

YOUR VOICE SUMMARY



Bridgend County
Borough Council
Civic Offices,
Angel Street,
CF31 4WB



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BACKGROUND & OBJECTIVES

After a nationwide UK Youth Parliament Make Your Mark ballot in early 2024, two key areas were identified by young people as important to them, these being;

- Health and Wellbeing
- Education and Learning

Bridgend Youth Support (BYS) wanted to find out more about how we could evaluate the effectiveness of these service areas identified as important to young people.

In coordinating and facilitating the efforts of Youth Council at Bridgend County Borough Council (BCBC) we are dedicated to the Young People's National Participation Standards and the statutory basis for youth participation under the Children and Families (Wales) Measure 2010.

At the core of our youth participation strategy at BCBC is youth voice and a key element to this is involving young people in the planning, delivery and evaluation of our services.

Bridgend Youth Council (BYC) provides the platform for a youth voice forum for young people in our community and we wanted to hear their views as a forum that provides a link between BCBC leadership, school council networks, youth networks and participation groups.



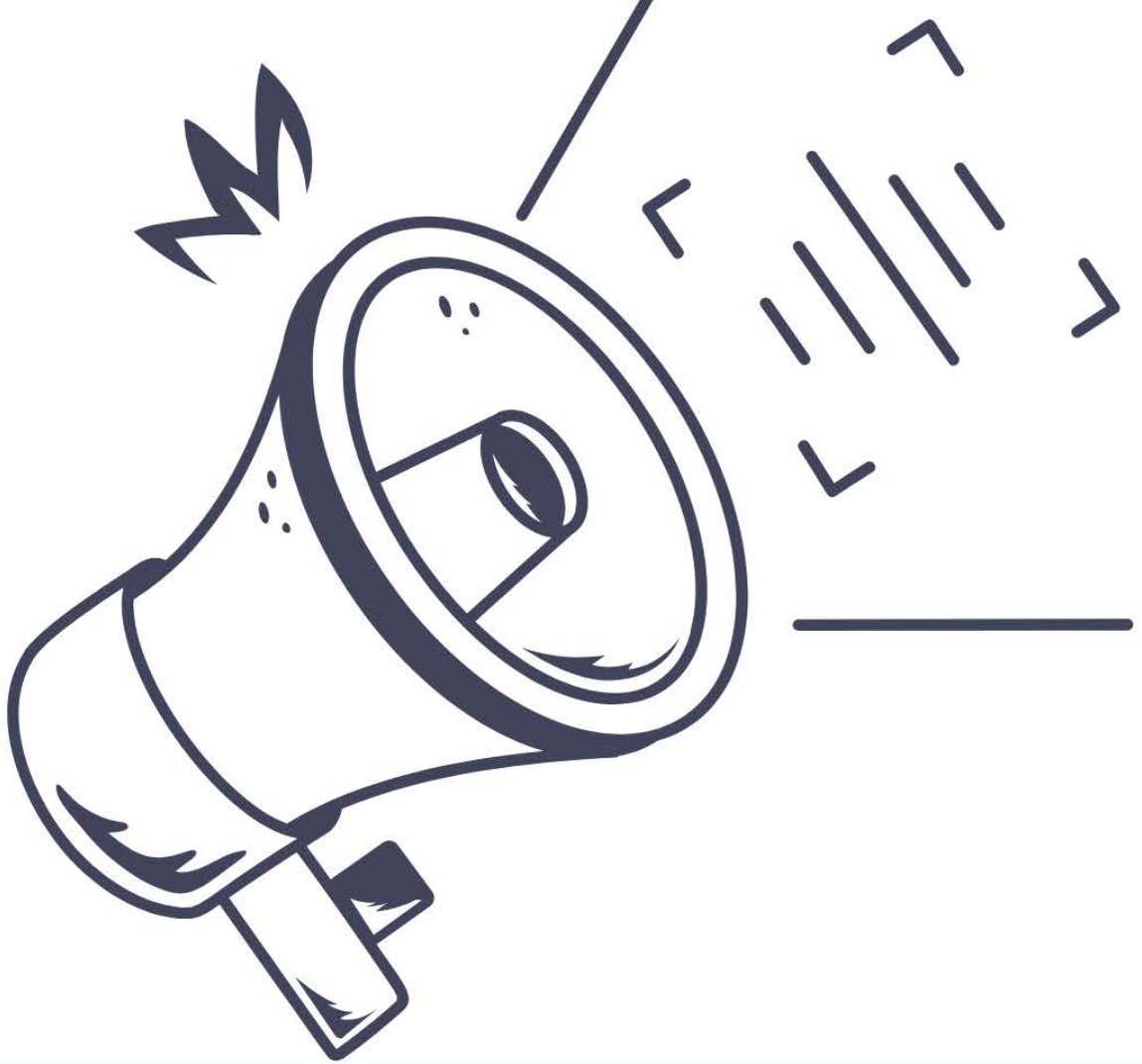
On asking BYC how we could reach out to the youth in Bridgend they came up with the concept of a survey to explore how BCBC is meeting the needs of young people in emotional / mental health and education would further the understanding on current effectiveness of these services in BCBC.

