

Melton, Woodbridge,  
Deben Peninsula CP

## Young Person Survey - Results



**East Suffolk  
Rural Youth  
Project**

AT COMMUNITY ACTION SUFFOLK

# What will be covered:

- Survey respondents
- Activities
- Venues and locations
- What's needed?
- Key takeaways and recommendations

# Survey Respondents

- **645 responses**, made up of young people in and around the Woodbridge area.
- Most responses came from Farlingaye High School
- Respondents were aged between Year 7 and Year 13



# Activities

Is there enough  
to do locally?

Yes = 59%

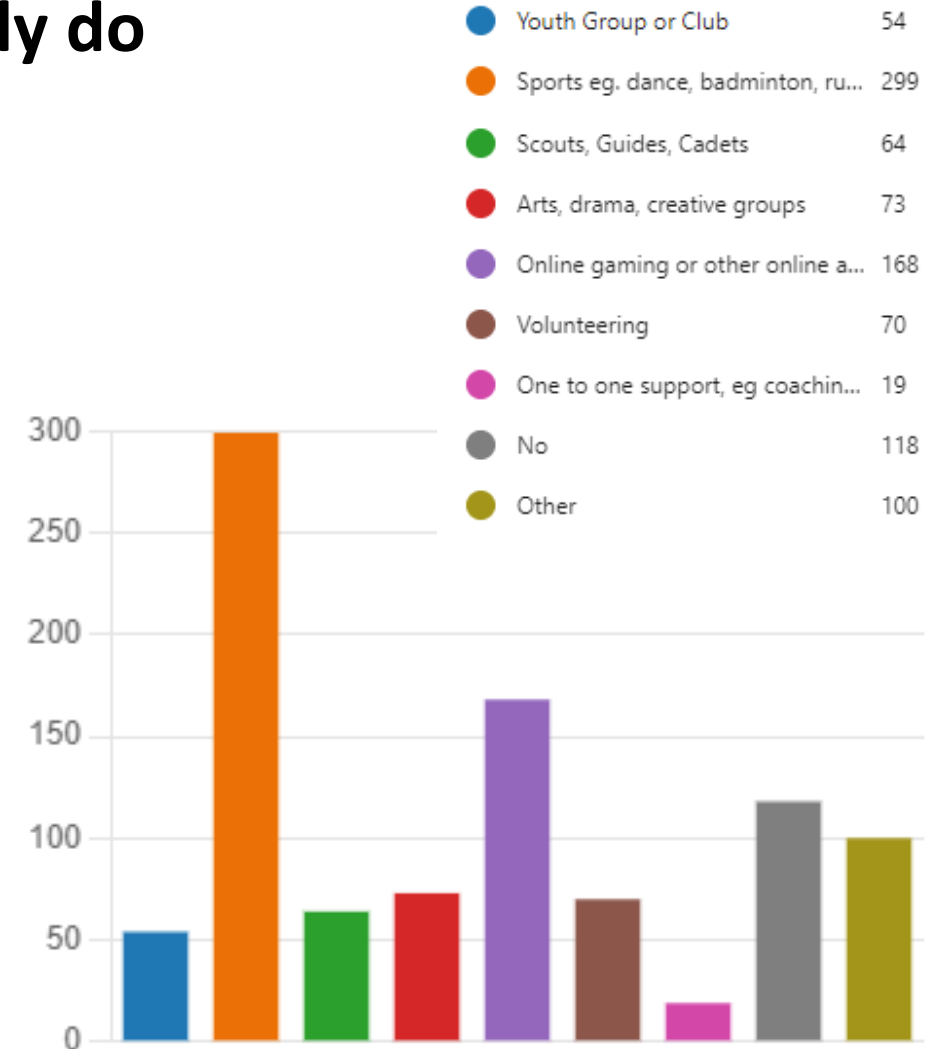
No = 41%



## Activities YP currently do

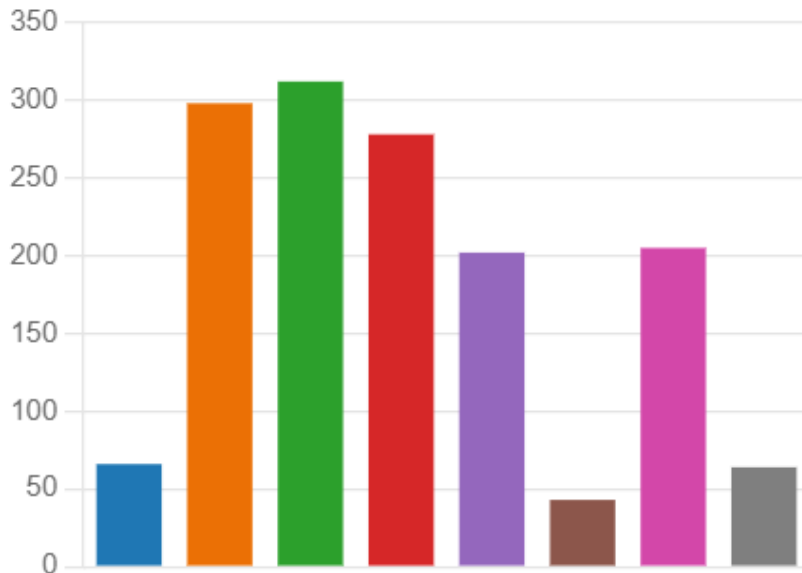
1. Sports activities (299)
2. Online activities (168)
