

**Findings from the 1st
Emotional Health and
Wellbeing Covid-19
survey with young
people, parents and
carers.**

May to June 2020



**HeadStart
Hull**

Building resilience with children and young people

Finding from consultation with children, young people and parents/carers in Hull to inform forward planning for emotional health and wellbeing support Report 1 (May-June 2020)

Introduction

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

Consultation aims

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

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

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

Consultation Methods and procedure

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

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

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

Each survey includes questions that reflect on:

- thoughts, feelings and emotions since lockdown started.
- lifestyle changes since lockdown started.
- and emotional support accessed since lockdown started.

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

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

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

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

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

Current status

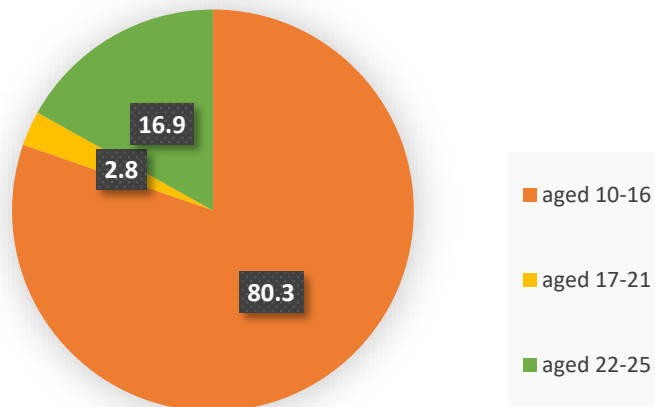
The first surveys were distributed to children, young people and parents/carers on Friday 22nd May and were active for a three-week period. Data was collected on Friday 12th June. The findings of both surveys are provided below.

Young people emotional health and wellbeing coronavirus survey- Findings

Breakdown of young people who completed the survey

In total, 71 young people completed the survey.

Age

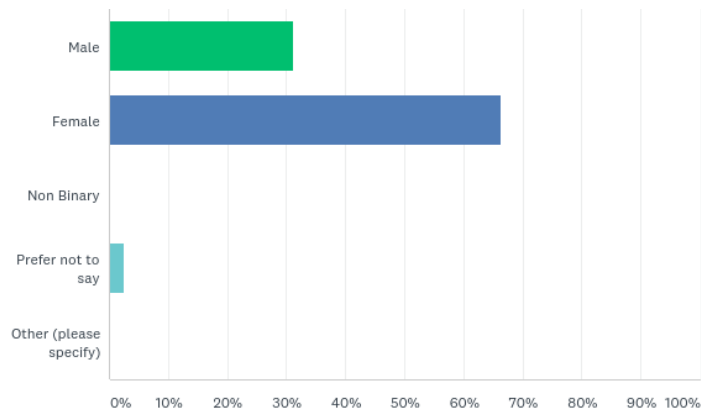


80.3% of participants were aged 10-16.

16.9% were aged 17-21.

2.8% were aged 22-25.

Gender

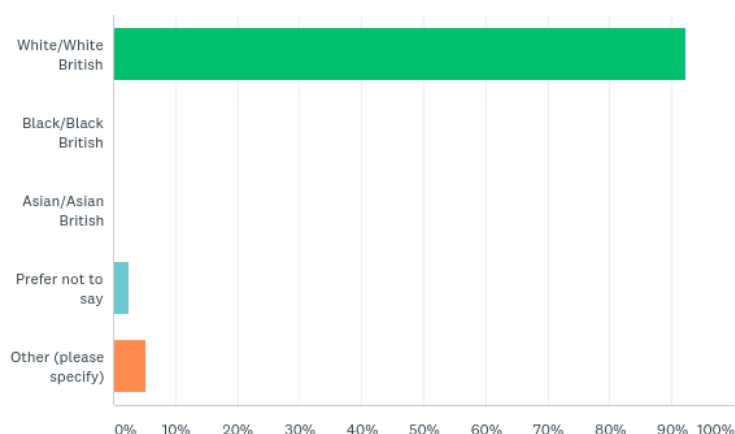


66.2% were female.

31.2% were male.

2.6% preferred not to say.

Ethnicity



92.2% were white/white British.

5.2% selected 'other', including:

- white and black African
- English Cypriot
- white European
- white Irish

2.6% preferred not to say.

Frequency of thoughts and feelings during lockdown

Positive emotions

When asked to rate how frequently they feel certain emotions during lockdown, over 50% of participants expressed that all of the listed positive feelings, with the exception of one (more energy), were felt sometimes/ all the time in lockdown:

Safe and secure:	83.1%
Happy/ content/ positive:	70.1%
Relaxed:	66.2%
Dealing with problems well:	63.2%
Positive about future:	62.3%
Motivated:	61%
Connected to others:	53.3%
More energy:	42.9%

Negative emotions

In comparison, only three negative emotions listed were found to be experienced by over 50% of young people sometimes/ all of the time, with fewer young people feeling scared/ panicked and lonely/ isolated.

Bored/frustrated:	73.7%
Confused/ uncertain:	64.9%
Sad/negative/low:	57.1%
Lonely/ isolated:	48.7%

Scared/panicked: 33.8%

Most common emotions

The most common emotion expressed by young people is feeling 'safe and secure' (83.1%), with nearly half of participants (49.4%) expressing that they feel this way all of the time. The second most common emotion is feeling 'bored and frustrated' (73.7%), with 29% of young people feeling this way all the time. The third most common emotion is feeling 'happy/content/positive' (70.1%). However, only 13% of young people feel this way all the time.

Least common emotions

The least common emotion expressed by young people is feeling 'scared or panicked' (33.8%) which corresponds and validates the high percentage of young people who feel safe and secure highlighted above. The second least common emotion was having 'more energy' (42.9%) with 19.5% expressing that they never feel this way. The third least frequent emotion was 'feeling lonely/ isolated' (48.7%). However, this still equates to nearly half of young people who completed the survey.

