



THIS  
IS  
HARROW

2023

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# Forewords

It has been a turbulent few years for children and young people – recovery from a global pandemic, facing the rising cost of living, navigating a national mental health crisis. Our young people in Harrow are inspiring, resilient, and largely happy and healthy.

Yet there is a wealth of data that tells us some of Harrow's young people are struggling.

This document aims to bring together the different aspects of the latest local research – leading with the HAY Harrow report which gives us a rich picture of what young people aged 9-18 are thinking and feeling about their health and wellbeing in 2023.

Alongside this, we have brought other strands of information including:

- Interviews with children and young people
- Interviews with the voluntary sector
- The Children & Young People Short Needs Assessment from the Borough Based Partnership
- Safer Harrow data
- Annual Director of Public Health Report 2022/23

Our hope is that **This is Harrow** will be a vital document for professionals in Harrow, that gives us the full picture of what growing up in Harrow today feels like. It may be used for evidencing need, raising funds for children and young people services in Harrow, designing services based on our children and young people's needs, informing children and young people strategic groups in the borough.

Finally, a big thank you to everyone who has contributed to this report. Especially to the young people who shared their, sometimes painful, experiences to help us understand. We owe it to them to not only listen, but to to act.



 **youngharrow**  
foundation

**Dan Burke**  
CEO of Young Harrow Foundation





This is Harrow gives us a unique insight into the experience and lives of our children, young people, and families. It is a call to action for us all and must be used as the foundation for how we shape and deliver services."

**Lisa Henschen, Managing Director, Harrow Borough Based Partnership**



The services we all deliver are at their best when they are truly shaped by the voices and experiences of those we are delivering these services to and for. It's vitally important that we use this insight to shape how we continue to support young people and deliver the things that will empower them as the next generation to make a difference to their own lives, to their friends and families lives and ultimately to Harrow and beyond."

**Alex Dewsnap, Managing Director, Harrow Council**



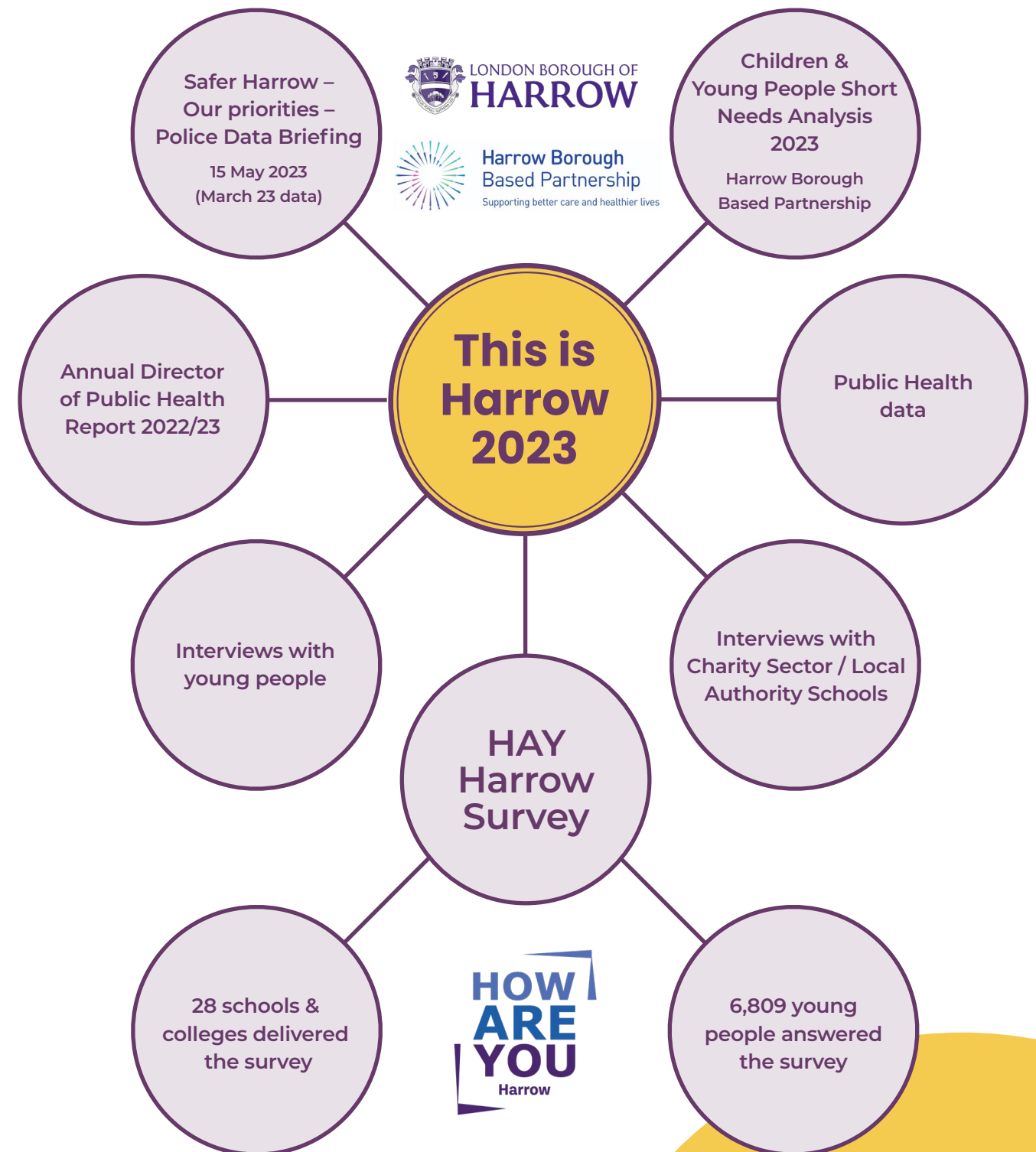
This is Harrow and the HAY Harrow survey give us the wider picture of what life is like for Harrow's early adolescents and teenagers and tells us more about the challenges they face. The quotes you can read in this report are both candid and moving. Across the four domains of poverty, safety, physical wellbeing, and emotional wellbeing they are telling us what we need to do to support them better and help them lead happier, healthier lives. We are producing an action plan with our partners across the council, health, and the voluntary sector to address the issues they have told us matter most to them."

