

THIS IS

HARROW

Understanding
the Needs of
Young People
in Harrow

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Foreword from Young Harrow Foundation:

It's been inspiring to work on this project to develop a picture of what local young people are going through in Harrow. A key value of the Young People Foundations is the "importance of collaboration over competitiveness in the sector". With this informing the way we worked, we have had 51 charities directly involved, heard from 4,358 young people, partnered with 8 schools and directly worked with Harrow Council different departments including Health, Clinical Commissioning Group (CCG), Local Safeguarding Children's Board (LSCB), and also Metropolitan Police.

This piece of work really started in 2016 with the Harrow Youth Offer—a collective impact approach between Harrow Council and the voluntary sector.

Harrow, like all London boroughs, has pressures and tensions that young people are navigating. It breaks my heart to think of the families and parents that are having to watch as their children are experiencing difficulties in life which are directly impacting their safety or reducing aspirations for their future.

I continue to be inspired by young people and parents who find the strength to take action to change their community.

Foreword by Harrow Council:

As the statutory officer for Children and Young People Services, I am extremely excited about this joint initiative, which puts the voice of children and young people at the very centre of our activity. This is the first ever large scale Needs Analysis conducted in partnership with children and young people in Harrow. The Young Harrow Foundation and Harrow Council, along with Schools and Voluntary Sector Partners have worked closely with the Harrow Youth Parliament and other youth groups, to hear from young people on matters that most affect their lives. We have listened carefully, and we will continue to take their views seriously as we look to build resources in the borough that will make a difference to the children and young people of Harrow.

Our firm desire is to help children and young people in Harrow to live Healthier, Happier and Safer lives, hearing directly from children and young people (CYP) around what support and services will make a difference to them. The Needs Analysis helps us do this and will influence planning around our offer to ensure we meet the needs identified by our children

Sustainability is not just a hopeful vision for Harrow's voluntary sector; it is vital to support local young people and give them the chance to play a role in building our next generation of leaders.

We see this as the beginning of helping local charities deliver and fund some of the most important and vital services to help more young people reach their potential. We hope this can play a role in helping to prove local need and increase external funding into Harrow.

This is a three-part offer:

- This report to understand the largest needs we found and a snap shot of the borough's young people demographics and environment.
- Online platform to see the issues and specific opportunities for young people based on the survey findings
- YHF new website to include searchable platform for children and young people services in Harrow.

Finally, I would like to say a big thank you to everyone who has been involved in achieving Harrow's most ambitious analysis of young people needs.



Dan Burke
CEO, Young Harrow Foundation

and young people in Harrow.

The Council will use its influence positively to encourage investment in the design and provision of services in the Borough. We believe the Needs Analysis will ensure that partners in Harrow are in a strong position to bid and secure external funding.

I wish to thank all of the 4,358 young people that took part and all of the volunteers who gave up their time to transfer the questionnaires online – your contribution was invaluable.

I am proud to be associated with this piece of work. It has already brought many benefits in bringing us together as a community of professionals and organisations working alongside children and young people. The challenge now is to use this rich data about the needs of young people to bring in the investment they need to improve their lives and their well-being. Let's make it happen!



Paul Hewitt
Corporate Director for People Services,
Harrow Council

Executive Summary

WHAT IS IT LIKE TO BE A YOUNG PERSON LIVING IN HARROW?
WHAT ARE THE CHALLENGES AND PRESSURES YOUNG PEOPLE FACE?
AND WHAT DO THE YOUNG PEOPLE THEMSELVES TELL US WOULD SUPPORT THEM?

Despite Harrow's reputation sometimes being that of a 'leafy' trouble-free borough, we are seeing an increasing strain on services for young people. Problems like youth violence in Harrow are also happening more frequently, and young people are navigating ever complex challenges and pressures.

Young Harrow Foundation, Harrow Council, Harrow Youth Parliament and other YHF Members and Partners set out to do something different – to make lasting change in the lives of young people in Harrow through an innovative collective response.

The first milestone in this journey of collaboration is to define the need. To empower young people with a voice by asking them directly what they need support with. This process was led by young people themselves as 24 trained peer leaders ran the survey in schools.

In an unprecedented exercise we have brought together data via three sources below. This report is the first attempt at bringing all data together to draw conclusions based on the combined evidence:

1. **A survey taking in the views of 4,358 young people (around 15% of the Harrow 10–19 population).**
2. **51 charities using local intelligence and conducting young people focus groups**
3. **An analysis of data relating to local young people undertaken by the Council as part of the Joint Strategic Needs Analysis (JSNA)**

(An external researcher was responsible for conducting the combined analysis.)

The project has also received overwhelming support from the community through volunteering – with over 30 people volunteering an impressive total of 450 hours. Most of these helped to transfer the surveys online for analysis. That support has been invaluable.

THIS IS BY FAR THE LARGEST SURVEYING EXERCISE OF ITS TYPE EVER UNDERTAKEN IN HARROW.

Snapshot of the findings

Young people in Harrow tell us they are struggling with mental health issues including self-harm and suicidal thoughts; poor physical health; problems with drugs and alcohol; and other challenges of modern life.

Further, our evidence suggests that there is a widespread of young people in Harrow with unmet needs. Our evidence highlights the importance of making support more generally available to young people, and the need for focus on preventative support.

We anticipate that the survey evidence will be accessed by a wide range of professionals and young people alike working across a range of issues. In this report we focus on the five key areas that jump out to us as amongst the most urgent needs.

These are the areas where YHF and Harrow Council will commit to bringing voluntary organisations and other stakeholders together to develop collective and innovative solutions, and to help bring in external funding to support these approaches. The voice of young people must continue to be at the centre of this collective approach.

Key Themes

1. Mental and Emotional Well-being: The combined analysis tells us that mental health issues are the largest area where there is unmet need for support. There are surprisingly high numbers of young people self-harming and experiencing suicidal thoughts. This does not equate to a high risk or prevalence of suicide, but indicates that many young people are living with high levels of distress.

2. Youth Violence: The recent upsurge of 'gang activity and youth violence' in Harrow registers as a major concern for young people. Whilst only a small number of people get involved in gangs, and our evidence suggests that rises in gun and knife crime are not translating yet into feelings of unsafety for most young people. Nonetheless the alarming severity of recent incidents leads to this being prioritised as one of the key concerns by both voluntary organisations and young people. Youth violence may be symptomatic of broader problems faced by young people and highlight a range of related support deficits.

3. Accessing Employment Opportunities: There are high numbers of young people expressing needs for career and employment related support, e.g. work experience, volunteering, employment and careers advice. This could be a reflection of both aspirations and uncertainties for young people, and also raises questions around how existing support is targeted and accessed. We do not know the answer but this warrants further exploration.

4. Inequalities: Despite the fact that Harrow is a relatively affluent borough, the challenges that young people face are compounded for those most disadvantaged. We find strong evidence that children from poorer families, those with caring responsibilities, and children with disabilities, are likely to have more unmet support needs.

5. Being Active: The survey confirms anecdotal evidence that levels of physical activity amongst young people in Harrow drop off with age. Given Harrow has the highest prevalence of type 2 diabetes in London, this finding is likely to bolster the case for evidence-based solutions to changing habits early in life.

This report draws out just a small fraction of the data available. The survey data has been digitalised and is now available to all voluntary and public sector agencies via youngharrowfoundation.org

We hope that the survey database will be used to help Harrow agencies gauge unmet need

and to develop new solutions in areas that young people have highlighted. There is more we can do, and must do, to support the young population of Harrow. Young people have told us what they need; we owe it to them to listen, and to work with them to ensure that the best possible support is available.

What We Did

RESEARCH METHODS: SURVEY, FOCUS GROUPS AND COUNCIL NEEDS ANALYSIS.

As well as asking for information about the respondent, the survey included sections on:

- healthy eating and exercise
- caring responsibilities
- feelings of safety
- support and development: uptake of services and unmet needs
- feelings about life and support available from family and friends

24 local young people were trained as peer leaders. From co-designing the survey to delivering the project in 8 schools, they were integral in the process.

4,358 Surveys

23 Focus Groups

24 Trained Peer Leaders

51 Charities

8 Schools/Colleges Partners

31 data entry volunteers achieving 450 hours of work

The survey generated **4,358** responses. We have applied weighting to the survey results in order to correct for the following:



- High level of females compared with 10-19 population
- High level of 'white' ethnicity ('non-BME') responses
- High level of 16 and 17 year olds and lower level of 18 and 19 year olds compared with population

We have been cautious in interpreting results that are based on small numbers and differences. The margin of error is +/-1.5% at a 95% confidence level for the full survey sample but increases when smaller groups are considered. Note that totals may differ throughout the report due to weighting and rounding.



I WAS EXCITED TO BE PART OF THIS PROJECT BECAUSE IT IS SOMETHING THAT YOUNG PEOPLE WOULDN'T USUALLY HAVE ANY SAY IN. WE HAVE SHOWN THE YOUNG PEOPLE IN HARROW THAT THEY DO MATTER, AND THAT THEY CAN HAVE A SAY IN HOW THEIR COMMUNITY IS RUN.

THERE WERE MANY LEARNINGS FROM THE PROCESS, AND IT WASN'T WITHOUT ITS CHALLENGES. IT WAS SOMETIMES HARD TO GET TEACHING STAFF AND STUDENTS TO PRIORITISE FILLING OUT THE SURVEY, ESPECIALLY WHEN EXAMS STARTED AND THEY WERE BUSY. BUT WE REINFORCED THE LONG-TERM IMPORTANCE OF THE RESULTS. NEXT TIME I WOULD WORK MORE CLOSELY WITH SCHOOLS EARLIER ON.