	YES, ALL THE TIME	YES, SOMETIMES	NOT VERY OFTEN	NOT AT ALL	TOTAL	WEIGHTED AVERAGE
I've been feeling positive about the future	11.69% 9	50.65% 39	29.87% 23	7.79% 6	77	2.34
I've been feeling motivated to do things	9.09% 7	51.95% 40	24.68% 19	14.29% 11	77	2.44
I've been feeling relaxed	6.49% 5	59.74% 46	27.27% 21	6.49% 5	77	2.34
I've been feeling connected to other people	14.29% 11	38.96% 30	35.06% 27	11.69% 9	77	2.44
I've got more energy	7.79% 6	35.06% 27	37.66% 29	19.48% 15	77	2.69
I've been dealing with problems well	10.53% 8	52.63% 40	25.00% 19	11.84% 9	76	2.38
I've been feeling safe/secure	49.35% 38	33.77% 26	11.69% 9	5.19% 4	77	1.73
I've been feeling happy/content/positive	12.99% 10	57.14% 44	22.08% 17	7.79% 6	77	2.25
I've been feeling confused/uncertain	12.99% 10	51.95% 40	23.38% 18	11.69% 9	77	2.34
I've been feeling sad/negative/low	9.09% 7	48.05% 37	31.17% 24	11.69% 9	77	2.45
I've been feeling bored/frustrated	28.95% 22	44.74% 34	19.74% 15	6.58% 5	76	2.04
I've been feeling scared/panicked	6.49% 5	27.27% 21	36.36% 28	29.87% 23	77	2.90
I've been feeling lonely/isolated	10.53% 8	38.16% 29	30.26% 23	21.05% 16	76	2.62

Table: frequency of thoughts and feelings during lockdown

The effect of lockdown on lifestyle

The results show that lockdown has had the biggest effect on:

Social media use:	increased by 71.4%
TV/Gaming:	increased by 68.8%
Sticking to routine:	decreased by 68.4%
Physical activity levels:	decreased by 58.4%
Creativity levels:	increased by 58.4%
School work/learning:	decreased by 45.5%
Time outside:	decreased by 49.4%

	NO CHANGE	SLIGHTLY INCREASED	INCREASED A LOT	SLIGHTLY DECREASED	DECREASED A LOT	TOTAL	WEIGHTED AVERAGE
The amount I sleep	18.18% 14	23.38% 18	22.08% 17	25.97% 20	10.39% 8	77	2.87
The amount I eat	24.68% 19	36.36% 28	11.69% 9	16.88% 13	10.39% 8	77	2.52
Sticking to a daily routine	13.16% 10	11.84% 9	6.58% 5	34.21% 26	34.21% 26	76	3.64
The amount of exercise/physical activity I do	7.79% 6	15.58% 12	18.18% 14	25.97% 20	32.47% 25	77	3.60
My use of social media	23.38% 18	28.57% 22	42.86% 33	1.30% 1	3.90% 3	77	2.34
The amount I watch TV/gaming	20.78% 16	33.77% 26	35.06% 27	7.79% 6	2.60% 2	77	2.38
The amount of money I spend	35.53% 27	17.11% 13	13.16% 10	13.16% 10	21.05% 16	76	2.67
My creativity level: art/ cooking/ baking/ crafts etc.	24.68% 19	29.87% 23	28.57% 22	6.49% 5	10.39% 8	77	2.48
How often I tidy my room/ clean the house	40.26% 31	31.17% 24	10.39% 8	7.79% 6	10.39% 8	77	2.17
School work/ learning	19.48% 15	20.78% 16	14.29% 11	23.38% 18	22.08% 17	77	3.08
The amount of time I spend outside	15.58% 12	18.18% 14	16.88% 13	18.18% 14	31.17% 24	77	3.31

Table: effect of lockdown on lifestyle

Young people's access to support

Since the start of lockdown, 31.6% of young people have accessed support to help manage their thoughts and feelings.

The most utilised form of support is from family/friends:

family/friends: 80%
 websites: 32%
 social media: 24%
 school/college: 20%
 services: 20%

Of the 71.1% of young people who have not accessed support, the majority felt that this is because they do not need it (58.9%).

21.4% of young people felt that there was no support that would help them.

Less than 5% of young people felt they needed support but did not know where to find it.

Less than 5% felt embarrassed to seek out support.

Analysis of open ended survey questions

Changes in thoughts towards lockdown over time

	Thoughts at the start of lockdown	Thoughts now
Most common ↑ ↓ Least common	Sad/upset	Adjustment/ normality
	Worried/scared/uncertain	Boredom
	Frustrated/annoyed	Positive
	No concern	Worried/scared/uncertain
	Positive	Frustrated/annoyed
		Sad/upset
		Depressed
		Lonely/ isolated

Thoughts towards the country going into lockdown: main themes

Sad/upset
Worried/scared/uncertain
Frustrated/annoyed
No concern
Positive

'Sad/upset' and 'worried/scared/uncertain'

The majority of young people suggested they felt 'sad/upset' and 'worried/scared' when finding out the country was going into lockdown. Reasoning behind these feelings were linked to:

- Not being able to continue their daily life as normal;
- Thoughts to the future and missing out on education and socialising with friends and family;
- Concerns of the health of family members:

'I felt sad and a bit scared. I was worried about missing so much school and how that would impact my next year at school.' (female, 14)

'Upset that school ended so abruptly and sad that I couldn't see my friends.' (female, 15)

'Disappointed because I can't see my family and worried about my grandma and grandad.' (female, 11)

'Apprehensive. Scared for family and friends who're at risk. Upset I couldn't visit my grandma who doesn't live in hull and worrying about her wellbeing...very overwhelmed with fear with social media...the mass graves, hospitals, panic buying etc.' (female, 22)

'Frustrated/annoyed'

Young people expressed frustration that key events in their lives were being cancelled and postponed:

'Annoyed because I am out of routine and also because my birthday was cancelled and my holiday trip got cancelled.' (female, 14)

'No concern'

A small number of young people expressed they had not been concerned about lockdown initially as they felt it would be a short lived experience and had accepted it was going to happen:

'I wasn't that bothered because I only thought it was only going to be short like a couple of weeks.' (male, 11)

'I didn't really mind I was expecting it.' (male, 16)

'Positive'