3. "None" (118)
4. Other (100):

- Work
- Fitness related
- Spend time with friends
- "I do nothing"



# Activities

## How these activities help young people



Give them  
something to  
do in their  
spare time  
(312)

Helps them feel  
better /  
improve  
wellbeing  
(202)

Helps them  
keep fit and  
healthy  
(278)

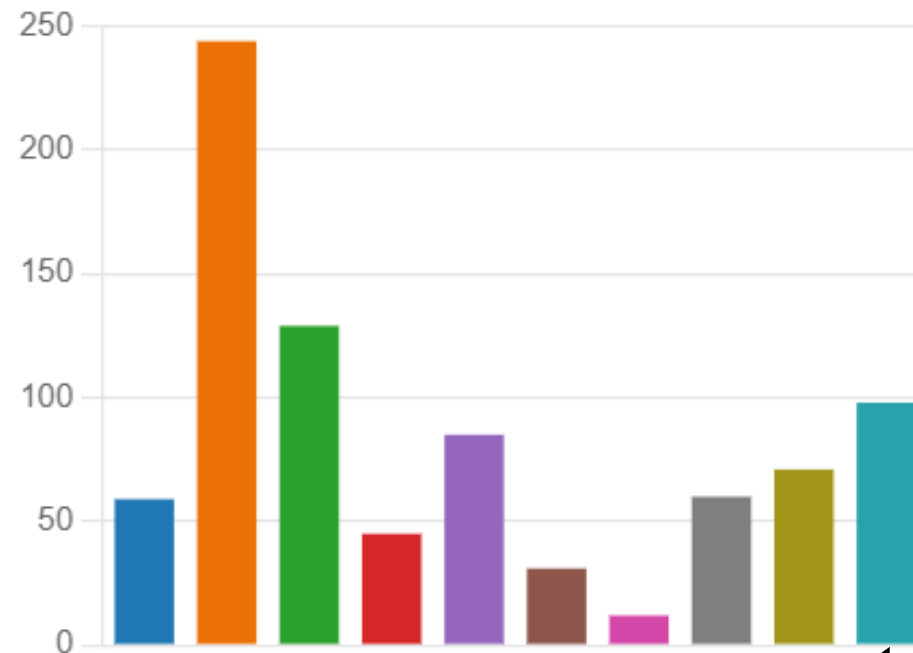
Give them a  
chance to be  
with friends /  
make new  
friends  
(298)

Gives them a  
chance to  
unwind and  
relax  
(205)

# Activities

## Activities young people would be interested in

1. Sports activities (244)
2. Arts, drama, creative groups (129)
3. Other (98)
4. Volunteering (85)
5. Digital technology activities (71)
6. Outdoor venues (60)