The 'Your Voice' survey was developed through collaboration with BYC, the Children's Rights & Participation team and BYS.

Together our objective was to deliver a survey across all the schools, directorate service areas and third sector youth clubs. BYC devised the questions they felt would be most pertinent to young people, inviting in mental health professionals to support them design the questionnaire.

BYS and BYC wanted to see what was going well and to identify any gaps in the needs of young people in the area to evaluate current services. The survey was facilitated as online and face-to-face throughout the autumn term of 2024.

The survey consisted of questions on age, education and employment and youth centre attendance. The survey also consisted of questions on factors that contribute towards happiness and unhappiness, current support for emotional wellbeing/ mental health, if and how they would like to access support and the barriers that may stop them from getting support.



SURVEY RESULTS

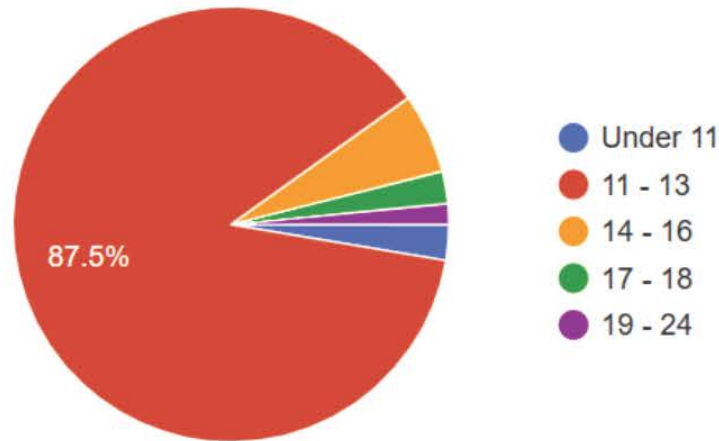
The survey received a total of 790 responses. Respondents were also given the opportunity to self-report and give additional information to further listen to the voices of young people.

These additional responses were grouped into themes. BYC were voluntarily involved with the process of identifying and naming the most prevalent themes the survey results present as important to young people.



QUESTION 1

WHAT IS YOUR AGE?



There was a total of 790 responses to this question out of 790 respondents.

The majority percentage age group that responded was between 11-13 yrs old at 87.5% of respondents.

The data findings are therefore predominantly applicable to young people age 11-13yrs old.



QUESTION 2

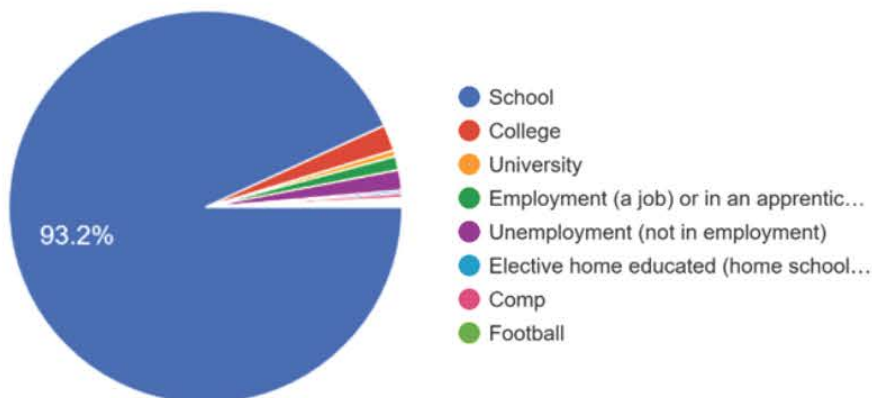
EDUCATION & EMPLOYMENT

There was a total of 790 responses to this question out of 790 respondents.