Some young people expressed a positive response to lockdown including excitement of the unknown; more time to spend at home with family; relief that lockdown would keep them safe and help reduce the risk of getting coronavirus:

'I felt safe at first that everything was going to be better in the world.' (female, 16)

'Happy get to stay at home with family...' (male, 14)

Thoughts toward lockdown now: main themes

Adjustment/ normality
Boredom
Positive
Worried/scared/uncertain
Frustrated/annoyed
Sad/upset
Depressed
Lonely/isolated

'Adjustment/normality'

In comparison to the start of lockdown, the majority of young people feel as if lockdown is normal in their lives and feel they have adjusted to it:

'I don't really care. It just feels normal.' (male, 16)

'it just feels normal now.' (male, 13)

'Boredom'

Boredom was expressed among the majority of young people, specifically as a result of not being able to do anything:

'I feel Fed up I want to go out.' (male, 11)

'Bored coz there's nothing to do.' (female, 14)

'It's starting to get boring because in the first couple of weeks we did everything that needed to do.' (male, 11)

'Positive'

More young people expressed positive feelings towards lockdown now in comparison to the start of lockdown. Young people express that they feel safe, relaxed and are enjoying family time:

'More relaxed.' (male, 24)

'I like spending more time with my family.' (female 11)

'Worried/scared/uncertain'

Fewer young people expressed worry, fear and uncertainty now in comparison to the start of lockdown. A number of young people suggested that they still feel worried, scared and uncertain about the situation but not to the extent that they felt these feelings at the start

of lockdown. Now, young people express worries and fear of going out, and going back to school:

'I am still worried, but I am happy. There is more stress, because teachers are setting lots of work.' (female, 14)

'I'm also worried about going out because some people don't follow the rules and are just thinking about themselves.' (female, 11)

'Frustrated/annoyed'

More young people expressed feelings of frustration and annoyance in comparison to the start of lockdown as a result of not being able to see friends and family. Alongside this a number of young people expressed disappointment that others were not following lockdown rules:

'Disappointed in the public especially teenagers and adults for not taking it seriously.' (male, 23)

'Getting fed up... can't go see my grandparents.' (male, 12)

'Annoyed I can't see family and give them hugs.' (female, 14)

'Sad/upset'; 'depressed'; 'isolated'

A number of young people still expressed they are feeling sad/ upset in lockdown. For a small number of YP, this has progressed to feelings of depression, loneliness and isolation:

'It's getting a bit lonely.' (female, 13)

'It's ruined my plans for the future and I feel more low.' (female, 16)

'It's depressing because it's been so long.' (Female, 11)

Thoughts to the future

Most looking forward to in the future	Least looking forward to in the future
Seeing friends and family	The effects of the pandemic
Returning to/ starting school, college or higher education	Returning to/ starting school, college, or higher education
The pandemic ending	Business as usual
Business as usual	

Most looking forward to: main themes

'Seeing friends and family'

The majority of young people expressed that they were looking forward to socialising and seeing their friends and family again:

'Seeing my friends and family.' (male, 11)

'Seeing my friends and being able to hug them.' (female, 10)

'Seeing friends and family on a more regular basis' (male, 25)

'Returning/ starting school, college or higher education'

A large number of young people were excited to start education, whether that be starting somewhere new or returning to their place of education. This was often linked to the opportunity to socialise with friends:

'Starting secondary school.' (female, 10)

'Getting back to school' (male, 11)

'Being back at school with my friends.' (male, 14)

'The pandemic ending'

Young people were looking forward to a time when lockdown ends and when there is a cure or vaccine for coronavirus:

'Corona ending.' (male, 11)

'Lockdown being over.' (male, 13)

'vaccine/ cure for covid-19' (female, 22)

'Business as usual'

Young people expressed how they were looking forward to businesses, shops and youth groups/ clubs opening again:

'Being able to roam freely.' (male, 16)

'Going to the shops.' (female, 14)

'Getting back to normal' (female, 16)

'Going back to the gym' (male, 23)

Least looking forward to: main themes

'The effects of the coronavirus pandemic'

The majority of young people expressed that they were concerned about the effects of coronavirus. These concerns were linked to a second peak and longer lockdown; the financial and economic burden; and the unknown and uncertainty of what normal will look like:

'Longer lockdown' (male, 24)

'Financial impact it has had on people, companies etc.' (female, 22)

'A second peak.' (female, 11)

'Returning/ starting school, college or higher education'

A large number of young people were excited to start education again. However, a large number were concerned about returning to education. This was associated with fears of having to catch up on work that they missed out on, concerns on the impact no school has had on their education and bullying:

'Having to work even harder and being more stressed at school to catch up on all the time we lost.' (female, 14)

'Catching up on school work.' (male,13)

'Going to high school unprepared.' (male,11)

'Being back at school with my bully.' (female, 11)

'Business as usual'

Young people expressed that while they were excited to get back to normality, they were not looking forward to certain responsibilities and routines such as homework, longer working hours and early mornings. Alongside this, there was some concern regarding reducing social distancing and fears that meeting and socialising with larger numbers in the future could be a risk:

'Waking up early' (male, 11)

'More responsibilities' (female, 11)

'Homework.' (female, 11)

'Going out around lots of people. The world going back to normal too quickly.' (Female, 24)

Summary of findings

Results show that there has been a change in young people's thoughts, feelings and emotions from when lockdown was announced back in March, to now (June 2020).

The most prominent emotions at the start of lockdown for young people were sadness, worry and uncertainty concerning the risk of coronavirus on their own health and the health of family members; the impact on their education and future; and the inability to meet and socialise with friends and family.

Over time, young people have adjusted to the situation of lockdown and perceive it as the 'new normal'. Many are content and happy to be in lockdown (70.1%), with increased feelings of safety and security (83.1%). Furthermore, young people feel they are coping well with problems (63.2%) and feel they do not need emotional support (58.9%).

However, feelings of boredom (73.7%), loneliness (48.7%), sadness and low mood (57.1%) have emerged since lockdown began and still equate to 50% or more of young people's experiences. Furthermore, there is still a large minority of young people who are not dealing with their problems (31.8%). The results show that more females are struggling to deal with their problems in comparison to males and regardless of gender, more under 16's are struggling to manage. However, given the proportions of females to males and under 16's to over 16's in the sample, it cannot be assumed that there is a correlation at this stage.

