

Barnardo's Practitioner Survey Full Results

Wave 3: 14 January – 28 January 2020

Contents

Introduction.....	3
Abbreviations Used	4
Overview of Issues for Children, Young People and Families.....	5
Emerging Vulnerabilities	11
Funding of Children’s Services and Poverty	24
Christmas.....	34
Housing and Young Carers.....	37
Gaming (Online) and Online Child Sexual Exploitation	46
Mental Health.....	62
Special Educational Needs and Disabilities (SEND).....	73
APPENDIX A: Regional Breakdowns – Emerging Vulnerabilities	84
APPENDIX B: Regional Breakdowns – Funding of Children’s Services and Poverty ..	87
APPENDIX C: Regional Breakdowns – Housing and Young Carers.....	88
APPENDIX D: Regional Breakdowns - Gaming (Online) and Online Child Sexual Exploitation	89
APPENDIX E: Regional Breakdowns – Mental Health.....	90
APPENDIX F: Regional Breakdowns – Special Educational Needs and Disabilities (SEND).....	91
APPENDIX G: Funding Cuts to Children’s Services	92

Introduction

This report presents the results for the third quarterly Barnardo's practitioner survey.

The aim of the survey is to capture emerging issues, and impacts on children and families, directly from Barnardo's practitioners.

The survey was open to all staff who work directly with children, young people, parents and/or carers.

Fieldwork was undertaken 14 January to 28 January 2020.

Data analysis was undertaken by Barnardo's Strategic Impact Team (SIT). Open questions were coded, and are presented in tables. For the open questions, respondents could make more than one point, so responses can be coded to multiple categories.

Where percentages do not sum to 100%, this may be due to computer rounding, or multiple answers.

* indicates responses of less than 0.5%.

For any further queries about the survey or the data presented in this report, please contact joelle.bradly@barnardos.org.uk.

Abbreviations Used

ACEs	Adverse Childhood Experiences
ADHD	Attention Deficit Hyperactivity Disorder
ASD	Autism Spectrum Disorder
CAMHS	Child and Adolescent Mental Health Service
CBT	Cognitive Behaviour Therapy
CCE	Child criminal exploitation
CSA/E	Child sexual abuse/exploitation
CYP	Children and young people
EHCP	Education, Health and Care Plan
ESOL	English for Speakers of Other Languages
FGM	Female Genital Mutilation
LGBTQI+	Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, and Intersex +
MH	Mental health
MHWB	Mental health and wellbeing
NEET	Not in Education, Employment or Training
SEN	Special Educational Need
SEND	Special Educational Need and Disability
SPD	Sensory Processing Disorder
UC	Universal Credit

Overview of Issues for Children, Young People and Families

The most common concerns and emerging issues were around mental health, cuts to services, poverty/changes to benefits, impacts of digital, enforced criminal activity, substance misuse, and housing issues. Racism, access to services, exploitation and isolation were felt to be particular issues for specific ethnic minority groups.

Cuts to children's services

The majority of respondents (79%; 284 of 359) felt that children's service funding cuts have affected the children, young people and families they work with (compared to 83% in Wave 1, which ran from 24 June to 9 July 2019). Impacts of cuts were viewed to include reduced quality of support, longer waiting times, and reduction in support for parents.

Poverty

Two thirds of respondents (66%; 229 of 347) have given service users food because they were worried they were hungry or have nothing to eat, and just over half (53%; 184 of 347) have given service users clothing because they worried they would be cold or don't have enough suitable. Practitioners had also often helped refer families to food banks, sourced furniture or household items, helped families apply for emergency payments, and provided toys or Christmas presents.

Christmas

Just over half of respondents (55%; 191 of 347) said the children, young people and families they support, who would normally celebrate Christmas, experienced an increase in mental health issues over the Christmas period. Many also said that those they support experienced an increase in debt and loneliness. Reasons for this included the financial pressure of Christmas presents, isolation, poverty and family pressures.

Young carers

Around a third of respondents (34%; 119 of 346) have supported someone who is a young carer, over the last year. When asked to describe what young carers say their main daily challenges at home are, respondents most frequently said young carers' needs not being met; poor mental health; isolation from friends; and, balancing school with caring responsibilities.

Online gaming

Over the last year, 18% of respondents (62 of 340) had supported someone they knew had had negative experiences of online gaming, and 20% (67 of 340) had supported parents, carers, or other supportive adults in children's lives to respond to concerns about a child's online gaming. The majority (68%; 60 of 88) said concerns were around excessive use of online gaming. Over half (55%) said concerns were around exposure to harmful content, while 47% said concerns were around cyberbullying or threats.

Mental Health

Over the last year, three fifths of respondents (61%; 185 of 302) had worked with someone who was referred to CAMHS and received treatment. Sixty-four per cent (194 of 304) had worked with someone who was referred to CAHMS and was still on a waiting list, while 55% (153 of 280) had worked with someone who was referred to, but rejected from, CAMHS.

Of those respondents who had worked with children and young people rejected from CAMHS, the most common reasons for this were due to not meeting criteria; issues being 'situational'; other types of support being needed; and, insufficient evidence of need.

Of those respondents who had worked with children or young people who were still on a waiting list, or were rejected from CAMHS, the vast majority (80%; 205 of 255) said the children or young people had continuing mental health needs.

Where children and young people were accepted by CAHMS, many practitioners said the support made no difference. Other outcomes were around receiving medication; having someone to talk to; developing coping strategies; and, support for parents.

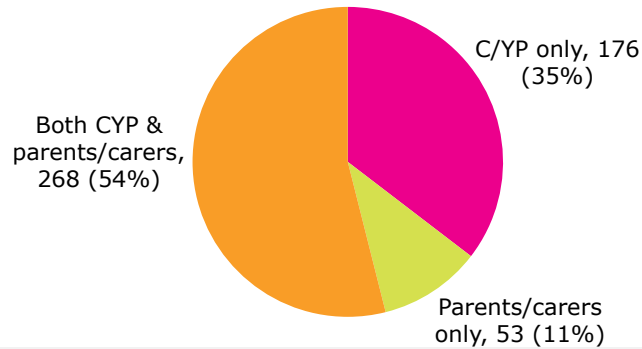
Special Educational Need and Disability (SEND)

Over the last year, three quarters of respondents (76%; 250 of 330) had worked with children or young people with SEND. Of these respondents, approximately three fifths (58%; 145 of 250) had noticed a reduction in services in their area specifically for children and young people with SEND. Most commonly, this was viewed to be impacting on: education; delays in support; parents and carers; and, children becoming more isolated. Cuts in universal support also affected children and young with SEND in terms of access to support for themselves and their carers, and children becoming more isolated. Increased funding and more support for families/carers were most

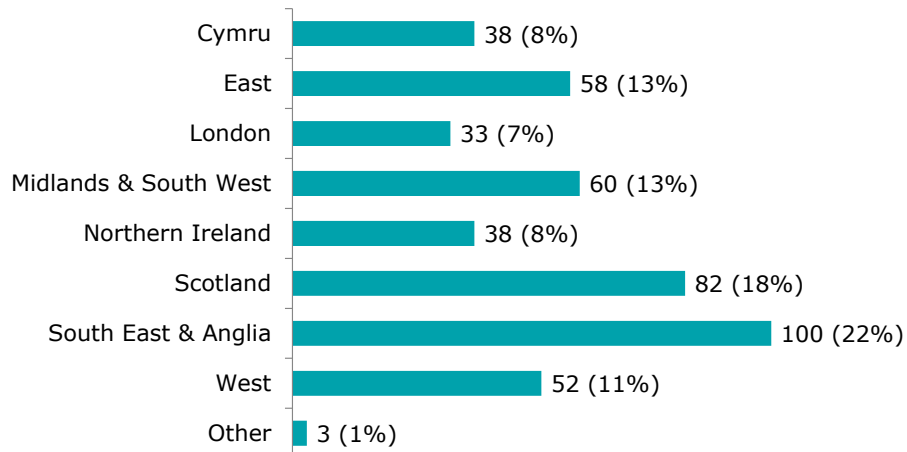
commonly mentioned as what is needed to improve long term outcomes for children and young people with SEND.

Sample overview		
	<i>n</i>	<i>%</i>
Service users supported (n=497)		
Children/young people	176	35
Parents/Carers	53	11
Both	268	54
Region (n=464)		
Cymru	38	8
East	58	13
London	33	7
Midlands and South West	60	13
Northern Ireland	38	8
Scotland	82	18
South East and Anglia	100	22
West	52	11
Other	3	1
Service type (n=464)		
Youth Work	47	10
Employment, Training and Skills (ETS)	14	3
Care Leavers/Accommodation Support	47	10
Advocacy, Children's Rights and Participation	65	14
Refugee and Asylum Seekers	18	4
Child Protection	104	22
Child Abuse and Exploitation	67	14
Looked After Children	95	20
Education	77	17
Disability/Health	72	16
Mental Health	99	21
Family Support Services	126	27
Early Support	159	34
Other	39	8
Length of time working with CYP/families (n=464)		
Less than 1 year	47	10
1-2 years	47	10
3-5 years	51	11
More than 5 years	319	69

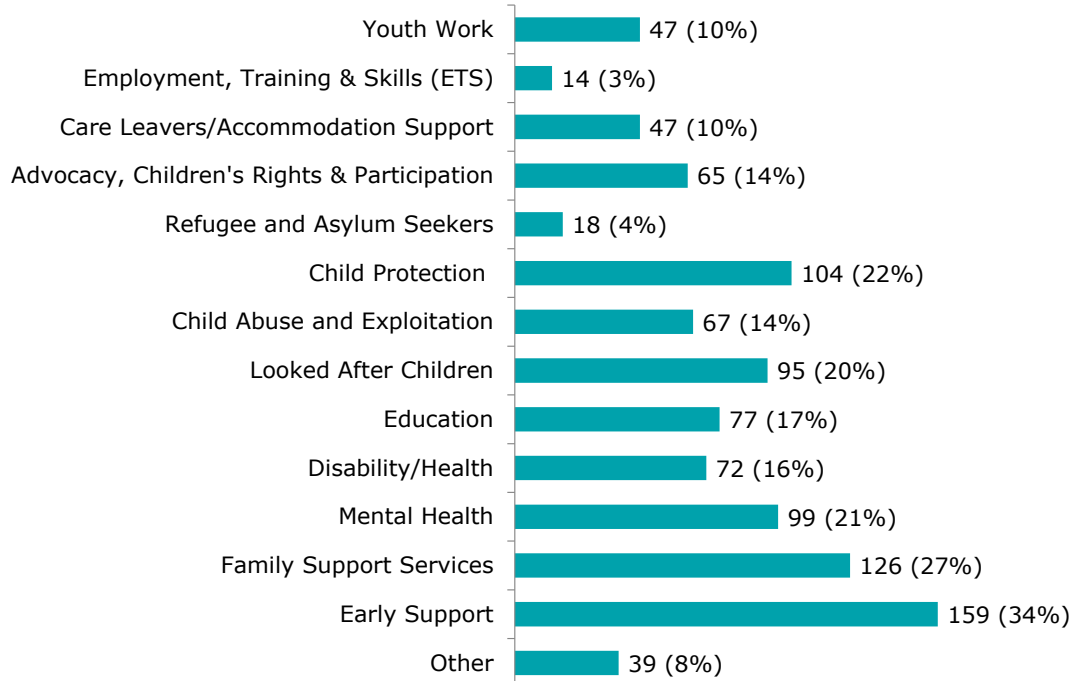
Q. Do you work directly with...? (n=497)



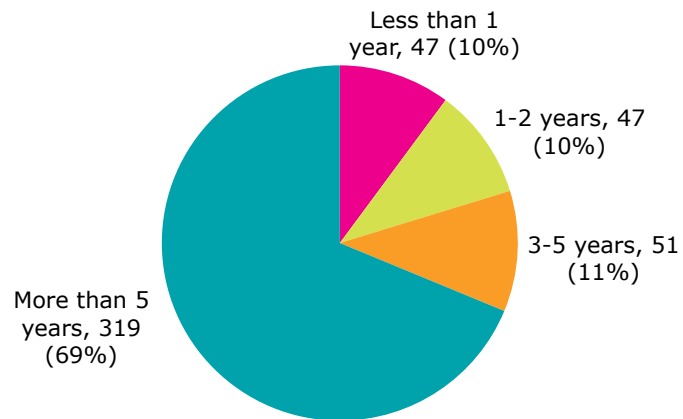
Q. Please tell us which nation or region you work in (n=464)



Q. What type of support does your service provide? (n=464)



Q. How long have you been working directly with children, young people and/or families? (n=464)



Emerging Vulnerabilities

Summary

Respondents were asked whether they have seen any new issues emerging, or heard new things from children, young people and families, over the last few months. A fifth (20%; 60 of 299) said they have seen an increase in mental health and wellbeing issues. Other common responses refer to less support and resources (18%), and poverty and changes to the benefits system (13%).

Respondents' biggest concerns for children, young people and families are:

- A lack of support and resources (34%; 112 of 326)
- Mental health and wellbeing issues (23%)
- Poverty and changes to the benefits system (18%).

Twenty-nine per cent of respondents (93 of 319) felt 'all children, young people and families' are most affected by these concerns. Around a fifth (18%) felt 'low income families, those out of work or reliant on benefits' are most affected, while 8% felt 'children in care' are most affected.

When asked whether there are any emerging issues or concerns for young people from specific ethnic groups, 7% of respondents (15 of 221) said racism, 6% said barriers to accessing support or services, 5% said exploitation; isolation, social exclusion and a lack of belonging; and Brexit and the political climate.

Q. Are there any new issues you are seeing emerging, or new things you are hearing from children, young people, or families, over the last few months?

<i>Base: All who answered this question (299)</i>	<i>n</i>	<i>%</i>
Increase in MHWB issues among CYP and families	60	20
Less support/fewer resources/lack of activities	55	18
No change/nothing new	54	18
Poverty/changes to benefits system	38	13
Increased impact of digital	37	12
Increase in enforced criminal activity/county lines/gang involvement	21	7
More CYP and families affected by substance misuse	20	7
Increasing in housing issues	11	4
Financial issues	9	3
Increase in domestic abuse	8	3
Increase in (knife) crime/youth violence	8	3
Increase in violent/challenging behaviour	8	3
Impact of Brexit	6	2
Increase in need for support for YP with additional needs	6	2
Increase in CYP impacted by CSA/E	6	2
Decrease in school attendance and an increase in exclusion	5	2
More pressure on CYP/families	5	2
More awareness/understanding of trauma (and related issues)	5	2
Reduced sense of belonging, marginalisation, and isolation	4	1
Lack of opportunities	4	1
Language barriers, families being supported not having English as first language	4	1
Increase in family breakdown/crisis	2	1
Increase in attachment issues	2	1
Concerns about environmental issues	2	1
Increase in CYP being diagnosed with ASD	2	1
Increase in identity issues	2	1
Increase in HSB	2	1
Other	38	13
Don't know	2	1

Increase in MHWB issues among CYP and families (n=60)

"Increase in anxiety levels for children."

"Mental health issues appear to be becoming more prevalent at a younger age."

"More and more children are presenting with mental health concerns."

"There appears to be more mental health issues, issues around self-esteem worth and higher anxieties."