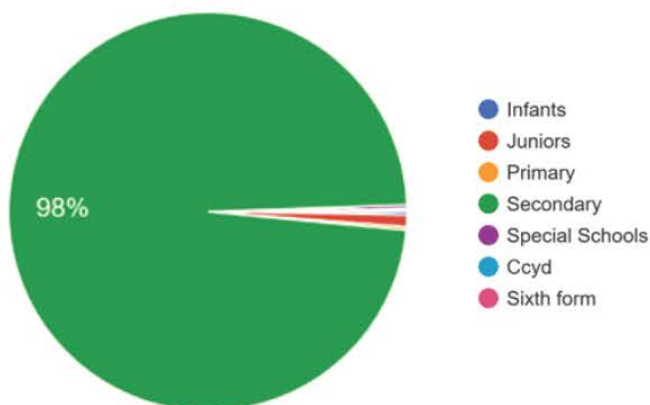
The majority percentage that responded identified as attending school at 93.2% of respondents. The results show that the data obtained is reflective of most respondents attending school.

The majority percentage that responded reported as attending secondary school at 98% of respondents. The results show that the data obtained is predominantly applicable **to those attending secondary school.**

DO YOU CURRENTLY GO TO ANY OF THE FOLLOWING?



WHICH STAGE OF EDUCATION ARE YOU AT?



QUESTION 3

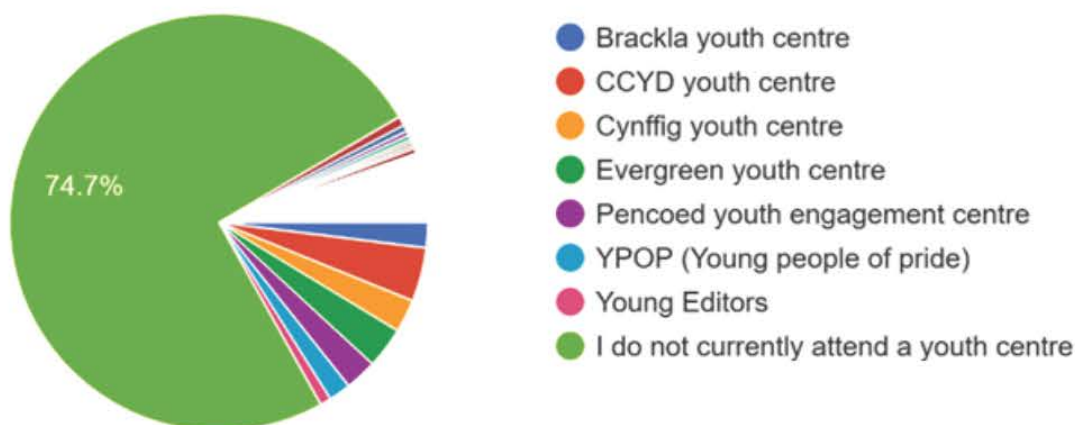
YOUTH CENTRE ATTENDANCE



There was a total of 790 responses to this question out of 790 respondents.. 74.7% of respondents identified as not attending a youth centre.

The remaining percentage was made up of young people reporting they attended the following youth centres in order of highest attendance:

DO YOU CURRENTLY ATTEND ANY OF THE FOLLOWING YOUTH CENTRES?



