

**Findings from the 3rd
Emotional Health and
Wellbeing Covid-19
survey with young
people, parents and
carers.**

**September to October
2020**



**HeadStart
Hull**

Building resilience with children and young people

Consultation with children, young people and parents/carers to aid forward planning for emotional health and wellbeing support for children, young people and families- return to school update

Introduction

Hull's Thrive Strategic Partnership Board* are developing a forward plan to support the emotional health and wellbeing of children, young people and parents/carers impacted by the Covid-19 crisis. Existing services such as the Youth Service, Early Help Family Support, Children's Social Care, Early Years, School Nursing and Health Visiting, HeadStart Hull, Education Psychology and Camhs continue to deliver adapted services (online, phone and text) during the current Covid-19 pandemic. By consulting with children, young people and parents we can scope out current and future needs to ensure the forward plan continues to evolve to ensure plans are in place to meet emerging needs.

Consultation aims

We aim to engage with a range of children, young people and parents/carers over the course of the pandemic in order to determine how the crisis is impacting them individually and as families. We aim to capture what is going well for young people and families alongside emerging issues as things progress by consulting with the same groups every three weeks to determine:

1. Current needs during the existing lockdown.
2. Needs as the lockdown eases.
3. Needs when organisations return to business as usual.

This will help to identify solutions and respond to issues as they arise and to prepare for anticipated concerns and worries when moving through the phases of this pandemic and looking to the future.

Consultation Methods and procedure

Given the current communication/ networking barriers that have emerged from the covid-19 crisis and resultant lockdown restrictions, consultation is to take the form of online surveys via the Survey Monkey platform.

Two surveys were curated (one for parents/carers; one for children and young people) and young people (HSH volunteers) and parents (Parent peer mentors) were consulted to ensure that the language used is clear and understandable to the target cohort.

**Strategic Board which leads on CYP Emotional and Mental Health, responsible for the Hull Transformation Plan for CYP Mental Health, led by NHS Hull CCG*

Each survey includes questions that reflect on:

- Thoughts, feelings and emotions since lockdown started.
- Lifestyle changes since lockdown started.
- Emotional support accessed since lockdown started.

Questions include scale, yes/no and short answer responses to determine trends and key findings alongside more detailed responses to experiences.

Links to each survey will remain active for a period of three weeks, whereby new surveys will be distributed to determine changes in thoughts, feelings, and lifestyle and support needs. Each survey will be edited and revised to reflect the covid-19 situation as it transpires.

Links to each survey are to be distributed through email and social media across the partnership to maximise the reach e.g. social care, early help, skills and employability, VCS, Health, Schools etc.

We aim to distribute each survey to a group of 50+ young people (aged 10- 25 years of age) and 50+ parents (mothers and father of children and young people of any age up to 18). It is not essential that families engage collectively. We endeavour to gather a representative sample of different age groups, gender and ethnicity through a targeted approach to recruitment based on the networks and relationships we have with organisations and communities across the City.

Data will be collected and analysed at the end of each three-week period and disseminated into monthly reports. This will allow for responsive support and action to address changing and developing situations that arise throughout lockdown and beyond.

Current status

The first surveys were distributed to children, young people and parents/carers on Friday 22nd May and were active for a three-week period. Data was collected on Friday 12th June and a report and infographics produced.

The second surveys were distributed on Tuesday 16th June and concluded on the 6th July. Data was collected and a report and infographics were produced.

A third set of surveys were distributed on Tuesday 7th July and concluded on Friday 31st August. However, there was very little uptake in responses. It was felt that this was due to the summer holiday. As a result, a report was not written for this survey. Instead, key findings will be amalgamated into this report.

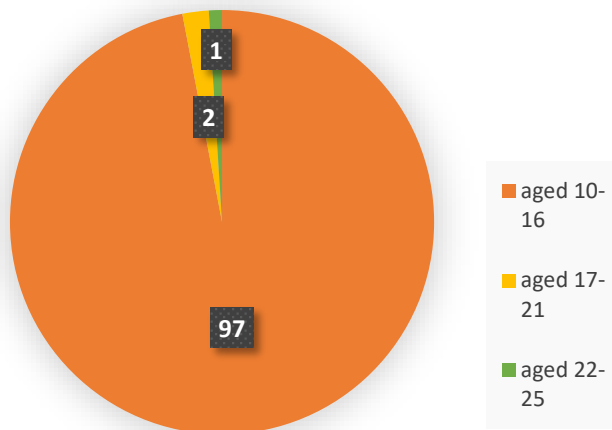
The fourth survey was distributed in conjunction with the start of the school year. It was decided that the survey run throughout the first term to ensure maximum uptake during what has become a unique return back to school and education for all. Survey links were live from Tuesday 22nd September and concluded on Thursday 22 October. The findings are provided below. Infographics will also be available to accompany this report.

Young people emotional health and wellbeing coronavirus survey- Findings

Breakdown of young people who completed the survey

In total, 92 young people completed the survey.

Age:

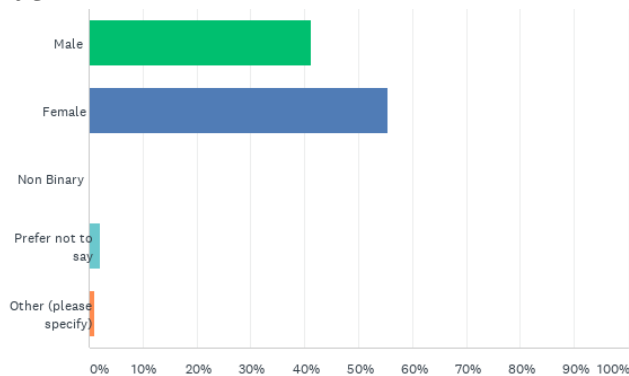


97% of participants were aged 10-16.

2% were aged 17-21.

1% were aged 22-25.

