

DECISION-MAKER:	Health & Wellbeing Board
SUBJECT:	#BeeWell Survey Findings 2023
DATE OF DECISION:	24 July 2024
REPORT OF:	COUNCILLOR MARIE FINN CABINET MEMBER FOR ADULTS & HEALTH

<u>CONTACT DETAILS</u>			
Director	Title	Director of Public Health	
	Name:	Dr Debbie Chase	Tel:
	E-mail:	debbie.chase@southampton.gov.uk	
Author:	Title	#BeeWell Programme Manager	
	Name:	Natalie Madden	Tel:
	E-mail:	Natalie.madden@hants.gov.un	

STATEMENT OF CONFIDENTIALITY

n/a

BRIEF SUMMARY

This report outlines the findings from the #BeeWell survey into young people's wellbeing in Southampton for 2023.

RECOMMENDATIONS:

	(i)	To note the contents of this report and next steps for the programme.
	(ii)	To commit to acting on the findings to improve young people's wellbeing and to promote use of the #BeeWell findings.
	(iii)	To identify opportunities to work collaboratively across the system to address the results of the #BeeWell survey and improve young people's wellbeing.

REASONS FOR REPORT RECOMMENDATIONS

	To share findings from the first year of the #BeeWell survey and outline next steps in the programme.
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ALTERNATIVE OPTIONS CONSIDERED AND REJECTED
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	n/a
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DETAIL (Including consultation carried out)
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1.	<p>Background</p> <p>#BeeWell believes young people's wellbeing is as important as their academic attainment. It is a collaboration between The University of Manchester, The Gregson Family Foundation and the Anna Freud Centre, who launched the programme in 2019. Building on the success of #BeeWell in Greater Manchester, the programme expanded into Hampshire, Isle of Wight, Portsmouth and Southampton (HIPS) in 2023.</p>
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	<p>#BeeWell seeks to understand what factors influence young people’s wellbeing and what makes them thrive. Using a co-designed survey, #BeeWell listens to the voices of as many young people as possible, publishes the results privately to schools and publicly by neighbourhood, and drives action across society to improve young people’s wellbeing.</p> <p>More than 22,000 Year 8 and Year 10 pupils from 103 schools took part in Autumn 2023 in Hampshire, Isle of Wight, Portsmouth and Southampton (HIPS). 2500 of these young people live in Southampton; with 12 Southampton schools participating.</p> <p>Participating schools receive a bespoke, private data dashboard, with insights into the strengths and needs of their pupils and are invited to a 1:1 session to help interpret the results and respond to the findings.</p> <p>Results at a neighbourhood level are publicly available via an interactive neighbourhood-level dashboard, produced by the University of Manchester, providing insights into how wellbeing varies across HIPS’ 46 neighbourhoods. Southampton has five #BeeWell neighbourhoods, based on the North, South, East, West and Central neighbourhoods.</p>
<p>2.</p>	<p>Findings</p> <p>Please see the appendices for the full headline report. Selected findings from the survey have been drawn out for this report on the following themes:</p> <ul style="list-style-type: none"> a) Overall wellbeing and inequalities b) Health and routines (including physical activity, physical health, substance use, dental hygiene, nutrition and sleep) c) Relationships d) Local environment e) Schools <p>It should be noted that the sample size is relatively low for the North and Central neighbourhoods of Southampton, so these results may not be as robust as the other three neighbourhoods.</p>
	<p>a) Overall wellbeing</p> <p>Key life satisfaction and mental wellbeing scores at a HIPS-level seem consistent with what we know from other large studies that have used one or more of the measures included in the #BeeWell Survey. We see a positive picture for Southampton young people who score slightly higher than the HIPS average for mental wellbeing, self-esteem, stress and coping. Southampton young people are in line with the HIPS average for Life Satisfaction measure, and the Central neighbourhood has the highest score across HIPS.</p> <p>Wellbeing inequalities: Inequalities persist in wellbeing scores particularly across gender and sexual orientation, with girls having lower mental wellbeing and higher odds of experiencing emotional difficulties than boys. Young people who identify as LGBTQ+ have lower mental wellbeing scores and higher odds of experiencing emotional difficulties than their peers.</p>
	<p>b) Health and Routines (including physical activity, physical health, substance use, dental hygiene and sleep)</p>