- Coleg Cymunedol y Dderwen - 4.2%
- Evergreen Youth Centre - 3.6%
- Cynffig - 2.6%
- Pencoed - 2.4%
- Brackla - 2%
- YPOP - 1.7%
- Young Editors 0.9%

Young people also self-reported attending: 'The Mem' community centre, Wildmill youth club, KPC, I2W+, Counselling, The Bridge, Mental Health matters, Care experience, Halo centre, Club Dawel, Bryntirion youth club, Maesteg youth centre, Steer Enterprise Academy, Bridgend Youth Theatre, Young Farmer's, The Rock project, Rugby, Boys and girls clubs and Coychurch youth club.



QUESTION 4

IF YOU DO NOT CURRENTLY ATTEND A YOUTH CENTRE COULD YOU TELL US WHY?

Current possible themes from self-reported comments –

Time

Some asserted they did not have the time, competing extra curricula activities, parents working and other activities.

Uncertainty

Some were not sure but expressed an interest in attending.

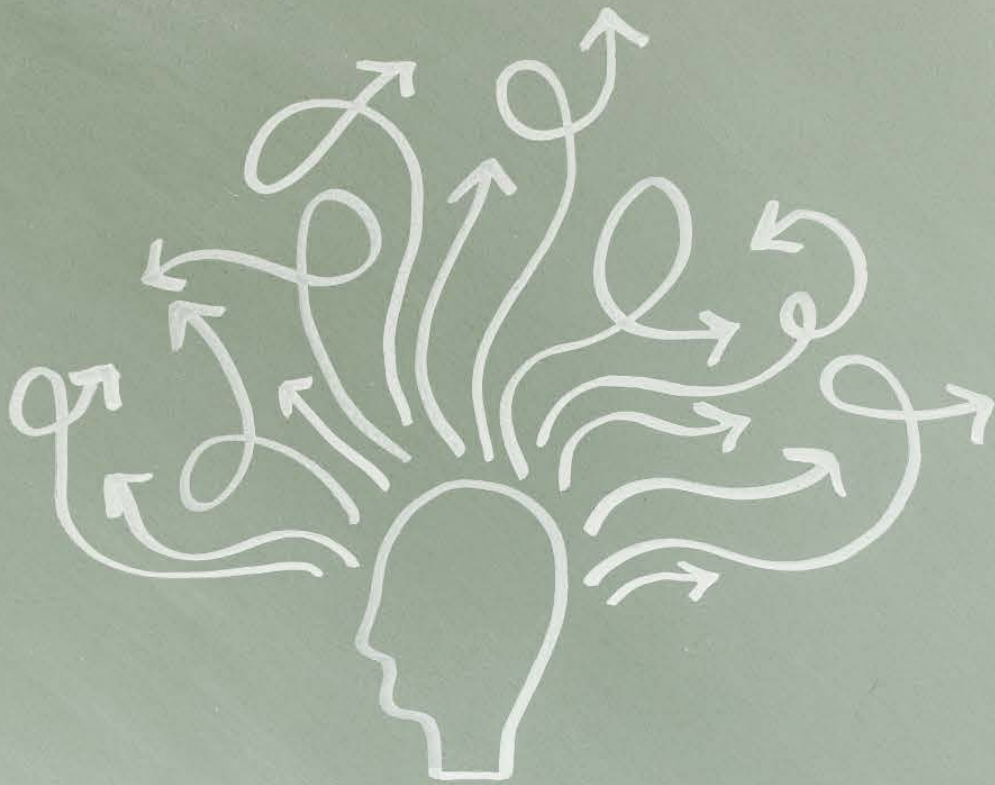
Lack of awareness

A large proportion of respondents were not aware of what a youth centre was, their locations and what was available to them.

Choice – personal choice

Some chose not to go acknowledging they did not like youth centres, not suited to their preferences, interests or extra curricula priorities. Some asserted they preferred to spend time with friends and family.

Some asserted they liked to have spare time and they did not need one. Others asserted they had previously been to a youth club however due to personal circumstances and preference they had stopped attending. In one instance the youth club had shut down.

**Transport**

Some respondents were not sure how to get to the youth centre mentioning they were too far away or not near them.

Cost

One respondent felt youth centres were too much money.

Parental consent

Some respondents felt they needed to speak with their parents first and needed parental consent. Others felt they were not able to attend due to parental work commitments.