Gender:

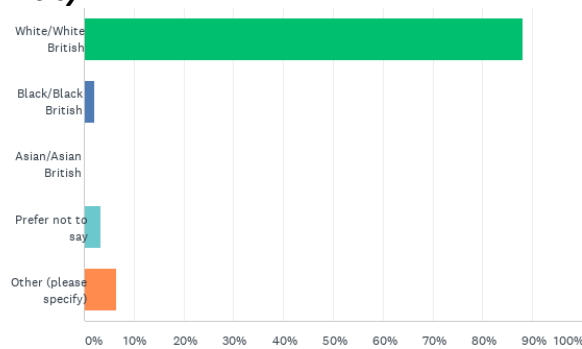


55.4% were female.

41.3% were male.

2.2% preferred not to say.

Ethnicity:



88% were White/White British.

2.2% were Black/Black British.

6.3% selected 'other', including:

- Kurdish
- Mixed race
- Irish
- Syrian

3.3% preferred not to say.

Frequency of thoughts and feelings over the last three weeks

Positive emotions:

Results over the last three weeks show similar trends to the previous survey results, with over 50% of young people expressing positive feelings over the last three weeks.

In contrast to the previous survey, positive feelings have decreased. Feeling 'relaxed', 'happy/content/positive', and 'safe and secure' has decreased by 10% or more over the last three weeks:

Safe and secure:	81.6%	(11.4% decrease)
Positive about the future:	65.2%	(5.6% decrease)
Dealing with problems well:	62.2%	(2.5% increase)
Connected to others:	62%	(4.7% decrease)
Happy/ content/ positive:	60.9%	(16.2% decrease)
Motivated:	58.7%	(3.8% decrease)
Relaxed:	52.8%	(12.5% decrease)
More energy:	52.3%	(6.5% increase)

Negative emotions:

Similar to the previous survey results, young people are not experiencing negative emotions as frequently as positive emotions.

In contrast to the previous survey, the majority of negative feelings have increased, with the exception of 'bored/frustrated' and 'lonely/isolated' that have decreased marginally:

Bored/frustrated:	72.8%	(5% decrease)
Confused/ uncertain:	51.4%	(9.3% increase)

Sad/negative/low: 45.7% (10.8% increase)
 Lonely/ isolated: 52.8% (6.1% decrease)
 Scared/panicked: 23.6% (4.2% increase)

Most common emotions:

Feeling ‘safe and secure’ (81.6%) is still the most frequently felt emotion amongst young people, with 37.9% expressing that they feel this way all of the time. The second most common emotions are feeling ‘bored and frustrated’ (72.8%) and ‘positive about the future’ (65.2%). The third most common emotion is feeling ‘dealing with problems well’ (62.2%). These findings reflect the results of the previous survey.

Least common emotions:

Feeling ‘scared or panicked’ (27.8%) is still the least frequently felt emotion amongst young people. The second least common emotion is feeling ‘lonely/isolated (46.7%). However, this still equates to nearly half of young people who completed this survey. The third least frequent emotion is having ‘more energy’ (52.3%) which reflects the findings in the previous survey.

	YES, ALL THE TIME	YES, SOMETIMES	NOT VERY OFTEN	NOT AT ALL	TOTAL	WEIGHTED AVERAGE
I've been feeling positive about the future	15.22% 14	50.00% 46	23.91% 22	10.87% 10	92	2.30
I've been feeling motivated to do things	18.48% 17	40.22% 37	33.70% 31	7.61% 7	92	2.30
I've been feeling relaxed	16.85% 15	35.96% 32	28.09% 25	19.10% 17	89	2.49
I've been feeling connected to other people	25.00% 23	36.96% 34	25.00% 23	13.04% 12	92	2.26
I've got more energy	15.91% 14	36.36% 32	25.00% 22	22.73% 20	88	2.55
I've been dealing with problems well	22.22% 20	40.00% 36	21.11% 19	16.67% 15	90	2.32
I've been feeling safe/ secure	37.93% 33	43.68% 38	12.64% 11	5.75% 5	87	1.86
I've been feeling happy/ content/ positive	23.91% 22	36.96% 34	29.35% 27	9.78% 9	92	2.25
I've been feeling confused/ uncertain	14.61% 13	46.07% 41	25.84% 23	13.48% 12	89	2.38
I've been feeling sad/ negative/ low	17.39% 16	39.13% 36	29.35% 27	14.13% 13	92	2.40
I've been feeling bored/ frustrated	25.00% 23	47.83% 44	20.65% 19	6.52% 6	92	2.09
I've been feeling scared/ panicked	13.33% 12	14.44% 13	36.67% 33	35.56% 32	90	2.94
I've been feeling lonely/ isolated	19.57% 18	27.17% 25	28.26% 26	25.00% 23	92	2.59

Table: frequency of thoughts and feelings during the pandemic

The effect of the pandemic on lifestyle over the last three weeks

The results over the last three weeks show that coronavirus restrictions and guidelines are still having an impact on lifestyle, specifically social media use, TV/gaming and sticking to a routine. However, the effect is not as dramatic as previous results:

Social media use:

34.8% of young people expressed that their social media use has not changed over the last three weeks, with 53.3% stating it has increased.

TV/gaming:

30.4% of young people expressed that their TV/gaming has not changed over the last three weeks, with 53.3% stating it has increased.

Sticking to a routine:

24.7% of young people expressed that their routine routine/lack of routine has not changed over the last three weeks, with 52.8% stating that it has decreased.

Creativity: 42% state an increase over the last three weeks.
 Sleep: 41.3% state a decrease over the last three weeks.
 School work/ learning: 39.1% state an increase over the last three weeks.
 Physical activity: 38% state an increase over the last three weeks.
 Time outside: 37% state an increased over the last three weeks.