**Carole Furlong, Director of Public Health, Harrow Council**



# About This is Harrow

**This is Harrow** brings together the latest research sources across Harrow, and qualitative insights from local professionals and interviews with young people.



# Being Young in Harrow

Latest ONS data (2020) estimates there are approximately

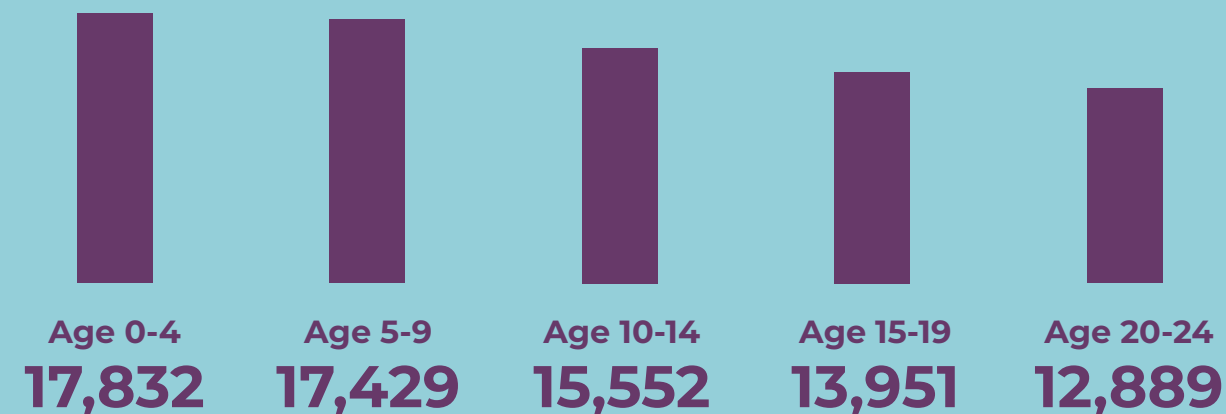
# 42,392

children and young people aged 10-24 living in Harrow.

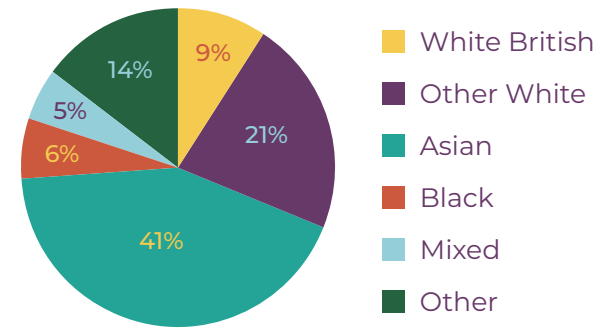


**21.3%** of Harrow's population is aged under 16 (that's higher than the London average of **20.6%** and the UK average of **19.2%**).

Breakdown of children and young people living in the borough by age



Since the 2011 Census, there has been an increase of **7.5%** in children aged under 15 years old, living in Harrow.