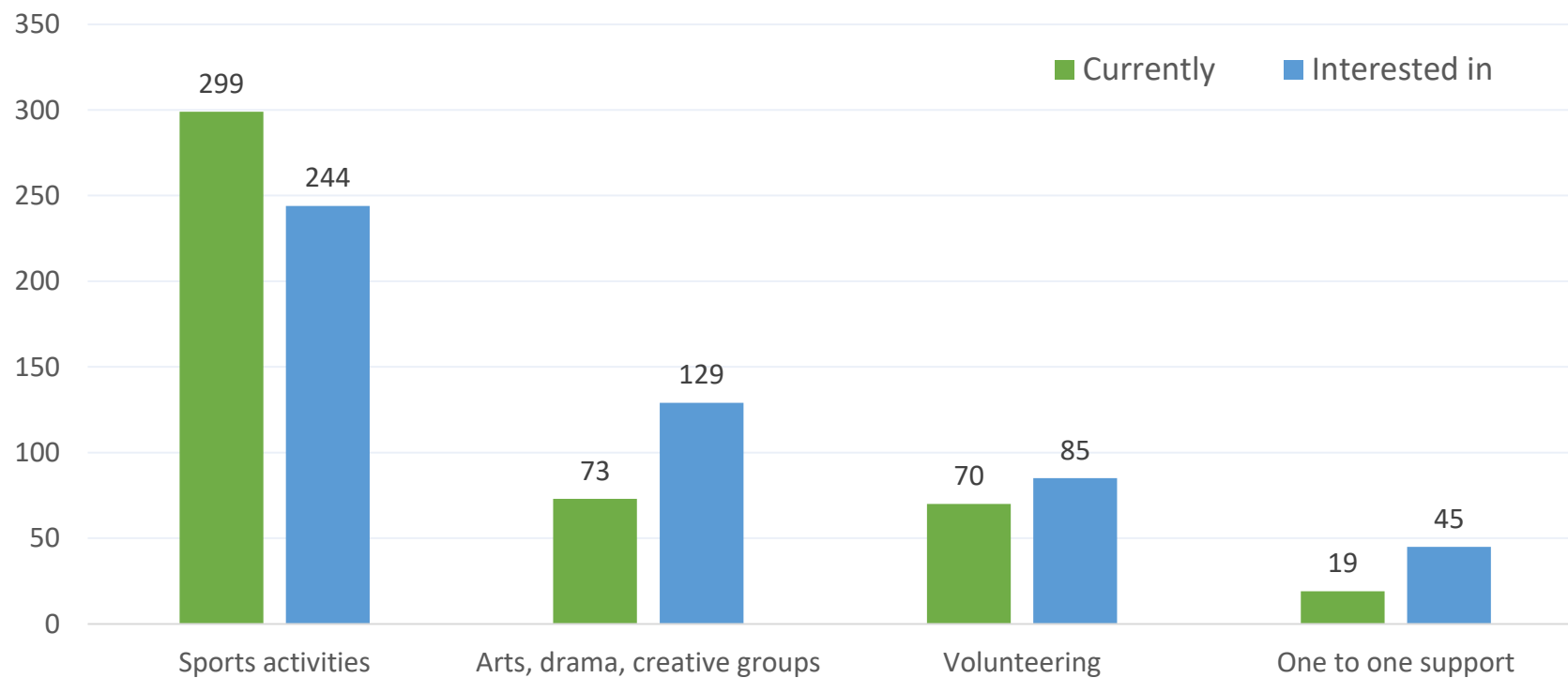
“Other” suggestions included:

gym / fencing / trampolining / boxing, music related, art / painting /graphic design, a space inside with no adults

# Activities

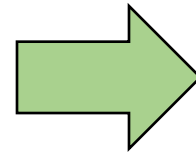
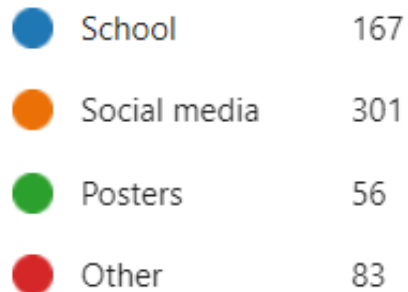
## Comparing and identifying gaps:

What young people are currently doing vs what young people would be interested in