I AM VERY PROUD WE MANAGED TO GET OVER 4,000 YOUNG PEOPLE IN HARROW TO HAVE THEIR SAY. ALL OF US WHO TOOK PART HAVE BEEN PART OF SOMETHING THAT WILL HOPEFULLY BENEFIT YOUNG PEOPLE FOR GENERATIONS TO COME.

Meet Samy, 18, Peer Leader

Samy was one of our 24 trained volunteers who went into schools and helped to roll out the survey to young people. Samy has been at the centre of the project from start to finish.



Meet Mervana, 20, '450 Volunteer'

Mervana was part of the team of volunteers who spent 450 hours taking the data we received from schools and transferring it online for analysis. Mervana volunteered nearly full-time for two months. Here is her story:



I HAD FINISHED COLLEGE AND WAS STRUGGLING FOR 10 MONTHS TO FIND A FULL-TIME ROLE. I WAS BECOMING DISHEARTENED BUT THEN THOUGHT I WOULD GIVE VOLUNTEERING A TRY TO GET SOME EXPERIENCE. I'M SO GLAD I DID BECAUSE I HAVE GAINED SO MUCH FROM BEING INVOLVED IN THE PROJECT FOR THE LAST TWO MONTHS. MY CONFIDENCE HAS ROCKETED, AND I HAVE BEEN PUSHED OUT OF MY COMFORT ZONE MEETING NEW PEOPLE AND BEING IN AN OFFICE ENVIRONMENT.

I FOUND IT INTERESTING SEEING AND HEARING WHAT YOUNG PEOPLE IN HARROW ARE STRUGGLING WITH – AS MANY OF THEM I CAN RELATE TO. EMPLOYMENT IN PARTICULAR – PEOPLE SEEM TO BE STRUGGLING TO FIND THE RIGHT OPPORTUNITIES AND ON GETTING FEEDBACK ON APPLICATIONS. IT'S TOUGH, AND I HOPE THAT THIS PROJECT WILL GO ON TO MAKE SOME POSITIVE CHANGE IN THIS AREA.



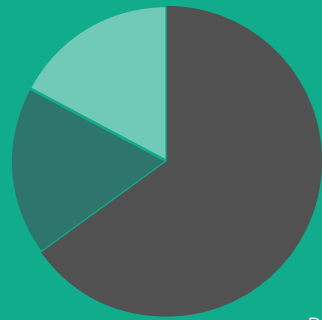
Young People in Harrow

Latest ONS data (2017) estimates there are approximately

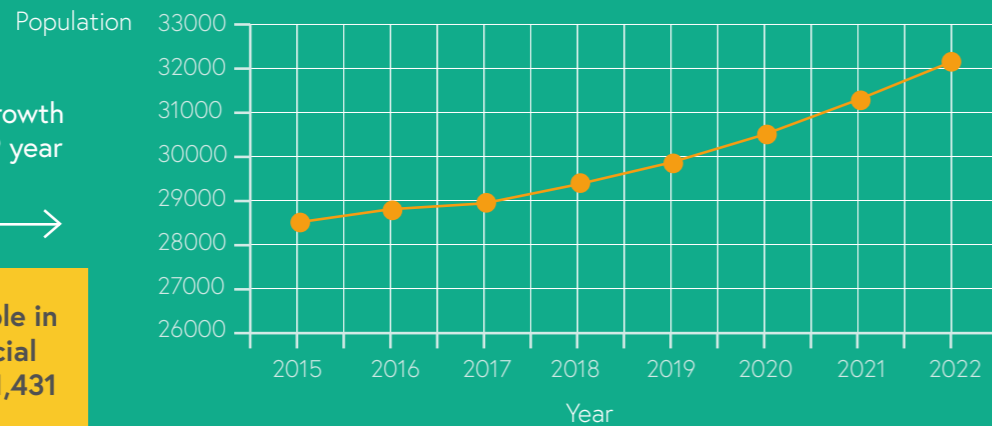
28,800 young people aged between 10-19 in Harrow.



Young people in this age bracket make up around **12%** of Harrow's population



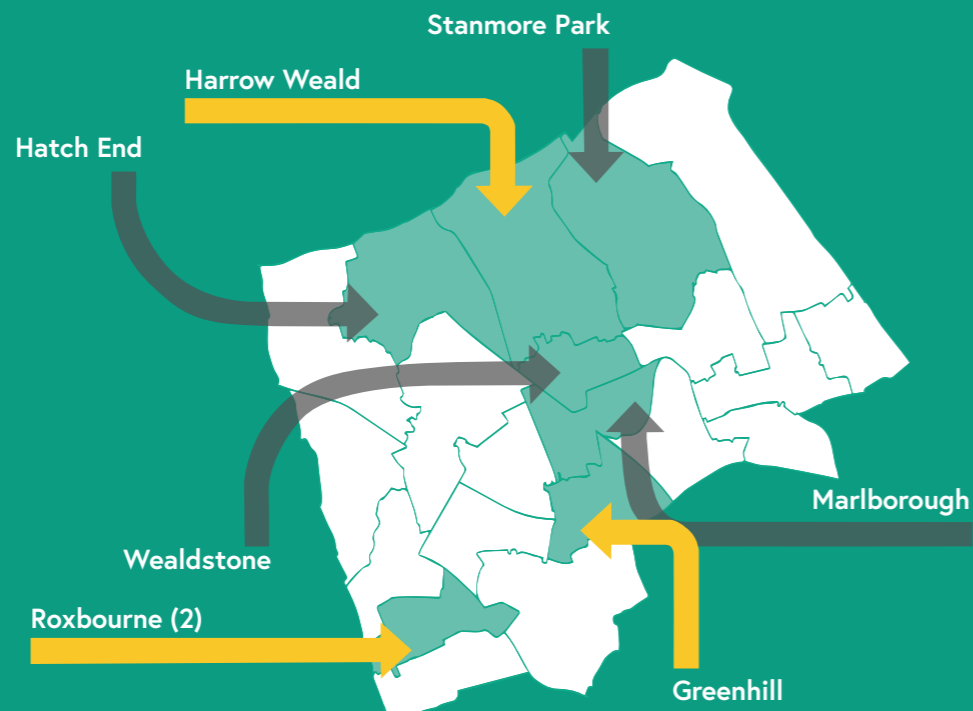
Around 69% of the 10-19 age group belong to a BME group with 'Any other Asian' (19%) and Indian (18%) forming the largest ethnic groups.



Harrow's Population Growth and Projection of 10-19 year olds across 2014-2022

3.1% of young people in Harrow have a special educational need (1,431 people)

17% of children in the borough are living in families which face income deprivation, and 8 sub-areas in Harrow are in the bottom 20% nationally for deprivation affecting children. These are



Being Young in Harrow

Young people generally feel safe

Young people generally feel safe in Harrow (see Charts 1 and 2). They feel marginally less safe in parts of Harrow other than those where they live.

Chart 1: How safe do you feel in the area where you live?