About **88%** of children (under 18) in Harrow are from ethnic minority groups.

There were 218 young carers (under 18) known by the Council in 2022 (**0.4 %** of all children). About **50%** are children aged 10-15 and **33%** are younger children aged 5-10 and **18%** are 16-17 years old.

There are **3,877** students enrolled in Harrow Schools who receive SEN Support.

These figures are from Harrow Council and are taken from the Summer School Census 2023. There may be some students that live out of borough (but who study in Harrow) included in these figures.

A further **1,525** students have an EHCP plan.

### Sources:

- Children & Young People Short Needs Analysis, Harrow Borough Based Partnership
- 2020 ONS Mid-Year Population Estimates for Harrow
- Harrow Council Business Intelligence Unit

**6,809 young people aged 9-18 answered the 2023 HAY Harrow Needs Analysis. Here is a snapshot of life in Harrow for young people, according to the results.**

- **80%** agree that their family helps and supports them, and that their parents or carers are interested in what happens to them at school or college.
- **80%** say they like school or college a bit or a lot.
- **80%** say they agree they have a really good friend or friends.
- **5% (288)** of young people who answered the survey said they live in a house with 8+ other people.
- **1%** of young people in KS3 and above (11-18yrs) identify as non-binary.
- We asked young people in KS4/5 and above (14-19yrs) about their sexual orientation and **84%** answered that they identify as straight; **5%** as bisexual; and **2%** gay or lesbian.
- **6%** live in temporary housing.
- **11%** say they live with someone who has a disability, and **21%** live with someone who has a health or mental health condition.

# Key Themes

All the data sources combined, as well as interviews with local stakeholders and young people, has identified four areas that children and young people are struggling with.

## 01

### Poverty

Families in Harrow, like many across the country, are struggling with the cost of living. It is a significant worry for some young people which is having consequences for their mental health, their ability to access activities and clubs, and their safety.

## 02

### Safety

Young people have spoken about a youth culture of physical fights in Harrow. Their testimonies seem to support what the Police and HAY Harrow report about young people engaging in physical violence. Children and young people, aged 17 and under, are the most likely of all age groups to be victims of violence.



## 03

### Emotional Wellbeing

There has been an exponential rise in the number of children and young people with complex needs requiring mental health support in Harrow. In the HAY Harrow survey, 5% admit to self-harming. We're also seeing mental health support becoming an urgent need for primary school aged children.

## 04

### Physical Health

In Harrow, we have a higher than national average rate of obesity for children in year 6 (age 10-11). While the number of young people smoking has reduced, there are fresh health concerns around the increase in the number of young people vaping.



# Focus on specific groups in the HAY Harrow Survey

The results of The HAY Harrow survey in particular, highlighted a trend of certain groups consistently struggling more than others, in some areas. While the number of young people answering the survey from these groups were small, the results are significant. We have highlighted them throughout the individual chapters. The groups are:



Children and young people with SEND (\*these are young people who self-identified within the survey as having additional needs) **508 young people (8.5%)**.



Young people who indicated they have caring responsibilities **247 young people (6.4%)**.



The young LGBTQ+ community in Harrow, specifically those who identify as non-binary (**41 young people**) and those who listed their sexuality as gay/lesbian (**38 young people**).

Russian

Ukrainian

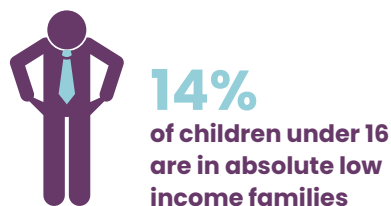
Russian and Ukrainian speaking communities in Harrow (**84 / 64 young people respectively**).

Swahili

The Swahili speaking community in Harrow **75 young people** (Swahili is the national language of four nations: Tanzania, Kenya, Uganda, and the Democratic Republic of the Congo).

# CHAPTER 1: Poverty

## Household:



About **14.4%** of children under 16 are in absolute low income families. This is higher than the London average (**13.8%**). These young people mostly live in Wealdstone, Marlborough, Greenhill, Roxeth, Roxbourne and parts of Edgware and Canons.



**12%** of households in Harrow are overcrowded – that's 10,934 households. This figure is higher than in London as a whole. (**11.1%**).



According to government figures, there were over 1,000 households in temporary accommodation in Harrow in 2021/22. This is over **1%** of households – higher than the rate across England (**0.4%**).



In the 2023 HAY Harrow survey **6%** of children and young people who responded said they live in temporary accommodation.

## HAY Harrow Focus on Food insecurity:

In the HAY Harrow Survey, **17%** of young people said they worry about their family running out of food because of lack of money or other resources. This is an increase of **5%** since 2021.