	NO CHANGE	SLIGHTLY INCREASED	INCREASED A LOT	SLIGHTLY DECREASED	DECREASED A LOT	TOTAL	WEIGHTED AVERAGE
The amount I sleep	26.09% 24	15.22% 14	17.39% 16	20.65% 19	20.65% 19	92	2.95
The amount I eat	32.97% 30	21.98% 20	12.09% 11	19.78% 18	13.19% 12	91	2.58
Sticking to a daily routine	24.72% 22	13.48% 12	8.99% 8	26.97% 24	25.84% 23	89	3.16
The amount of exercise/ physical activity I do	31.52% 29	23.91% 22	14.13% 13	8.70% 8	21.74% 20	92	2.65
My use of social media	34.78% 32	19.57% 18	33.70% 31	6.52% 6	5.43% 5	92	2.28
The amount I watch TV/ gaming	30.43% 28	18.48% 17	34.78% 32	8.70% 8	7.61% 7	92	2.45
The amount of money I spend	47.83% 44	15.22% 14	13.04% 12	11.96% 11	11.96% 11	92	2.25
My creativity level: art/ cooking/ baking/ crafts etc.	34.07% 31	23.08% 21	19.78% 18	12.09% 11	10.99% 10	91	2.43
How often I tidy my room/ clean the house	41.30% 38	17.39% 16	16.30% 15	14.13% 13	10.87% 10	92	2.36
School work/ learning	22.83% 21	23.91% 22	15.22% 14	21.74% 20	16.30% 15	92	2.85
The amount of time I spend outside	28.26% 26	11.96% 11	25.00% 23	18.48% 17	16.30% 15	92	2.83

Table: effect of the pandemic on lifestyle over the last three weeks

Feelings towards being back in school/college/education

The results show that the majority of young people are feeling positive about being back at school as they have missed school friends. However, the majority express a lack of motivation and are concerned about trying to catch up with work they have missed:

65.9% have missed school friends.

64.1% are managing their emotions well.

59.1% have a lack of motivation.

57.6% are happy to be back.

55.4% are worried about catching up with school work.

53.3% feel a sense of loss at the time they have missed (prom, school trips, studying etc.)

46.7% feel anxious about being around lots of people in school.

42.9% feel anxious about catching coronavirus.

	YES, ALL THE TIME	YES, SOMETIMES	NOT VERY OFTEN	NOT AT ALL	TOTAL	WEIGHTED AVERAGE
I am feeling anxious about catching coronavirus	16.48% 15	26.37% 24	28.57% 26	28.57% 26	91	2.69
I am feeling anxious about being around lots of people in school	20.65% 19	26.09% 24	20.65% 19	32.61% 30	92	2.65
I have a lack of motivation	25.00% 22	34.09% 30	26.14% 23	14.77% 13	88	2.31
I feel a sense of loss at the time I have missed e.g. friends, prom, school trips etc	16.67% 15	36.67% 33	22.22% 20	24.44% 22	90	2.54
I am managing my emotions well	25.00% 23	39.13% 36	19.57% 18	16.30% 15	92	2.27
I have missed my school friends	30.77% 28	35.16% 32	16.48% 15	17.58% 16	91	2.21
I am happy/excited to be back	22.83% 21	34.78% 32	21.74% 20	20.65% 19	92	2.40
I am worried about catching up with school work	26.09% 24	29.35% 27	17.39% 16	27.17% 25	92	2.46

Table: feelings towards being back in school/ college/ education

Adjusting to the return to school/college/education

The results show that the majority of young people are adjusting well to returning to school/college/education and are coping with changes:

84.6% feel they are managing the new routine and structure.

82.2% feel they are coping with learning in a classroom environment again.

80.9% feel that they are managing being in a bubble.

78% feel they are coping with not using their phone/social media.

76.9% feel they are managing their homework.

61% feel they are getting enough sleep/ getting up early for their routine.

Young people's access to support over the last three weeks

Over the last three weeks, 48% of young people have accessed support to manage their thoughts and feelings. This is a 5.6% decrease compared the last survey results. However, this percentage is still higher than the first survey at the start of lockdown.

The most utilised form of support is still family/friends and accessing support through school and college has increased further still since the last survey:

Type of support	Survey 1	Survey 2	Survey 3
Family/friends	80%	75.7%	68.9%
Websites	32%	13.5%	14.9%
Social media	24%	35.1%	27.7%
School/college	20%	29.7%	51.6%
Services	20%	8.1%	10.6%

Of the 62% of young people who have not accessed support, the majority felt that this is because they do not need it (54.2%). This is a 16.3% decrease compared to the last survey. 18.6% feel they need support but do not know where to find it, a 7.2% increase compared to the last survey.


13.6% felt embarrassed to seek out support, double the response of the last survey (6.8%).

22% feel that there is no support that will help them, over four times as many young people compared to the last survey (less than 5%).

Analysis of open ended survey questions

Changes in thoughts towards the pandemic over time

Thoughts at the start of lockdown	Thoughts after survey 1	Thoughts after survey 2	Thoughts now
Sad/upset	Adjustment/normality	Positive	Adjustment/Positive
Worried/scared/uncertain	Boredom	Boredom	Frustration
Frustrated/annoyed	Positive	Frustration	Worried/anxious
No concern	Worried/scared	Worried/uncertain	More aware/concerned
Positive	Frustrated	Sad/upset	Less aware/concerned
	Sad/upset		Sad/upset
	Depressed		
	Lonely/ isolated		



 Most common
 Least common

Thoughts now: main themes

Adjustment/positive
Frustration
Worried/anxious
More aware/concerned
Less aware/concerned
Sad/ upset

'Adjustment/positive'

The majority of young people are expressing that the current pandemic has become normality and they are getting used to the situation. Young people are feeling more relaxed and remain positive despite the circumstances:

'Gotten more positive towards the situation.' (Female, age 10-16)

'I've become more used to it now.' (Female, age 10-16)

'Happy because I know my family is happy and healthy.' (Female, age 10-16)

'I felt a lot more calm and it feels normal again.' (Female, age 10-16)

'Frustration'

Similar to the previous survey, young people are becoming increasingly more frustrated, specifically as a result of the changing rules and regulations:

'Can't wait for it to be over.'

