

**LEICESTER CITY HEALTH AND WELLBEING BOARD  
DATE**

<b>Subject:</b>	'What You Saying?' Young Voices on Healthcare. LLR ICB Engagement Project
<b>Presented to the Health and Wellbeing Board by:</b>	Jacob Brown, Children, Young People and Families Engagement Officer. NHS LLR ICB
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<b>Does the report concern any of the below groups?</b>				
Severe Illness	Mental	Learning Disability	Homelessness	Care Experience Children and Young People
<b>X</b>		<b>X</b>	<input type="checkbox"/>	<b>X</b>

**EXECUTIVE SUMMARY:**

The NHS in Leicester, Leicestershire, and Rutland (LLR) launched a large-scale engagement to better understand the health and wellbeing needs of children and young people aged 11-25, along with their families and the healthcare staff who support them. This initiative aimed to gather insights into their experiences, priorities, and challenges in accessing healthcare, ensuring their voices shape future services.

**Key statistics from the research**

Overall Engagement stats

- 3002 people in total took part.
- 2239 Children and Young people
- 682 Parent/Carers
- 81 Healthcare Staff

Young people generally have a positive view on their experiences of healthcare, but there is room for improvement. Parents and carers, however, are less satisfied.

Mental health is a major concern, with issues like school pressures, social media, cyberbullying, and family breakdown affecting well-being.

Poor sleep is also a concern, which can impact on children and young people's physical and mental development.

When young people feel ill, they primarily seek health advice from parents, by google is never far way.

More needs to be done around information about accessing mental health services.

Young people said they want to be heard and taken seriously by health professionals, although some feel they aren't.

A lot of young people and families reported that they have to tell their story again when transferring to new health services and transitioning from child to adult mental health services in not clear.

Healthcare professionals need better support, including mental health resources, improved referral systems, and stronger collaboration across organisations.

### **RECOMMENDATIONS:**

The Health and Wellbeing Board is requested to:

For information and dissemination to partners teams