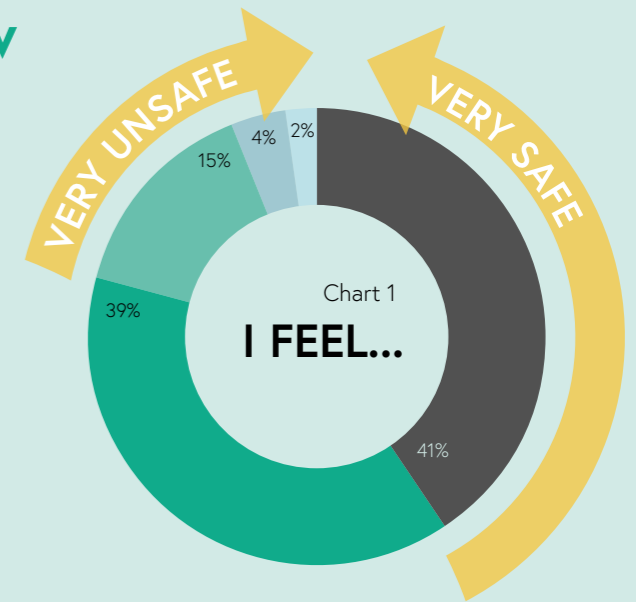
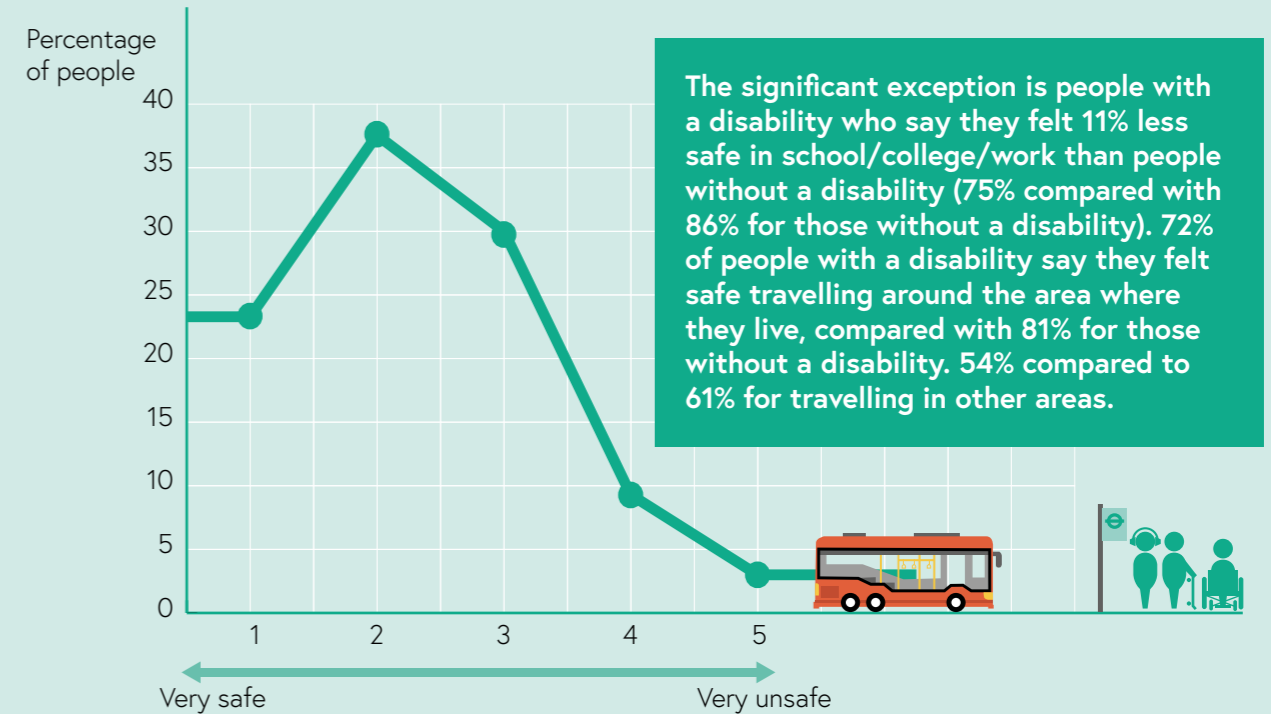
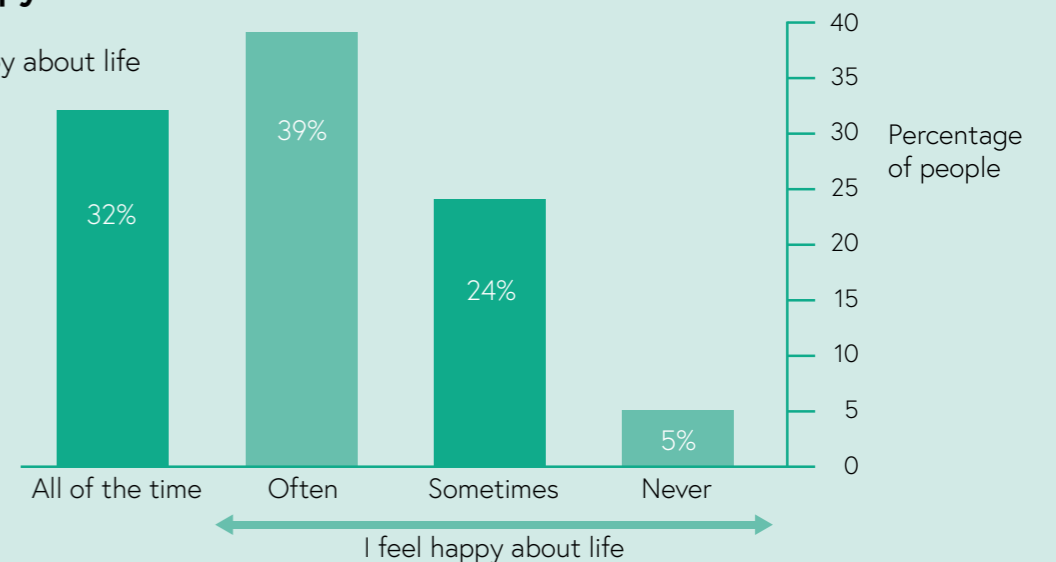


Chart 2: How safe do you feel travelling around other parts of Harrow?



Young people in Harrow are generally happy about life

Chart 3: I am happy about life



Wide Spread of Need

Despite Harrow scoring well by most comparative measures (see box 1), indicating low, or reasonably well managed, levels of acute need, the results from our survey paint a different picture. The survey underlines that most young people experience some challenges associated with being young, and many indicate that they would like more support.

For example, in response to the open question "which areas would you like more support to develop in?" the highest scoring areas were

- Increased confidence (41%)
- Dealing with stressful situations (37%)
- Making better & wiser decisions (35%)
- Knowing what I want to do with my life (34%)

Chart 4: Which of the following areas would you like more support to develop in? [Numbers of YP indicating each support need, weighted]



Box 1: Headlines from Council's JSNA

- Harrow has a very low rate of young people not in education, employment or training
- Hospital admission rates for acute mental ill-health and self-harm are below England and London comparator figures
- The attainment gap at Key Stage 2 between children eligible for free school meals and those not, is above national and statistical comparators, but below comparators by Key Stage 4
- Detection rates for Chlamydia (in males and females) increased in 2016 but remain well below England and London comparative rates
- There has been a significant increase in knife crime (more than doubling) since Jan 2016, and an upward trend in serious youth violence incidents

These answers suggest the various pressures and uncertainties facing young people today

Support to develop

The remainder of the report focuses on some of the key issues and concerns that we take from our findings.

Mental Health

ONE IN FIVE YOUNG PEOPLE SAY THEY NEED SUPPORT OR KNOW SOMEBODY WHO NEEDS SUPPORT FOR MENTAL HEALTH ISSUES.

Headline Figures

- 20% say they need mental health support or know someone who does
- 6% specify counselling as a support need
- 36% want support to be able to deal with stressful situations

• Hospital admissions for mental health conditions have increased but remain below England and London averages

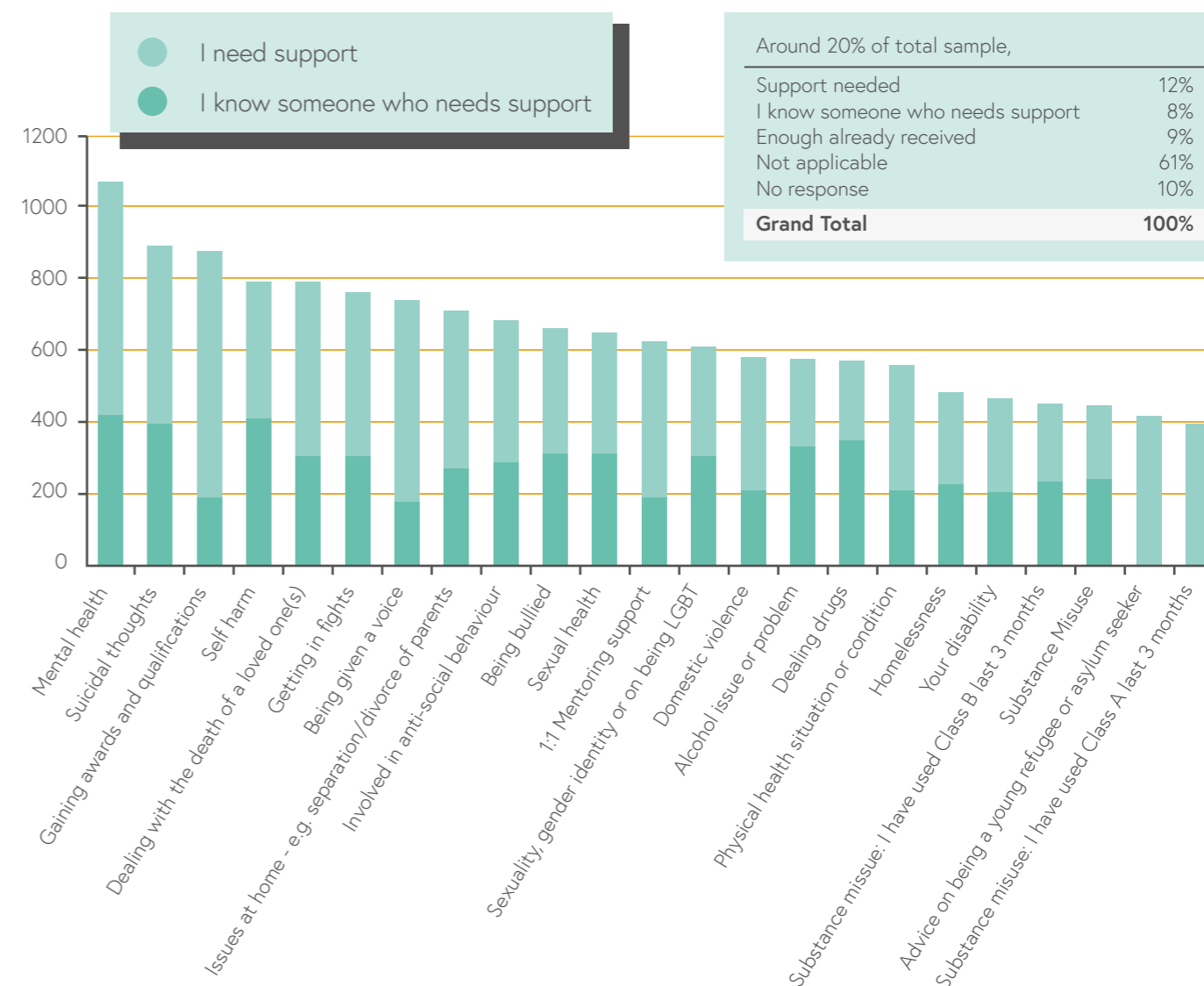
• 40% want help to feel more confident

• 17% say they need help with suicidal thoughts or know someone who does

• 15% register a support need for self-harm or know someone who does.

A call for more support around mental health comes out as the top support need from the survey. Support for suicidal thoughts, for dealing with the death of a loved one, and support around self-harm are also ranked highly (Chart 5).

Chart 5: Support needed for self and other – in descending order (numbers of young people, weighted)



Around 20% of total sample,	
Support needed	12%
I know someone who needs support	8%
Enough already received	9%
Not applicable	61%
No response	10%
Grand Total	100%

Projecting this onto the total 10-19 population would suggest that there are around 5,700 young people with an unmet mental health need.

Self-harm also comes up as a strong need with **15%** of young people either expressing a need for support or knowing someone who needs support.