	<p>The percentage of Southampton young people reporting they have ‘good, very good or excellent’ physical health is in line with the HIPS average, although it is lower for girls, those eligible for Free School Meals and those with SEN.</p> <p>Southampton young people are slightly more likely to get enough sleep to feel awake and concentrate on their school work: 59.8% compared to the HIPS average of 56%, though this is lower for girls than boys. The Central neighbourhood has the highest score in HIPS (71.3%).</p> <p>Young people were asked how many hours they spend using social media. Young people in three Southampton neighbourhoods have a higher than average score, meaning they spend more time on social media than other students. Girls report higher usage than boys.</p>
	<p>Physical activity</p> <p>Across HIPS, only 38.8% of young people in HIPS are reaching the recommended levels of physical activity set by the UK Government’s Chief Medical Officer of an average of one hour per day. This is lower for girls, LGBTQ+ young people and some ethnic groups. Southampton young people are in line with the HIPS average, though girls and those with SEN score lower than their counterparts across HIPS. Young people eligible for Free School Meals in Southampton report that they are doing more physical activity than their counterparts across HIPS, and this is particularly high in Central and North neighbourhoods.</p>
	<p>Substance use</p> <p>Southampton young people report lower use than average of alcohol. In line with trends seen across HIPS, girls are more likely to use e-cigarettes, cigarettes and alcohol than boys, whereas boys report higher usage of cannabis and other drugs than girls. Those eligible for free school meals in Southampton are twice as likely to use e-cigarettes than their peers. Usage of all substances varies across Southampton neighbourhoods.</p>
	<p>Dental hygiene</p> <p>Nearly nine out of ten young people reported having visited the dentist in the last 12 months. The vast majority (84%) of young people in HIPS brush their teeth the NHS-recommended twice per day. 17% said that they have had pain in their teeth or mouth sometimes, often or very often in the last three months.</p> <p>Southampton young people are slightly less likely to have visited the dentist in the last 12 months compared to the HIPS average, although this varies across neighbourhood and is especially low in Central. Southampton young people are also slightly less likely to brush their teeth the recommended twice a day, and are more likely to report having pain in their teeth or mouth in the last three months.</p>
	<p>Nutrition</p> <p>Students were asked about how frequently they eat fruit and vegetables, and how frequently they eat unhealthy snacks and drinks. Across HIPS 70% of young people say they often ate fruit and vegetables. This score is slightly lower in all five Southampton neighbourhoods, more significantly in Central (58%). Southampton young people are less likely to eat unhealthy snacks on a regular basis.</p>

	<p>c) Relationships</p> <p>Overall, young people in Southampton report feeling slightly less lonely than the HIPS average though this is still higher than the national average. One in ten young people in HIPS reported that they often or always feel lonely. This is significantly higher than the national average of 5.5%.</p> <p>Overall, the Southampton the score for bullying is lower than the HIPS average.</p> <p>Young people in Southampton eligible for FSM and those with SEN feel less supported by adults at home than their peers. Young people in Southampton with SEN also report lower scores for friendships and social support.</p> <p>Experience of peer pressure is not discernibly different to the average, but young people in the Central neighbourhood report the lowest levels of peer pressure across HIPS.</p>
	<p>Discrimination</p> <p>Young people in Southampton report higher levels of discrimination due to race, skin colour of where they were born, and faith, than the HIPS average.</p> <p>Discrimination due to gender and sexual orientation is in line with the HIPS average, and discrimination due to disability is slightly lower.</p>
	<p>d) Local environment</p> <p>Young people in Southampton feel slightly less safe within a 5-minute walk of their home than the average for HIPS; the East neighbourhood sees one of the lowest score across HIPS. In line with trends, girls feel less safe than boys, as do those eligible for Free School Meals and those with SEN.</p> <p>Southampton boys and those young people eligible for Free School Meals are less likely to agree that there are good places to spend their free time, compared to their counterparts across HIPS.</p>
	<p>e) Access to mental health support in schools</p> <p>Southampton young people are in line with the HIPS average for feeling they belong at their school. In line with trends, girls, young people eligible for FSM and those with SEN are less likely to feel they belong. Southampton young people perceive marginally higher levels of support from adults in school, though this is lower for young people with SEN (the opposite is true across HIPS for SEN).</p> <p>Happiness with attainment is in line with levels seen across HIPS.</p> <p>Southampton young people are less likely to report feeling ‘a lot’ of pressure from schoolwork than the HIPS average.</p> <p>On average across HIPS and Southampton, only a third of young people said they felt comfortable talking to adults in schools about their mental health. Southampton neighbourhoods are in line with this score, although a higher percentage in the North said they felt comfortable (40%). 45% of students said they could access mental health support in schools when they need, and just over a third of young people felt that the available mental health support in schools is helpful.</p>