Results show that there has been a change in young people's lifestyle and habits since lockdown started. There has been a large increase in social media use and TV/gaming amongst young people (71.4% and 68.8%) and large decreases in routine (68.4%), physical activity (58.4%); learning (45.5%) and time outside (49.4%) all which may have negative effects on their ability to manage the transition back to school and social life. This is further evidenced in young people's responses to the future. Responses were mixed with regards to returning to 'business as usual' and returning to education. This suggests that there is a degree of uncertainty amongst young people as what to expect and how to manage their futures.

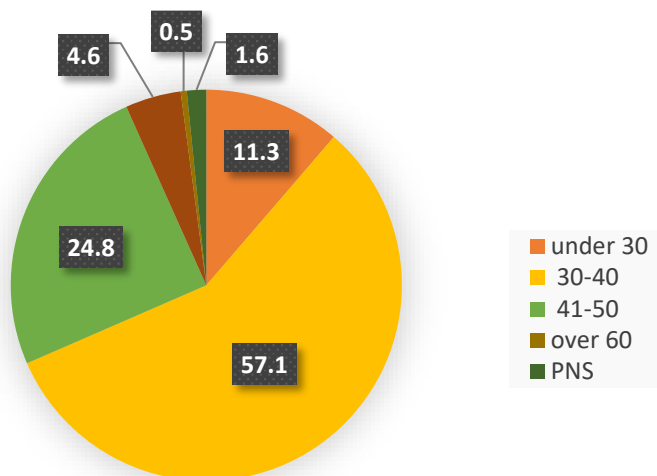
Finally, results suggest that those accessing or seeking emotional support are most likely to do so through friends and family (80%) and via websites (32%). Though a large number of young people have not accessed emotional support since lockdown, 27.6% of those felt that they needed support but were uncertain or where to go, felt embarrassed or were under the impression that there was no support that could help them.

Parent/carer emotional health and wellbeing coronavirus survey- Findings

Breakdown of parents/carers who completed the survey

In total, 371 parent/ carers completed the survey.

Age



11.3% of participants were under the age of 30.

57.1% were aged 30-40.

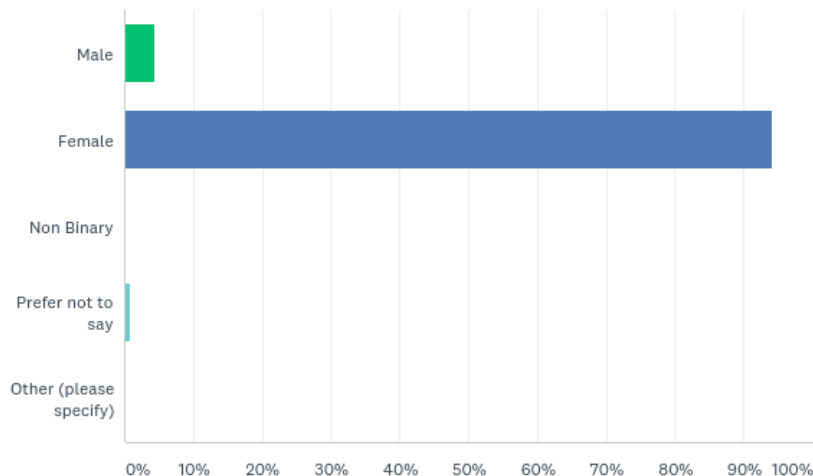
24.8% were aged 41-50.

4.6% were aged 51-60.

0.5% were over the age of 60.

1.6% preferred not to say.

Gender



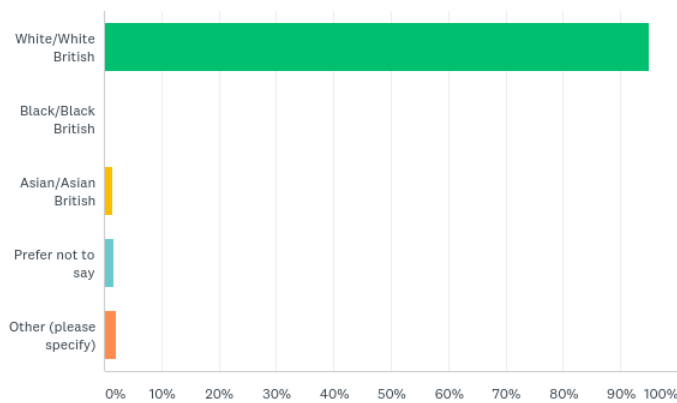
94.25% were female.

4.38% were male.

Less than 1% were non-binary.

Less than 1% preferred not to say.

Ethnicity



95.1% were white/white British.

Less than 1% were Black/Black British.

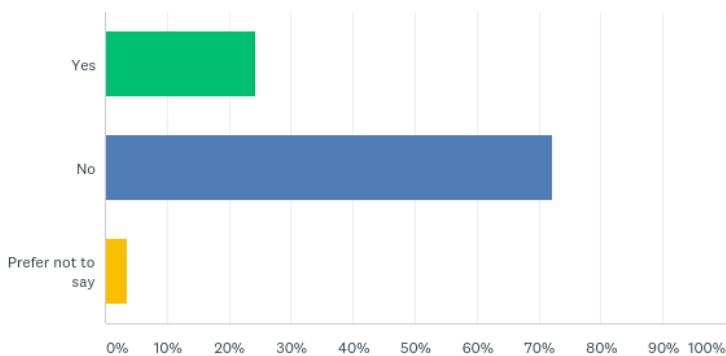
Less than 5% were Asian/Asian British.

Less than 5% selected other' including:

- White South African
- Mixed
- Kurdish
- Turkish
- Roma gypsy

Less than 5% preferred not to say.

Single parent status



24.3% were single parents/carers.

72.1% were not single parents/carers.

Less than 5% preferred not to say.

Child/children's year group

19.7% of children were under the age of 5.