'It's annoying cannot do most things and I just hate it.' (Male, age 10-16)

'I hate it. I am always stuck in.' (Male, age 10-16)

'You are not allowed next to your class mates and you have to wear masks that is annoying.' (Male, age 10-16)

'Worried/anxious'

Young people's feelings of worry seem to have increased since the last survey, with more young people expressing feelings of anxiety:

'I still feel unsafe going to school even though my school is handling it well. I feel anxious about doing my exams this year since the exam boards keep changing their minds.' (Female, age 10-16)

'I have been more worried about stuff.' (Female, age 10-16)

'Anxiety has increased.' (Male, age 10-16)

'More awareness and concern'

A number of young people have started to become aware of the severity of coronavirus and its implications:

'I've become more aware of how serious covid is.'(Female, age 10-16)

'It seems more of an apparent and an immediate danger than before.'(Male, age 10-16)

'More informed and can see its changes will be here for the long run.' (Female, age 17-20)

'Less awareness and concerned'

In contrast to those who are becoming more aware, a number of young people feel little concern for coronavirus:

'No I don't give a crap about it.'(Female, age 10-16)

'I'm not bothered by it.' (Male, age 10-16)

'I'm just trying to forget about it and live life as normal.'(Male, age 10-16)

'Sad/upset'

A small number of young people still expressed they are feeling sad/ upset which has affected their mental health:

'Made my depression worst and my mental health got the best of me.' (Female, age 10-16)

'It's sad that people are dying through it.' (Female, age 10-16)

Summary of findings

Results show that young people's thoughts, feelings and emotions over the last three weeks typically reflect the findings of the previous round of survey results. However, there are some key change that have occurred since the return to school/college/education.

The most prominent emotion experienced by young people in the last survey was a sense of frustration and boredom as a result of the restrictions continuing. The easing of lockdown rules that allowed socially distanced meet ups and the reopening of schools increased positive feelings throughout the summer. These feelings have continued into the autumn months, with young people expressing feelings of adjustment, alongside frustration of the changing

rules and regulations in place. One interesting finding is the conflicting feelings of awareness and concern amongst young people regarding coronavirus. On one hand, young people feel more aware of the severity of the pandemic, encouraging them to follow the rules. In contrast, a small number of young people do not seem to acknowledge the seriousness of the situation, and are continuing life as normal.

The percentage of young people experiencing positive feelings has decreased over the last three weeks, specifically feeling 'happy content and positive' which has decreased by 16.2% (60.9%), and feeling 'relaxed' that has decreased by 12.5% (52.8%). That being said, positive feelings are still being expressed by the majority of young people, specifically 'feeling safe and secure' (81.6%). Furthermore, young people are highlighting positive outcomes associated with their return to school/college/education. Over 80% of young people are managing and adjusting to the adaptations in place to keep the safe in the school environment, and are coping with the school routine and learning.

Negative feelings still equate to over 45% or more of young people's experiences over the last three weeks, with increases in feeling 'confused/uncertain' (51.4%), and 'sad/negative/low' (45.7%). Over 50% of young people are feeling worried about catching up with school work and feel as sense of loss at the time they have missed as a result of lockdown. Furthermore the percentage of young people anxious about catching coronavirus (42.9%), being around lots of people in school (66.7%), and accessing support for mental health concerns (48%) still remains high.

The results over the last three weeks show that the current pandemic restrictions/guidelines are not having as much of an impact on young people's lifestyles as before. However, over 50% of young people are still reporting increases issues and it is still having a significant impact on lifestyle, with over 50% of young people stating an increase in social media use (53.3%), TV/gaming (53.3%), and a decrease in sticking to a routine (52.8%).

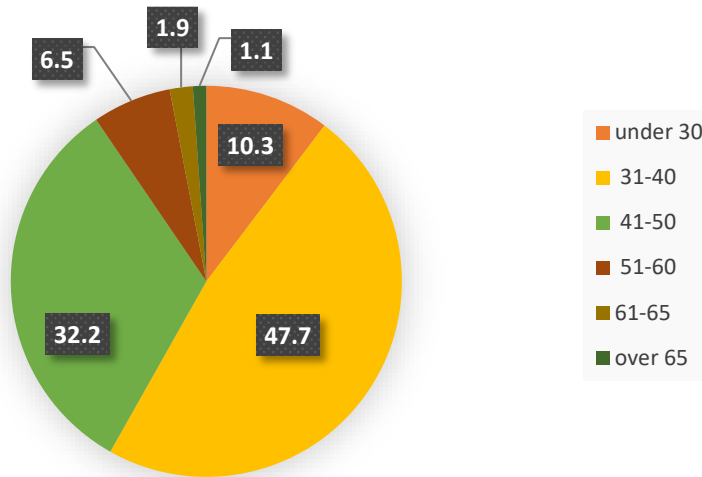
Finally, results show that accessing emotional support from friends and family is still the most common (68.9%). However, there has been a significant increase in seeking support from school/college (51.6%). Accessing support from school has steadily increased over the course of this research from 20% to 51.6%. The number of young people who have not accessed support has increased over the last three weeks (62%). However, there have been dramatic increases in the percentage of young people who feel uncertain of where to go for support, feel embarrassed, or feel there is no support for them (54.2%).

Parent/carer emotional health and wellbeing coronavirus survey- Findings

Breakdown of parents/carers who completed the survey

In total, 214 parents/ carers completed the survey.

Age:



10.3% were under the age of 30.

47.7% were aged 31-40.