Young people who contributed their views via a focus group linked the prevalence of self-harm to sexual harassment and abuse towards girls and bullying via social media – they particularly mentioned 'bait out' webpages whereby compromising photos of (usually) young women are shared with peers. Young people say that self-harm 'is a release that is acceptable'. They suggested police, schools, and other local services need to work better with them to combat the problem.

Suicidal thoughts rank highly, and yet this is not linked to a comparatively high suicide rate.

“

I AM SHOCKED TO LEARN THAT AROUND 10% OF 10-19 YOUNG PEOPLE ARE EXPERIENCING SUICIDAL THOUGHTS. WE UNDERSTAND THAT NATIONAL FIGURES SUGGEST THAT 25% OF YOUNG PEOPLE HAVE FELT SUICIDAL AT LEAST ONCE IN THEIR LIVES, SO THE HARROW FIGURE INDICATES A SIMILAR WORRYING TREND. WE ARE KEEN TO EXPLORE AND BETTER UNDERSTAND THE REASONS BEHIND WHY SO MANY YOUNG PEOPLE IN HARROW ARE FEELING THIS DESPERATE AND WHAT FURTHER HELP LOCAL SERVICES AND THE COMMUNITY CAN OFFER YOUNG PEOPLE WITH THE CHALLENGES THEY FACE.

MARK GILLHAM, CEO OF MIND IN HARROW

”

“

WE HAVE MORE AND MORE STRESSFUL THINGS TO DEAL WITH, ONLINE BULLYING, FEELING THAT YOU DON'T LIVE UP TO OTHER PEOPLE'S EXPECTATIONS – SOCIAL MEDIA COMPARISONS, PARENTS, SCHOOL... THE WORLD SEEMS STRESSFUL.

FOCUS GROUP RESPONDENT, AGED 16

“

MENTAL HEALTH SHOULD BE ADDRESSED AT A MUCH EARLIER STAGE IN PRIMARY SCHOOL. PARENTS ALSO NEED TO HAVE MORE EDUCATION ON MENTAL HEALTH BECAUSE THEY CAN OFTEN PUT PRESSURE ON CHILDREN WITHOUT REALIZING, PARTICULARLY WHEN IT COMES TO EDUCATION.

FOCUS GROUP RESPONDENT

”

”



Volunteers from Mind in Harrow have been visiting schools to give students workshops on mental health, as part of the Heads Up programme.

Gangs and Youth Violence

YOUNG PEOPLE ARE CONCERNED ABOUT THE PRESSURES THAT DRIVE THEIR PEERS TOWARDS GANGS AND ANTI-SOCIAL BEHAVIOUR

- Of 66 first-time custodial entrants in 2016-17, 85% were male
- Violence against the person is the most prevalent crime for first-time offenders
- 62% of charities name gang and youth violence as a support need for young people
- Harrow hot-spots include Rayners Lane, Wealdstone, South Harrow
- 14% said they need support with youth violence/fighting with peers
- Significant increase in knife crime with injury since Jan 2016
- 46 people have suffered knife crime injuries during the last 12 months.

When asked what do they see as the source of these problems, a number of young people made links to the lack of positive opportunities, e.g:



GENERAL FRUSTRATION WITH THE LACK OF REALISTIC OPPORTUNITIES IN EMPLOYMENT AND TRAINING, AND CONSTANTLY BEING TOLD 'YOU WON'T SUCCEED' WON'T HELP THOSE WHO ARE NOT ACADEMICALLY GOOD. THEY NEED DIFFERENT OPPORTUNITIES TO ACHIEVE WHAT THEY ARE GOOD AT.



A cross-borough Harrow/Ealing 'summit' to address issues of gang and youth violence held on June 5th 2018, linked the increased prevalence of gang and youth violence to the following issues:

- Labelling of young people leading to a 'self-fulfilling prophesy'
- Lack of emotional support leading to a lack of empathy
- Lack of trusted 'adults' in their world
- Feeling disconnected from society/community
- Racial/gender stereotyping of gang membership
- Lack of positive role models for young black men
- Disproportionately affects young people living in poverty

A local gangs youth worker confirms that more younger people are now inclined to carry weapons. He says that incidents result from violent play fighting, violent anti-social behaviour, and inter-gang violence. About 30-40 people are directly involved in a gang, normally mostly of mixed race, Somali and Jamaican heritage. Most gang involvement is drug related, with drugs providing the only secure source of income for many of these young people. The problems are exacerbated by poverty and family breakdown.

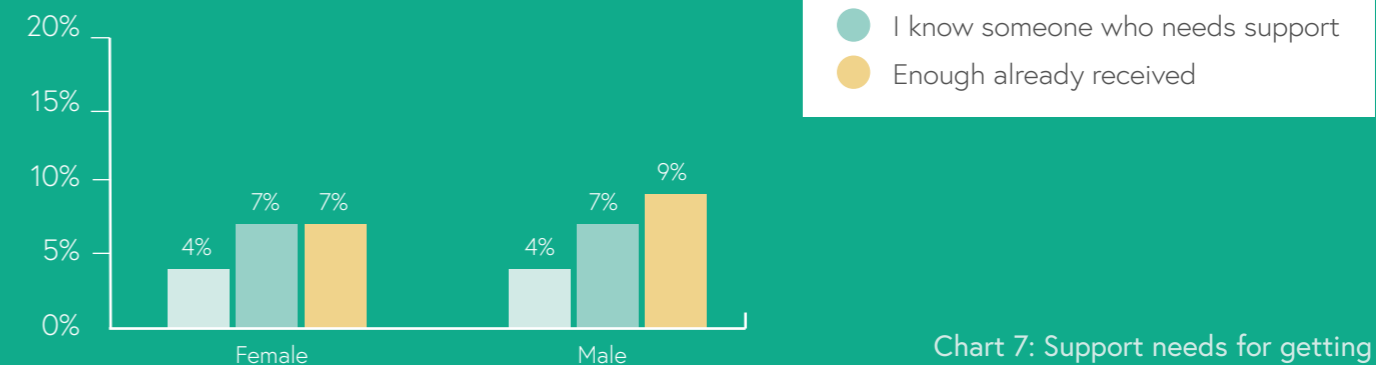
- Links to drug dealing
- Prison as a recruiting ground for gang membership
- Familial breakup
- Lack of trust in police/other services

What young people say that local services need to do to make a positive impact on gangs/ASB

Encourage mixed socialising with different young people – Experiences to help raise our aspiration – More things that bring positive focus – More team-building activities – Fun weeks – Outings to take young people away from their normal environment – Trips as most people in Harrow never leave the area – Support and guidance services, which is ongoing even out of school/college – Residential, with multi-activities.

Focus group feedback

Chart 6: Support needs for dealing drugs by gender.



82% (female) and 81% (male) from the whole sample answered 'not applicable'

Males have a marginally higher support need to prevent them getting into fights, although it is not uniquely a male problem.

Chart 7: Support needs for getting into fights, by gender.



76% (female) and 69% (male) from the whole sample answered 'not applicable'

Employment and Careers

CAREER AND EMPLOYMENT-RELATED SUPPORT IS ONE OF THE HIGHEST RANKED FOR SUPPORT NEEDS.

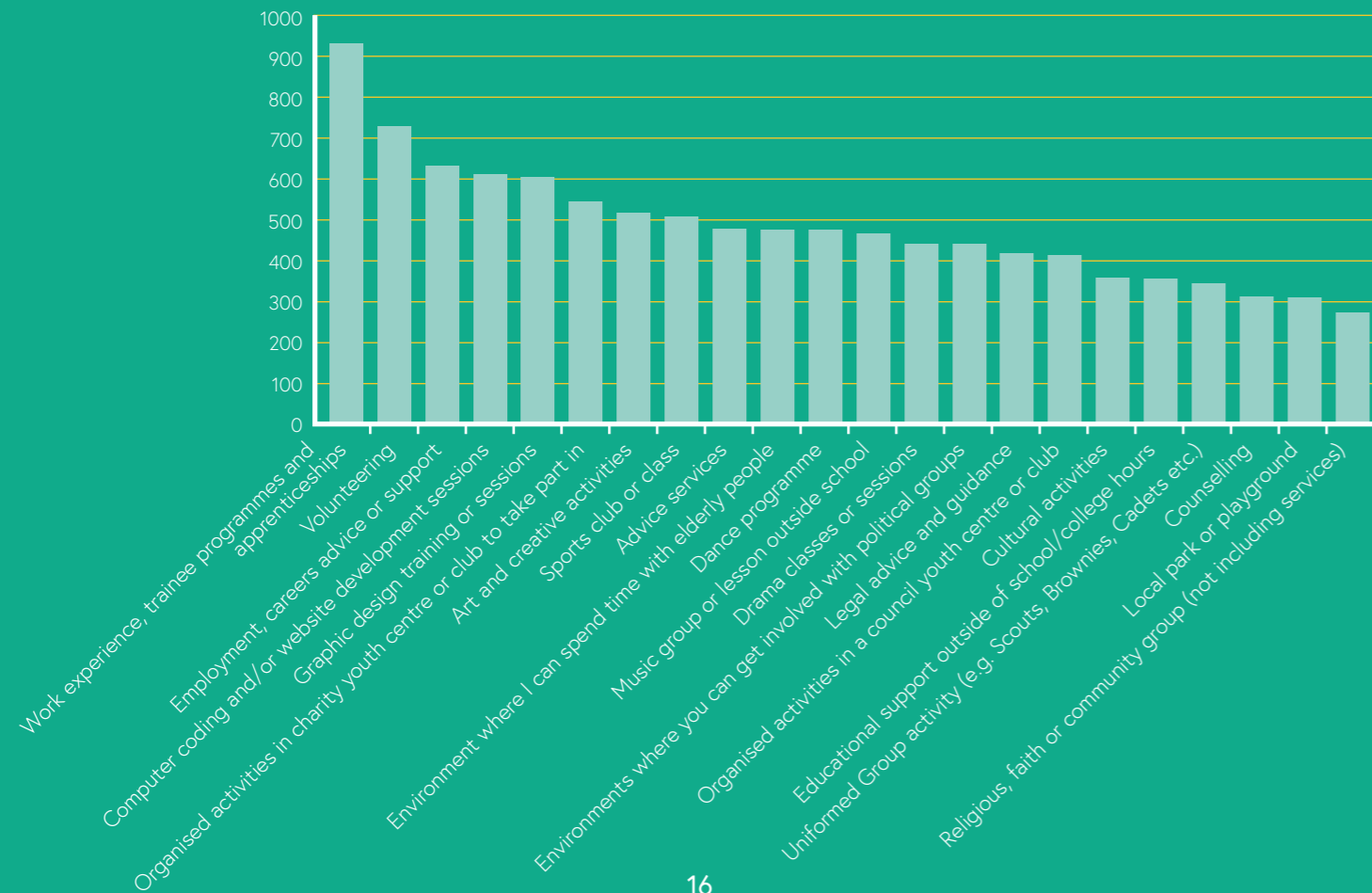
Headline Figures:

- **13%** want to gain recognition of skills through awards and qualifications
- **31%** want to develop leadership skills
- Nearly **50%** of charities say employment support is a high need for young people
- **33%** of children and young people want support with knowing what to do with their life
- Percentage of young people 'not in employment, education or training' stayed below neighbours but becomes much higher amongst vulnerable groups.

The survey asked young people to select amongst a range of activities/places or amenities that they would like to access, or know someone who would like to access. (These figures don't count people who are already accessing these supports.) The five top scoring options (Chart 8) all relate to work or future careers.

- Access to work experience, trainee programmes and apprenticeships (**17%** of whole sample)
- Volunteering (**14%**)
- Employment, careers advice or support (**12%**)
- Computer coding, and/or website development sessions (**11%**)
- Graphic design training or sessions (**11%**)

Chart 8: I would like to, or know someone, who would like to be able to access this support or opportunity (number of young people, weighted).



NO ONE ACTUALLY TEACHES YOUNG PEOPLE WHAT THEY NEED TO DO TO GET A JOB AT SCHOOL AGE. ALTHOUGH THEY HAVE CAREERS SERVICES, ALL THESE DO IS TELL THEM WHAT'S THE BEST THEY CAN HOPE TO DO WITH THEIR PREDICTED GRADES, INSTEAD OF ACTUALLY SHOWING THEM WHAT IS NEEDED TO GAIN AND SUSTAIN EMPLOYMENT.

FOCUS GROUP FEEDBACK

INTERVIEWS



What Young People Say About Finding a Job

We do not know if the high indications of unmet need for employment related support are due to lack of 'fit for purpose' of current provision, or whether young people are not aware of the support available. There is some evidence that it is the latter. Focus group participants stressed their difficulties in finding support:

Lack of awareness is a huge issue. More needs to be done to promote what there is. It took me a year of Googling and researching on my own to get some real support.

For non-British communities like mine it can be difficult to reach them – you need to get people like me, from the community, to help spread the word. And you need to go to them into the community, mosques, local Mediterranean shops and restaurants.

There was also some evidence from the focus groups of services not meeting need. One particular service was described as poor:

No one gets back to me. I chase and chase. Also, everyone there I have come across is much older and I don't think connect with young people.

It was also suggested that services could benefit from having better connections with local employers:

It would help if charities and services have better connections with local employers so that they can put us in touch and help us get jobs. At the moment I am just sending my CV out to loads of places, but if my area's advisor could put forward a few CVs at a time it would mean we get more feedback and have a better chance and are likely to get more communication.

The employment market in Harrow is characterised by a large number of low paid jobs: ONS figures show median earnings for workers in the borough to be significantly lower than London average. In focus groups, young people linked their need for support to the considerable challenges they experience around finding meaningful and decently paid employment in Harrow.

Due to a job deficit in the Harrow area for young people, most jobs they apply for are away from the Harrow area, which can be demotivating for young people as travel can become expensive.

Young people need incentives that help them aim high – even if they have a low-paid job they can see they are gaining skills to move up.

The attitude towards work is very negative as many have low aspirations and can't see the benefit of work.

There is a lack of education opportunities for young people who are not academic, meaning they are less likely to have the education or skill level to gain employment.



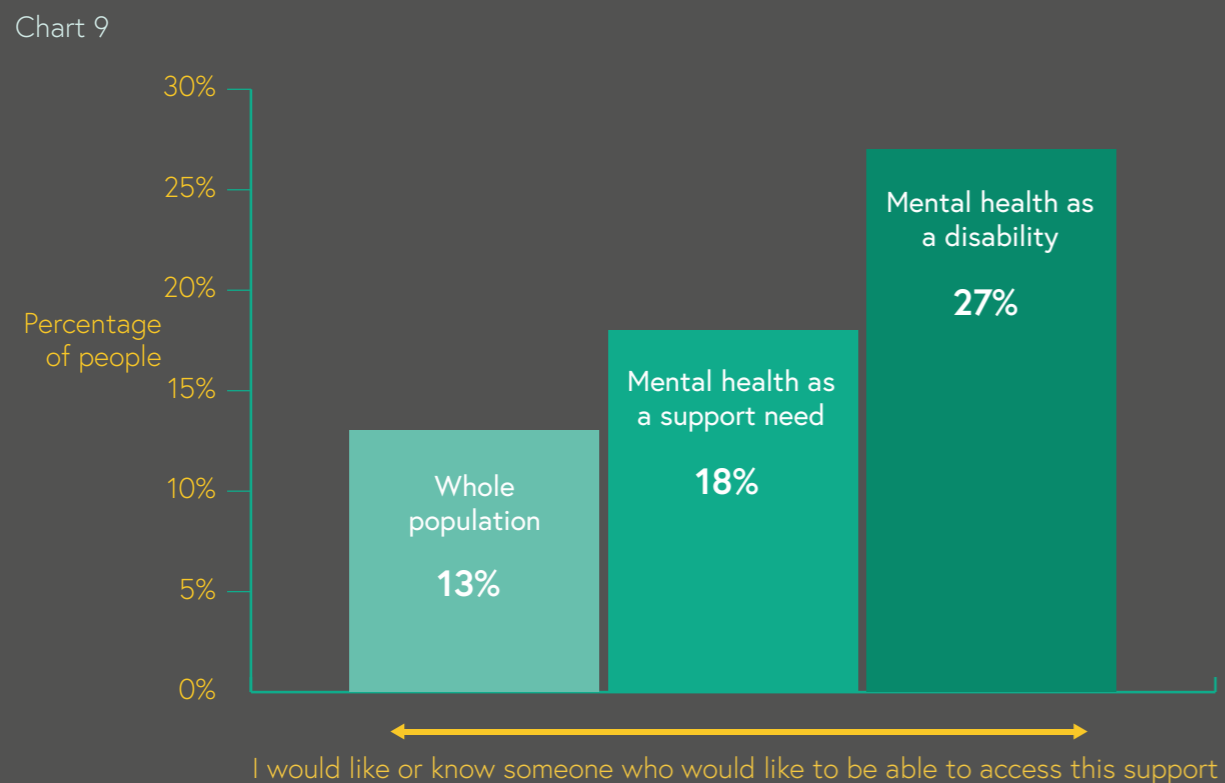
Employment and Mental Health

We know that there is a link between lack of employment opportunities and gang violence. Focus group participants suggest a further link between a need for support around employment and mental health problems:

“ I DEFINITELY THINK IT IS HARDER FOR YOUNG PEOPLE WITH MENTAL HEALTH PROBLEMS TO GET A JOB AND A CAREER. SOME OF MY FRIENDS WHO HAVE MENTAL HEALTH PROBLEMS HAVE JUST GIVEN UP ON EDUCATION AND A JOB.

“ I WAS OUT OF SCHOOL FOR A YEAR BECAUSE OF MENTAL HEALTH ISSUES. I WAS REFERRED TO CAMHS (CHILD AND ADOLESCENT MENTAL HEALTH SERVICES) AND THEN ENCOURAGED BACK INTO EDUCATION. I DID THAT, BUT I AM FINDING IT DIFFICULT.

This is corroborated by survey evidence. Chart 9 shows that 13% the whole population indicate they would like support around 'employment, careers advice or support' and this rises to 18% for those also with a support need around mental health (the margin of error is +/-4 so this is significant), and that this rises to 27% for those who identify mental health as a disability.



Inequalities

FINANCIAL DISADVANTAGE AND CARING RESPONSIBILITIES ARE LINKED TO HIGHER UNMET SUPPORT NEEDS.

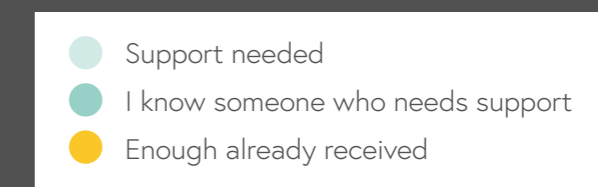
The findings of the 2015 Indices of Deprivation report published by MHCLG identified that 16.9% of children that reside in the borough are within families experiencing income deprivation. This equates to around 4,900 of young people between the ages of 10-19 living in Harrow in deprived circumstances.

Findings from our survey suggest that those experiencing income deprivation are more likely also to be disadvantaged in other ways. For our analysis we used receipt of free school meals (FSM) as a proxy for disadvantage. 12% of children are entitled to free school meals in Harrow. 10% of young people who filled out the survey said they are eligible for free school meals.