Less support/fewer resources/lack of activities (incl. lack of support for mental health issues) (n=55)

"There is insufficient addiction support, consistent support from SS (staffing under crisis) and holistic thinking/services to support the whole family."

"Reduction in support services particularly early intervention and mental health."

"More universal stay and play groups needed to combat isolation."

"Birth parents who have had their children removed - lack of support services to help them to understand why this has happened and how to prevent it happening again."

Poverty/changes to benefits system (n=38)

"Hearing more about poverty and families struggling to make ends meet, using food banks more."

"Poverty especially after the Christmas Break."

"Changes in benefits having a huge effect on already vulnerable families."

Increased impact of digital (n=37)

"Use of online 'sugar daddy' sites."

"Misuse of drugs bought via the internet."

"An increase in internet chat groups."

"Increased concern around sharing of indecent digital images online & CSE."

Increase in enforced criminal activity/county lines/gang involvement (n=21)

"More young people being involved in gangs and CCE."

"In this area fears around gangs, knife crimes, hate crime and social media video posting are currently a massive issue."

"Child Criminal Exploitation (specifically supply of drugs)."

More CYP and families affected by substance misuse (n=20)

"New trends in street drugs but not the overall issue of drugs."

"Substance misuse brings various problems to children and family members."

"Prices of drugs are dropping, easier to buy MDMA than access alcohol."

Increasing in housing issues (evictions, lack of housing) (n=11)

"Not enough accommodation available for under 18s."

"Increase in housing concerns."

"Families being moved up from London and being placed away from their support family network or face homelessness."

Q. What is your biggest concern now for children, young people and families?

<i>Base: All who answered this question (326)</i>	<i>n</i>	<i>%</i>
Lack of support and resources	112	34
MHWB issues among CYP and families	74	23
Poverty/changes to benefits system	60	18
Impact of digital	39	12
CCE/criminal activity/county lines/gang involvement	27	8
Homelessness and housing issues	19	6
Trauma/abuse/ACEs	17	5
Waiting times for support	14	4
CYP/families affected by substance misuse	14	4
Isolation	14	4
Safeguarding issues	14	4
Education (incl. attainment, attendance, lack of support/placements)	14	4
Financial issues (incl. debt, budgeting, money management)	12	4
Lack of early intervention/prevention	12	4
Child sexual abuse/exploitation/sexual harm	11	3
Domestic abuse	11	3
Lack of opportunities/access to opportunities	10	3
Lack of support for children with additional needs (incl. SEN & SPD)	9	3
(Knife) crime/youth violence	7	2
Exploitation (non-specific)	7	2
Thresholds for support	5	2
Increased pressures on CYP	5	2
Low self-esteem/low aspirations	4	1
Language and communication difficulties	4	1
Diet/nutrition	4	1
Bullying	4	1
Families finding it hard to ask for help	3	1
Lack of healthy relationships	3	1
Lack of resilience in CYP	3	1
Lack of motivation	2	1
Parents not prioritising child's needs	2	1
Other	23	7
Don't know	1	*

Lack of support and resources (n=112)

"Funding being lost - lack of services around mental health/PTSD/ASD & ADHD supports for parents/children are not getting the right educational provision as not enough spaces in units and special schools."

"Withdrawal of key services, voluntary services and quality services due to reduction in Local Authority budgets and pressure on Charities & Voluntary organisations."

"There appears to be a huge gap left by the dismantling of support offered by Children Centres."

MHWP issues among CYP and families (n=74)

"Mental health and wellbeing in all age groups."

"Financial situations impacting on mental health of both parents and young people."

"Challenges in the formal systems which understand diagnose and treat mental health needs (i.e. inadequate support and treatment for parents with suspected emotionally unstable personality disorder)."

Poverty/changes to benefits system (n=60)

"Families facing evictions due to universal credits."

"Financial struggles and benefit/employment changes making it increasingly more difficult to survive."

"Poverty is a massive issue as it impacts the ability to end and flee abusive relationships."

Impact of digital (n=39)

"The internet. It can lead to mental health issues, can aid in grooming and CSE cases, bullying etc."

"Social Media and the online lives of young people. Young people now have grown up in an online world so there seems to be a disconnect with older people regarding the level and type of immersion and understanding of the online world."

"The disconnection from society as they rely a lot on living through the internet and reality TV."

CCE/criminal activity/county lines/gang involvement (n=27)

"County lines and lack of intervention and support from social care."

"The grooming of young people via the internet/gangs."

"Gang cultures evolving in and around schools, levels of violence and assault on under 16's on the increase."

Homelessness and housing issues (n=19)

"Unsuitable housing/temporary accommodation creating more issues for already vulnerable families."

"Housing issues caused by universal credit."

"The rising costs of rent in the private sector. Young people are being faced with an impossible task of choosing to pay the rent to keep their homes or eat. They cannot afford to do both."

Trauma/abuse/ACEs (n=17)

"The effects of neglect/emotional abuse, I feel this is not always taken as seriously as physical abuse despite evidence of long-term impact and potential for poor outcomes for young people who have experienced this."

"Neglect - length of time social work involvement and on Child Protection Register with little changing."

"The harm that is being caused by parental separation and DV."

Waiting times for support (n=14)

"Services being restricted due to budgets reducing and long waiting lists for services that are available."

"Access to services, waiting times for mental health services."

"Getting early support when needed, long waiting lists for appointments having to repeatedly see the GP before action."

CYP/families affected by substance misuse (n=14)

"The use and availability of substance both online and in the local community."

"More and more substance and alcohol misuse from very young children/YP."

"More children subject to domestic violence, alcohol and substance misuse and seeing more expectant mothers smoking while pregnant."

Isolation (n=14)

"Not enough free childcare provision for children so they may become isolated at home."

"Exclusion from society due to poverty and lack of inclusion."

"Families slipping through the net who require support due to being isolated at a crucial time."

Safeguarding issues (n=14)

"Not enough staff generally to ensure that the children are safe.

"Lack of funding for community services and an increasing focus on money over safeguarding."

"The children/Young people are listened to and the correct action is taken to safeguard the children, and not overlooked by professionals as in years gone by."

Education (incl. attainment, attendance, lack of support/placements) (n=14)

"Young people are also finding it difficult to access school placements of their choice, some being left with no school provision for considerable length of time especially if they have an EHCP which sometimes works against them when schools are reluctant to take on more children on EHCPs."

"Lack of educational placements for those not in education."

"Not having the right support in school."

Financial issues (incl. debt, budgeting, money management) (n=12)

"Financial difficulties for families."

"Family debts and engagement with low level criminal behaviour."

"Poor money management by parents."

Lack of early intervention/prevention (n=12)

"Crisis intervention rather than early."

"Gaps in support, leading to lack of basic needs and early support/intervention."

"Not getting the early support leading then to crisis."

"That the early intervention required is not being met resulting in crisis situations which could have been avoided."

Child sexual abuse/exploitation/sexual harm (n=11)

"Online safety, sexual harm, poverty."

"Exposure to exploitation - criminal and sexual."

"Sexual exploitation."

Domestic abuse (n=11)

"That not all families can recognize the signs or different types of domestic abuse and tolerate inappropriate behaviours."

"More children subject to domestic violence...."

Lack of opportunities/access to opportunities (n=10)

"That access to opportunity will become restricted, with many young people in this region feeling disconnected from other young people in the UK."

"Not having a safe space outside of school/home, that can provide opportunities for them socially and academically. E.g. lack of community youth centre."

Q. Which groups of children, young people and families do you think are most affected by the concerns you raised above?

Base: All who answered this question (319)

	<i>n</i>	<i>%</i>
All CYP/families	93	29
Low income families/workless/reliant on benefits	58	18
Children in care	27	8
Vulnerable CYP/families	26	8
Teenagers and children aged 16+	25	8
Children with additional needs (including ASD, SEN & SPD)	21	7
CYP and families affected by mental health and wellbeing issues	19	6
CYP/families with disabilities	16	5
Children aged 0-5	16	5
Children aged 5-16	14	4
CYP/families impacted by trauma	13	4
Those from disadvantaged/deprived backgrounds/dealing with deprivation	13	4
Those in deprived areas	11	3
Care leavers	11	3
Refugee and asylum seekers/migrants/ESOL	10	3
CYP and families affected by substance misuse	8	3
All CYP our service/Barnardo's works with	6	2
Families affected by domestic abuse	6	2
Young carers	6	2
Families who do not have a strong support network	5	2
CYP on the edge of care	3	1
Lone/single parent families	3	1
CYP/families affected by homelessness	3	1
CYP with protected characteristics (LGBTQI+, ethnic minorities)	3	1
Young parents	3	1
Adoptive families	2	1
CYP affected by parental/familial offending	2	1
Other	35	11
Don't know	1	*

Q. Do you think there any emerging issues/concerns for young people from specific ethnic backgrounds? (please state the specific ethnic background and emerging issue)

<i>Base: All who answered this question (221)</i>	<i>n</i>	<i>%</i>
No emerging issues/nothing new/not aware of any issues/no experience of this	88	40
Racism (incl. hate crime)	15	7
Barriers to accessing support/services	14	6
Exploitation	11	5
Isolation/social exclusion/lack of belonging/integration	10	5
Issues affect all CYP & families	10	5
Brexit/political climate	10	5
Gangs	9	4
Language/communication barriers	8	4
Support for seeking asylum/rights/settlement status	7	3
MHWB	6	3
Impact of digital	6	3
Lack of support/resources	5	2
Barriers to accessing opportunities	5	2
Domestic abuse	4	2
Services don't reflect diverse communities/don't meet their needs	3	1
Housing/homelessness	3	1
Trafficking	3	1
FGM	3	1
Substance misuse/addiction	3	1
Lack of adopters & foster carers from ethnic minority backgrounds	2	1
Attendance at school/educational attainment	2	1
Safety	2	1
Tension between parents and children, parents holding certain views/beliefs that children raised in the UK don't agree with	2	1
Poverty	2	1
Other	11	5
Don't know	16	7

Racism (incl. hate crime) (n=15)

"Hate crime due to media coverage of national issues such as terrorism/Brexit."

"Recent immigrants face isolation and racism."

"However, society as a whole seems to be far too accepting of racist and homophobic abuse, which is compounded by those in power appearing to condone it and perpetuating it themselves."

"BME families and children living in poverty, coming from disadvantaged backgrounds can face racial harassment."

Barriers to accessing support/services (n=14)

"Being able to access or know about services."

"Families whose first language is not English may struggle to access services."

"Brexit and political issues making it difficult to access appropriate support."

"Roma - accessing language support, hate crime, encouraging attendance at school. Muslim families- hate crime/struggling to access English classes."

Exploitation (n=11)

"The representation of youth violence, criminal and sexual exploitation has shown young people from all backgrounds but I would say that children and young people who have recently relocated to the UK are more susceptible to exploitation."

"Exploitation of refugees and those who are lacking parental supervision."

"Concerns for UASC having no access to public funds/suitable/safe accommodation could put them at more risk to criminal involvement/gang grooming/homelessness etc."

Isolation/social exclusion/lack of belonging/integration (n=10)

"Integration and cohesiveness for refugee families."

"Young people from different ethnic backgrounds, moving into coastal areas where I work can be isolated, and may have not have access to services."

"Brexit has caused huge anxiety and feelings of not belonging."

"YP moved from their community with few ties back to their cultural background. I.e. moved from a predominately Muslim area to a remote Scottish town."

Issues affect all CYP & families (n=10)

"There are emerging issues for children and families from all walks of life."

"I think all sorts of people are affected by the lack of support services."

Brexit/political climate (n=10)

"Brexit and political issues making it difficult to access appropriate support."

"Eastern European - effects of Brexit and uncertainty around their status to remain."

"Eastern Europeans worried about their future because of Brexit."

Gangs (n=9)

"Rise in acceptability/access to gang culture (gaining traction through social media such as YouTube)."

"Emerging gang culture among certain ethnic groups."

Language/communication barriers (n=8)

"Coming to the country and having nowhere to go and language barrier and mental health."

"Language barriers can be a concern."

Support for seeking asylum/rights/settlement status (n=7)

"With a conservative racist prime minister and a looming Brexit, many of our young people from Asian and Eastern European backgrounds as well as other ethnicities are struggling with their place in a society that is constantly debating their rights to be in the UK/human rights."

"For young people who are asylum seekers when waiting for a decision from the home office; there are many issues they have to deal with."

MHWB (n=6)

"... A young person waited over 12 months for a decision and as it got nearer to the court date; I could see a decline in his mental health."

"Yes, trauma based mental health needs are particularly prevalent in parents who have sought asylum from countries with poverty and conflict such as Syria, Africa, Romania, and may have experienced trauma (or been affected by rape or FGM)."

Impact of digital (n=6)

"I am seeing an alarming rise in racism/racist attitudes among young white males/females. Again this is primarily due to the online content they are viewing and being influenced by."

"Rise in acceptability/access to gang culture (gaining traction through social media such as YouTube)."

"Social media continues to impact its own pressures on mental & emotional health."

Funding of Children's Services and Poverty

Summary

The majority of respondents (79%; 284 of 359) felt that cuts in funding for children's services affected the children, young people and families they work with.

Funding cuts were viewed to have the greatest impact on:

- A lack of support (45%; 119 of 264)
- Reduced quality of service (e.g. less time spent with children, young people and families) (14%)
- Support not being available at the right time (delays/waiting lists) (13%).

Thirty per cent of respondents (75 of 249) felt 'all children, young people and parents' are most affected by cuts to children's services. Around a fifth (18%) felt 'low income families' are most affected, while 9% felt 'the most vulnerable children and families' are most affected.

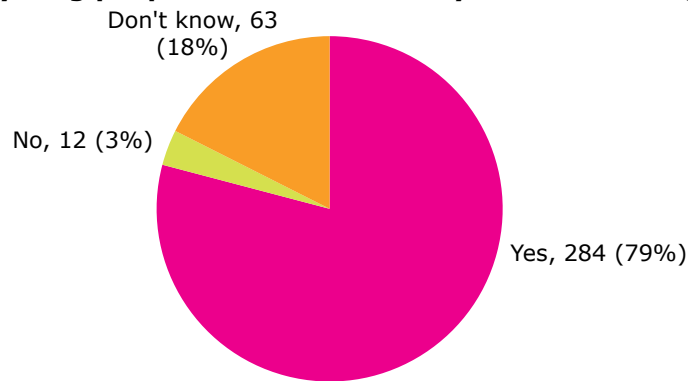
Two thirds of respondents (66%; 229 of 347) said they have given service users food because they're worried they are hungry or will have nothing to eat.

Just over half (53%; 184 of 347) said they have given service users clothing because they're worried they will be cold or will not have enough suitable clothing.

Respondents also helped families experiencing poverty by:

- Accessing food banks, food donations or community meals (33%; 82 of 248)
- Helping with furniture, household goods, bedding and carpets (17%)
- Financial help from applying for grants or urgent payments (16%)
- Providing toys, Christmas presents and decorations (16%).