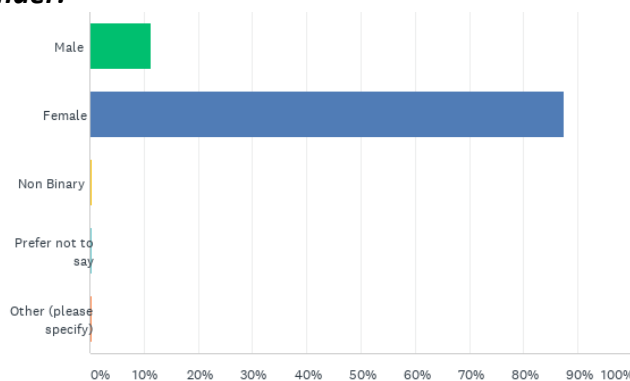
32.3% were aged 41-50.

6.5% were aged 51-60.

1.9% were aged 61-65 the age of 60.

1.1% were over the age of 65.

Gender:



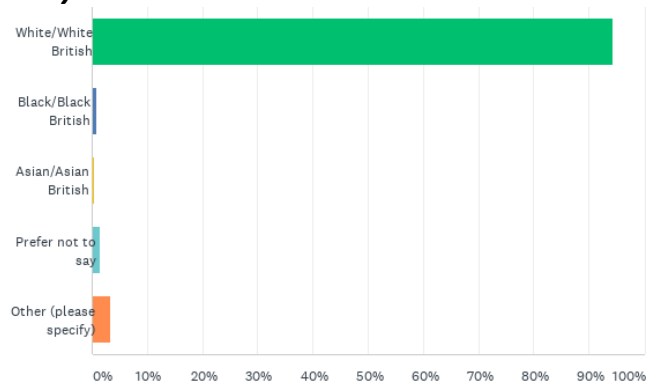
87.4% were female.

11.2% were male.

Less than 1% were non-binary.

Less than 1% preferred not to say.

Ethnicity:



94.4% were white/white British.

Less than 1% were Black/Black British.

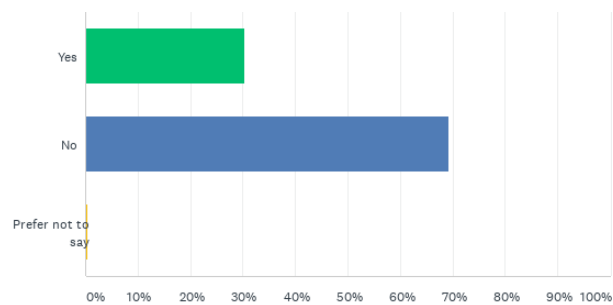
Less than 1% were Asian/Asian British.

Less than 5% selected 'other' including:

- Polish
- Mixed race
- Roma gypsy
- Turkish

Less than 5% preferred not to say.

Single parent status:

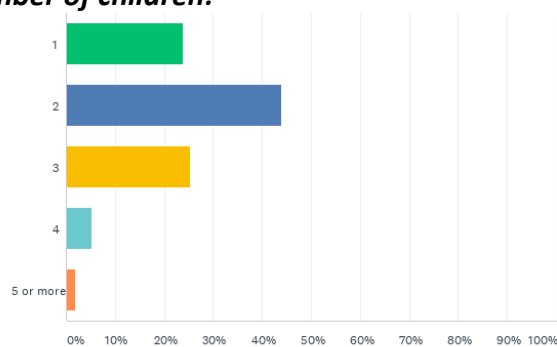


30.4% were single parents/carers.

69.2% were not single parents/carers.

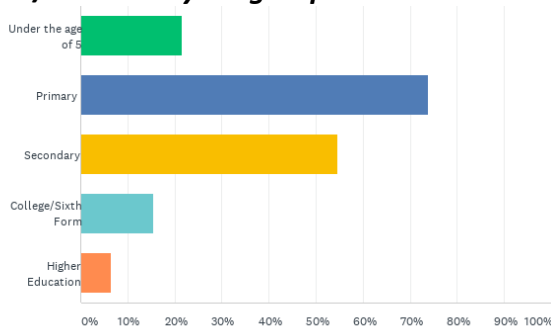
Less than 1% preferred not to say.

Number of children:



23.8% of participants have/care for 1 child/young person.
 43.9% have/care for 2 children/young people.
 25.2% have/care for 3 children/young people.
 5.1% have/care for 4 children/ young people.
 Less than 5% have/care for 5 or more children/ young people.

Child/children’s year group:



21.5% of children were under the age of 5.
 73.8% of children were at primary school.
 54.7% of children were at secondary school.
 15.4% were at college/Sixth form.
 6.5% were in higher education.

Frequency of thoughts and feelings over the last three weeks

Positive emotions

Results over the last three weeks show similar trends to the previous survey results, with over 50% of parents/carers frequently expressing positive feelings (with the exception of more energy).

In the last survey, the majority of positive feelings had decreased. However, there has been a slight increase in positive feeling amongst parents/carers over the last three weeks:

Dealing with problems well:	79.3%	(1.3% decrease)
Safe and secure:	76.1%	(4.9% decrease)
Happy/ content/ positive:	72.3%	(2.1% increase)
Motivated:	70.4%	(1.5% increase)
Positive about the future:	60.8%	(9.9% decrease)
Connected to others:	50.6%	(7.1% increase)
Relaxed:	52.4%	(1.4% decrease)
More energy:	44.6%	(7.4% increase)

Negative emotions

Similar to the previous survey results, all negative emotions listed, with the exception of two ('lonely/isolated' and 'scared/panicked') were found to be experienced by over 50% of parents/carers over the last three weeks.

The majority of negative feelings have decreased with the exception of 'scared/panicked', which has increased marginally:

Confused/ uncertain: 59.3% (5.9% decrease)
 Bored/frustrated: 57.7% (16.2% decrease)
 Sad/negative/low: 53.3% (7.2% decrease)
 Lonely/Isolated: 44.8% (4.6% decrease)
 Scared/panicked: 44.3% (2.2% increase)

Most common emotions

The most common emotion amongst parents/carers is 'dealing with problems well' (79.3%). The second most common emotion is feeling 'safe and secure' (76.1%). Feeling 'happy/content/positive' (72.3%) is the third most common emotion felt by parents/carers. These findings reflect those of the previous surveys, although have shifted in position over time.