Financial deprivation and mental health

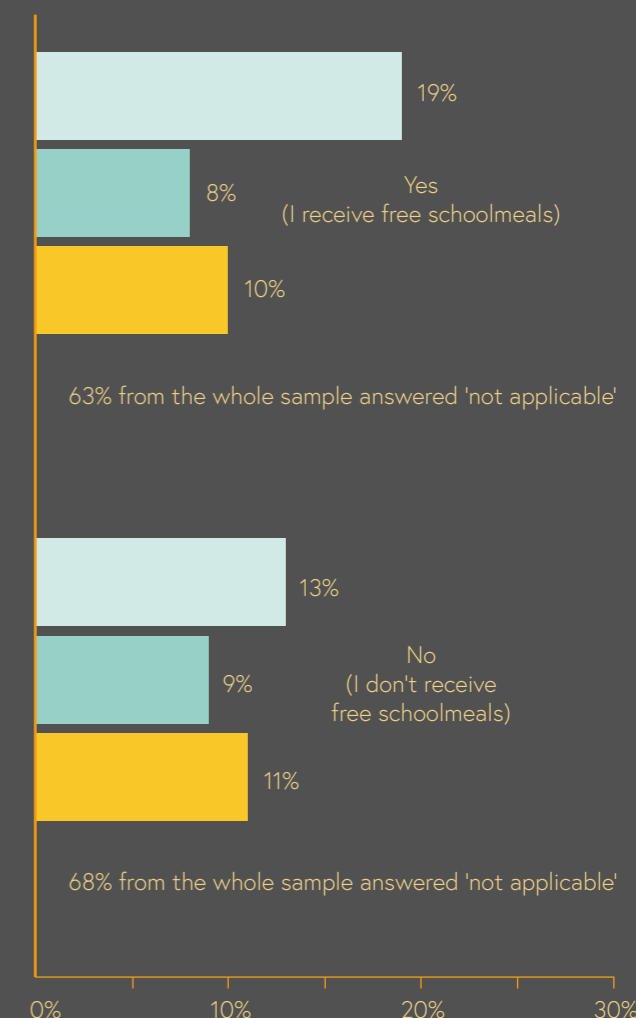
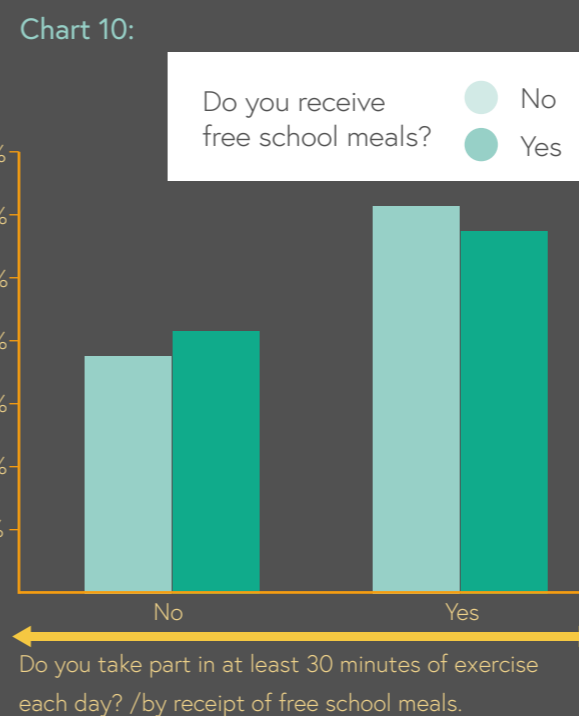
Young people who receive free school meals are 6 percentage points more likely to express an unmet need for mental health services than those who do not. The margin of error for the free school meal cohort of 5% should be considered when interpreting this result.

Chart 11: Support needed around mental health by free school meal provision.



Financial deprivation and physical health

Young people who are entitled to free school meals are less likely to take part in at least 30 minutes of exercise each day.



Financial deprivation and substance misuse

Young people in receipt of FSM appear more likely to express a need in relation to substance misuse. In addition, those not in receipt of FSM respond that they are more likely to have their support need met in this area. But neither is a strong indication due to margin of error when working with the smaller FSM group.

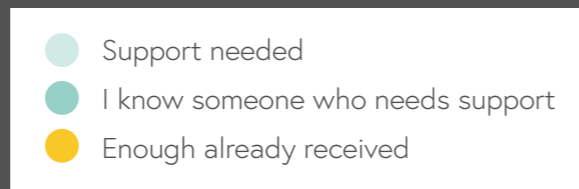
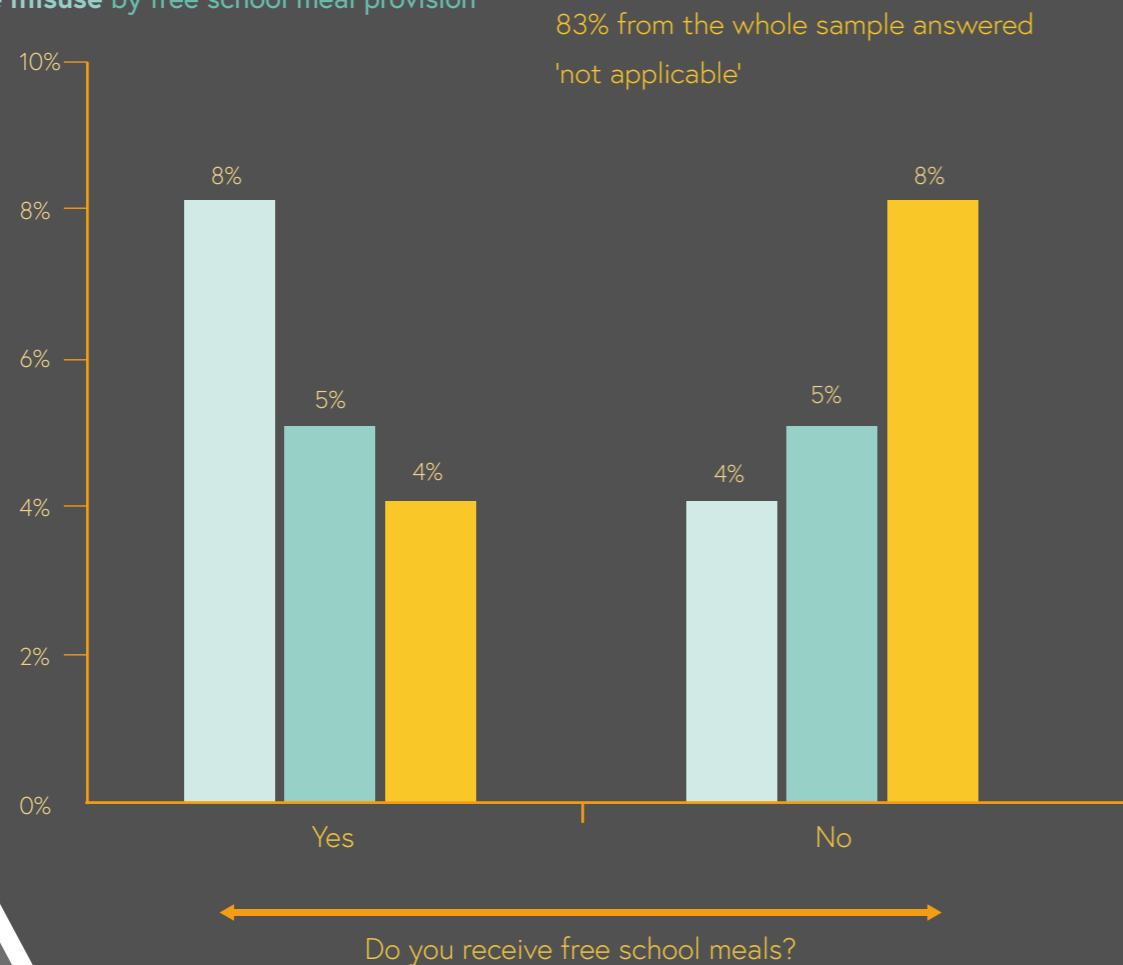


Chart 12: Support needed around substance misuse by free school meal provision



People with caring responsibilities generally feel less happy about life and are more likely to be bullied.

Around 17% of our sample say that they look after an older family member on a regular basis. Extrapolated up to the whole Harrow young people population, this suggests that around 5,000 young people in Harrow have regular caring responsibilities.