# Activities

**Best way to find out about activities**



**Which social media platforms?**

Instagram (338)

Snapchat (252)

Facebook (98)

Twitter (54)



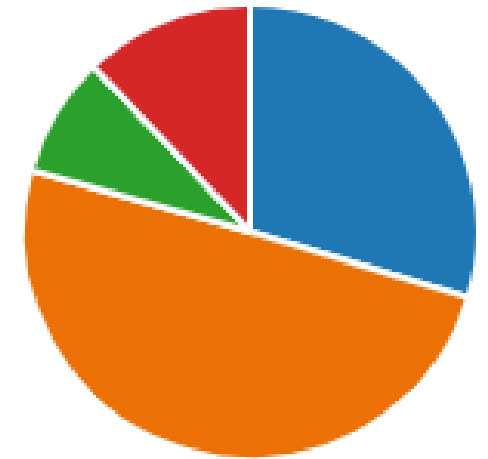
# Venues and Locations

## Where young people are spending time outside of school

- “Town”
- Round friend’s houses
- Parks
- Woodbridge / Rendlesham / Ipswich

## How do you get to any activities you do?

- Lift from someone (395)
- Walk or bike (236)
- Catch a bus, train or taxi (68)
- Other (96):
  - Motorbike / moped
  - I stay at home / don’t do any activities



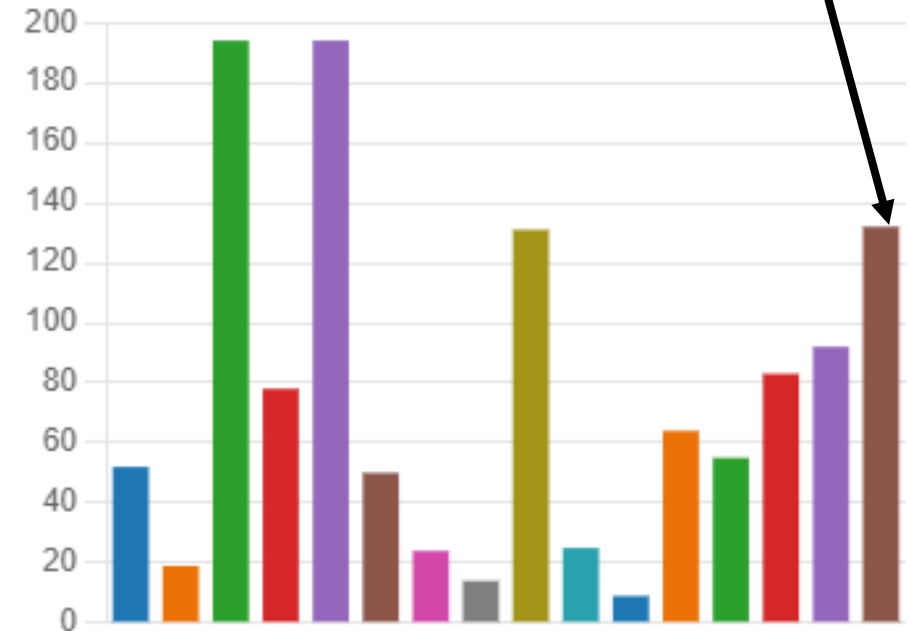
# What's Needed?

## Issues affecting young people

- Mental health and wellbeing / Coping with stress
- What to do after leaving school (work, education, training)
- Money management
- Loneliness or isolation
- Bullying and making friends
- Transport
- Sexual health and relationships
- Drugs and alcohol
- Gender identity
- Young carers
- Racism
- Gangs, knives and crime
- Homelessness
- Leaving care

“other”:

- No issues
- Friendship problems
- Family problems
- School issues
- LGBTQ+



**Current support networks:** for support on these issues, most young people would go to their parents or carers (325) or friends (274). Beyond this, young people would go to the following places: not sure(104), other (76), school (80), online (51), youth club (12).

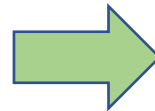
# What's Needed?