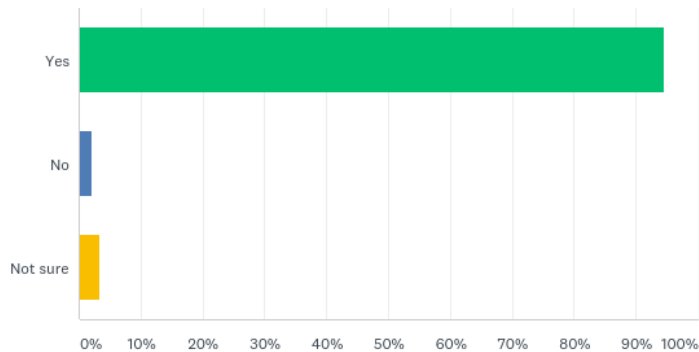
50% of children were at primary school.

22.8% of children were at secondary school.

6.2% were at college/Sixth form.
2.3% were in higher education.

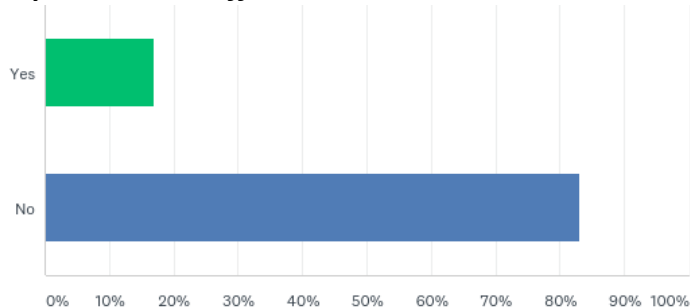
Feelings towards talking to their child/children about the coronavirus pandemic

Confidence in talking to child/children about coronavirus



94.5% of parents/carers feel confident talking about coronavirus with their child/children.
Less than 5% do not feel confident talking about coronavirus with their child/children.
Less than 5% felt uncertain.

Topics that are difficult to talk about in the current situation

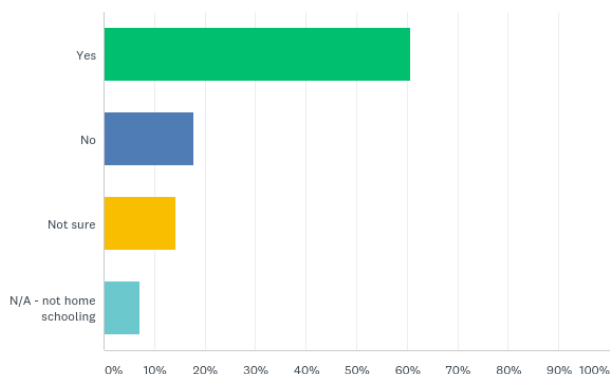


83% feel that they do not struggle to discuss anything with their child/children regarding the current situation.

The 17% that do feel they struggle, highlighted the following topics and issues:

- Child/children too young to understand
- The risk to family health
- Not seeing friends/family
- School work
- Children are SEND and struggle to understand
- Attempts to not make the situation sound scary
- Explaining the rules and restrictions
- The future: when it will be normal/ what will it look like/ what will happen next
- Emotions and feelings

Feelings towards home-schooling



60.7% of parents/carers feel that they receive enough support to home-school their child/children.

17.9% feel that they do not receive enough support to home-school.

14.3% feel unsure.

7.1% are not home-schooling their child/ children.

Frequency of thoughts and feelings during lockdown

Positive emotions

When asked to rate how frequently they feel certain emotions during lockdown, over 50% of parents/carers expressed that all of the listed positive feelings, with the exception of one (more energy), were felt sometimes/ all the time in lockdown:

Safe and secure:	85%
Dealing with problems well:	82.3%
Motivated:	78.5%
Happy/ content/ positive:	75.2%
Positive about future:	73.3%
Connected to others:	58%
Relaxed:	56.4%
More energy:	42.2%

Negative emotions

Similarly, all negative emotions listed, with the exception of one (lonely/isolated) were found to be experienced by over 50% of parents/carers sometimes/ all of the time in lockdown:

Confused/ uncertain:	68.9%
Bored/frustrated:	67.8%
Sad/negative/low:	61.6%
Scared/panicked:	52.3%
Lonely/ isolated:	45.5%

Most common emotions

The most common emotion expressed by parents/carers is feeling 'safe and secure' (85%). However, only 14.7% feel this way all the time.

The second most common emotion is 'dealing with problems well' (82.3%).

The third most common emotion is feeling 'happy/content/positive' (78.5%). However, only 9.54% feel this way all the time.

When comparing these results to young people's responses, both 'happy/content/positive' and 'safe and secure' were found to be two of the most common emotions expressed by both groups.

Least common emotions

The least common emotion expressed by parents/carers is feeling 'more energy' (42.2%).

The second least common emotion was feeling 'lonely/isolated' (42.9%). However, this still equates to a large number of individuals.

The third least frequent emotion was feeling 'scared and panicked' (52.3%). Again, this response was still felt by over half of parents/carers.

	YES, ALL THE TIME	YES, SOMETIMES	NOT VERY OFTEN	NOT AT ALL	TOTAL	WEIGHTED AVERAGE
I've been feeling positive about the future	12.81% 47	60.49% 222	23.16% 85	3.54% 13	367	2.17
I've been feeling motivated to do things	12.26% 45	66.21% 243	18.80% 69	2.72% 10	367	2.12
I've been feeling relaxed	4.90% 18	51.50% 189	34.88% 128	8.72% 32	367	2.47
I've been feeling connected to other people	12.53% 46	45.50% 167	31.34% 115	10.63% 39	367	2.40
I've got more energy	5.45% 20	36.78% 135	40.05% 147	17.71% 65	367	2.70
I've been dealing with problems well	14.71% 54	67.57% 248	13.35% 49	4.36% 16	367	2.07
I've been feeling safe/secure	22.95% 84	62.02% 227	12.84% 47	2.19% 8	366	1.94
I've been feeling happy/content/positive	9.54% 35	65.67% 241	21.53% 79	3.27% 12	367	2.19
I've been feeling confused/uncertain	8.99% 33	59.95% 220	25.34% 93	5.72% 21	367	2.28
I've been feeling sad/negative/low	2.45% 9	59.13% 217	29.97% 110	8.45% 31	367	2.44
I've been feeling bored/frustrated	9.54% 35	58.31% 214	23.71% 87	8.45% 31	367	2.31
I've been feeling scared/panicked	3.00% 11	49.32% 181	33.51% 123	14.17% 52	367	2.59
I've been feeling lonely/isolated	8.17% 30	37.33% 137	30.52% 112	23.98% 88	367	2.70