Q. Have the cuts in funding for children’s services affected the children, young people and families that you work with? (n=359)



Q. What impact is this having on the children, young people and families that you support?

Base: All who answered this question (264)

	n	%
Lack of support	119	45
Reduced quality of service (e.g. less time to spend with CYP/families)	36	14
Support not available at the right time (delays/waiting lists)	34	13
Lack of parenting/early years support	24	9
Impacts access to basic needs	22	8
Lack of support for mental health	20	8
Impacts on MHWB	19	7
Lack of youth provision	19	7
CYP/families who do not meet the thresholds	17	6
Lack of specialist support	15	6
Lack of support network/social isolation	15	6
Higher levels of risk for CYP/families	14	5
Families struggling with finances/debt	14	5
Lack of early intervention/prevention	11	4
Lack of universal services	9	3
Less education services	8	3
Increased sense of hopelessness/frustration from families	5	2
Reduced respite/placements/support for foster carers	5	2
Impacts on life outcomes (crime/health/education)	2	1
Families cannot afford to pay for activities/provision	2	1
Other	19	7

Lack of support (non-specific) (n=119)

"Families are reaching a crisis point more often due to lack of intervention from available services to them."

"Lack of services and input from services which puts massive pressure on the services which are still providing support."

"Not enough services especially for young parents and those out of education."

Reduced quality of service (e.g. less time to spend with CYP/families) (n=36)

"Less support and not enough time to work with the families to not only empower them, but to offer support when we close cases."

"Unable to give the YP the appropriate time to discuss issues as I need to get to my next appointment."

"Workers capacity limited due to high workload results in children and young people continuing to have multiple workers because people leave their post."

Support not available at the right time (delays/waiting lists) (n=34)

"Wait times for health services, mental health, counselling, CAMHS."

"They can't get the support that they need or they have to wait a long period of time before they are seen by services."

"Long waiting lists for services and lack of consistent support."

Lack of parenting/early years support (including closing children's centres) (n=24)

"Parents say they are not supported as there is no early intervention support services available (for example through children's centres)."

"Many of the young mothers I work with are struggling with a lack of sure starts and young mother groups and support."

"We are unable to have direct contact with some of these families due to children centres being closed."

Impacts access to basic needs (n=22)

"We are making more referrals to food banks and classroom assistant services in schools have been drastically cut resulting in an increase in non-school attendance and anxiety around school."

"There is less money available to help young people out with things such as extra food, power etc."

"Lack of money for living expenses day to day expenses, school uniforms, food, lack of housing or adequate housing."

Lack of support for mental health (n=20)

"Impact on young people receiving appropriate intervention in regards to Mental Health."

"Lack of therapeutic support. Waiting times for any therapeutic support available."

"There are reduced counselling services available via the GP and schools don't have funding for these 'extras'."

Impacts on MHWB (n=19)

"It has had an effect on the family's mental health and ability to provide care."

"They feel less supported and have a decline in mental well-being."

"Loss of hope, impacting on mental health, having to access food banks."

Lack of youth provision (n=19)

"Access to services and opportunities to engage in positive recreational activities are very limited."

"Lack of investment in local youth services. Play service was stopped. Now trying to revive youth services in a different form but there have been years of no services available for local youths."

"Very limited support services and no youth projects available."

"No youth clubs. Young people hanging out can sometimes be risky when they are already vulnerable."

CYP/families who do not meet the thresholds (n=17)

"Waiting lists, lack of services in area, threshold changes higher to access services."

"Not enough workers to provide support, thresholds are higher for support, support when it happens is of shorter duration."

"Much higher thresholds for services so less early interventions."

Lack of specialist support (n=15)

"There is less services and staff to offer tenancy support and mental health support and longer waiting lists."

"Little access to specialized services."

"Less access to intensive, specialist services."

"Lack of specialised services i.e. counselling, education support, therapies etc."

Lack of support network/social isolation (n=15)

"They feel more isolated, less cared about and less supported."

"Lack of IAG, places for YP to get support, to be a part of a community, creating isolation, lack of hobbies and interests, reduced confidence in young people."

"Families are more isolated than ever before, due to cuts to services, cuts to benefits living in housing which is not adequate."

Higher levels of risk for CYP/families (n=14)

"There is little for young people to do in terms of youth clubs, activities, fitness etc. There is also limited things services can offer and time etc. so Police and social care for example are often unable to safeguard due to lack of capacity and money to do so."

"It means that children who have been referred are having to wait longer for intervention. If the service cannot take on any more referrals, it puts that young person and family at risk."

"Families are at risk of going in to crisis due to the lack of support they have."

Families struggling with finances/debt (n=14)

"Universal credit - parents having to manage their finances on a monthly basis is affecting their children."

"Having to give out food bags more regular suffering from debt and mental health."

"Worried about job security and payment of housing and threats of losing their home due to rent increases or short tenancy."

Lack of early intervention/prevention (n=11)

"Not enough support in early intervention. There are many more referrals coming through but not enough staff to be able to support the family's needs as quickly as would like."

"Early intervention is delayed due to capacity. Lack of training for staff supporting so interventions can take longer."

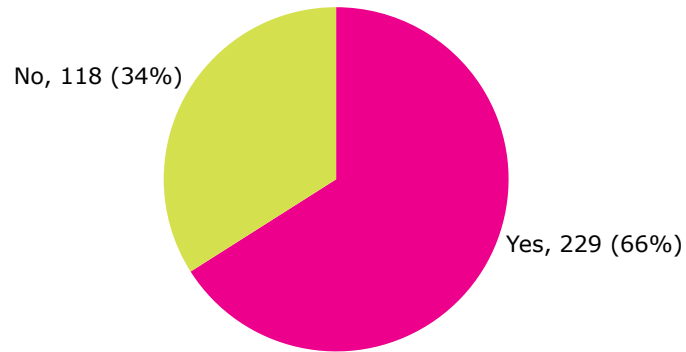
"Children are being missed by the system. Children who should have been identified sooner with special needs are not being put on the appropriate pathways early enough resulting in a delay of special support."

Q. Which groups of children, young people and families do you think are most affected?

Base: All who answered this question (249)

	<i>n</i>	<i>%</i>
All children/parents	75	30
Low income families	44	18
The most vulnerable children and families	23	9
Families affected by MHWB issues	19	8
Looked after children	17	7
CYP/families with additional needs (incl. SEN and SPD)	12	5
Care leavers	11	4
Children aged 0-5	11	4
Children aged 5-16	10	4
Those with a disability (not specified)	10	4
Families affected by domestic abuse	9	4
Teenagers and children aged 16+	8	3
Young carers	7	3
Children affected by MHWB issues	5	2
Families affected by substance misuse	5	2
Migrants, asylum seekers and new communities/ESOL	5	2
Those impacted by trauma and by ACEs	5	2
Homeless people/CYP and families in temporary housing	5	2
Those supported by Barnardo's	5	2
Children and families who statutory services struggle to engage with	4	2
Families who do not have a strong support network	4	2
Lone/single parent families	4	2
Young people	4	2
Young parents	4	2
Families with children with ASD	3	1
BAME CYP/families	3	1
Those living in rural areas	3	1
Families with disability	2	1
CYP/families awaiting diagnosis	2	1
Those living in areas of deprivation	2	1
New parents	2	1
Other	22	9

Q. Have you ever given service users food because you're worried they are hungry, or will have nothing to eat? (n=347)



Q. Have you ever given service users clothing because you're worried they will be cold or don't have enough suitable clothing? (n=347)



Q. Have you helped families experiencing poverty in other ways? If so please tell us how

<i>Base: All who answered this question (248)</i>	<i>n</i>	<i>%</i>
Accessing food banks/food donations/community meals	82	33
Help with furniture/household goods/bedding/carpets	41	17
Financial help from applying for grants/urgent payments	39	16
Toys/Christmas presents/Christmas decorations	39	16
Signposting to other charities/organisations for support	37	15
Advocacy around debts, benefits, immigration & housing	31	13
Help with clothing/school uniform	30	12
Help with transport (incl. travel costs)	28	11
Help with heating/fuel costs	22	9
No	21	8
Supported trips/activities/holidays	14	6
Budgeting help	9	4
Help with baby equipment	9	4
Help with personal care items	9	4
Support to access education/training/employment	7	3
Use of technology (phones/computers)	6	2
Support to access health care	4	2
Raising issues on behalf of the service user	3	1
Other	11	4

Accessing food banks/food donations/community meals (n=82)

"Signposted to churches that offer hot meal."

"As a service we regularly support families to access food banks and clothing services."

"Also through our community cafes we run and able to supply surplus food from supermarkets."

Help with furniture/household goods/bedding/carpets (n=41)

"We have supported families with household items (basic) support to travel."

"In the past I have helped families' source essential items for their homes and accessed the amenity funds."

"I have referred families for support with food and furniture and made applications for utility arrears."

Financial help from applying for grants/urgent payments (n=39)

"It is also a regular occurrence to provide young people with a food bank voucher and support them in accessing universal credit hardship loans where appropriate (i.e. multiple sanctions)."

"Supported them to access grants, supported them to claim appropriate benefits, signposted and referred to other services for financial support."

"Food bank vouchers and charity grant applications."

Toys/Christmas presents/Christmas decorations (n=39)

"We always send families at Christmas presents for children who won't get anything and we have also made up food parcels on odd occasions for families who are struggling."

"Vouchers at Christmas time to feed and buy gifts for children, provided money for transport and utilities for heating and electricity."

"Particularly at Christmas, ensuring parents have presents to give their children but also decorations etc."

Signposting to other charities/organisations for support (n=37)

"With emotional support and signposting to other services, support in accessing other services."

"Referred lots of families to finance support services for expert advice."

"Signposting to other skilled agencies - citizens advice etc."

"Referrals to food bank and Salvation Army."

Advocacy around debts, benefits, immigration & housing (claiming benefits/filling in forms etc.) (n=31)

"We have helped them apply for further benefits and referred them to food banks."

"Support to improve their housing conditions."

"Referrals to debt management services/legal aid/food banks/ budgeting/ cooking etc."

"Advocacy with debts. Help with complicated forms for including appeals for debt or benefits. Items for properties including carpets and furniture."

Help with clothing/school uniform (n=30)

"We receive Fare Share food from Tesco and clothing donations which young people can access."

"We have occasionally helped yp and their families with donations of clothing from our stores or managed to get them a clothing grant from the social fund."

"I have applied for the Barnardo's children in crisis fund to provide school uniforms and shoes."

Help with transport (incl. travel costs) (n=28)

"We cover travel costs so that families can attend activities together."

"Transported care leavers to college enrolment, meetings etc."

"Reimbursing travel costs to and from sessions."

Help with heating/fuel costs (n=22)

"Food, blankets, topped up bus passes, provided cots, hot water bottles, topped up electricity."

"Fuel bank when that was available for them to have gas and electric."

"Getting money put onto energy cards so that they have light and heat."

Supported trips/activities/holidays (n=14)

"I have provided new experiences to children that don't have the opportunity to do otherwise, such as: trips, cinema, and swimming pool."

"Family holidays - charity assisted caravan breaks."

"Helped to find out about after school activities that the families didn't have to pay for if on certain benefits, so this helped family budget. Also looked for support for holidays for families in need of a break."

Christmas

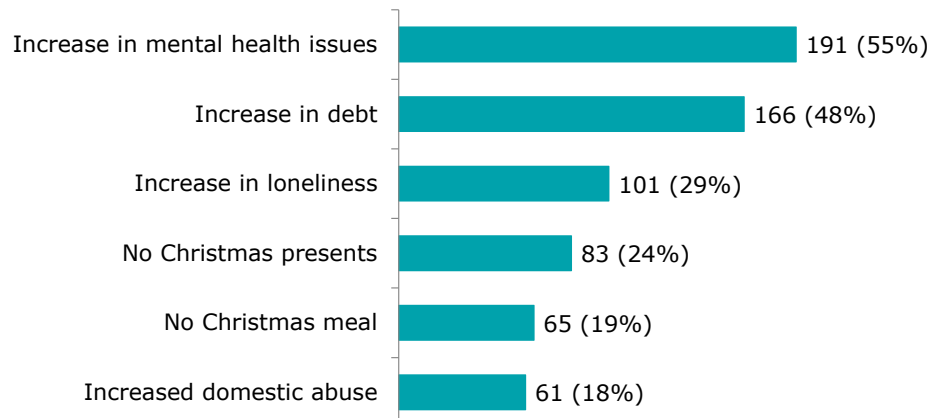
Summary

More than half of respondents (55%; 191 of 347) said the children, young people and families they support, who would normally celebrate Christmas, experienced an increase in mental health issues over the Christmas period. Forty-eight per cent of respondents said those they support experienced an increase in debt, while 29% said they experienced an increase in loneliness.

Respondents said the reasons for this are:

- The financial pressure of Christmas presents (33%; 73 of 218)
- Isolation (those not in contact with family) (24%)
- Poverty (20%).

Q. Did any of the children, young people or families you support, who would normally celebrate Christmas, experience any of the following over the Christmas period? (n=347)



Q. If you ticked any of the above, what were the reasons for this?

<i>Base: All who answered this question (218)</i>	<i>n</i>	<i>%</i>
Financial pressure of Christmas presents	73	33
Isolation (those not in contact with families)	53	24
Poverty	43	20
Family pressure/dynamics	27	12
Benefit changes/cuts	27	12
Portrayal of Christmas/expectations	17	8
Increased alcohol consumption/substance misuse	14	6
Services/school closed over Christmas	10	5
Change in routine	7	3
Other	22	10
Don't know	5	2

Financial pressure of Christmas presents (n=73)

"We find that it is working families that are more affected by not having enough to buy their children presents etc. parents report to us the stress they feel over Christmas and this leads to arguments."

"The extra expense at Christmas and outside pressure to buy gifts etc."

"Prioritising Christmas presents over essential living items due to embarrassment."

"Pressures to provide gifts and 'the Christmas experience'."

Isolation (those not in contact with families) (n=53)

"Care leaver with no family contact."

"Christmas is always a difficult time for children who are looked after due to being away from their families and this is a very emotive time."

"Unsupported, afraid to ask for help. Isolated from family members."

Poverty (n=43)

"Parents struggling to buy presents, due to low income."

"Living in a homeless shelter, break up of relationships, wages not enough to cover outgoings."

"Lack of support, benefits not being able to stretch to cover everything."

Family pressure/dynamics (n=27)

"Families cooped up in accommodation too small for the numbers."

"Lack of money within the families, increases pressure and stress on the family relationships."

"Added pressures within family dynamics. Lack of extended family support and increasing strain on basic living expenses."

Benefit changes/cuts (n=27)

"The stress of having to buy presents some families did not receive their UC until 23rd or 24th December."

"Increased debt due to changing over to universal credit."

"Families have been affected by benefit cuts and universal credit being in force, also the bedroom tax has affected families."

Portrayal of Christmas/expectations (n=17)

"The media show Christmas as family time. Many of our YP do not have contact with their families. This is a hard time for them."

"Higher level of pressure and societal expectations on parents, as well as from CYPs regarding gifts/presents (technology etc.)."

"Parents feel under pressure to provide presents which they cannot afford. Issues increase over the xmas period and the pressure for a "perfect family"."

Increased alcohol consumption/substance misuse (n=14)

"Christmas is always a difficult time as increased alcohol consumption, family pressure and stresses."

"More alcohol consumption brings back bad memories for some, isolation."

"Parents with addictions problems, who had been coping well, increased their intake of drugs/alcohol over the Christmas period impacting their children in many ways."

