behind the scenes recently.

We have carried out inductions for new starters and introduced them to the team. Our existing team of volunteers have been a fantastic support with administration work. April-June the Young Healthwatch team have volunteered **25 hours** of their time.



We have worked through more of our '5 Steps to Success' programme, producing a current CV for one volunteer, completing training modules and printing certificates. This formed part of their folder to showcase their learning and skills gained as they applied for a college course.



We are looking forward to future community engagements with our Young Healthwatch team and supporting them in developing their own health and social care projects, and hub sites. Exciting times are coming!!!

You can find more information about Young Healthwatch and how to join on our [website](#).

# Acknowledgements

We would like to thank everyone who has welcomed us at their events and venues, those who have talked to our team, interacted with our social media posts, and shared awareness of Healthwatch East Riding of Yorkshire. We could not do this without you.



Special thanks to everyone involved with the Drifffield and Bridlington parent drop-in session, students and staff at Bishop Burton College, Hornsea Sixth Form and Longcroft Sixth Form, students and staff at East Riding College in Beverley, Drifffield INT, the East Riding Health and Wellbeing Board and our incredible Young Healthwatch members who have helped us recently, Abbie, Ethan and Olivia.

## Work with us!

If your organisation would like to work with us in the future relating to young people, please get in touch either by calling **01482 595528** or emailing **[stomlinson@healthwatcheastridingofyorkshire.co.uk](mailto:stomlinson@healthwatcheastridingofyorkshire.co.uk)**



# healthwatch

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