Primary school children aged 9 and 10 saw the biggest increase in feeling worried about food insecurity – it nearly doubled in this age group from **10%** in 2021 to **19%** in 2023.

Young people who identify as Arab are more likely to worry compared to some other ethnicities (**22%**), as are those identifying as Chinese or Black (both **21%**).

## Vulnerable groups:



### LGBTQ+

- **42%** of young people who are non-binary worry their family will run out of food because of lack of money or resources. **17%** of them live in temporary accommodation.



### Young Carers

- **24%** with caring responsibilities worry about their family running out of food. **7%** do not have a bedroom (compared to the borough average, where **2%** do not have a bedroom).



### SEND

- **32%** of those with SEND worry about their family running out of food.



### Ethnicity

- **33%** of those who speak Russian and **25%** of who speak Ukrainian worry about their family running out of food.
- **21%** of young people identifying as Black African live in temporary accommodation.
- **26%** of Ukrainian speaking young people and **22%** of Russian speaking young people live in temporary accommodation.
- **23%** of young people who answered who speak Ukrainian do not have a bedroom.

## Sources:

Children & Young People Short Needs Analysis, Harrow Borough Based Partnership  
HAY Harrow data, 2023



# Voices From The Community

## Poverty

### Interview with Dani aged 19, from South Harrow.



I definitely think financial pressures are really bad at the moment. Sometimes my mum can't top up my little sister's school lunch money, because she has to send money back home as well and pay the rent and bills. In immigrant households there's extra pressure with sending money back to other families.

My mum works for the NHS in Northwick Park hospital. She doesn't get any benefits, she's doing it all herself.

Sometimes I get really sad because I feel so confined. My friends will ask me to come and spend time with them but I have no money for transport and no money for food, so often, I can't. I'm missing out on my youth, on making memories with friends. It sucks.

There's a lot of temporary housing on the estate I live on. Because the young kids are so used to the conditions there, they don't know how bad it is. A lot of them are really neglected, not by their parents, but by the whole system. The whole innocence, imagination, and fun of being a kid, just isn't there in these children. A lot of them look so stressed out, like they are working 9-5 jobs!

A lot of the kids on my estate don't do anything, they just hang around the park on the estate, because they can't afford to go anywhere. Sometimes I see the younger ones on the estate just hanging about with bad people and getting into crazy things. I understand it, it makes sense that would happen."

"I don't have my own bedroom, I sleep in the living room and it's not the best place for me to sleep as it's not comfortable and I don't get good enough sleep at night."

- 16 year old living in South Harrow

"Overcrowding and financial stress has meant that where we have foodbank provision, we are seeing this increase. We worry that by not being able to action preventative work with the voice of the child at the centre, we are in danger of not setting young people up to succeed or have options."

- Local Charity

"We have seen an increase in displacement due to rents increasing beyond financial means, resulting in worst cases with families being moved into Premier Inn like hotels and having challenges in terms of cooking, cleaning and basic peaceful abode. We have seen more families needing food support and increased worry over how people will cover the costs of basic needs."

- Local Charity

"Our biggest concern after seeing this data is whether the children and young people are getting the support they need to come out of their challenging circumstances in a positive way. We worry about whether they are getting the opportunities they need to address socio-economic and mental health difficulties now while they are still able to easily access services through school - before they are adults, and it becomes even harder to support them."

- Unique Charity

"The biggest issue seems to be the lack of social housing or appropriate accommodation for families. We have had families in hotels and hostels, and they are being directed to find private rent properties. However, the families do not have Guarantors as they need an income of about £50,000. So even though they may be on universal credit there seems to be less landlords that are prepared to accept them. I have one family in a hostel with bed bugs and another family of 6 that have been moving around hotels since last October and are still in a hostel sharing a kitchen."

- Jackie O'Hanlon, Deputy Safeguarding Lead Shaftesbury High School

"Not having secure housing, being overcrowded, or living in a home that is in huge disrepair affects everyone and everything. It stops plans being made, it's impossible to get on top of the most basic things.

Finding part time work is really difficult for under lbs but the need for some money doesn't go away. We hear a lot, things like "I can't put more pressure on my Mum and I just don't know where to turn. Going away to university to follow my dreams - will impact my siblings and family, they need support and it's on me."

- Rachel Dimond, My Yard Charity

# CHAPTER 2: Feeling Safe

- Children and young people aged 17 and under were the most likely age group to be victims of violence in 2022-2023.
- In 2022, the most common youth offences were related to 'violence against a person', (29%, which equated to 18 offences) followed by offensive weapons (24%), then drug possession and theft (both 8%).
- Gang tensions within the borough tend to be in the Wealdstone corridor and the Rayners Lane area, although these do not show as high areas for violence.
- In Harrow, girls/women aged 18-24 are most likely to be victims of rape, with 43 victims in that age bracket in 2022-2023. A further 21 victims that year were aged 17 or under.