Services/school closed over Christmas (n=10)

"Lots of time spent with family and time away from school/seeing professionals while the country shuts down for xmas."

"Lack of support over xmas period."

"No school or nurseries open and with limited services or outside events happening over Christmas period."

Housing and Young Carers

Summary

A third of respondents (34%; 119 of 346) have supported someone who is a young carer, over the last year.

Respondents said young carers' main daily challenges at home are:

- Their own needs not being met/a lack of support (26%; 27 of 103)
- The impact on their mental health/anxiety about parent (21%)
- Isolation from friends (20%).

Around two fifths of respondents (42%; 47 of 111) have supported young carers who live in accommodation unsuitable for them and their family's needs.

A little over half of these respondents (53%; 24 of 45) said the accommodation was unsuitable because it was too small or overcrowded. Other common responses refer to the accommodation being unsuitable for family members with mobility needs, disabilities or illnesses (40%), and the accommodation being in a poor or run down condition (29%).

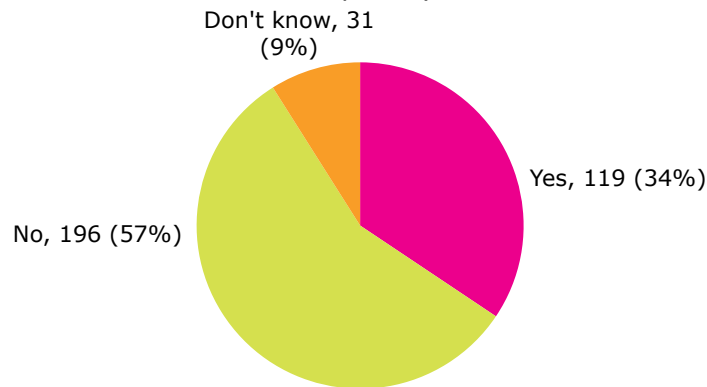
Around a third of respondents (32%; 35 of 110) said only some of the young carers they support, who are in education, have a desk or quiet space to do schoolwork at home. Almost half (47%; 52 of 110) said only some of the young carers they support feel able to have friends over and relax or socialise at home.

Half of respondents (51%; 35 of 69) said living in unsuitable housing impacts young carers' mental health and wellbeing. Thirty per cent said it leaves young carers with no space, privacy or time to themselves, while a quarter (26%) said it adds to their caring responsibilities.

A quarter of respondents (25%; 26 of 106) have supported young carers who are thinking of leaving home.

When asked to describe what support these young carers need, or what barriers they face, 39% of respondents (9 of 23) felt young carers face feelings of guilt, 26% felt young carers face financial difficulties, and 26% felt young carers have concern about a lack of alternative support for family members requiring care.

Q. Over the last year, have you supported anyone who was a young carer? (n=346)



Q. What do young carers say are their main daily challenges at home?

Base: All who answered this question (103)

	n	%
Their own needs not being met/lack of support	27	26
Impact on their mental health/anxiety about parent	22	21
Isolation from friends	21	20
Balancing school work/attendance	20	19
Not enough time to themselves	14	14
Looking after siblings	11	11
Too many responsibilities	6	6
In-home violence	4	4
Homelessness/housing issues	3	3
Other	12	12
Don't know	1	1

Their own needs not being met/lack of support (n=27)

"Their own emotional and physical needs not being met."

"Not being supported practically and emotionally."

"Feeling unsupported, undervalued and unrecognized."

"Balancing their role as a young carer and being able to develop and experience life as close to their non-young caring peer."

Impact on their mental health/anxiety about parent (n=22)

"Caring for parent's mental health at the cost of their own mental health and wellbeing."

"Managing their own and the person they care for mental health."

"Worrying about the person they care for."

"Worrying about parents while at school."

Isolation from friends (n=21)

"Having time to socialize and be themselves (a child/YP)."

"Many including isolation from friendship groups."

"Not enough time to see friends, or have time to themselves to relax."

Balancing school work/attendance (n=20)

"The responsibility they have whilst balancing school."

"Not having time to do what they want and school work due time spent caring for others."

"Balancing caring for a parent and completing school work."

Not enough time to themselves (n=14)

"Having too little time to themselves."

"Not having time to themselves or with friends."

"Finding time for their school work/ social life."

Looking after siblings (n=11)

"Support their siblings and parent with basic needs and appointments and school."

"Looking after siblings and chores."

"A lot of young carers have siblings with disabilities and impact of their siblings needs have on the rest of them, unable to go out as a family."

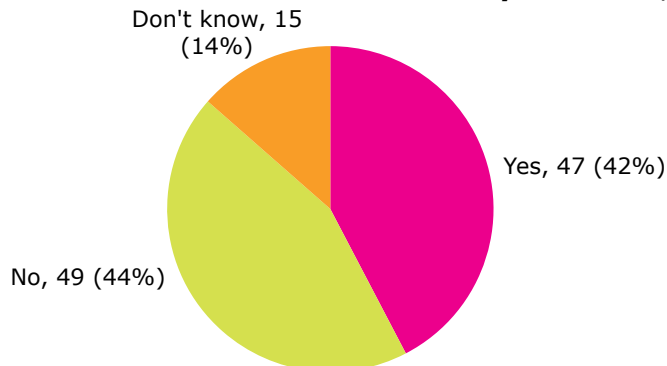
Too many responsibilities (n=6)

"Completing all tasks."

"Too many responsibilities."

"Money, friendships, relationships in general, sleep sometimes, "juggling"."

Q. Have you supported young carers who live in accommodation which is unsuitable for them and their family's needs? (n=111)



Q. If yes, why would you say it was unsuitable? (e.g. too small, no private space, run down etc.)

Base: All who answered this question (45)

	n	%
Accommodation is too small/overcrowded	24	53
Accommodation is unsuitable for family members with mobility needs, disabilities or illnesses	18	40
Accommodation is in a poor/run down condition	13	29
Accommodation has little privacy/private space	9	20
Accommodation is damp	4	9
Accommodation has inadequate electricity and/or heating	3	7
Accommodation is considered dangerous (e.g. unsafe/vulnerable to exploitation/'cuckooing', etc.)	3	7
Accommodation is isolated from network	2	4
Other	5	11
Don't know	1	2

Accommodation is too small/overcrowded (n=24)

"Over crowded - often visit large families living in small flats - most common issue."

"Overcrowded and no privacy."

"Too small resulting in overcrowding."

Accommodation is unsuitable for family members with mobility needs, disabilities or illnesses (n=18)

"Not suitable for the disability, too small, steep steps, damp."

"Run down, isolated as parent mobility unable to go up/down stairs."

"Unsuitable for parents' needs (stairs, not wheelchair friendly, no downstairs loo). Beds and commodes in downstairs areas, nowhere to eat."

Accommodation is in a poor/run down condition (n=13)

"Run down, often shared communal areas/entrances. Damp inside, home repairs not completed by the council, overcrowding."

"Neglected properties in poor conditions, without electricity, being exploited by homeless (cuckooing)."

"Cold, poor condition, lack of basic home comforts."

Accommodation has little privacy/private space (n=9)

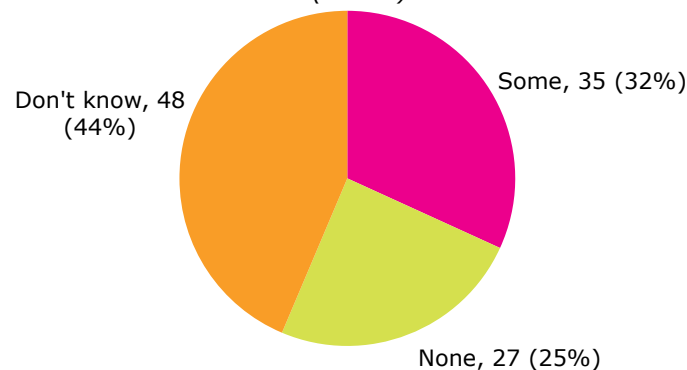
"They lived in a homeless hostel - the room was completely unsuitable and offered no privacy what so ever."

"No private space and unable to meet disabled parent's needs."

"No private space."

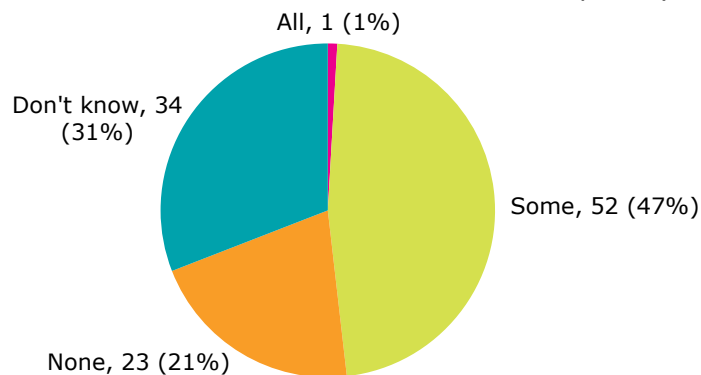
Q. Do all of the young carers you support who are in education have a dedicated desk and quiet space to do school work at home?

(n=110)



Q. Do the young carers you support feel they are able to have friends over and relax/socialise at home?

(n=110)



Q. How does living in unsuitable housing affect young carers?

<i>Base: All who answered this question (69)</i>	<i>n</i>	<i>%</i>
Impacts on their MHWB	35	51
No space/privacy/time to themselves	21	30
Adds to their caring responsibilities	18	26
Affects their social life/relationships with peers	12	17
Affects their physical health & development/self-care	9	13
Impacts on their education, employment or training	7	10
Increases (feelings of) isolation/loneliness	7	10
Affects their confidence/self-esteem & resilience/feelings of self-worth	5	7
Affects relationships within the family	4	6
Their home is not/does not feel like a safe place	2	3
Other	1	1

Impacts on their MHWB (n=35)

"Impact on emotional well-being - e.g. due to overcrowded or temporary accommodation, frustration, anger, worry, shame, unable to focus in school, affects relationships within the family."

"Strain to mental health/lowers likelihood of them achieving at school and being able to spend time with friends in a safe environment."

"Affects their mental health, tearful, not able to have their own space to go to."

No space/privacy/time to themselves (n=21)

"There is nowhere to go to get away from their parent's illness/ behaviour. Where there are lots of children they are more likely to become carers for younger siblings just because they are in the same rooms."

"The young carer I supported had no privacy. The hostel was not decorated nicely - was dingy and cramped."

"No personal space because of family medical equipment."

"No sense of 'being away from it all'. No space for themselves."

Adds to their caring responsibilities (n=18)

"Adds to the worries they already have and make everyday tasks harder."

"Increases their caring role - for example a child following their parent up and down the stairs as there is no stair rail/chair lift so that they don't fall."

"Makes their daily life even more of a struggle."

Affects their social life/relationships with peers (n=12)

"Affects social relationships as they cannot have friends over."

"Impacts on social life, low self-esteem and higher levels of stress."

"They don't have space to concentrate in their studies, relax on their own or invite friends to socialize."

Affects their physical health & development/self-care (e.g. affects sleep, diet, etc.) (n=9)

"Unable to reach their developmental milestones. Unable to concentrate, completed their homework, enjoy quiet time."

"Unsuitable housing for disabled parents means that carers are lifting/pushing and supporting parents in ways which might be detrimental to their own physical health (in bathrooms and on stairs for example)."

"Also sleep disturbance - often difficult in teenagers but further increased - knock on effect to everything else."

Impacts on their education, employment or training (n=7)

"Strain to mental health/lowers likelihood of them achieving at school and being able to spend time with friends in a safe environment."

"Inability to get to school regularly."

"It makes it harder for them to socialise, attend school and make friendships."

Increases (feelings of) isolation/loneliness (n=7)

"Socially isolating, lack of confidence and self-esteem, pressure and responsibility."

"Increases the feeling of loneliness, social isolation."

"Isolates them and puts more pressure on them."

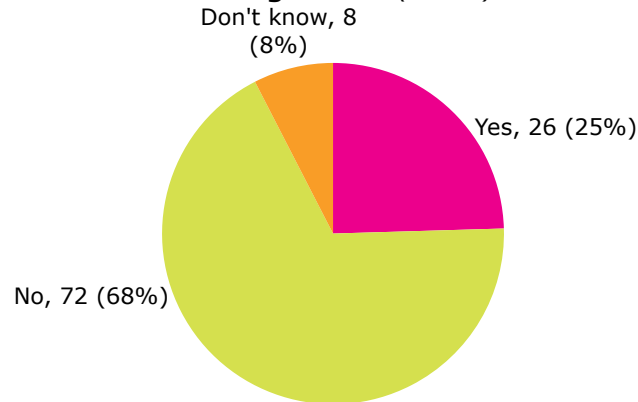
Affects their confidence/self-esteem & resilience/feelings of self-worth (n=5)

"Self-esteem low, decrease in resilience, isolation."

"It affects her emotional well-being, self-esteem and resilience."

"Poor mental and physical health. Lack thereof of self-worth and low expectations."

Q. Have you supported young adult carers who are thinking of leaving home? (n=106)



Q. If yes, what support do they need/what barriers did they face?

Base: All who answered this question (23)

	n	%
Feelings of guilt	9	39
Financial difficulties	6	26
Concern about lack of alternative support for family member requiring care	6	26
Lack of social/practical support for the move	5	22
Finding suitable accommodation	4	17
Support around their own mental health	3	13
Worries about siblings	2	9
Other	5	22

Feelings of guilt (n=9)

"Feeling guilty for wanting to leave. Feeling judged for wanting to leave."

"Money, feeling as though they were walking out on siblings."

"Often feelings of guilt for wanting to leave, they feel trapped with no extra support for them to move out."

Financial difficulties (n=6)

"Financing their own housing."

"Financial, lack of available spaces in supported accommodation."

"Affordable/available housing near to family, with whom they have spent years having very strong ties."

Concern about lack of alternative support for family member requiring care (n=6)

"Who will provide the alternative care?"

"Who is going to fill their caring role when they leave?"

"Having support for the people they care for."

Lack of social/practical support for the move (n=5)

"Help managing tenancy and getting goods for tenancy."

"Looking for the correct accommodation. Support to tell their parents. Support to set up the move."

"They need support to access independent living. They are not priority, sometimes they don't want to leave the parent without support."

Gaming (Online) and Online Child Sexual Exploitation

Summary

Over the last year, in total, 18% of respondents (62 of 340) have supported someone who has had negative experiences of online gaming, and 20% have supported parents, carers, or other supportive adults in children's lives to respond to online gaming concerns about their children. This included concerns around: excessive use of online gaming (68%, 60 of 88); exposure to harmful content (55%); and, cyber bullying or threats (47%).

Forty-four percent of respondents (38 of 86) said this led to children experiencing sleep issues, 34% said it led to children experiencing isolation or loneliness, and 34% said it led to children experiencing stress or anxiety.

Respondents had encouraged positive examples of 'online play' by: discussing or proposing time limitations (30%; 24 of 80); undertaking work around online safety and responsible use (23%); encouraging parents/carers to supervise and monitor the child's use (13%); and, providing support, advice and education to parents/carers (13%).

When asked what is needed to ensure the negative impacts of online gaming are reduced, around a quarter of respondents (26%; 19 of 74) felt parents/carers taking more control by increasing monitoring or setting boundaries is needed, 26% felt more responsibility on the industry is needed, and 19% felt increased parent/carer knowledge, awareness and support is needed.