## Barriers to taking part in activities

34% said they're not interested in what's available  
20% said they're at the wrong time of day  
16% said they're too expensive  
14% don't have transport to the activities

15% said 'other', which included:

- Not knowing what is available
- "I can talk to my friends at home"
- Busy with schoolwork / not enough time
- Health / mental health
- Family issues



## When's the best time for activities?

Weekends (324)  
Evenings (303)  
After school (297)



## Where would you like activities?

Local activities I can walk or bike to (336)  
Doesn't matter, I can get a lift (293)  
Something in a bigger town with a bus (91)

# What's Needed?

**What other support young people would like to see available**

School therapists / counsellors

Free after school clubs

Clubs for people with autism

Emotional wellbeing

More careers advice and how to apply for things (like uni)

Support for people struggling with their own issues

LGBTQ+

Mental health support that is easy to access

Cooking club, acting, music, choir, photography

A person to talk to

Friends

Free food / hot dinners

Rugby and basketball clubs

# Key Takeaways and Recommendations

## Key takeaway points

### Prominent issues:

Young people are struggling severely with mental health and wellbeing so further support around this is essential. Many young people said they felt the activities they were already participating in supported them to feel better, therefore, any further activities or provisions will be vital in supporting young people.

### New activities:

Young people have identified that there are gaps in provision around the following areas:

- Arts and creative groups
- LGBTQ+ support
- Counselling / mental health support
- Digital technology related activities

### Promoting activities:

Young people seemingly are not always aware of the activities and provisions available for them to join, so further work needs to be done on promoting existing activities through social media, schools, parents and posters in the local community. Any new activities/provisions would also benefit from being promoted in a similar way.

### Where, When, Cost:

It is important that, where possible, activities are subsidised so that they are free for young people.

Although many young people are currently able to get a lift to activities, to ensure longevity, local activities are preferable so that young people can independently attend activities.

It's important that activities are available after school, in the evening and weekends.

# Key Takeaways and Recommendations

## Recommendations / Proposals – Mental Health and Wellbeing

### Counselling:

4YP offers links with, and combines, all the elements of work that is carried out by the 4YP team. It is a confidential service for young people who are ready to enter one-to-one sessions focusing on difficult issues with a trained counsellor.

One to one counselling for two days a month in School for one academic year.

**Cost: £6000**

### LGBTQ+ Support:

Outreach Youth. We see Youth Work as a distinct educational practice founded on a voluntary relationship with young people and shaped by their agendas. This funding will provide support LGBTQ+ in school for young people and in addition a training session for parents and school staff around the language of LGBTQ+. Our four pillars of youth work are:

**EMPOWERMENT** is enabling young people to take responsibility and helping them to make decisions about their whole life. **EQUALITY** is about a person's free involvement in an activity or group based on the absence of discrimination of any kind. **EDUCATION** is the gradual process of acquiring knowledge: "education is a preparation for life."

**PARTICIPATION** means that "it is my right to be involved in making decisions, planning and reviewing an action that might affect me. Having a voice, having a choice." – Young Person

**Cost: £3000**

### Compass Mentoring:

Just 42 Compass mentoring is well-being mentoring for young people aged 11 to 18 years of age, who are struggling with a variety of issues and who are without support of any kind or who has some statutory support, but this is not really working. This will be an extension of the service that Just 42 already offers because they have had such an increase in referrals that there is a need in an increase of this service.

**Cost: £5000**

# Key Takeaways and Recommendations

## Recommendations / Proposals – New Provision

### Arts and Craft Lunch Club:

Just 42 drop-in sessions lunch time in School one day a week. Will provide quiet space for young people to participate in arts and crafts. Involvement with arts and crafts can help self-esteem and confidence, aids imagination, self-expression and creativity in young people.

**Cost: £3000**

### Creative Sessions:

Just 42 Mend Sessions will run after school during the spring/summer term. Workshops will teach young people how to repair bikes, sewing skills, carpentry, upcycling furniture etc. This teaches young people life skills which boosting their confidence and ultimately their wellbeing.

**Cost: £3000**

### Digital Technology:

Farlingaye High School offers a few existing technology related lunch clubs and activities. Further work will be done with the school to explore additional activities relating to digital technology to aim to fill the gap in provision identified by young people.

**Cost: TBC in Spring 2023**