Least common emotions:

Feeling 'scared/panicked' (44.3%) is the least common emotion expressed by parents/carers. The second least common emotion is feeling 'more energy' (44.6%). The third least frequent emotion is feeling 'lonely/isolated' (44.8%). However, these results still equate to almost half of parents/carers.

	YES, ALL THE TIME	YES, SOMETIMES	NOT VERY OFTEN	NOT AT ALL	TOTAL	WEIGHTED AVERAGE
I've been feeling positive about the future	17.76% 38	50.00% 107	25.70% 55	6.54% 14	214	2.21
I've been feeling motivated to do things	20.19% 43	50.23% 107	24.41% 52	5.16% 11	213	2.15
I've been feeling relaxed	10.38% 22	41.98% 89	37.26% 79	10.38% 22	212	2.48
I've been feeling connected to other people	12.68% 27	45.07% 96	30.52% 65	11.74% 25	213	2.41
I've got more energy	6.57% 14	38.03% 81	37.56% 80	17.84% 38	213	2.67
I've been dealing with problems well	18.78% 40	60.56% 129	16.43% 35	4.23% 9	213	2.06
I've been feeling safe/ secure	18.31% 39	57.75% 123	17.84% 38	6.10% 13	213	2.12
I've been feeling happy/ content/ positive	12.68% 27	59.62% 127	21.13% 45	6.57% 14	213	2.22
I've been feeling confused/ uncertain	10.75% 23	48.60% 104	26.17% 56	14.49% 31	214	2.44
I've been feeling sad/ negative/ low	4.21% 9	49.07% 105	33.18% 71	13.55% 29	214	2.56
I've been feeling bored/ frustrated	5.63% 12	52.11% 111	28.64% 61	13.62% 29	213	2.50
I've been feeling scared/ panicked	7.08% 15	37.26% 79	30.19% 64	25.47% 54	212	2.74
I've been feeling lonely/ isolated	6.13% 13	38.68% 82	29.25% 62	25.94% 55	212	2.75

Table: frequency of thoughts and feelings over the last three weeks

The effect of the pandemic on lifestyle over the last three weeks

The results over the last three weeks show that coronavirus restrictions and guidelines are still having an impact on lifestyle, specifically social media use, the amount the family eat, and sticking to a routine. However, the effect is not as dramatic as previous results:

Social media use:

34.7% of parents/carers expressed that their family's social media use has not changed over the last three weeks, with 52.3% stating it has increased.

Eating habits:

45.8% of parents/carers expressed that their family's eating habits have not changed over the last three weeks, with 45.8% stating they have increased.

Sticking to a routine:

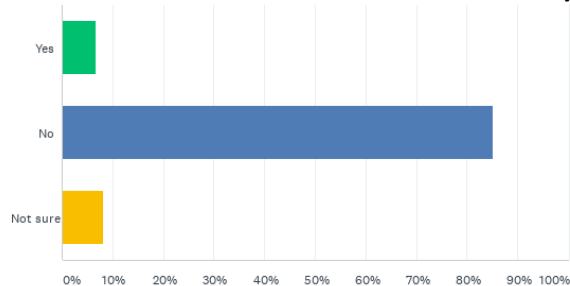
32.9% of parents/carers expressed that their family's routine/lack of routine has not changed over the last three weeks, with 43.7% stating that it has decreased.

Physical activity levels:	41.8% state a decrease over the last three weeks.
Creativity levels:	42.5% state an increase over the last three weeks.
Spending money:	41.6% state an increase over the last three weeks.
Time outside:	41.3% state a decrease over the last three weeks.
School work/learning:	35.2% state an increase over the last three weeks.
Sleep:	33.8% state a decrease over the last three weeks.
Tidying:	39.4% state and increase over the last three weeks.

	NO CHANGE	SLIGHTLY INCREASED	INCREASED A LOT	SLIGHTLY DECREASED	DECREASED A LOT	TOTAL	WEIGHTED AVERAGE
The amount we sleep	41.31% 88	20.66% 44	4.23% 9	23.47% 50	10.33% 22	213	2.41
The amount we eat	45.79% 98	34.11% 73	11.68% 25	7.01% 15	1.40% 3	214	1.84
Sticking to a daily routine	32.86% 70	12.68% 27	10.80% 23	28.64% 61	15.02% 32	213	2.80
The amount of exercise/physical activity we do	28.17% 60	19.72% 42	10.33% 22	27.70% 59	14.08% 30	213	2.80
Our use of social media	34.74% 74	33.33% 71	23.00% 49	5.63% 12	3.29% 7	213	2.09
The amount we watch TV/gaming	33.33% 71	29.58% 63	25.35% 54	6.10% 13	5.63% 12	213	2.21
The amount of money we spend	32.24% 69	25.70% 55	15.89% 34	19.63% 42	6.54% 14	214	2.43
My creativity level: art/ cooking/ baking/ crafts etc.	46.23% 98	29.72% 63	12.74% 27	7.55% 16	3.77% 8	212	1.93
How often we tidy up/clean the house	44.60% 95	19.25% 41	20.19% 43	14.08% 30	1.88% 4	213	2.09
School work/ learning	38.03% 81	23.94% 51	11.27% 24	18.31% 39	8.45% 18	213	2.35
The amount of time we spend outside	23.00% 49	23.47% 50	12.21% 26	25.35% 54	15.96% 34	213	2.88

Table: effect of the pandemic on lifestyle over the last three weeks

Topics that are difficult to talk about with child/children about the current situation



85.2% feel that they do not struggle to discuss anything with their child/children regarding the current situation. This is a similar result to the previous survey.