Around a fifth of respondents (18%; 14 of 79) felt 'all children and young people' are particularly vulnerable to being impacted by online gaming. Fourteen per cent felt 'children and young people who are isolated or lonely' are, while 11% felt 'children and young people with additional needs', and 'children and young people with poor social skills or low self-esteem' are.

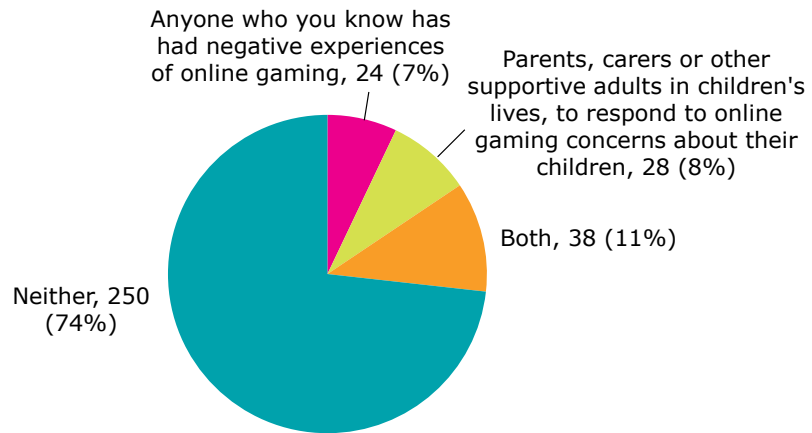
In relation to children's use of online games, respondents' biggest concerns are: online grooming, abuse or exploitation (48%; 40 of 83); impact on mental health and well-being (25%); and, isolation or loneliness (18%).

A little under a quarter of respondents (23%; 77 of 339) said they have supported someone who has had positive experiences of online gaming. The majority of these respondents (70%; 54 of 77) said this included the service user feeling less lonely and isolated.

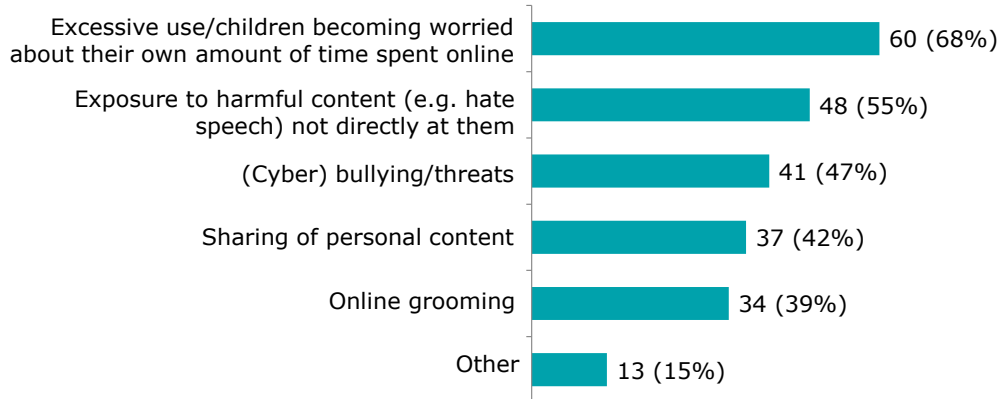
Six per cent of respondents (21 of 339) have supported children and young people who have purchased 'loot boxes'. Of these respondents, 3 of 21 said this resulted in problem gambling. When asked to describe what impact this had, the majority (7 of 12) said it led to financial problems within the family.

Over the last year, four per cent of respondents (14 of 339) have supported a child under 10 who has been sexually exploited or abused by an adult online. The majority of these respondents (10 of 14) said this exploitation or abuse occurred through social media sites.

Q. Over the last year, have you supported...? (n=340)



Q. Did this include concerns around...? (n=88)



Q. What impact has this had on children? Can you provide examples? (E.g. poor mental health/anxiety, sleep deprivation, isolation/loneliness, borrowing money from others, family tensions)

Base: All who answered this question (86)

	n	%
Sleep issues or concerns	38	44
Isolation/loneliness	29	34
Stress/anxiety	29	34
Family tensions	26	30
Poor mental health/increased mental health issues	24	28
Finances	20	23
Impacts on school	18	21
Difficulty managing emotions	18	21
Bullying/cyberbullying/threats	8	9
Negatively impacts self-confidence/self-esteem	6	7
Increased risk of exploitation	6	7
Depression	4	5
Worry/fear/feeling unsafe	4	5
Impacts negatively on social skills/development	4	5
Lack of physical activities/exercise/outside play	3	3
Results in police involvement/police investigation	2	2
Suicidal ideation/self-harm	2	2
Inappropriate talk/language	2	2
Impacts on relationships with peers	2	2
Other	15	17

Sleep issues or concerns (incl. sleep deprivation/poor sleep) (n=38)

"Loss of sleep because playing games into the late night/early morning."

"Sleep deprivation and very poor sleeping patterns."

"The impact of this is a very tense child-parent relationship, lack of sleep which impacts on the child's ability to go to sleep and they can withdraw into a safe place, becoming more and more physically isolated."

Isolation/loneliness (n=29)

"Isolated from family and friends."

"Poor mental health, relationships at school and poor attendance, isolation from friends."

"Isolation - Young people spending hours online alone in bedrooms playing 'online gaming'."

Stress/anxiety (n=29)

"Increase in mental health problems especially anxiety."

"Poor mental health/anxiety, sleep deprivation and bad behaviour towards parents and at school."

"Poor mental health/anxiety and tension within the family home."

Family tensions (negative impact on family relationships) (n=26)

"Fighting/arguing with family and peers over gaming and time spent on this."

"Family tensions/aggressive behaviour toward carer."

"Many parents I work with often ask for support in reducing the child's time online. They experience very challenging situations where they are trying to get their child off their console and are met with verbal and/or physical aggression."

Poor mental health/increased mental health issues (n=24)

"Poor mental health, lack of sleep."

"Poor mental health. Anxiety. Worries. Low self-confidence."

"Poor mental health very low self-esteem and confidence to socialize face to face."

Finances (debt/borrowing money/stealing [money]/pawning items) (n=20)

"Stealing money from family."

"Borrowing money from other service users and friends to pay for their gaming, borrowing money from their online friends to pay for things, stress from having debts to many people, anxiety from debts, the need for instant gratification and dismissal of things that may take time."

"Poor mental health, suicidal ideation, isolation, pawning items, getting in debt, making fraudulent claims."

Impacts on school (poor school attendance/attainment/decline in school work/lateness/absence, etc.) (n=18)

"It can cause the young person to become isolated, and withdrawn, not wanting to engage in school and with family, and experience anxiety and sleep deprivation."

"Child does not/cannot attend school."

"Being afraid to attend school, being afraid to leave the house, increase in mental health issues including anxiety and depression."

Difficulty managing emotions (behavioural issues/anger/aggression) (n=18)

"Difficulty managing heightened emotions."

"The children's behaviour has become more difficult to manage - the child unwilling to put the iPad away because they are playing a game."

"Sleep issues mainly and anger/behaviour."

"Young people more agitated and angry because the gaming is an addiction."

Bullying/cyberbullying/threats (n=8)

"Young people I work with have experienced online bullying and threats."

"Poor mental health and bullying resulting in a change of school."

"Cyberbullying and exposure to harmful content lead to depression."

Negatively impacts self-confidence/self-esteem (n=6)

"Sleep deprivation, poor mental health very low self-esteem and confidence to socialize face to face."

"Social skills deteriorate low self-esteem."

"Anxiety, worry, isolation, escalating behaviours, deteriorating self-confidence and self-esteem, lack of sleep/relaxation."

Increased risk of exploitation (n=6)

"Grooming has occurred which has resulted in YP sharing images which have then been viewed by other YP resulting in distress."

"Increased risk of sexual exploitation."

"Attempts by dangerous adults to contact children, prevent referrals, arranging to meet with other children in places vulnerable to exploitation."

Q. How have you encouraged and discussed positive examples of 'online play'?

Base: All who answered this question (80)

	n	%
Discussed/proposed time limitations	24	30
Undertaken work around online safety/responsible use	18	23
Encouraged parents to supervise/monitor use/take more interest in child's use	10	13
Provided support/advice/education to parents/carers	10	13
Proposed/discussed/created rules and boundaries/house rules on use	7	9
Provided training or information (unclear who to)	5	6
Suggested (more) appropriate/educational games/apps to play	4	5
Advised/provided info on safety measures (e.g. parental controls, restrictions on websites, change phone number)	4	5
Signposted/referred to/shared details of other sites/orgs who can help/Worked with other agencies	4	5
Proposed use of rewards	2	3
Discussed pros and cons of gaming/impact on children	2	3
Linked gaming to lack of development/opportunities	2	3
Encouraged healthier alternatives for down time	2	3
Other	14	18

Discussed/proposed time limitations (n=24)

"Talking to parents about limiting the time on their children's iPad and console, putting parenting control on both, been assertive with instructions."

"I have introduced the idea of applying restrictions on websites, and creating boundaries with between parent/carer and children. This included a cut-off period in the evening until the following day, requesting passwords for profiles, using the family computer, and being understanding and patient of their child's behaviours."

"Boundaries around time spent on games, ensuring screen time is over well before for bedtime routine begins, quality time spent with significant adults."

Undertaken work around online safety/responsible use (n=18)

"Yes and used online resources to support safe and appropriate use."

"We discuss boundaries and rules around online safety."

"Talks on being safe online."

Encouraged parents to supervise/monitor use/take more interest in child's use (n=10)

"Encouraged parents to take an active interest in the games and sites their child/YP is using."

"Talked to both adults and children about limiting time on there and parents knowing who the child is speaking to, so having adults known to the children to play with them on the online game."

"Encouraging less screen time before bed and parents to take more interest in what their child is doing online."

Provided support/advice/education to parents/carers (n=10)

"Arranged parent discussion groups to share information to support changes in the family home."

"Family meeting and individual sessions with parents/carers."

"Provided parents with guidance, resources and advice on managing the gaming."

Proposed/discussed/created rules and boundaries/house rules on use (n=7)

"Encouraging boundaries and family time on consoles rather than solo play."

"Suggested they use electronic equipment downstairs within the family home and agree some rules and boundaries on use."

"Supported parents and young people who wanted to limit screen time and decided boundaries they would set themselves."

Provided training or information (unclear who to) (n=5)

"Talked through being safe online... NSPCC quiz used."

"Shown examples of resources that support positive online gaming."

"Provided regular up to date training/signposted to organizations that provide guidance/shared good practice among carers."

Q. What do you think is needed to ensure negative impacts of online gaming are reduced?

Base: All who answered this question (74)

	n	%
Parents/carers to take more control	19	26
More responsibility on industry	19	26
Increased parent/carer knowledge/awareness/support	14	19
Limiting screen time	11	15
More education/information/awareness raising	10	14
Provision/promotion of positive offline alternatives	8	11
More education/information for CYP	8	11
Honest, open discussions on positives and negatives and sharing experiences	6	8
Education/discussion on online safety	4	5
Greater awareness of what to do when in trouble/recognising & reporting online abuse	4	5
Not to have online gaming (for u-16s)	3	4
Early intervention/identification of risk indicators	2	3
Increase awareness among adults other than parents/carers (e.g. schools/teachers)	2	3
Other	6	8
Don't know	3	4

Parents/carers to take more control (via, e.g. increased monitoring, set boundaries, expectations, ground rules, set parental controls, etc.) (n=19)

"That parents are in control of the time spent online gaming so that children can go to sleep at a reasonable time."

"Support for parents to set appropriate boundaries."

"Limited time allowed onto the devices/ breaks from playing - parents taking devices at night so no temptations to use them - supporting young people to understand the impact of too much gaming."

More responsibility on industry (better restrictions/tighter regulations, safety measures, etc.) (n=19)

"There should be a way to restrict the access of under age children to these."

"Stricter laws in relation to who can play."

"Rules and access needs to be a lot stricter."

"Games designed to be played for shorter time periods - work with the industry to achieve this."

Increased parent/carer knowledge/awareness/support (n=14)

"Awareness in schools and for parents should be given so that parents and teachers do not see the internet and gaming sites as bad; but can understand that if not used responsibly, it can have negative impacts on children."

"More education around this issue in schools for both students and parents."

"Parental education around the harmful impact on their child's mental health that may not be initially blamed on gaming."

Limiting screen time (n=11)

"Discussing how to keep safe online and limiting time online play."

"Strict screen time rules from parents."

"Very firm consistent boundaries around time spent online gaming."

More education/information/awareness raising (n=10)

"Educating and knowing what to do if in trouble."

"Education about it and also encouraging more outdoor activities."

"Open discussions, raised awareness, identifying early risk indicators."

Provision/promotion of positive offline alternatives (n=8)

"Engaging in and enjoying other activities and experiences offline."

"Parents need to know the games that their children play with, and understand the positive sides of it, and also spend quality time with their children doing other kind of activities especially outdoor."

"Access to outdoor facilities and opportunities to socially interact."

More education/information for CYP (n=8)

"More information aimed specifically at young people, to be addressed in schools and through media as well as other forms."

"More information for young people."

Honest, open discussions on positives and negatives and sharing experiences (n=6)

"Get young people sharing their experiences and talking to family or friends about this."

"Open discussion within families."

Q. In your experience, which groups of children/young people do you think are particularly vulnerable to being negatively impacted by online gaming?

<i>Base: All who answered this question (79)</i>	<i>n</i>	<i>%</i>
All CYP	14	18
CYP who are/feel isolated/lonely	11	14
CYP with additional needs (including ASD, SEN & SPD)	9	11
CYP with poor social skills/low self-esteem	9	11
Teenagers and children aged 16+	8	10
CYP left unsupervised/who do not have strong family support	7	9
Children in care	6	8
CYP in families affected by MHWB issues	6	8
Boys	6	8
CYP in low income families/workless/reliant on benefits	5	6
Children aged 5-16	5	6
Vulnerable CYP	4	5
CYP impacted by trauma	3	4
CYP who spend long periods of time gaming online	3	4
CYP who experience emotional abuse and neglect	2	3
CYP who are bullied	2	3
Other	19	24

Q. What are you most concerned about in relation to children's use of online games?

Base: All who answered this question (83)

	n	%
Online grooming/abuse/exploitation	40	48
Impact on mental health and well-being	21	25
Isolation/loneliness	15	18
Addiction/high level of use	14	17
Exposure to inappropriate content	14	17
Sleep deprivation	13	16
Bullying	11	13
Decline in school attendance/academic success	10	12
Losing touch with the 'real world'	9	11
Effects on relationships (family, friends, etc.)	8	10
Exposure to/promotion of violence	7	8
Lack of involvement in other activities	6	7
Online gambling/debt	6	7
Inability to develop/lack of resilience/self-esteem/coping mechanisms	4	5
Lack of parental monitoring/awareness	4	5
Negative impact on (development of) social skills	4	5
Online chat rooms	3	4
Inappropriate talk/language	2	2
Disclosure of personal information	2	2
Other	7	8

Online grooming/abuse/exploitation (n=40)

"Being exploited by older individuals."

"Exposure to inappropriate content and vulnerability to being targeted online groom, CSE and bullying."