Confusion

Some respondents felt the purpose of a youth centre was to support emotional health. They felt they did not need to go as they had good emotional health.

Apprehension

Some respondents felt there would be too many people, unsure of what would happen in a youth centre, there was a concern the environment may be too loud, some anxiety was mentioned as well as difficulties in meeting new people



QUESTION 5

WHAT MAKES YOU FEEL HAPPY?

There was a total of 785 responses to this question out of 790 respondents

The friend's category produced the largest percentage from respondents. 83.1% of overall 785 responses expressed friends make them feel happy.

The family category was the second largest contributing factor to making young people feel happy at 66% of overall responses.

The work category produced the smallest percentage of respondents at 5.9% of overall responses

Relationships only contributed to 24.5% of overall responses and socialising to 28.2% of overall responses.

Approximately half of respondents felt that music, pets, fun, holidays, sleep and tv/cinema contributed towards feeling happy.

Less than a quarter felt that relationships, receiving compliments and the weather contributed towards feeling happy.



Approximately a third felt that helping others, exercising, money and socialising contributed towards feeling happy.

Eating out contributed to 43.6% of overall responses to feeling happy however food was also self-reported in the additional comment section as contributing towards feeling happy.

Respondents were given an option to add an additional comment to what makes them feel happy.

Sports were mentioned the most frequently in the optional additional comment section as contributing towards feeling happy.



QUESTION 6

WHAT MAKES YOU FEEL UNHAPPY?

There were a total of 790 responses to this question out of 790 respondents

The bullying category produced the largest percentage from respondents. 53% of overall responses expressed that bullying made them feel unhappy.

More than a quarter felt that body image and school/workload contributed to feeling unhappy whilst approximately a quarter felt that grief and loss contributed to feeling unhappy.

The work category produced the smallest percentage from respondents at 3.3% of overall responses.

Less than a quarter felt that the remaining categories in the survey contributed to feeling unhappy.

Respondents were given an option to add an additional comment to what makes them feel unhappy.

QUESTION 7

WHERE DO YOU CURRENTLY ACCESS SUPPORT FOR YOUR EMOTIONAL WELLBEING / MENTAL HEALTH?

There was a total of 310 responses out of 790 respondents for this question

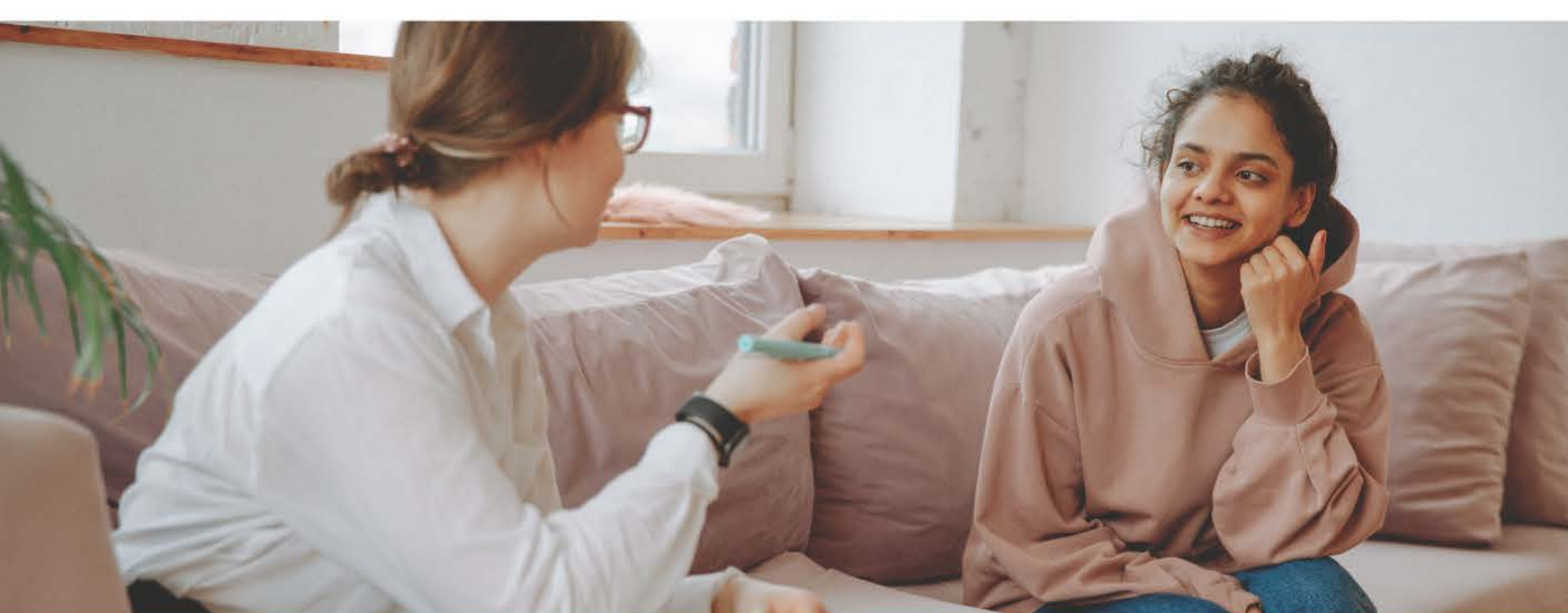
At the time the survey was carried out in the Autumn 2024, 39.1% of 785 respondents were receiving support for their emotional wellbeing and mental health.