The 6.6% that do feel they struggle, highlighted the same topics and issues that were found in the previous survey:

- Child/children too young to understand.
- The risk to family health and death as a result of coronavirus.
- Not seeing friends/family.
- The changes to school.
- Children have SEND and struggle to understand.
- Attempts to not make the situation sound scary.
- Explaining the rules and restrictions.
- The future: when it will be normal/ what will it look like/ what will happen next.
- Emotions and feelings.

Feelings towards child/children being back in school/college/education

The results show that the majority of parents/carers are feeling positive about their child/children being back at school. However, over 50% feel worried about their child catching coronavirus, and catching up on work they have missed:

90.6% feel that they are managing their emotions well.

82.6% are happy that their child/children are back in education.

79.3 feel a sense of loss for the time their child has missed (prom, school trips, studying etc.)

69% are worried about their child catching up with their work.

65.7% are anxious that their child may catch coronavirus.

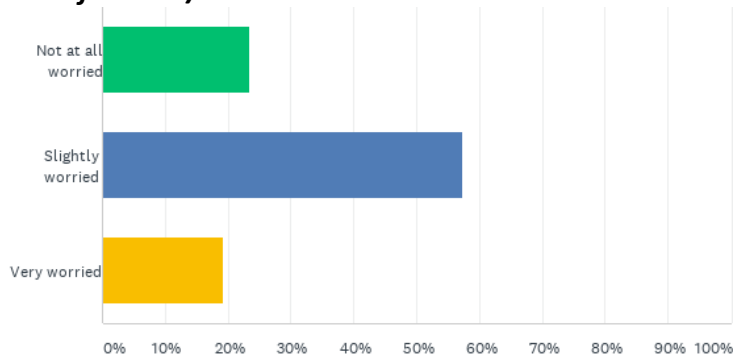
62.4% are anxious that their child is around lots of people in school.

	YES, ALL THE TIME	YES, SOMETIMES	NOT VERY OFTEN	NOT AT ALL	TOTAL	WEIGHTED AVERAGE
I am feeling anxious about my child catching coronavirus	22.54% 48	43.19% 92	19.25% 41	15.02% 32	213	2.27
I am feeling anxious about my child being around lots of people in school	24.88% 53	37.56% 80	18.78% 40	18.78% 40	213	2.31
I feel a sense of loss at the time they have missed at school e.g. friends, prom, school trips etc.	35.68% 76	43.66% 93	13.15% 28	7.51% 16	213	1.92
I am managing my emotions well	30.66% 65	59.91% 127	7.55% 16	1.89% 4	212	1.81
I am happy/ excited for them to be back	39.44% 84	43.19% 92	8.92% 19	8.45% 18	213	1.86
I am worried about them catching up with school work	32.39% 69	36.62% 78	17.84% 38	13.15% 28	213	2.12

Table: feelings towards child/children being back in school/ college/ education

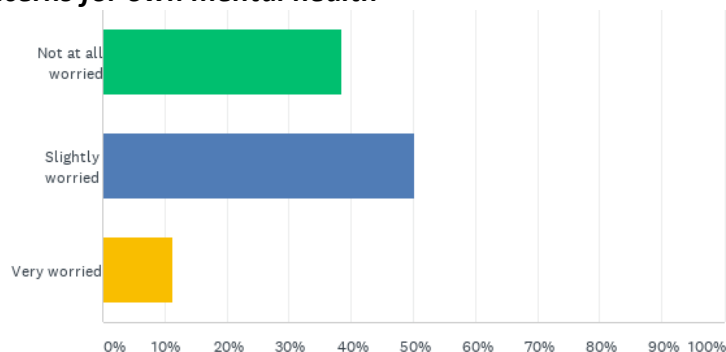
Mental health concerns and access to support

Concerns for child/children's mental health



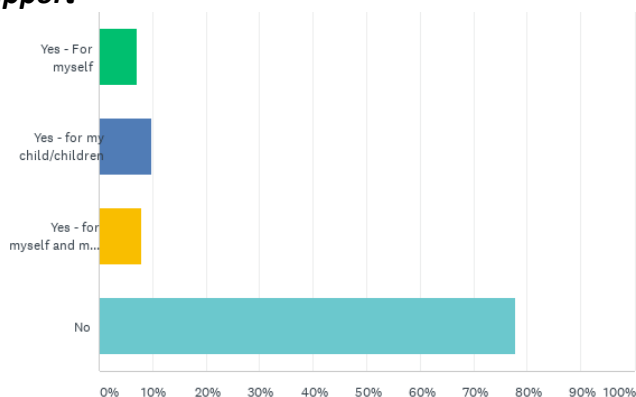
In comparison to the last survey, the percentage of parents/carers who feel worried about the impact of the current situation impacting their child/children's mental health has slightly increased from 75.5% to 76.5%. However, the percentage of those who are very worried about the child/children's mental health has decreased from 25.9% to 19.3%.

Concerns for own mental health



In comparison to the last survey, the percentage of parents/carers who feel worried about the impact of the current situation impacting their own mental health has slightly increased from 60.2% to 61.5%. However, those who feel very worried has decreased from 13.4% to 11.3%

Support



Over the last three weeks, 25% of parents/carers have accessed support to manage their family's thoughts and feelings. This is a 5% decrease compared to the previous survey results.

The most utilised form of support is still family/friends. Similarly to the previous survey, there have been small reductions in the number of parents/carers accessing other types of support with the exception of services, which has increased:

Type of support	Survey 1	Survey 2	Survey 3
Family/friends	50%	62.2%	55.9%
Websites	41.9%	36%	25.4%
Social media	25%	22.5%	17%
School/college	33.9%	27%	20.3%
Services	17.7%	21.6%	30.5%

Of the 77.8% of parents/carers who have not accessed support, the majority felt that this is because they do not need it (71%). This is a 10% increase compared to the last survey.