"The access potential groomers have to interact with children and young people."

"Also, some games have age restrictions, children can still put a different age into the required field and submit their profile. This also means that perpetrators can also lie about their age and are accessible to children's profiles."

Impact on mental health and well-being (n=21)

"Online gaming has proven to impact children and young people's mental health due to a lack of engagement within social settings and sleep deprivation."

"Mental health due to lack of socialisation."

Isolation/loneliness (n=15)

"Social isolation, lack of social skills."

"Poor sleep patterns, social isolation and poor school attendance."

"Growing up without key experiences, isolation which compounds feelings of loneliness, anxiety and depression."

Addiction/high level of use (n=14)

"That it can be addictive and take over their lives impacting on relationships, sleep, school attendance etc."

"It appears addictive."

"High level of use."

Exposure to inappropriate content (n=14)

"Young children 8 onward playing games of 18 certificate."

"The content they are being exposed to and the chat room element of lots of games - being able to speak to gamers all over the world who could be anyone."

"Accessing inappropriate sexual or violent sites. Using online chat rooms."

Sleep deprivation (n=13)

"Diet - causing young people to have irregular eating and sleeping patterns, leading to negative impact."

"Lack of sleep and the subsequent impact on their mental health."

"Young people missing school, turning their days into night and only focusing on gaming not getting outdoors to exercise as much."

Bullying (n=11)

"Mental health issues, grooming, cyber-bullying, disclosure of private information etc."

"Grooming or bullying."

"Effect on mental health and possibility of bullying and grooming."

Decline in school attendance/academic success (n=10)

"They are disengaging from school."

"Poor sleep patterns, social isolation and poor school attendance."

"Also children are missing out on their education and family relationships are very negatively impacted."

Losing touch with the 'real world' (n=9)

"Dependency on gaming to distract from reality."

"The violence they experience on the inappropriate games as well as being unable to differentiate reality to fiction."

"Can affect separating the reality from the games."

Effects on relationships (family, friends, etc.) (n=8)

"Their loss of connection with other people, ability to build and sustain relationships, being coerced into real life situations by people they don't know on line."

"It is affecting behaviour, mental health, education, sleep, relationships with parents and others."

"Damage to mental health and relationships."

Exposure to/promotion of violence (n=7)

"Grooming, hate speech, teaching violence, poor relationships, living in an artificial existence."

"The amount of normalized violence."

"Games can be very graphic and de-sensitize children to violence."

Lack of involvement in other activities (n=6)

"The amount of time spent playing online and the lack of other kind of experiences."

"Lack of other activity, isolation."

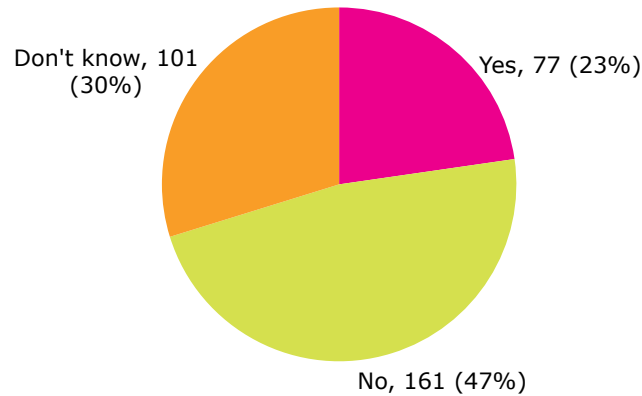
"Instead of playing with friends/going out, sat at home staring at a screen."

Online gambling/debt (n=6)

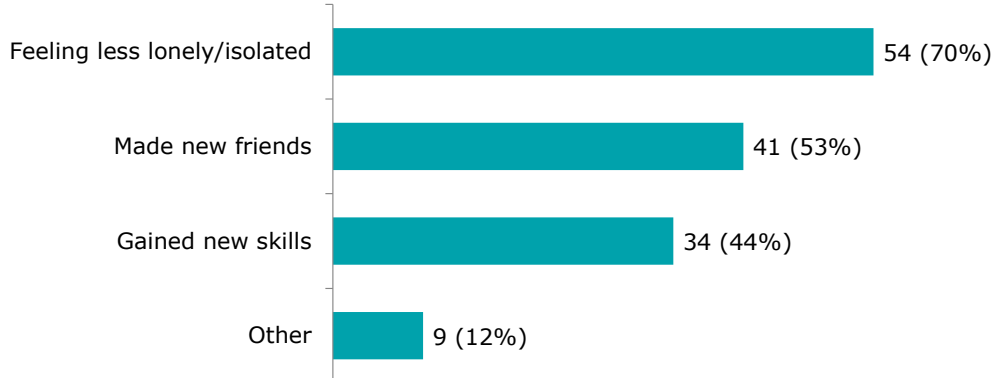
"Debt, exploitation, grooming, mental health impact."

"... loss in money."

Q. Have you supported anyone who you know has had positive experiences of online gaming? (n=339)



Q. If yes, did this include...? (n=77)



Q. Please give details

Examples include

"Able to connect with a safe, age-appropriate person online."

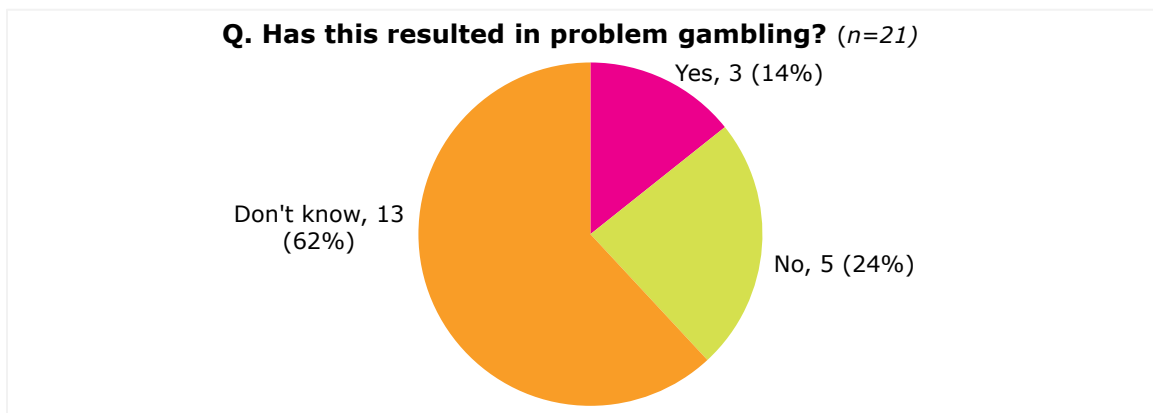
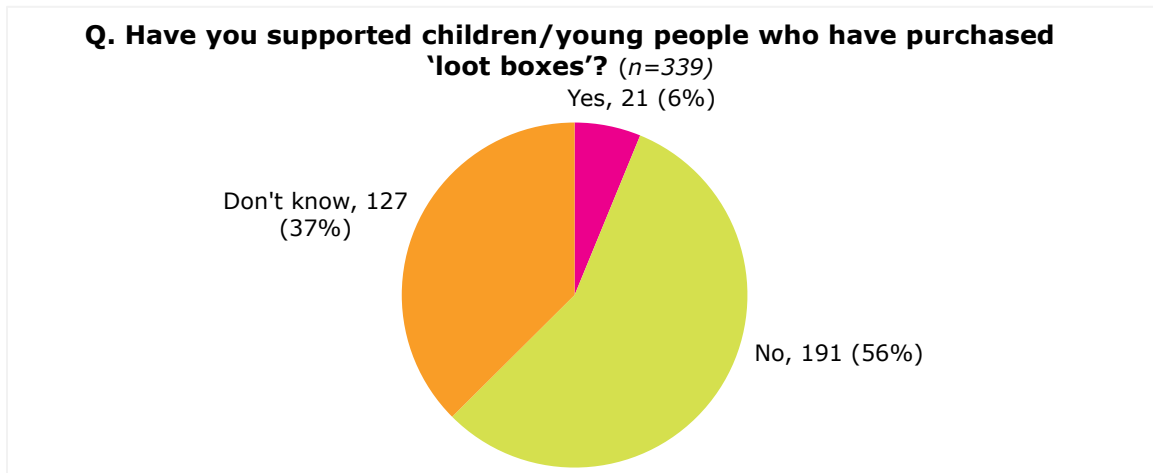
"Some of our young people say that gaming helps their mental health symptoms. They say it helps distract them from their anxieties or occupies them and diverts them from being inclined to use drugs or drink."

"Young people who have difficulties meeting people face to face and struggle with socialising have had positive experiences especially if they are given advice on the dangers to look out for."

"They could communicate with children from school and because of this developed their skills."

"If you have no direct social support online relationships can be the only alternative and may feel like it reduces isolation."

"A lot of teenagers report they have made new friends online and feel less isolated. A lot of these relationships are carried out online and there is very little interaction online that does not involve the game."



Q. What impact has this had on children/young people?

Base: All who answered this question (12)

	n	%
Financial problems within family	7	58
Addictive	3	25
Other	3	25
Don't know	1	8

Financial problems within the family (n=7)

"Issues with over spending on parents finance."

"Parents getting into debt to pay off what the children have spent."

"Severe debts due to lending from people."

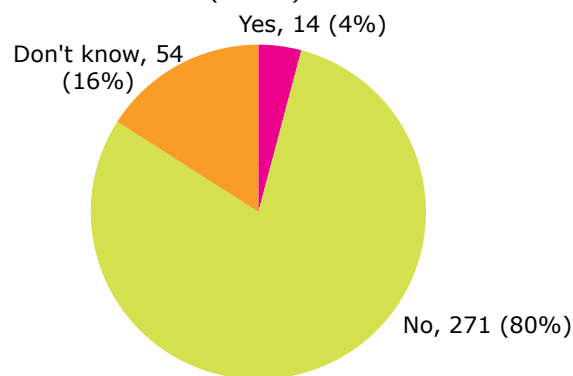
Addictive (n=3)

"Addiction/and pressures on parents financially."

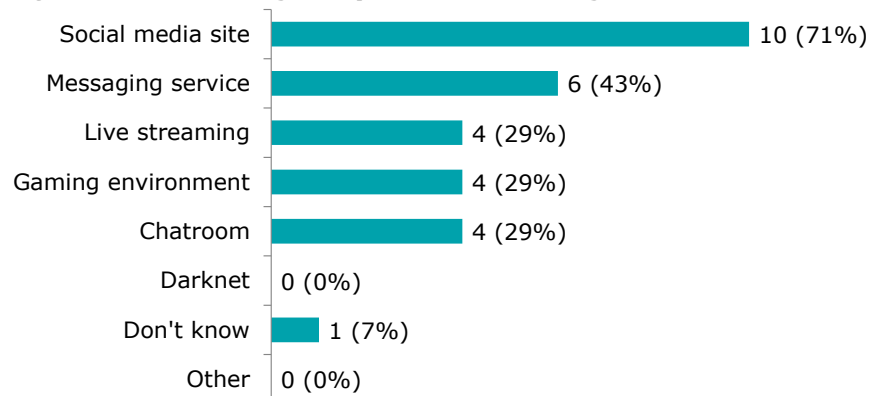
"Becoming obsessive."

Q. Over the last year, have you supported any children under 10 that have been sexually exploited/abused by an adult online?

(n=339)



Q. Was this through any of the following channels? (n=14)



Mental Health

Summary

Over the last year, three fifths of respondents (61%; 185 of 302) have worked with someone who was referred to CAMHS and received treatment. Sixty-four per cent (194 of 304) have worked with someone who was referred to CAHMS and was still on a waiting list.

A little over half of respondents (55%; 153 of 280) have worked with someone who was referred to CAMHS but was rejected. Respondents said the main reasons for this were:

- Didn't meet the threshold, criteria or weren't high priority (60%; 98 of 164)
- Situational, environmental, emotional or parental issue (11%)
- Other support was required or was more suitable (9%).

The vast majority of respondents (80%; 205 of 255) who worked with children or young people, who are still on a waiting list or were rejected from CAMHS, said the young people have continuing mental health needs.

Just under two fifths of respondents (38%; 92 of 245) said the young people received an alternative source of support for this. This alternative support included:

- Support from Barnardo's (26%; 23 of 88)
- Specialist services or support (20%)
- School based counselling (11%)
- Counselling (non-specific) (11%).

A quarter of respondents (25%; 21 of 85) would rate the quality of this alternative source of support as 'very good'.

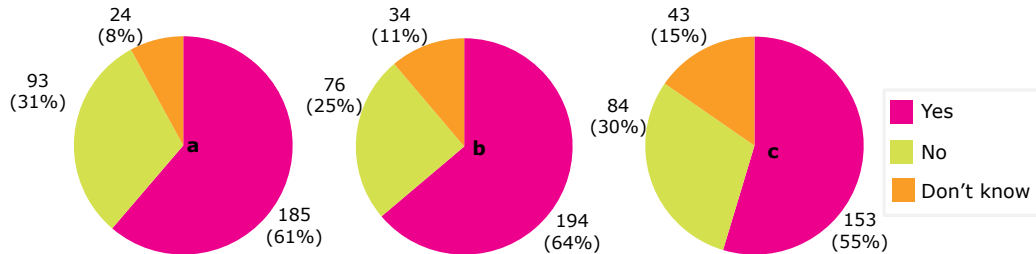
Of those respondents who have supported a young person who received treatment from CAMHS, 14% (22 of 160) said the support from CAMHS made no difference, 11% said the young person received medication, 9% said it gave the young person someone to talk to or open up to, and the same proportion said it provided the young person with coping strategies (9%).

If no alternative support was available, respondents felt the impacts on young people are:

- Continued mental health issues, or a decline in mental health (4 of 14)
- A lack of support (4 of 14).

Q. Over the last year, have you worked with anyone who has been referred to CAMHS and...?

- a. Has received treatment (*n*=302)
- b. Is still on a waiting list (*n*=304)
- c. Was rejected from CAMHS (*n*=280)



Q. If you have worked with children or young people who have been rejected from CAMHS, what were the main reasons why?

Base: All who answered this question (164)

	<i>n</i>	%
Didn't meet threshold/criteria/not high priority	98	60
Situational/environmental/emotional/parental issue	18	11
Other support required/more suitable	15	9
Lack of evidence of need	12	7
Did not attend/lack of engagement	11	7
Behavioural	10	6
Already receiving other services	9	5
Lack of stability (placement/family life)	5	3
Long waiting list/lack of capacity	3	2
Assessments too quick/poor understanding of what's needed	3	2
Awaiting eligibility for adult mental health service	2	1
Other	7	4
Don't know	4	2

Didn't meet threshold/criteria/not high priority (*n*=98)

"Suicidal thoughts and self-harm not regular enough."

"Too complicated/high threshold."

"They did not consider that their needs were severe enough."

"They didn't meet the threshold for CAMHS and were guided towards adult service counselling."

Situational/environmental/emotional/parental issue (not MHWB related) (n=18)

"Situational' is a word CAMHS use to reject children. In terms of it was the situation that led to feelings of suicide, the child self-harming, having low mental health."

"Assessed that stress was "situational" so not suitable referral (i.e. due to parental acrimony and substance use)."

"If there had been domestic violence in the family then they put the behaviours down for what they have seen."