Table: frequency of thoughts and feelings during lockdown

The effect of lockdown on lifestyle

The results show that lockdown has had the biggest effect on:

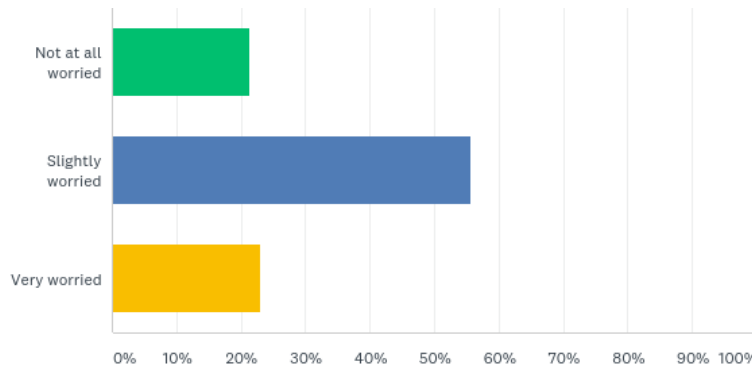
TV/Gaming:	increased by 75.5%
Eating:	increased by 72.5%
Sticking to routine:	decreased by 71.9%
Social media use:	increased by 71.6%
Creativity levels:	increased by 67.3%
Time outside:	increased by 59.7%
Cleaning:	increased by 56.1%
School work/learning:	decreased by 48%
Spending money:	increased by 48.2%

	NO CHANGE	SLIGHTLY INCREASED	INCREASED A LOT	SLIGHTLY DECREASED	DECREASED A LOT	TOTAL	WEIGHTED AVERAGE
The amount we sleep	25.96% 95	31.97% 117	8.74% 32	22.95% 84	10.38% 38	366	2.60
The amount we eat	23.71% 87	47.41% 174	25.07% 92	3.27% 12	0.54% 2	367	2.10
Sticking to a daily routine	12.53% 46	10.63% 39	4.90% 18	42.23% 155	29.70% 109	367	3.66
The amount of exercise/physical activity we do	14.99% 55	22.34% 82	9.26% 34	29.43% 108	23.98% 88	367	3.25
Our use of social media	22.62% 83	35.97% 132	36.78% 135	3.27% 12	1.36% 5	367	2.25
The amount we watch TV/gaming	19.67% 72	34.70% 127	40.71% 149	3.83% 14	1.09% 4	366	2.32
The amount of money we spend	11.72% 43	28.07% 103	20.16% 74	27.52% 101	12.53% 46	367	3.01
My creativity level: art/cooking/baking/crafts etc.	28.61% 105	42.78% 157	24.52% 90	3.00% 11	1.09% 4	367	2.05
How often we tidy up/clean the house	29.43% 108	26.43% 97	29.70% 109	11.44% 42	3.00% 11	367	2.32
School work/learning	14.44% 53	19.07% 70	18.53% 68	25.89% 95	22.07% 81	367	3.22
The amount of time we spend outside	11.44% 42	28.61% 105	31.06% 114	11.17% 41	17.71% 65	367	2.95

Table: effect of lockdown on lifestyle

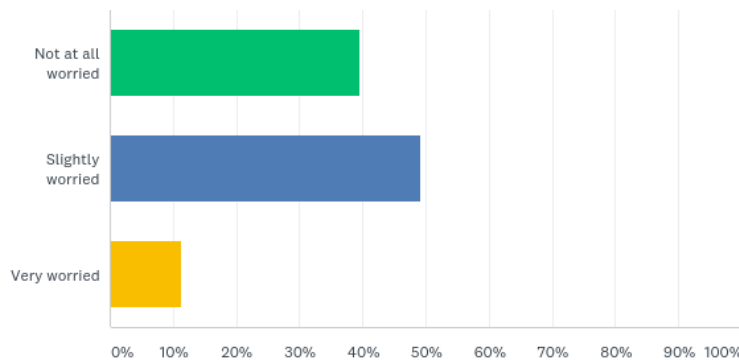
Mental health concerns and access to support

Concerns for child/children's mental health



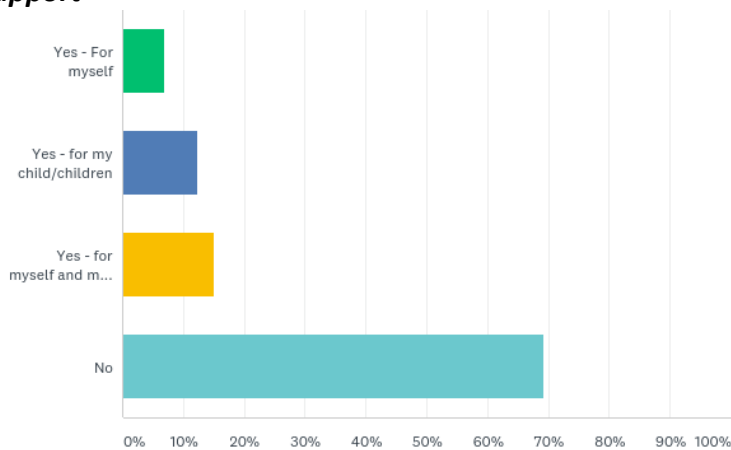
78.6% of parents/carers feel worried about the impact that the current situation will have on their child/children's mental health, with 22.9% expressing they feel very worried.

Concerns for own mental health



60.4% of parents/carers feel worried about the impact of the current situation on their own mental health, with 11.2% expressing they feel very worried.

Support



Since the start of lockdown, 34.1% of parents/carers have accessed support to help manage their family's thoughts and feelings.