## Vulnerable children in Harrow:

- The rate of children with a **protection plan** in 2022 was 53.4 per 10,000 children – that is higher than England (42.1 per 10,000) and represents an 11% increase since 2019.
- Older children aged 10-15 are more at risk (37%) followed by younger children aged 5-9 and 1-4 years old (23% and 21% respectively).

## Safety at School: Spotlight on KS3 (ages 11-14)

- Less than half (49%) of this age group feel safe at school all of the time. That is below the Harrow average of 60%.
- 9% do not feel safe at school.**
- 8%** do not feel safe travelling to school, with only **50%** of that group saying they feel safe travelling to school all the time.

## Hay Harrow 2023 data:

- About **2%** of young people do not feel safe at home; a further **10%** only feel safe at home **some** of the time.
- 7%** never feel safe in the area they live, and about **37%** only feel safe 'some' of the time.
- Those in **Years 9 and 13** are the most likely to **never** feel safe in the area they live (**12%** and **14%** respectively).
- 41%** of girls in Harrow say there are areas of Harrow they do not feel safe.
- 11%** of young people in KS4&5 and college age consider themselves to have been the victim of sexual harassment – this is **14%** for females and **9%** for boys.
- 20%** have been in a **physical fight** in the last 12 months.
- 33%** have watched someone get physically hurt by someone else in the last 12 months. This was highest in KS3 (age 11-14) where that figure rises to **38%**.
- 3%** in KS4/5 and college said they have been involved in gang activities in the last 12 months.
- 7%** have been offered illegal drugs (this question was only asked to those in high school or college).

## Online safety:

- 10%** have daily online contact with people they have never met in real life.
- 19%** of children in KS2 (primary age 9-11yrs) have **daily contact** or contact **several times a week** with people they have never met in real life.

## Vulnerable groups:



### LGBTQ+

- 57%** of non-binary young people consider themselves to have been the victim of sexual harassment.
- 46%** of young people who are bisexual agree they have been sent images or messages that have made them uncomfortable or upset.
- 65%** of non-binary young people say there are areas in Harrow they do not feel safe.
- 69%** of young people who are gay / lesbian say there are areas of Harrow where they do not feel safe.



### Young Carers

- 19%** with caring responsibilities consider themselves to have been the victim of sexual harassment.
- 22%** of those who have caring responsibilities have been sent images or messages that have made them uncomfortable or upset.



### SEND

- 29%** of those with SEND, say they consider themselves to be the victim of sexual harassment.
- 21%** of young people with SEND say they have been asked to send nude pictures of themselves, or join in with sexual conversations.
- 48%** of young people with SEND say there are areas around Harrow where they feel unsafe.



### Ethnicity

- 26%** of young people who speak Ukrainian live with someone who has problems with substance abuse.
- 35%** of young people who speak Swahili consider themselves to have been the victim of sexual harassment.
- 28%** of young people who speak Russian consider themselves to have been the victim of sexual harassment.
- 49%** of those who speak Russian have been in a physical fight.
- 12%** of those young people who speak Russian do not feel safe at home.

## Sources:

Children & Young People Short Needs Analysis, Harrow Borough Based Partnership  
 HAY Harrow data, 2023  
 Safer Harrow – Our Priorities - Police Data Briefing 15 May 2023



# Voices From The Community

## Feeling Safe

"Harrow youth culture is quite violent, there's a lot of physical fights. You have people encouraging fights on snapchat, instigating fights. It's very bad. Fights happen at school too. Their friends never say 'don't do it'. I don't think some young people realise how dangerous a punch can be."

– young person, 19 years

"Many parents have shared their concerns about their children travelling around due to the fear of gang and knife related crimes. The young people we work with who have learning disabilities or who are autistic, frequently express their concern about hate crime and being verbally abused when out in the wider community or using public transport." – Local Charity

"Many young people in Harrow are worried about their safety, and there are lots of reasons for this, and it's not just about the area in which they live. Sometimes, even their homes, which should be safe, can be a source of worry. It's sad to see that young people must deal with so many difficult things; domestic violence, youth violence, normalising of violence through social media, personal experiences and social circles can all increase a young person's sense of vulnerability. Within this complex landscape, the dire need for dedicated spaces specifically for young people to go where they can feel supported has become strikingly evident. Furthermore, the absence of reliable and approachable "trusted adults" within their lives and communities leaves a palpable void in their support system. Addressing this multifaceted issue requires comprehensive strategies that encompass community engagement, improved educational resources, mental health support, and collaborative efforts between all those involved in the lives of our young people."