"Children's difficulties as a result of environmental circumstances and parenting and child continues to live with parent."

Other support required/more suitable (Family Centre, bereavement support, early help, social workers, parenting programme, support with trauma, disability diagnosis) (n=15)

"Bereavement support required."

"Issue was considered to be manageable in other arenas (self-harm, disordered eating, social anxiety)."

"It was decided that they did not require the support CAMHS would have been able to offer, however would benefit from alternative support systems."

Lack of evidence of need (n=12)

"Service felt there wasn't enough evidence to support application so asked for myself to complete more work before re referring."

"Didn't meet criteria from information given."

"Assessments too quick, not enough information to work with, lack of time, child having an ok day so true picture not seen."

Did not attend/lack of engagement (n=11)

"They were using substances, didn't attend an apt and so were DNA'd."

"Young person not engaging with support."

"CYP missed sessions offered/ refused to engage or were not deemed high risk enough."

Behavioural (unspecified, HSB, substance misuse) (n=10)

"Behavioural not mental health issues and closed due to none attending."

"Did not fit criteria/or because they are using substances."

"CAMHS stated that the YP needed support for HSB before they could work on their emotions."

Already receiving other services (e.g. Barnardo's, school counselling, Pharos) (n=9)

"Already enough professionals involved so didn't feel it was necessary despite obvious need for specified mental health support."

"Rejected from CAMHS due to Barnardo's family support services being involved despite these services having very different roles, potentially preventing a diagnosis for the young person as family support services cannot do this."

"Already receiving a therapeutic service - e.g. schools counselling or engaging with Pharos."

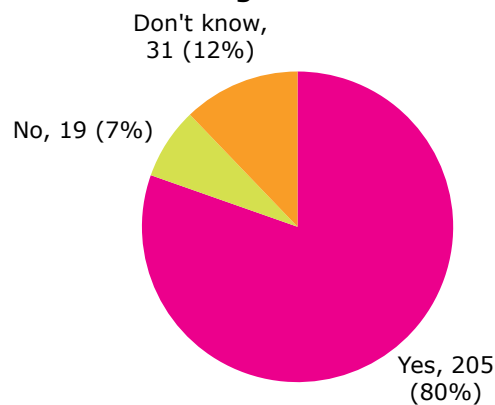
Lack of stability (placement/family life) (n=5)

"Short term remand placements are not considered as stable and therefore CAMHS do not want to take the work on - they want a young person to be in a stable placement."

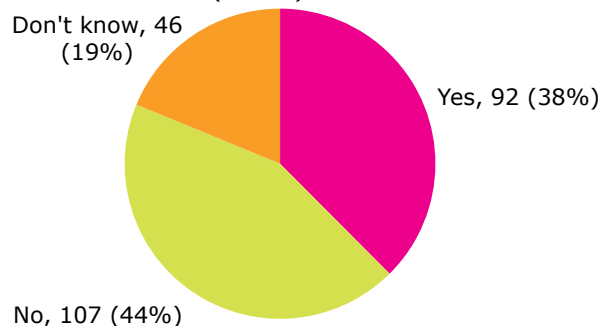
"Family life not stable enough for CAHMS to be involved."

"Concerns about parent's ability to support CAMHS work to happen."

Q. If you have worked with children or young people that are still on a waiting list, or were rejected from CAMHS, did the young person have continuing mental health needs? (n=255)



Q. Did any of them receive an alternative source of support for this? (n=245)



Q. What did this alternative source of support include?

Base: All who answered this question (88)

	<i>n</i>	<i>%</i>
Support from Barnardo's	23	26
Specialist services/support	18	20
School-based counselling	10	11
Counselling (non-specific)	10	11
Therapeutic intervention	9	10
Support from a third sector organisation other than Barnardo's	7	8
School support	7	8
Specific programmes/interventions	6	7
Private counselling/therapy	6	7
GP or hospital care	6	7
Online counselling/support (e.g. Kooth, Shout Out)	5	6
Local agency/organisation support (unspecified)	3	3
Crisis help (e.g. Lifeline)	2	2
Other	6	7
Don't know	2	2

Support from Barnardo's (e.g. Play therapy, BOSS, family support, Make Trax, counselling, TIGER, trauma support, WRAP) (n=23)

"This was myself supporting the young person to talk about thoughts and feelings so we could bridge the gap."

"Support from ourselves. CAMHS offered guidance to Barnardo's staff to do so."

"Barnardo's wellbeing/outreach support."

Specialist services/support (n=18)

"A specialist adoption service."

"Local authority 'edge of care' team."

"Local Authority Emotional Well-being Team."

School-based counselling (n=10)

"Therapy offered at their residential placement and school."

"Well-being service and school counselling."

Counselling (non-specific) (n=10)

"Referral to other support and counselling services, online counselling."

"Voluntary sector counselling support."

"Counselling from another service."

Therapeutic intervention (n=9)

"1:1 therapeutic support within school or by a specialist service."

"Therapeutic work exploring worries/feelings/change."

"Ongoing DDP (Dyadic Developmental Psychotherapy) and play therapy."

Support from a third sector organisation other than Barnardo's (n=7)

"Beam drop-in service."

"Mentoring by a third sector organisation and in school counselling."

"Other charities."

School support (unspecified) (n=7)

"Family support worker and support from school."

"School and social worker."

Specific programmes/interventions (unknown provider) (n=6)

"Beyond the Blue (early intervention/commissioned services; emotional wellbeing support), school/education, Youth Group, Young Carers."

"Counselling through a specialist service. Referral to youth mentoring. Support to attend activities locally such as holiday clubs."

Private counselling/therapy (n=6)

"Private counsellor."

"Therapeutic support from independent/private sector."

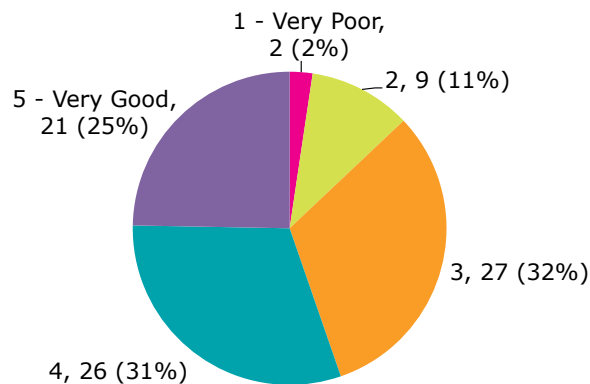
GP or hospital care (n=6)

"They were seen by psychiatrist in the hospital and was given medication."

"Crisis numbers/apps and referral into local counselling as well as support in accessing the GP."

**Q. How would you rate this support?
(Where 1 represents very poor and 5 represents very good)?**

(n=85)



Please tell us if you have any comments about this

Examples include:

"Generally the support is good, but I do feel worried that so many children who desperately need CAMHS are not being seen."

"School based counselling is normally in the secondary schools so primary age children do not have access to as many services."

"Our service is short term (6 weeks) and not really suitable for clients with trauma but because CAMHS cannot offer long term support for trauma we often receive these referrals."

"It sometimes is not at the intensity they need and can still take time to go from referral to actually happening."

"I feel that services such as ours are being referred to when CAMHS can't meet the need, however I feel that the threshold is too high for our service at times."

"Can be varied from very good support to poor support; depending on workloads, knowledge and resources, timescales, engagement from CYPs etc."

"Back and forward with referrals - very long wait time."

"Good support as in listening ear. Unfortunately though not the therapeutic support needed."

"Had to wait long time for another referral to be made to another organisation."

Q. If you have supported a young person who has received treatment from CAMHS, what difference has the support from CAMHS made?

Base: All who answered this question (160)

	n	%
No/limited difference	22	14
Received medication	18	11
Gave them someone to talk to/started opening up/engaging	14	9
Provided them with coping strategies/ways to manage or regulate behaviours	14	9
Parents better informed/better supported	13	8
Varied - some positive experiences, some negative	13	8
Improved understanding of their own MHWB/trauma/can recognise triggers	12	8
Received diagnosis	12	8
Positive difference (unspecified)	12	8
Improved/stable mental health	6	4
Signposted to/now receiving other specialist support (non-CAMHS)	6	4
Teachers/support workers better informed	4	3
Reduced anxiety/stress	2	1
Reduced self-harm	2	1
Improved self-esteem	2	1
Improved school attendance/school experience	2	1
Improved routines	2	1
Improved (family) relationships	2	1
Other	12	8
Don't know	13	8

No/limited difference (n=22)

"One young person was promised CBT counselling from CAMHS for over 2 years, this person never received this at all."

"Feedback from families and young people has been that our service has provided a better support than CAMHS."

"The child has received treatment however the treatment was not thorough enough and did not solve the issue."

"Limited, as time limited interventions."

Received medication (n=18)

"Their mental health was effectively managed with medication when needed."

"Part of the process to receive further support - medication etc."

"Certain medications prescribed help YP to regulate their behaviour which in turn helps them to become more able to manage their own behaviour."

"Most of our young people have an input from CAMHS and the main treatment used is medication. This has seemed to work well for most of our young people, and when it hasn't, medication or dosage changes have been made."

Gave them someone to talk to/started opening up/engaging (n=14)

"It has provided them with someone to discuss issues with in privacy and who have experience to help and advise them."

"Once being seen the young person feels valued and listened to and feels that someone qualified is trying to help them or understand them."

"Consistent support from an emotional wellbeing worker."

Provided them with coping strategies/ways to manage or regulate behaviours (n=14)

"Gave them strategies to cope with anxiety."

"Provided some tools and understanding of mental health difficulties."

"Helped come to terms with trauma. Helped understand the nature of their ASC and how to manage it in day to day life."

Parents better informed/better supported (n=13)

"Supported young person to understand their disorder, but also for workers/carers in how to support the young person."

"Supported families with dealing with their children's emotional distress."

"Diagnosis which has helped parents/teachers have a better understanding of the young person and in some cases being able to respond better to the young person's needs because of this."

Varied - some positive experiences, some negative (n=13)

"Can be very varied; in crisis, support has been beneficial, however long-term emotional wellbeing and mental health support has been lacking and the CYPs have expressed not finding the support helpful in regards to helping build positive wellbeing or overcoming long-term mental health issues."

"It varies greatly. Occasionally it has helped them greatly but more often than not the feedback is negative."

"Always a mixed report from the young people, often they feel they have been moved on to our service too soon and with little consultation with the YP."

Improved understanding of their own MHWB/trauma/can recognise triggers (n=12)

"Helped them to recognise when their feelings are overpowering them and appropriate actions to take."

"It has made them aware of the impact of their trauma."

"Diagnosis of ASD, which was a great relief to the YP who has felt different for a long time, and is now understanding, and able to explain to others why."

Received diagnosis (n=12)

"The young person has had a diagnosis."

"CAMHS has been instrumental in diagnosis and recommendations of support for YP I have been working with."

"Understanding of diagnosis but still benefited from support."

Positive difference (unspecified) (n=12)

"It has transformed the young person's life and they said to me yesterday that they can't believe the progress that they have made since receiving medication and support."

"CAMHS made a big difference to my foster son."

"They have one to one support that had made a difference for some of the YP."

Improved/stable mental health (n=6)

"A slight improvement in their mental health."

"Improvement in mental health and so improved life experience."

"Great improvement with mental health."

Signposted to/now receiving other specialist support (non-CAMHS)
(n=6)

"Child is now in specialist SEN provision which is supporting their SEN needs holistically."

"CAMHS support has provided an avenue to adults mental health support."

Q. If no alternative was available, what was the impact on the young person?

Base: All who answered this question (14)

	n	%
Continued mental health issues/decline in mental health	4	29
Lack of support	4	29
(Increased) stress/anxiety/depression	3	21
Increase in suicidal thoughts/attempts	3	21
Decline in situation/problems continued	3	21
Increased drug use	2	14
Felt like no-one cares/sense of hopelessness	2	14
Other	2	14

Continued mental health issues/decline in mental health (n=4)

"Increased mental health issues. Depression, suicide attempts."

"The mental health continued to decline."

Lack of support (n=4)

"Lack of mental health support and services."

"Just have to wait it out until they get a stable placement."

Special Educational Needs and Disabilities (SEND)

Summary

Over the last year, just over three quarters of respondents (76%; 250 of 330) have worked with children or young people with special educational needs and disabilities.

Of these respondents, 58% (145 of 250) have noticed a reduction in service or support, specifically for children and young people with SEND, in their area. This was viewed to be having the biggest impact on:

- Education (34%; 44 of 128)
- Lack of support or delays for support (31%)
- Additional impact on carers/family (25%).

Around three fifths of respondents (62%; 154 of 248) felt they have noticed a reduction of universal services in their area. This was viewed to be having the biggest impact on:

- Lack of support/delays for support (49%; 57 of 116)
- Impacts on carers/family (24%)
- Children and young people become isolated (20%).

Thirty per cent of respondents (51 of 172) felt 'all children and young people with SEND' are affected by cuts to services, 14% felt 'children and young people with autism' are particularly affected, while 8% felt 'child and young people in low income families' are particularly affected.

When asked what could be done to improve lifelong outcomes for children and young people with SEND, respondents most commonly refer to:

- More funding or support for schools and local services (22%)
- Greater support for families/carers (22%)
- More services for children and young people with SEND (20%).

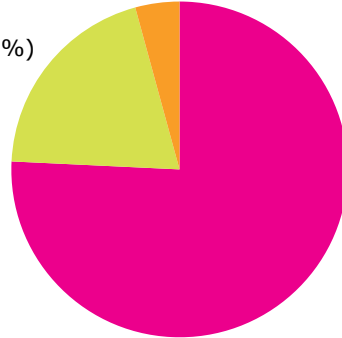
Q. Over the last year, have you worked with any children or young people with special educational needs and disabilities (SEND)?

(n=330)

Don't know, 14
(4%)

No, 66 (20%)

Yes, 250 (76%)



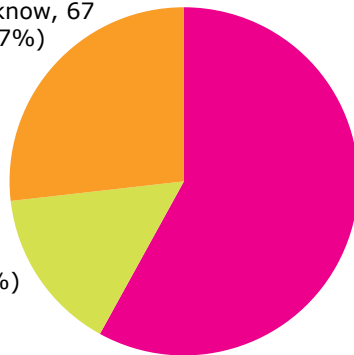
Q. Have you noticed a reduction in service or support in your area specifically for children and young people with SEND?

(n=250)

Don't know, 67
(27%)

Yes, 145 (58%)

No, 38 (15%)



Q. What impact is this having on the children and young people with SEND that you support?

<i>Base: All who answered this question (128)</i>	<i>n</i>	<i>%</i>
Impacts on education	44	34
Lack of support/delays for support (general)	40	31
Additional impact on carers/family	32	25
CYP become isolated	19	15
Impacts on mental health/anxiety	15	12
Impacts on behaviours	10	8
Harder to get statement/diagnosis/EHCP	10	8
CYP do not reach potential	8	6
Increases risk of harm	7	5
Problems escalate/end up in crisis	7	5
Lack of activities for CYP to access	6	5
Reduced confidence/self esteem	5	4
Other	18	14

Impacts on education (n=44)

"Not having the support they need in education."

"When young people are placed in our emergency foster beds it can take much longer to find them an education facility."

"They are more anxious going to school as there have been cuts to classroom assistant provision and often many stop going to school."