11.7% feel that there is no support that will help them. A slight decrease compared to the last survey (12.4%)

7.4% feel they need support but do not know where to find it. Similar to the last survey.

3.7% feel embarrassed to seek out support. This is a 6% decrease in comparison to the last survey.

Analysis of open ended survey questions

Changes in thoughts towards lockdown over time

	Thoughts at the start of lockdown	Thoughts after survey 1	Thoughts after survey 2	Thoughts now
Most common	Anxious/scared	Adjustment/normality	Positive	Adjustment/positive
	Stressed/unprepared/overwhelmed	Anxious/scared	Worried/confused/uncertain	Frustrated/annoyed
	Sad/upset	Frustrated/annoyed	Stressed/exhausted	Worried/concerned
	Positive	Positive	Frustrated/bored	
Least common		Stressed/exhausted	Sad/upset/depressed	
		Sad/upset/depressed		
		Lonely/isolated		

Thoughts toward lockdown now: main themes

Adjustment/Positive
Frustrated/annoyed
Worried/concerned

'Adjustment/Positive'

Like young people, parents/carers have adjusted to the pandemic, feeling more relaxed and positive despite the circumstances:

'We are more confident in going out and about.' (Female, age 41-50)

'I am less worried about the situation than I initially was.' (Female, age 31-40)

'We are accepting of the situation, following the advice given and getting on with life to the best of our ability.' (Female, age 51-60)

'We are doing our best to follow the guidelines as far as possible whilst still trying to maintain normal family routines.' (Female, age 41-50)

'Since the children have returned to school, it has been a huge relief (for them and me) and although separating work and home life is still challenging at times, it has been easier to find routine and manage.' (Female, age 31-40)

'Frustrated/ annoyed'

'Annoyed that more people aren't taking it seriously and are being selfish.' (Female, age 31-40)

'We are all fed up of the situation we understand & follow the rules & guidelines but there seems to be nothing in life to look forward to & it seems never ending.'
(Female, age 41-50)

I feel like we are getting nowhere with the situation and every week is another setback.'(Female, age 31-40)

'Frustrated at the inconsistencies of government guidance. We are all trying to be vigilant but it is near on impossible and actually pointless to do since schools/unit etc. returned.' (Female, age 41-50)

'As time has gone on and people are being less and less careful, ignoring the guidance, it becomes ever frustrating... I hear all the time people taking advantage... I think some are doing the bare minimum (sometimes not even that) to meet the government guidance.' (Female, age 31-40)

'Worried/concerned'

A large number of parents/carers still express a level of worry and are becoming increasingly concerned about the seriousness of the pandemic and how it will affect their families in the future:

'Worried now with an increase about health / loss of income in event of constant isolations or government lockdown.' (Female, age 41-50)

'Getting more concerned the virus is with us long term and concerned about the catch-up of missed schoolwork.' (Female, age 41-50)

'It is a constant worry, especially as my partner is a paramedic and comes into contact with it most day when he is on shift.' (Female, age 41-50)

'More anxious of lockdown happening again. More anxious schools will close, worried about the stress this could cause.' (Female, age 31-40)

'More concerned now that it is getting colder and the virus seems more prominent in our area.' (Female, age 31-40)

Summary of findings

Similar to the findings from the young people's survey, results show that thoughts, feelings and emotions expressed by parents/carers over the last three weeks typically reflect the findings of the previous round of survey results. However, there are some key changes that have occurred over the last three weeks.

The most prominent emotion experienced by parents/carers in the last survey was a sense of positivity. A sense of positivity and adjustment is still present amongst parents/carers but

there seems to be an increased feeling of frustration, worry and concern. Frustration is often a result of confusing government guidelines, but also the negligent behaviours of others in the community to follow the rules. That being said, 79.3% feel that they are dealing well with their problems, 76.1% feel 'safe and secure' and 85.2% feel that they do not struggle to discuss anything with their child/children regarding the current situation.

The majority of negative feelings still equate to 50% or more of parent/carers experiences over the last three weeks. However, the majority of negative feelings have decreased by 5-15%. 82.6% of parents/ carers are happy that their child/children are back to school. However, over 50% are worried about their child's safety and ability to catch up with school work. Furthermore, there is still a large majority of parents/carers who feel that the current situation is having a negative impact on their child/children's mental health (76.5%) and their own (61.2%); and 25% of parents/carers have accessed support to manage their family's thoughts and feelings.

The results over the last three weeks show that the current pandemic restrictions/ guidelines are not having as much of an impact on parents/carers lifestyles as before. However, over 50% of parents/carers are still reporting increases in social media use (52.3%).

Finally, results over the last three weeks show that accessing emotional support from friends and family (55.9%) is still the most utilised form of support. However, websites (25.4%) have been replaced with support services (30.5%), as the second most utilised form of support. Accessing support services has steadily increased over the course of this research from 17.7% to 30.5%. The number of parents/carers who have not accessed support has increased by 10% over the last three weeks (77.8%). Furthermore, feelings of needing support but not knowing where to find it, feeling embarrassed, or feeling no support will help has reduced by 7% (22.8%).

Recommendations at this stage

- Greater efforts still need to be made to ensure young people and parents are aware of the support accessible to them.
- Attention may be best drawn to the provision of tools and resources to educate families on how to support one another during this time.
- Greater efforts need to be in place to provide simple and clear information to families and young people on coronavirus guidelines, restrictions and regulations in place in the city to reduce confusion and refusal to comply.
- Attention may be best drawn to the provision and implementation of emotional health and wellbeing tools and resources for young people in schools. This may be done through:
 - Continuous and increased time and space dedicated to pupil wellbeing.
 - Increased access to support services and resources in school.

- Increased awareness of services to signpost/ refer.
- Continue to promote greater use of social media channels to share information on resources and access to services.

Frankie Jackson

Vulnerable young people's consultation and engagement worker

Voice and Influence team

Hull City Council

October 2020