– Donna John, Director of Ignite Youth

"I'm not surprised by the figure of young people feeling unsafe at home. There's a family on the estate where the mum was heavily doing drugs and her child got taken away from her. There's a lot of violence where I live.

I'm not surprised at all."

– young person, 19 years

"Being a young woman walking alone at night, I don't feel safe. I'm always recording on my phone if I'm walking on the street in case something happens." – young person, 19 years

"Young people are highly aware of the dangers out and about in Harrow and we've seen the knock on effect of some young people not accessing services / groups due to fear of transport or travel." – Local Charity

"I recognise that safety is one of the top concerns for young people. I also know that young people are often disproportionately affected by violent crime, and issues such as hate crime and sexual exploitation. My teams will work with partners and the young people in Harrow to understand the concerns highlighted in this report better so we can address them going forward.

My Neighbourhood, Safer Schools and Youth Officers play a pivotal role in keeping young people safe and bridging the gap with police. One of their priorities is to increase feelings of safety in Harrow for all residents and visitors. Current data demonstrates that Harrow remains one of the safest boroughs in London, but this does not align with perceptions of crime and feelings of safety in the borough as outlined in this report. Therefore, we need to ensure that people are not only safe, but also feel safe. My teams are focussed on reducing crime and building trust, but I also want them to work collaboratively with other agencies to signpost young people to positive interventions and opportunities, and ensure they have access to safe spaces. I believe working in this way will impact some of the issues raised in this report and improve the safety of young people in Harrow."

– Superintendent Matt Cray,  
Neighbourhoods & Partnership Harrow  
Borough – North West BCU

# CHAPTER 3: Emotional Wellbeing

- In 2022, there were 609 children (aged under 18) in Harrow with a serious mental illness.
- There has been an increase in children aged 14-15 accessing the CAHMS service with complex SEND and mental health needs between 2019 and 2022 from 55 to 471 (+756%).
- 21% of children and young people who answered the HAY Harrow Survey 2023, live with someone who has a health or mental health condition.

The HAY Harrow survey asks young people to answer three questions used by the Office for National Statistics (ONS) to measure wellbeing. Respondents could provide a rating score answer anywhere between 0 and 10.

- Those with mixed/dual heritage appear to have lower overall averages than other ethnic groups across all three wellbeing questions.
- The KS2 median average was 9 in 2021 but has now reduced to an average of 8; this is notable particularly because of the increased worries about food poverty in this age group.
- 5% of young people say they are currently self-harming in some way. This was highest in KS4/5 with 7% saying they currently self-harm, and a further 10% of that age group say they used to self-harm.
- 74% say they often or sometimes feel anxious or nervous. KS2 (primary age 9-11years) reported the highest score of 76% feeling anxious or nervous often or sometimes.
- 65% of young people say they often or sometimes feel depressed or down. This was highest in KS2 and KS4/5/College with both age brackets reporting higher than average rate of 68%.
- 11% of young people have recently been bullied. This was highest in KS2 (primary age 9-11yrs) at 13%.

Young people were asked to comment in response to the question “What, if anything, really worries you in life, that you find difficult to cope with?” Children in KS2 (primary) were not asked this question. A total of 2,063 young people wrote something relevant in response to this question. The most common worry related to worries about **school or college**, and the associated **workload** including **assignments and exams**. This was highest in those in Key Stages 4&5.

## Vulnerable groups:



### LGBTQ+

- 30% of those who identify as non-binary have been bullied in the last few months.
- 21% of those who are gay / lesbian have been bullied in the last few months.
- 54% of young people who are non-binary say they hurt themselves in some way and 87% say they often feel down or depressed.



### Young Carers

- 39% of young people with caring responsibilities often feel nervous or anxious.
- 11% say they hurt themselves in some way.
- 16% have been bullied in the last few months.

### Sources:

Children & Young People Short Needs Analysis, Harrow Borough Based Partnership  
HAY Harrow data, 2023



### SEND

- 23% of young people with SEND say they have been bullied in the last few months.
- 20% currently hurt themselves.
- 36% often feel nervous or anxious.



### Ethnicity

- 45% of those who speak Swahili live with someone with a health or mental health condition.
- 41% of young people who speak Russian and 33% who speak Ukrainian say they have been bullied in the last few months.
- 23% of those who speak Russian hurt themselves.
- 31% of those who speak Ukrainian say they often feel down or depressed.
- 38% of those who speak Russian say they often feel nervous or anxious.