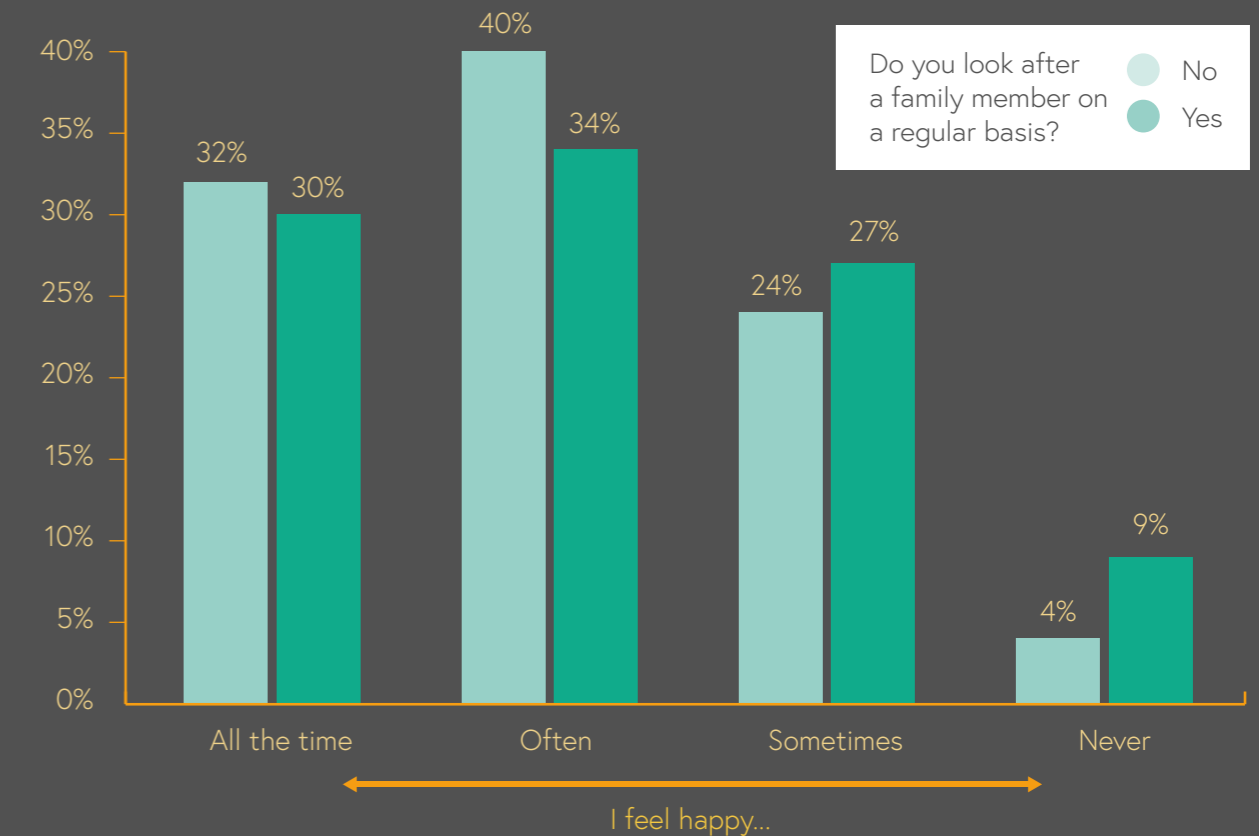
YOUNG CARERS ARE BEING EXPECTED TO PROVIDE MORE SUPPORT FOR DISABLED AND ILL FAMILY MEMBERS DUE TO THE REDUCTION IN OTHER COMMUNITY SUPPORT SERVICES FOR THE PEOPLE THEY CARE FOR.

FOCUS GROUP RESPONDENT

YOUNG CARERS GENERALLY DON'T KNOW WHAT IT'S LIKE NOT TO HAVE TO CARE FOR SOMEBODY. THERE NEEDS TO BE MORE DEDICATED AND TAILORED SUPPORT PROVIDED FOR THE YOUNG CARERS. THIS WILL HAVE THE IMPACT OF GIVING THE YOUNG CARERS BETTER OPPORTUNITIES IN LIFE, REDUCING THEIR HEALTH AND WELLBEING INEQUALITIES AND ENABLING THEM TO PROVIDE BETTER CARE ON A MORE SUSTAINABLE BASIS.

FOCUS GROUP FACILITATOR

Chart 13 shows that young people looking after an older family member on a regular basis feel generally less happy about life.



It is well known that caring imposes a number of burdens on young people (for example the Carer's Trust highlights national evidence that 26% of young carers have been bullied, and 1 in 20 miss school because of their caring role). Our survey evidence confirms that caring responsibilities take a toll on the health and wellbeing of young people.

We also found evidence of the link between caring responsibilities and unmet support needs around bullying.

Those who have a caring responsibility are 6% more likely to express a support need around being bullied.

Chart 14: Support needed for bullying by caring responsibility



Those who have a caring responsibility appear more likely to express a support need around mental health (although this is not a strong indication due to margin of error in the smaller carers group). 16% of young people with a caring responsibility answered 'yes' to support needed for mental health, compared to 13% for those without caring responsibilities.

Another way of exploring disadvantage is to look at the numbers of young people indicating a high number of support needs – i.e. they ticked a lot of support needs when filling out the survey.

We can show this through the average number of needs expressed for self or others. [Note: this is the total number throughout the survey, i.e. the how you spend your time section, the support needs section and the development section.]

Chart 15: Average number of needs expressed for self or others by caring responsibility

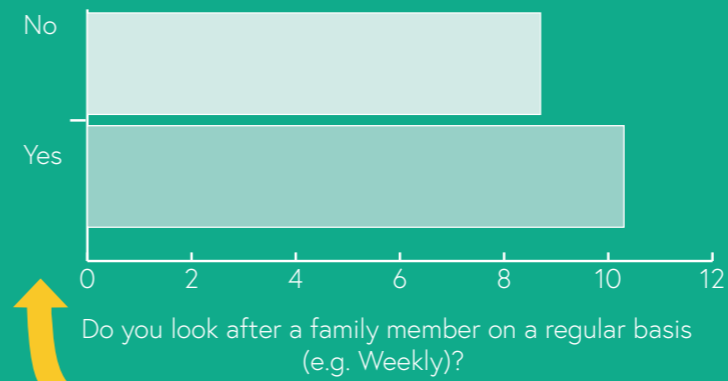
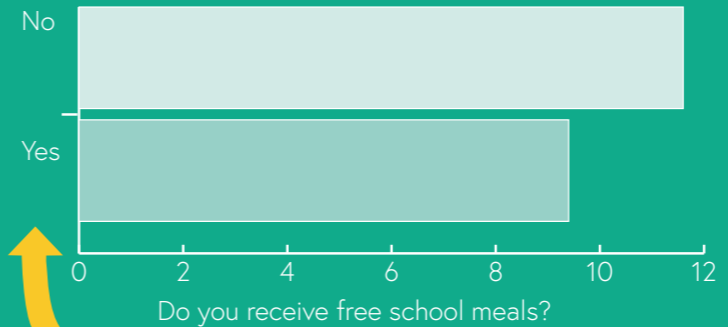


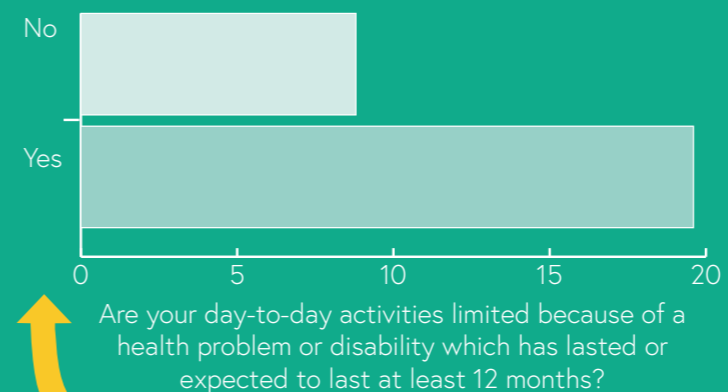
Chart 16: Average numbers of needs expressed for self or others by FSM eligibility



Those who expressed an unmet need for mental health support were also more likely to select 10+ other support needs.

Multiple support needs and mental health:

Chart 17: Average number of support needs identified for self or other by those affected by mental ill health



Multiple disadvantage correlates positively with caring responsibilities, eligibility for FSM, and an expressed need for mental health support.

Physical Health

ONLY 51% OF 18 YEAR OLDS TAKE 30 MINUTES OF EXERCISE EACH DAY COMPARED WITH 74% OF 11 YEAR OLDS.

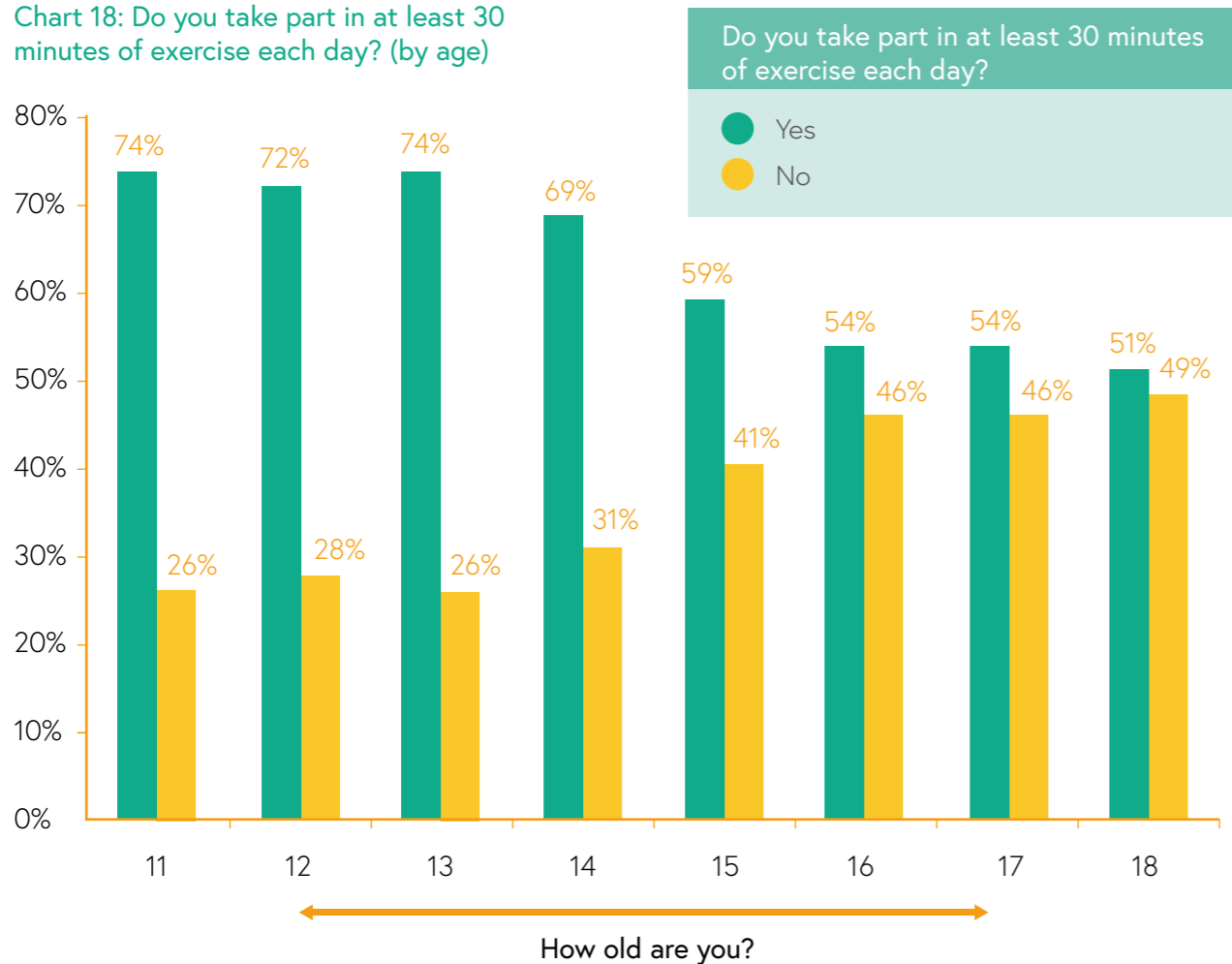
Headline stats

- **38%** don't take part in 30 mins exercise a day
- Harrow has the highest incidence of type 2 diabetes of any borough in London
- **20%** of charities think physical health is an area of need for young people
- **19%** don't take part in any physical exercise outside of school/college