<p>3.</p>	<p>Co-Production</p> <p>#BeeWell’s youth centred approach seeks to ensure young people are at the centre of our response to the data.</p> <ul style="list-style-type: none"> • The survey has been co-created by young people from HIPS and Greater Manchester. 200 young people from 15 pathfinder schools took part from HIPS. • Participation groups: nine VCSE organisations in HIPS have facilitated conversations with groups of young people on behalf of the #BeeWell team, gathering insights and feedback to help shape the #BeeWell programme. 40 young people and their youth workers came together for a wellbeing and activity day at Avon Tyrrell in the Easter holidays. • Youth-led commissioning: The #BeeWell Youth Steering Group, made up of young people across Hampshire, Isle of Wight, Portsmouth and Southampton (HIPS), will have access to £16,000 to commission activities in response to the #BeeWell findings. The commissioning pot has been provided by Hampshire County Council and match funding is being sought from The National Lottery Awards for All. • Young Researchers Programme: 26 Year 10 pupils from HIPS participated in the programme to develop their research knowledge and skills, working with the #BeeWell team and the University of Manchester to interpret the survey responses and identify future areas of research. Their report on stress has been published BeeWell-Evidence-Briefing-6-YRP-2024-1.pdf (beewellprogramme.org) • The #BeeWell programme team have launched a competition for schools, with five prizes of £2,000 each to be won for the best action plan to improve students’ wellbeing. The action plans have been co-created with students in response to the school’s data dashboard. A young people’s panel will judge the entries and the winners will be announced in the summer term.
<p>4.</p>	<p>Next Steps</p> <ul style="list-style-type: none"> • One-to-one follow up support sessions for schools to interpret their data and identify actions to improve their students’ wellbeing. Themes from these sessions collated, resources and good practice shared. Communities of practice will be established on top topics. • Engage schools for Year 2 of the survey, due to be delivered October-November 2024 to years 9 and 10. • Streamline the process for small settings such as special schools and alternative provisions to deliver the survey, to enhance completion rates. • Continue to seek feedback on place-based data from young people to develop narratives and co-design localised responses via #BeeWell groups and established mechanisms. Work with LGBTQ# young people to contextualise specific findings for this cohort, and develop recommendations. • <i>Youth Matters</i>, the #BeeWell youth steering group, take part in recruitment of co-creation lead. Youth commissioning of priority projects.

	<ul style="list-style-type: none"> • A survey suitable for use by young people educated at home will be delivered in the autumn term 2024. • Work with partners through the #BeeWell Steering Group and Advisory Board to identify priority areas for joined up working across the system.
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RESOURCE IMPLICATIONS

Capital/Revenue

	<p>The programme is provided by the University of Manchester and Anna Freud, with the delivery in HIPS supported by an academic lead, data manager, researchers, and policy and communication officers, at no cost to HIPS.</p> <p>The programme team costs in HIPS for 2023/24 were covered by Hampshire County Council.</p> <p>Financial contributions have been made to the 24/25 costs by the ICB and Hampshire and IoW Councils. For 6 months between January and June 2024, Southampton City Council contributed 10 hours per week of a staff member's time to the co-creation function of the programme.</p> <p>Contributions for 2025/26 will again be sought from the ICB and the four local authorities.</p> <p>(NB - it is acknowledged that the Health & Wellbeing Board cannot commit Southampton City Council (or any other organisation) resources; so any future cost commitment would have to follow the City Council decision making process).</p>
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Property/Other

	None
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LEGAL IMPLICATIONS

Statutory power to undertake proposals in the report:

	None
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Other Legal Implications:

	None
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RISK MANAGEMENT IMPLICATIONS

	None
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POLICY FRAMEWORK IMPLICATIONS

	None
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KEY DECISION?	No
WARDS/COMMUNITIES AFFECTED:	All
<u>SUPPORTING DOCUMENTATION</u>	
Appendices	
1.	Presentation to Board on 24 July 2024 (PowerPoint)

2.	<p>Headline report summarising key findings from the survey responses across Hampshire, Isle of Wight, Portsmouth and Southampton which is also available here:</p> <p>https://beewellprogramme.org/wp-content/uploads/2024/03/HIPS-Headline-Findings-2024.pdf</p>
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Documents In Members' Rooms

1.	None
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Equality Impact Assessment

Do the implications/subject of the report require an Equality and Safety Impact Assessment (ESIA) to be carried out.	No
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Data Protection Impact Assessment

Do the implications/subject of the report require a Data Protection Impact Assessment (DPIA) to be carried out.	No
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Other Background Documents

Other Background documents available for inspection at:

Title of Background Paper(s)	Relevant Paragraph of the Access to Information Procedure Rules / Schedule 12A allowing document to be Exempt/Confidential (if applicable)
1.	
2.	