# Voices From The Community

## Emotional Wellbeing

"I had really bad anxiety in high school, it was so bad. To the extent my shoe laces could be undone and I'd be too scared to bend down and tie them because I was worried people would look at me. That's how bad it was. Going to school I would be sweating and so anxious. It was terrible. No one knew though, I would smile all day and then at home the mask would come off. I had no idea what I was worried about. I think probably there was so much on my shoulders, stress at home, looking after my younger sister, worrying about my mum, stress of school and exams pressure, not getting any help whatsoever. It broke me. The amount of times I would get home from school and just cry, and I wouldn't even know why I was crying."

- Young person, 19 years

"No, I don't have anyone I could talk to if I needed help."

- Young person, 16 years

"I feel anxious and nervous a lot."

- Young person, 12 years

"At Mind in Harrow we have found that there has been a significant increase in the demand for more effective person centred youth mental health support in Harrow. Under 18's with high levels of need are sometimes waiting over a year to be seen by services and services are under resourced. There has also been an increase in young people saying that they are feeling more anxious and nervous and those reporting feeling depressed."

- Anna Ware, CEO of Mind in Harrow

"I'd really like to see more support for children to get a test or diagnosis for a neurodiverse condition. My sister is in secondary school and I've sent emails to the school asking for support to get her tested but I haven't had a response. My little sister is the young black girl who gets stereotyped as a loud, feisty sassy black girl. They're not seeing that there could be something else going on that she needs help with."

- Young person, 19 years

"There is an increased number of young people with special needs, including autism, who have adverse experiences in the school environment because of the combination of being neurodivergent and having trauma or poor mental health. For example we have supported at least 3 autistic young people with severe depression who had self harmed through our therapies. We are seeing an increased number of autistic young children (5 to 8 year olds) who have missed out in child care during lockdowns and their emotional development has been affected causing stress when dealing with the school environment. We have an increased number of young children referred to us by school who are either on a reduced timetable or excluded as the school cannot meet their needs."

- Local Charity

"Young Carers wellbeing continues to be impacted with more cases of school refusal and of fear over safety in the area. Higher levels of referrals for CAMHS intervention but also a lack of awareness of the effectiveness of early / Pre CAMHS level interventions that can take place. There is also a much higher focus from parents on "diagnosis" and pushing for diagnosis of long term conditions such as ASD, in response to what can be, typical adolescent behaviour. Concerns are that young people are becoming increasingly more worried they have a condition or are dis-empowered by this rather than focusing on healthy ways forward."

- Local Charity

"At Wish we see 100+ children and young people every year referred to us for support with self-harm, which is the deliberate intention to self-injure as a means of coping with overwhelming feelings of distress. Our annual data shows that the majority are in KS4 & 5, are female or non-binary, and are from non-minoritized ethnic minority backgrounds. This matches national research data for self-harm which shows that young Black British, mixed ethnicity and non-binary young people have the highest rates of self-harm. We are seeing the impact of the pandemic on young people's mental health with rates of self-harm rising, with onset ages 12 years. Children and young people who self-harm may struggle to access support without a clinical diagnosis. Presenting reasons for self-harm include experience of sexual assault, peer exploitation, violence against women and girls, gender identity and/or bullying, domestic violence or abuse, sexual violence, family conflict and breakdowns and bereavement. We also commonly see attachment issues between children and parents surface during the course of sessions highlighting the need for family support in the Borough. In addition, we have seen an increase in referrals being received where young people have a formal diagnosis of ASD or ADHD."

- Rowena Jaber, Director, The Wish Centre

"I didn't feel anxious until I started secondary school."

- Young person, 12 years



# CHAPTER 4: Physical Health



The National Child Measurement Programme for Harrow found that that **19.4%** of children in Reception (aged 4/5) are either overweight or obese.



The figure almost doubles for Year 6 (age 10/11) as **39.6%** of those children are overweight or obese – higher than the England average (**37.8%**).



About **9%** of all children (under 18) in Harrow have complex care needs (5,947 children). This means they need healthcare support for a chronic or long-term health condition.



Children (5-15 years) account for the biggest drop of dental treatment uptake - **16%** decline between 2019-2022.

## Sources:

Children & Young People Short Needs Analysis, Harrow Borough Based Partnership

National child measurement programme (NCMP): changes in the prevalence of child obesity between 2019 to 2020 and 2021 to 2022

## HAY Harrow Survey:

- **12%** say they have Asthma.
- **19%** have allergies.
- Only **59%** of college age students say they have visited a dentist in the last 12 months. The borough average is **75%**.
- **41%** of those is KS4/5/college know where to access local sexual health services. While this is a slight increase on the 2021 figure (**39%**), it still represents a majority that do not know how to access local sexual health support.