6.8% accessed support for themselves

12.3% accessed support for their child/children

15% accessed support for themselves and their child/children.

The most utilised form of support is from family/friends:

family/friends:	50%
websites:	41.9%
school/college:	33.9%
social media:	25%
services:	17.7%

A small number of parents/carers also highlighted that they have sought support through medication, their employer and self-help strategies e.g. journals etc.

Of the 69.2% of parents/carers who have not accessed support, the majority felt that this is because they do not need it (63.6%).



12.2% feel that there is no support that will help them.

9.9% feel that they need support but do not know where to find it.

5.9% feel embarrassed to seek out support.

Analysis of open ended survey questions

Changes in thoughts towards lockdown over time

	Thoughts at the start of lockdown	Thoughts now
Most common   Least common	Anxious/scared	Adjustment/ normality
	Stressed/unprepared/overwhelmed	Anxious/scared
	Sad/upset	Frustrated/annoyed
	Positive	Positive
		Stressed/exhausted
		Sad/upset/depressed
		Lonely/ isolated

Thoughts towards the country going into lockdown: main themes

Anxious/scared
Stressed/unprepared/overwhelmed
Positive
Frustrated/annoyed
Sad/upset

'Anxious/Scared' and 'stressed/unprepared/overwhelmed'

The majority of parents/carers expressed feelings of anxiety and fear when finding out the country was going into lockdown. These feelings were linked to:

- Concerns for health of family members;
- Thoughts to the future and their children missing out on education. and socialising with friends and family;
- Concerns about how they will manage as a family: childcare, home-schooling, work, bills:

'At first worried about bills as I was furloughed and the only income earner.' (female, 46)

'Very worried, scared of still working, ensuring schoolwork was done and looking after my father.' (female, 47)

'Knew my child would find it hard both emotionally, physically and physiologically... my daughter... she has ASD and is disabled I knew she would find this change the hardest.' (female, 51)

'Especially sad/worried for my children too as we worried about the impact on them educationally & emotionally.' (male, 43)

'Positive'

Some parents/carers expressed a positive response to lockdown including:

- more time to spend at home with family;
- relief that lockdown would keep them safe and help reduce the risk of getting coronavirus

'Relief, a time to pause and reflect, spend time with the family.' (female, 45)

'Happy as we knew we'd be safer and less exposed to the risk.' (female, 36)

'Optimistic. It was necessary step supported by science.' (male, 36)

'It was ok at first I welcomed the extra time at home with my child cooking more spending time together going for a walk, I appreciated the simpler things in life.' (female, 32)

'Frustrated/annoyed'

parents/carers expressed frustration that the lockdown had not been implemented earlier and more stringently:

'Frustrated that the government had not locked us down earlier, and also at the lack of clarity.' (female, 49)

'it should have happened sooner' (female, 43)

'Sad and upset'

Parents/carers expressed sadness at the thought of not being able to see friends and family or continue life as normal within their community:

'It hit everyone really hard' (female, 37)

'Sad that we couldn't meet with our church family and school was closed' (female, 32)

'Upset our youngest medical appointments would be cancelled.' (female, 28)

Thoughts toward lockdown now: main themes

Adjustment/ normality
Anxious/scared
Frustrated/ annoyed
Positive
Stressed/overwhelmed/exhausted
Sad/upset/depressed
Lonely/isolated

'Adjustment/normality'

In comparison to the start of lockdown, the majority of parents/carers have adjusted to lockdown, feeling less worried and more settled with the situation:

'It's like its second nature now, I go to work as usual, my husband is home, the kids do a bit of work and have a play in the garden, we go to shop for us and our parents, its settled into a routine.' (female, 41)

'We have got into a routine and are coping well.' (female, 35)

'We have got used to it, it's all a new routine which took a while to get used to and be OK with.' (female, 33)

'Anxious/scared'

A large majority still feel anxious and scared. Feelings are linked to:

- uncertain about the future situation
- children returning to school
- the risk of the virus still out there
- returning to normal:

'I am now anxious about leaving lockdown, I'd happily stay in our bubble of 4 forever.' (female, 29)

'Anxious about how long this will last.' (female, 44)

'Worried about children going back to school.' (female, 37)

'Frustrated/annoyed'

More parents/carers expressed feelings of frustration and annoyance in comparison to the start of lockdown, expressing confusion and frustration at the rules and disappointment that others were not taking the situation seriously:

'It shouldn't have been relaxed so much and it is confusing.' (female, 41)

'I feel we are coming out of it far too quickly and absolutely disagree that children should be returning to school.' (female, 43)

'Positive'

Parents/ carers expressed positive feelings and experiences as a result of lockdown including feeling safe and well, getting organised, and enjoying family time:

'We've bonded as a family unit and had lots of positive experiences.' (female, 35)

'We have got used to a new way of living and are quite enjoying it. It's a simpler time and are cherishing the extra time we have together, knowing it's keeping us safe.' (female, 47)

'More relaxed and optimistic' (Female, 37)

'Stressed/ overwhelmed/ exhausted'

Parents/carers feel stressed and tired as a result of managing work, schooling, childcare and other responsibilities:

'Still stressed, work is tough and childcare doesn't get any easier.' (female, 39)

'It's not getting any easier working from home and home-schooling.' (female, 49)

'Same but exhausted, stressed and wish it was over but safe for the kids to return to normal.' (female, 41)

'Sad/upset'; 'depressed'; 'isolated'

A number of parents/carers still expressed they are feeling sad/ upset in lockdown. For a small number, this has progressed to feelings of depression, loneliness and isolation:

'Sad as a lot has happened with mental health issues and not sure if lockdown has been a contributing factor.' (female, 42)

'My children and I are isolated.' (female, 25)

Thoughts to the future

Most looking forward to in the future	Least looking forward to in the future
Seeing friends and family	The effects of the pandemic
Business as usual	Returning to school and work
Return to school and work	Business as usual
Pandemic ending	
Me time	

Most looking forward to: main themes

'Seeing friends and family'

The majority of parents/carers expressed that they were looking forward to seeing their friends and family again. This was mainly for social reasons but some highlighted how they needed support with childcare:

'For my children to see loved ones and to hug them.' (female, 28)

'Freedom to see family and support with childcare so I can concentrate on work.' (female, 33)

'Seeing friends and family in socially unregulated situations.' (male, 46)

'To have some time off from parenting and for the grandparents to get to see their grandchild and have him over for a night.' (female, 32)

'Business as usual'

The majority of parents/carers expressed how they were looking forward to going back to normality for themselves and their children: For businesses and shops to open; for travel restrictions to lift; and for routine and stability:

'Going out to places like soft play and swimming and working to get my full wage.' (female, 26)

'Embracing routine as a positive aspect of life, no monotony.' (female, 37)

'Having a full wage coming in again.' (female, 38)

'Going back to normal.' (male, 34)

'Going on holiday.' (female, 32)

'Returning to education and work'

Parents/carers were looking forward to their children returning to school, extra-curricular clubs and returning to work themselves:

'Going back to work.' (male, 44)

'Watching my son play football with his team.' (female, 36)

'Children back to school and seeing their friends.' (female, 38)

'Children getting back to good education' (female, 37)

'The pandemic ending'

Parents/carers were looking forward to a time when lockdown ends and when there is a cure or vaccine for coronavirus:

'Being able to move more freely without the worry of getting ill or risking passing COVID-19 to others.' (female, 47)

'A vaccine being successful.' (female, 33)

'Not to worry anymore about Covid.' (female, 36)

'hope the scientists find the right solution.' (male, 51)

'Me time'

A number of parents/carers expressed that they were looking forward to have some time for themselves as lockdown eases and schools open:

'Letting the kids stay at their dads and getting some "time off".' (female, 42)

'Having some time to myself.' (female, 36)

Least looking forward to: main themes

'The effects of the coronavirus pandemic'

The majority of parents/carers expressed that they were concerned about the effects of coronavirus. These concerns were linked to a second peak and longer lockdown; the financial and economic burden; and the unknown and uncertainty of what normal will look like:

'My children having close contact with other people.' (female, 29)

'Worrying there will be another spike.' (female 37)

'That this virus comes back and we end up in lockdown again.' (female, 31)

'Returning to school and work'

A large number of parents/carers were looking forward to their children returning to education. However, they also expressed concern regarding their children's safety:

'I think it will be hard to get the kids back into a school routine.' (female, 35)

'Sending my children back to school if the infection rate is high.' (female, 38)

'children social distancing.' (female, 34)

'Business as usual'

Parents/carers expressed that while they were excited to get back to normality, they were not looking forward to certain responsibilities and routines returning to work. This was related to feeling rushed and reduced family time:

'Being too busy again so family time being rushed.' (female, 40)

'Not having the amount of quality family time like we have been having.' (female, 36)

'Going back to 'routine' and constantly rushing around.' (female, 42)

'The back to work and school routine. Not really been able to have so much family time as both parents always work and Manage childcare between us.' (female, 33)

Summary of findings

Similar to the findings from the young people's survey, the results show that there has been a change in parents/carers thoughts, feelings and emotions from when lockdown was announced back in March, to now (June 2020).

The most prominent emotions at the start of lockdown for young parents/carers were feeling anxious/scared as a result of the risk that coronavirus may have on the health of their families, and the uncertainty of the situation. Alongside this, parents/carers felt increased levels of stress, feeling unprepared and overwhelmed at the prospect of managing their home/school/work lifestyle in lockdown.

Like young people, parents/carers have adjusted to the situation of lockdown and perceive it as the 'new normal'. 94.5% feel confident talking about coronavirus with their child/children and the majority feel supported enough to manage home-schooling (60.7%). Over 75% of parents/carers have expressed positive experiences associated with lockdown including feeling safe and secure; feeling happy and content and enjoying the opportunity to spend more time as a family. Furthermore, parents/carers feel they are coping well with problems (82.3%) and feel they do not need emotional support (63.6%).

However, over 50% of parents/carers suggest that they experience negative feelings and emotions, specifically confusion (68.2%); boredom/frustration (67.8%), sadness and low mood (61.6%), scared/panicked (52.3%). Furthermore, a large majority feel concerned of the negative implications the current situation will have on their child/children's mental health (78.6%) and their own (60.4%)

Results show that there has been a change in family lifestyles and habits since lockdown started that reflect findings related to young people's lifestyle changes. Parents/carers concur with young people that there has been a large increase in social media use and TV/gaming in their families (71.6% and 75.5%) and large decreases in routine (71.9%), physical activity and learning (48%). Parents/carers highlight that the amount their families eat has increased significantly (72.5%). These changes may have negative effects on their ability to manage the transition back to school, work and social life. This is further evidenced in parent/carers responses to the future. Responses were mixed with regards to returning to 'business as usual' and returning to work and education. This suggests that there is a degree of uncertainty amongst parents/carers as what to expect and how to manage their families' futures.

Finally, in concurrence with young people, results suggest that parents/carers accessing or seeking emotional support are most likely to do so through friends and family (50%) and via websites (41.9%). However, parents/carers seem to utilise other means of support more so than young people (school/college, employer, self-help, social media, services). Though a large number of parents/carers have not accessed emotional support since lockdown, 27.2% of those felt that they needed support but were uncertain or where to go, felt embarrassed or were under the impression that there was no support that could help them.

Recommendations at this stage

- Greater efforts need to be made to ensure young people are aware of the support accessible to them especially as many of the main referral routes e.g. schools, youth services etc. have had reduced face to face contact with vulnerable young people.
- Attention may be best drawn to the provision of tools and resources to educate families on how to support one another during this time.
- Attention must be given to support young people and parents/carers to cope with the transition back into normal life. Specifically, back to school, re-establishing routines, socialising and integrating back into their community.
- Promote greater use of social media channels to share information on resources and access to services.

Next steps

The second surveys have been edited to include feelings towards starting school. Survey links will be distributed on Tuesday 16th June. This round of the survey will conclude on the 6th July. An updated report on the next round of findings will be produced by the 14th July.

Moving forward it is important to target and improve the uptake of over 16's, males and the BME community to gather a more representative sample moving forward.

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Voice and Influence team

Hull City Council

June 2020