The parents' category produced the largest percentage result from respondents for where they currently access support for their emotional wellbeing/ mental health at 73.2% of 310 responses.

Friends/ peer groups were the second largest percentage of support for young people at 32.9% of overall responses. Nonetheless young people were more than twice as likely to access support from their parents than friends / peer groups.

Approximately 10% of respondents accessed youth workers, educational settings, counsellors and online support.

Respondents were given the option to add an additional comment to where they currently access support for emotional wellbeing/ mental health.



QUESTION 8

WOULD YOU ACCESS SUPPORT IF IT WAS AVAILABLE?

788 out of 790 respondents responded to this question

More than half of young people said they would access support if it was available at 55.3% of overall survey respondents.

QUESTION 9

HOW WOULD YOU LIKE TO RECEIVE SUPPORT?

The largest percentage of responses for where young people would like to receive support was face-to-face at 41.3% of overall survey responses.

The least popular option for young people was to receive support via group work at 11.3% of overall responses.

The second most popular choice for receiving support was in 2 categories of 1:1 and text with 1:1 as slightly more preferred by 0.2% of overall responses. These second categories were approximately half as popular than face to face.

Online support closely followed text preference at 18% of overall survey responses.

These findings perhaps infer that young people prefer receiving support face to face with the least preference for groupwork and will also consider receiving support through the medium of technology via text or online.

It is unclear however what method of support young people would access online such as video or message. It is unclear whether the 1:1 category would offer support in person, telephone or online. It is also unclear as to whether they wanted to receive support as general information or support from an individual via online support and in addition the type of support ie counsellor, youth worker.

Further studies could explore these preferences.

Respondents were given an option to add an additional comment to how they would like to receive support.



QUESTION 10

WHAT WOULD STOP YOU GETTING SUPPORT?

The issue that was the most prevalent from young people's responses to preventing them from getting support was the fear of being judged at 42% of overall responses. The barrier that presented as the smallest concern was lack of transparency.

Waiting times / waiting list were the next most common barrier to survey respondents accessing support at 27.1% of overall survey responses followed by lack of trust and confidence in the systems at 18.7%. Young people reported that transport, availability and lack of confidentiality were a possible barrier at approximately 14% of responses.

Accessibility to the sessions, accessible times/locations and feeling vulnerable were identified as possible barriers for approximately 7-11% of survey respondents.

FINAL NOTE

Themes were initially identified from the data by the Children's Rights & Participation team in organising and making sense of the large volume of data.

The participation and involvement of young people throughout this survey has been crucial as health & wellbeing was initially identified as important to young people from the Make Your Mark Ballot 2024, furthermore the survey questions were composed by BYC.

BYC is currently designing a follow up survey on bullying, due to launch for the Summer Term 2025. They will be designing a second survey on Education for Autumn Term 2025.