Overall, there is a reduction in those who say they smoke, from **5%** in 2021 to **3%** in 2023. However there has been an increase in those who report that they currently vape. **6%** say they vape, compared to **3%** in 2021. The increase in vaping was significant in college age students who have gone from **4%** in 2021 to **13%** in 2023.

## Being active:

- The survey identified the least active young people as Arab or Chinese: about **20%** (one in 5) said they were active for less than two days a week.
- Those in KS4&5 are most likely to self-report their physical health as poor (**7%**).

## Sports and exercise that young people enjoy

What sports or exercise do you enjoy?	KS2	KS3	Combined KS4&5 and College	Total
Jogging / running	39%	35%	26%	34%
Football / rugby / cricket	56%	50%	40%	49%
Basketball / netball / tennis	41%	47%	28%	38%
Cycling	37%	32%	21%	30%
Skateboarding	11%	9%	5%	9%
Martial arts	17%	16%	11%	15%
Going to the gym	8%	16%	31%	18%
Gymnastics / dance	30%	19%	12%	21%
I don't enjoy sports or exercise	2%	7%	11%	6%
Other	14%	15%	12%	14%



## Barriers to physical activity:

- **18%** of young people say there is no suitable spaces, pitches or courts near to home.
- **14%** say it costs too much to do the sports or exercise they want to.
- **6%** say they need to look after family members.

# Voices From The Community

## Physical Health

"No one I know has money to do activities. I didn't have time after school because of looking after my sister and doing homework. There's no time or money for a lot of young people to take part."

- Young person, 19 years

"Where I am living and sleeping stops me from doing exercise sometimes. I sleep in the living room and do not get a good sleep at night."

- Young person, 17 years

"I've constantly seen young people struggle to get to groups and activities due to a lack of transport. This is probably our biggest barrier in regards to connecting with young carers as sometimes adults/carers aren't always able to drop them to sessions."

- Local Charity

"I take part in basketball but it is in a different part of Harrow to where I live so it can be difficult for me to attend and it feels unfair."

- Young person, 17 years

"Young people with special needs and disabilities are generally isolated and access to environments such the park can be challenging for parents. There are no specialist sports activities for young people with special needs, disabilities and high behaviour support needs."

- Local Charity

"Less students are engaging in paid extracurricular activities due to the cost of living."

- Local Charity

"At Sweet Science we have always found that explaining to young people, coupled with demonstrating why healthy eating is "essential" is most effective.

Showing the link between sugar and diabetes, and its potential effects, explaining supermarket subliminal marketing strategies, really opens their eyes and makes them feel ahead of the game and empowered. It's also important to enforce the fact that things in controlled moderation are fine but self-control and awareness is the key. We have been told of several young people that attended HAF have modified their nutrition which makes us all smile here."

- Leroy Nicholas Director, Coach & Mentor, Sweet Science Charity

"We have been finding that physical activity is being well received, we offer a few types but boxercise for 16-25s is taking up really well along with archery. With families on tighter budgets offers to access free sports programs are becoming more important."

- Local Charity

"We have seen an increase in young people asking to do physical activities. The children and young people we support with SEN, due to health inequalities and social exclusion face additional challenges. This means they are often excluded from team sports and community groups. With more mainstream activities there is a need for organisations to develop a greater understanding of how to make reasonable adjustments to activities to enable them to be more inclusive."

- Local Charity



# What We Will Do Next

Bringing together all the data and information from young people and professionals, to better understand the areas in which children and young people need support, has been an eye opening experience.

We believe this document is a robust, central resource that captures what you need to know if you are working with children and young people in Harrow - whether you are designing services, fundraising for services, or developing children and young people's strategies. The more we can evidence need – the more powerful and effective our work will be.

## Young Harrow Foundation is committed to:

- Continuing to design and develop fundraising opportunities for the local voluntary sector, based around these four areas of need.
- Working with our partners in Harrow Council to advocate for this information to be embedded in strategic and operational meetings and committees.
- Continuing to raise the profile of Harrow among external funders, highlighting and evidencing the areas of need. Describing the wealth of resources and organisations in the borough that are capable of addressing these needs with the appropriate financial support.
- Enabling and facilitating the voice of children and young people to inform and influence our work.

If you would like to discuss this report or share with us what you will do now with the information, we'd love to hear from you. Please email: [ceri.morris@youngharrow.org](mailto:ceri.morris@youngharrow.org)







**I have so much to say!"**

- Dani, 19



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