Indices of physical health are likely to be of particular interest to Harrow CCG since diabetes in the adult population affects over 16,000 people (8.5% of the adult population and the highest of any London borough). Reducing childhood obesity is one of eight priority areas in Harrow CCG's 2017-19 Commissioning Intentions. According to the Commissioning Intentions, 9.2% of Harrow's Reception-aged children are obese increasing to 21.2% for children aged 10-11.

Our survey found that levels of physical activity are quite high amongst younger young people, but fall off over the age range.

Chart 18: Do you take part in at least 30 minutes of exercise each day? (by age)



1,731 young people said that they take part in physical activity outside school or college less than once a week, or not at all (**39%** of total sample). Extrapolated up to the whole Harrow 11-19 population, this suggests that around **11,500** people within this age range exercise less than once a week.

A focus group with young people in the older age range (15-21) suggests that exercise is not seen as important by 'older' young people.

“ WE ARE BECOMING LAZY BECAUSE OF TECHNOLOGY. I DON'T EVEN NEED TO GO OUTSIDE TO GET FOOD THESE DAYS, IT'S ALL DELIVERED TO YOUR DOOR THROUGH APPS. ”

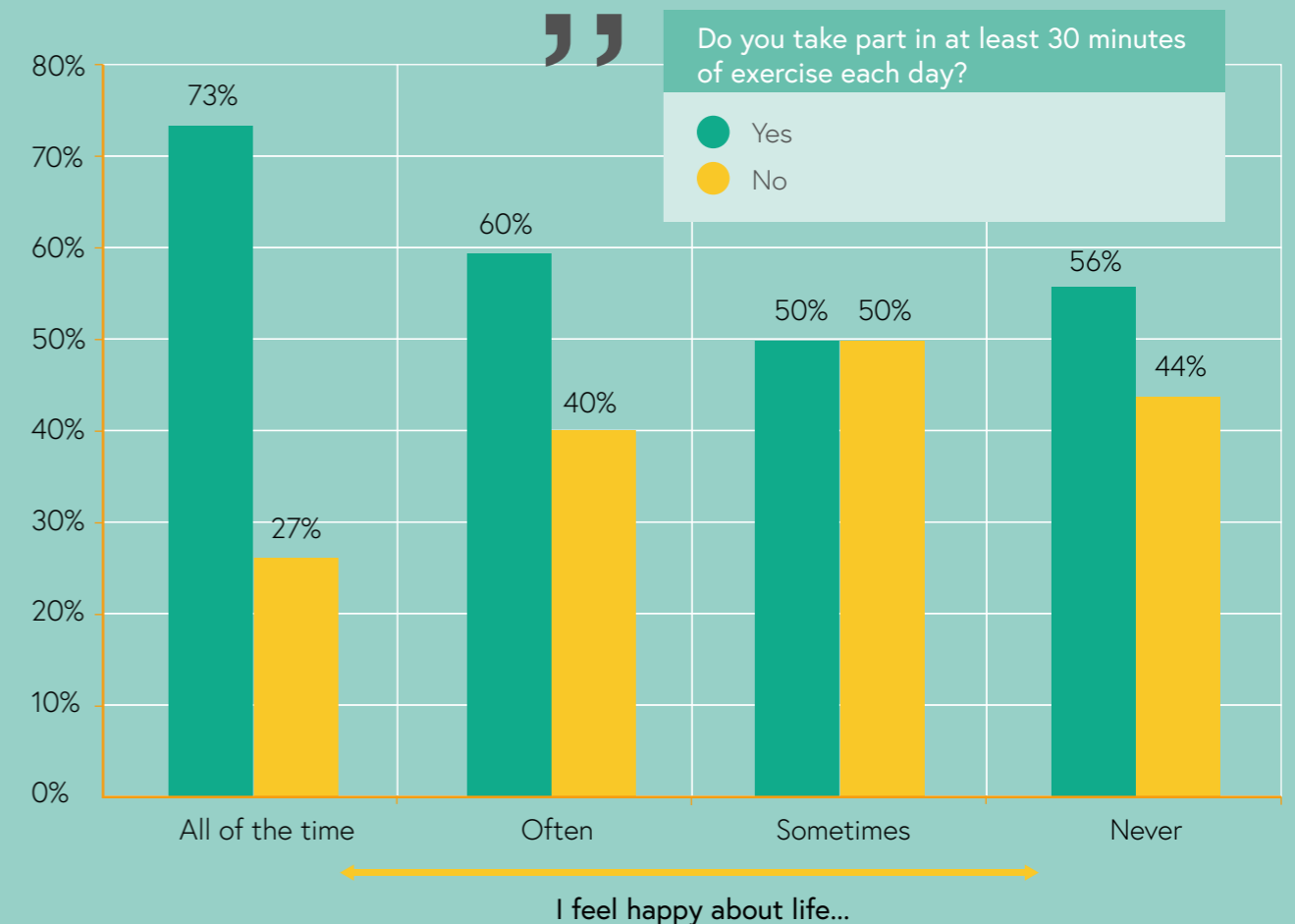
“ SPORTS AND EXERCISING ISN'T THAT IMPORTANT TO ME. ”

And yet we also have evidence that physical exercise is linked positively to happiness (see Chart 19). Young people are far more likely to report being happy 'all of the time' if they exercise every day. Those who exercise more are generally happier – or those who are happier exercise more.

“ THERE IS USUALLY A 'WALK TO SCHOOL WEEK' BUT WE SHOULD HAVE MORE OF THEM AND THEY SHOULD BE IN SECONDARY SCHOOLS TOO. ”

However note that those who say they are never happy are more likely to exercise at least 30 minutes each day.

Chart 19: How often do you feel happy about life/ Do you take part in at least 30 minutes of exercise each day?



What we will do now

The survey of young people coupled with other data sources tells us much about the life of young people in Harrow – what issues are important to young people, and what support they need. Some of the main findings are conveyed in this report, and others will emerge as the survey is subjected to more analysis.

However this exercise will inevitably leave some important questions unanswered. We are aware for example that we did not ask young people about their experiences of racism, sexual health, and online gambling. These are three issues that are of undeniable importance and which warrant further exploration.

The survey raises a number of other questions; what for example to make of the relatively high numbers of young people coming forward with unmet support needs? Does this indicate a lack of 'fitness for purpose' of current services – i.e. perceptions amongst young people that certain services are "not for me"? Or are there other reasons why people are not coming forward – lack of awareness for example.



DATA SUGGESTS SIGNIFICANT NUMBERS OF PEOPLE SAYING THEY NEED SUPPORT AROUND MENTAL HEALTH. HOWEVER WHEN ANALYSING WHO REQUIRES HELP, THE FIGURES LARGELY REDUCE. IS MENTAL HEALTH A TREND AND HOW MUCH NEED IS REALLY THERE?

SERVICE PROVIDER



The survey suggests that young people who are materially disadvantaged, and those disadvantaged by virtue of having a caring responsibility, are less likely to access services. How service providers respond to this will be critical to ensuring that all young people in Harrow are given the support they need in overcoming challenges, and building positive futures for themselves.

This research is obviously only a start. We want to ensure that future work builds on the good partnerships we have developed with young people, and across public and voluntary sectors in Harrow. Of crucial importance is that we continue to support young people to lead in developing the answers.

We hope that the findings from this report and the complete dataset available here youngharrowfoundation.org will be used to develop solutions in many areas and to amass evidence for funding bids to help develop responses to the needs highlighted.

Young Harrow Foundation will lead in bringing service providers together with young people to develop answers and a collective response around the five key areas highlighted in this report:

- Helping to support people's **mental health**
- Helping to provide alternative opportunities for those at risk of becoming involved in **gangs and youth violence**
- Providing the kind of employment and **careers related support** that young people want responding to issues of disadvantage and **inequality**
- Developing ways of sustaining **physical activity** over the age range and into adulthood.

We want this report to make a difference to the lives of young people in Harrow, and we encourage you to work with us to make this difference a reality.

Special thanks to

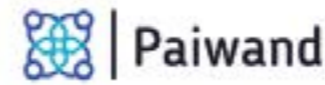
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Arishan Nagendram
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Kate Burke
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Thank You to All Partners For This Collaboration



Roxeth Community Church



Youth Walk



Helping Families to Live and Learn Together





THANK YOU SO MUCH FOR GIVING
ME A VOICE.

MATHURA , 16



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June 2018

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Roxbourne Press
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