"They are being left in mainstream schools to pretty much fend for themselves because the school don't have the money to put adequate support in."

Lack of support/delays for support (general) (n=40)

"Children with social and communication difficulties don't get any support until they have a diagnosis of Autism. Getting a diagnosis is taking longer."

"Delay in being assessed and appropriate supports provided."

"Waiting lists for support are much longer and the families struggle dealing with the issues themselves."

Additional impact on carers/family (n=32)

"Continued struggles emotionally, negative impact on family life and learning, isolation, escalating behaviours, break down of placements."

"Waiting lists for support are much longer and the families struggle dealing with the issues themselves."

"Parents are struggling, particularly with children's behaviour. They don't know where to go for support a lot of the time."

CYP become isolated (n=19)

"Children being out of school, at risk of county lines, becoming depressed, socially isolated."

"Isolated, less inclusive in local community, less social skills/functioning."

"Parents and children often feel isolated and children can feel rejected and different from their peers."

"Isolation in school as they are being removed from class and social situations due to lack of support for challenging behaviour/anxiety etc."

Impacts on mental health/anxiety (n=15)

"It is affecting their wellbeing and educational achievement."

"Children I have worked with continue to have a high anxiety level within the school."

"Increase in mental health/anxiety."

Impacts on behaviours (n=10)

"Some are struggling in mainstream education and present poor behaviour in school as there are not the resources to support them properly."

"Children left hanging for support and services within school - schools struggling to manage children's needs/behaviour."

"An increase in exclusions, incidents and anger."

Harder to get statement/diagnosis/EHCP (n=10)

"If student has emotional and social issues but hitting academic levels schools not interested in applying for EHCP as they are being turned down at panel."

"Lack of diagnosis, especially for young people 18 plus with care experience."

"Not enough support available, delay in diagnosis and lack of communication between professionals working with a child."

CYP do not reach potential (n=8)

"Children and young people missing out, being left behind."

"It makes it more difficult for them to access services and to progress onto positive outcomes."

"This has impact on their ability to progress and function."

Increases risk of harm (n=7)

"Young people being vulnerable to others and online dangers."

"They are more likely to be excluded, go missing and not attend school thus being prone to offending or exploitation."

"I am thinking specifically about the support for children who reach 18 and have children's services withdrawn and then don't meet criteria for ongoing services. This is a cliff edge that lots of young people fall off and leads to huge vulnerability to grooming/exploitation etc."

Problems escalate/end up in crisis (n=7)

"Families end up in crisis without the appropriate support."

"Risk of families going into crisis."

"Problems get bigger, they are missing out on a lot of education."

Lack of activities for CYP to access (n=6)

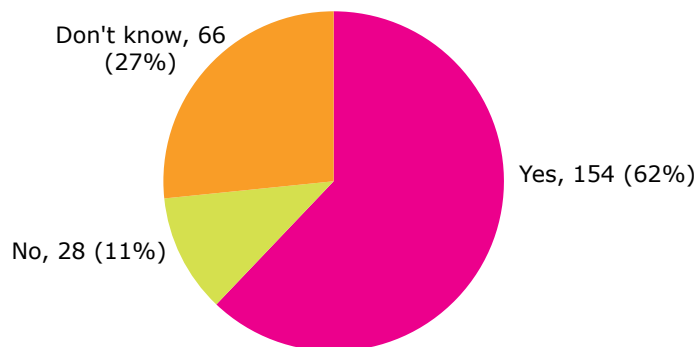
"Limited resources do not give them as many opportunities to access recreational activities."

"Lack of respite facilities means these children have no time to be themselves outside of their home/school."

"There are limited support groups/services available for them to access, particularly in relation to peer support."

Q. Have you noticed a reduction in universal services in your area?

(n=248)



Q. What impact is this having on the children and young people with SEND that you support?

<i>Base: All who answered this question (116)</i>	<i>n</i>	<i>%</i>
Lack of support/delays for support (general)	57	49
Impacts on carers/family	28	24
CYP become isolated	23	20
Impacts on education	10	9
Impacts on mental health/anxiety	8	7
Impacts on behaviours	4	3
Harder to get statement/diagnosis/EHCP	4	3
CYP do not reach potential	4	3
Escalation of issues/end up in crisis	4	3
Having to pay for or source support themselves	4	3
Results in lack of activities for CYP to access	3	3
Other	15	13
Don't know	1	1

Lack of support/delays for support (general) (n=57)

"Children are receiving less advocacy support, one to one sessional work and general advice."

"Delay in being assessed and appropriate supports provided."

"They have to wait to access services, when they need the support quickly."

"They are not getting the support they need which is frustrating and upsetting for the entire family."

Impacts on carers/family (n=28)

"They have limited people to turn to ask for help or to signpost to specialist services. It greatly reduces parental support and this is crucial to preventing escalation."

"They are left with family trying to support them."

"Families are not feeling supported."

CYP become isolated (n=23)

"They are often isolated and have nowhere to go or people to talk to with similar issues or adults who understand."

"Reduced opportunities to meet and socialise."

"Causing more isolation for the children and families."

Impacts on education (n=10)

"Children staying at home more and becoming NEET."

"Isolation, lack of access to educational support."

"Really struggling to get support in school to meet their needs."

"We are experiencing some teens who are years behind academically and this isn't being highlighted within their educational setting, it is seen as issues with their behaviour instead."

Impacts on mental health/anxiety (n=8)

"Poor mental health, lack of services for them to participate in, isolated."

"Increased mental health needs."

"More not engaged in education and waiting for alternative resulting in isolation and potential negative mental health."

Q. Which groups of children and young people with SEND do you think are particularly affected by cuts to services?

Base: All who answered this question (172)

	<i>n</i>	<i>%</i>
All CYP with SEND	51	30
CYP with autism	24	14
CYP in low income families	13	8
CYP with ADHD/ADD	12	7
CYP with MHWB/social/emotional needs	11	6
Children aged 0-5	9	5
CYP with challenging behaviour	8	5
Undiagnosed/awaiting diagnosis	7	4
Those who don't meet thresholds/considered to have less severe conditions/are high functioning	7	4
Children in care & care leavers	6	3
Ethnic minorities/ESOL/asylum seekers	6	3
Those with complex/profound/higher needs/requiring 1:1 support	6	3
18+	4	2
Teenagers	4	2
School aged children	4	2
CYP with physical disabilities	3	2
CYP on long waiting lists	3	2
CYP living in rural communities	3	2
Children requiring 1:1/classroom assistant support in school	3	2
CYP with learning difficulties	3	2
CYP with Asperger's	2	1
CYP with dyslexia/low levels of literacy	2	1
CYP with parents who have substance misuse issues	2	1
Those with less visible needs	2	1
CYP who have experienced domestic violence	2	1
Those without EHCP/statement	2	1
Other	22	13
Don't know	10	6

Q. What do you think could be done to improve lifelong outcomes for children and young people who have SEND?

Base: All who answered this question (171)

	n	%
More funding (support) for schools, local services	38	22
Greater support for families/carers	37	22
More services for CYP with SEND	34	20
Access to right support, services and/or placements	31	18
Skilled/training of workforce	24	14
Good transition to adult services/ongoing support	22	13
Early intervention	16	9
Extra-curricular activities/respite	12	7
Peer support	10	6
Better understanding of child's needs	8	5
Teaching practical/life skills (alternatives to mainstream education)	8	5
Faster diagnosis/screening	8	5
(Improved) partnership working/integration of services	7	4
Improved assessment	6	4
Universal services	6	4
Faster referrals/reduced waiting times	6	4
Same opportunities as non-SEND CYP/opportunities to achieve potential	4	2
Financial support	4	2
Increased awareness of services/support	4	2
Focus on literacy and numeracy skills	2	1
Other	28	16

More funding (support) for schools, local services (n=38)

"More support within schools and support for parents in the community."

"More funding for support services in mainstream education."

"Have more security in funding to provide continuous provision for children and young people with SEND."

"Increased funding for direct services and increase options."

Greater support for families/carers (n=37)

"Tailored support for the family looking at different parenting techniques, support for the children's emotional health and also the parents' emotional health."

"Parenting courses adapted or designed to address family's needs for a child with SEND in a nurturing way rather than behaviour management."

"Continued, consistent support and family support as well as training for schools."

"More support for families and the children. More places where they can learn skills that they may need that others might not."

More services for CYP with SEND (n=34)

"Increase in the services available and more awareness of the services available."

"More support, more services, more eligibility that people can meet for services i.e. accessible to everyone."

"More support services, quicker times for them to be seen and assessed."

Access to the right support, services and/or placements (n=31)

"There need to be the resources to provide the support they require in their life not just at school."

"More specialised services rather than children being expected to "fit"."

"More access to community based support/schools etc."

"Long term support within the home and school. Also working closely with the families and school staff. This support should include a healthcare plan, educational plan, and activities to encourage a healthy and productive social life."

Skilled/training of workforce (n=24)

"Teachers been trained in educational special needs."

"Continued support within education system/increased training in schools in specific issues such as ACE's/Attachment etc."

"More training/upskilling and support for all staff as you never know which family issues or needs you will be allocated to work with so should not just be one or two staff that are trained."

Good transition to adult services/ongoing support (n=22)

"A good transition process to adult services."

"Better transition and better support for families/carers."

"Coordination between universal, children's and adults services for ongoing assessment of need and review of support."

"Ongoing support right through life. It seems that once young people turn 16 or 18, support drops off."

Early intervention (n=16)

"Early intervention for families and early support to get needs assessed, so children have the best start at school."

"More services to identify and support children from a younger age. This way issues are identified sooner and the support can be put in place to either help or address some of these issues."

"Early intervention support for parents."

Extra-curricular activities/respice (n=12)

"More access to extracurricular activities."

"More activities and services out of school hours to support children with life skills and some respice for parents and carers."

"Social groups at college or after school."

Peer support (n=10)

"More resources for peer activities, family support, qualified community carers, respice facilities etc."

"Bring back universal groups and targeted groups where families can meet, share experiences and empower each other."

"Good quality universal services, which will develop further peer support."

APPENDIX A: Regional Breakdowns – Emerging Vulnerabilities

Q. Are there any new issues you are seeing emerging, or new things you are hearing from children, young people or families, over the last few months?		
Cymru (n=23)	<i>n</i>	<i>%</i>
Increase in MHWB issues among CYP and families	7	30
Less support/fewer resources/lack of activities	5	22
More CYP and families affected by substance misuse	4	17
Poverty/changes to benefits system	4	17
East (n=43)	<i>n</i>	<i>%</i>
Less support/fewer resources/lack of activities	9	21
Increase in MHWB issues among CYP and families	8	19
Increase in enforced criminal activity/county lines/gang involvement	8	19
London (n=25)	<i>n</i>	<i>%</i>
No change/nothing new	9	36
Increase in MHWB issues among CYP and families	3	12
Less support/fewer resources/lack of activities	3	12
Midlands and South West (n=39)	<i>n</i>	<i>%</i>
Increase in MHWB issues among CYP and families	10	26
Less support/fewer resources/lack of activities	6	15
No change/nothing new	5	13
Northern Ireland (n=28)	<i>n</i>	<i>%</i>
Less support/fewer resources/lack of activities	9	32
Increase in MHWB issues among CYP and families	7	25
Poverty/changes to benefits system	5	18
Scotland (n=44)	<i>n</i>	<i>%</i>
Increase in MHWB issues among CYP and families	10	23
Increased impact of digital	9	10
No change/nothing new	7	16
South East and Anglia (n=62)	<i>n</i>	<i>%</i>
No change/nothing new	15	24
Less support/fewer resources/lack of activities	13	21
Increased impact of digital	10	16
West (n=33)	<i>n</i>	<i>%</i>
No change/nothing new	8	24
Increase in MHWB issues among CYP and families	6	18
Poverty/changes to benefits system	6	18

Q. What is your biggest concern now for children, young people and families?		
Cymru (n=27)	<i>n</i>	<i>%</i>
Lack of support and resources	7	26
MHWB issues among CYP and families	6	22
Waiting times for support	5	19
East (n=45)	<i>n</i>	<i>%</i>
Poverty/changes to benefits system	15	33
Lack of support and resources	13	29
MHWB issues among CYP and families	6	13
London (n=25)	<i>n</i>	<i>%</i>
Lack of support and resources	9	36
MHWB issues among CYP and families	7	28
Homelessness and housing issues	5	20
Midlands and South West (n=40)	<i>n</i>	<i>%</i>
Lack of support and resources	17	43
CCE/criminal activity/county lines/gang involvement	6	15
Poverty/changes to benefits system	5	13
MHWB issues among CYP and families	5	13
Northern Ireland (n=30)	<i>n</i>	<i>%</i>
Lack of support and resources	11	37
MHWB issues among CYP and families	9	30
Impact of digital	3	10
CYP/families affected by substance misuse	3	10
Scotland (n=49)	<i>n</i>	<i>%</i>
Lack of support and resources	18	37
MHWB issues among CYP and families	16	33
Poverty/changes to benefits system	15	31
South East and Anglia (n=66)	<i>n</i>	<i>%</i>
Lack of support and resources	20	30
MHWB issues among CYP and families	14	21
Impact of digital	12	18
West (n=41)	<i>n</i>	<i>%</i>
Lack of support and resources	16	39
MHWB issues among CYP and families	11	27
Poverty/changes to benefits system	8	20
Impact of digital	8	20

Q. Which groups of children, young people and families do you think are most affected by the concerns you raised above?

Cymru (n=26)	<i>n</i>	<i>%</i>
All CYP/families	7	27
Low income families/workless/reliant on benefits	5	19
Vulnerable CYP/families	2	8
Children with additional needs (including ASD, SEN & SPD)	2	8
CYP/families impacted by trauma	2	8
CYP and families affected by mental health and wellbeing issues	2	8
Those from disadvantaged/deprived backgrounds/dealing with deprivation	2	8
Teenagers and children aged 16+	2	8
Children in care	2	8
East (n=44)	<i>n</i>	<i>%</i>
All CYP/families	12	27
Low income families/workless/reliant on benefits	11	25
Vulnerable CYP/families	6	14
London (n=25)	<i>n</i>	<i>%</i>
Low income families/workless/reliant on benefits	9	36
All CYP/families	5	20
Children with additional needs (including ASD, SEN & SPD)	3	12
Refugee and asylum seekers/migrants/ESOL	3	12
Children aged 0-5	3	12
Midlands and South West (n=38)	<i>n</i>	<i>%</i>
All CYP/families	16	42
Low income families/workless/reliant on benefits	5	13
Children aged 0-5	4	11
Northern Ireland (n=30)	<i>n</i>	<i>%</i>
All CYP/families	7	23
CYP/families with disabilities	4	13
CYP and families affected by mental health and wellbeing issues	4	13
Scotland (n=47)	<i>n</i>	<i>%</i>
All CYP/families	15	32
Low income families/workless/reliant on benefits	9	19
Children in care	6	13
South East and Anglia (n=67)	<i>n</i>	<i>%</i>
All CYP/families	25	37
Low income families/workless/reliant on benefits	11	16
Vulnerable CYP/families	6	9
Teenagers and children aged 16+	6	9
Children aged 0-5	6	9
West (n=39)	<i>n</i>	<i>%</i>
Children in care	9	23
CYP and families affected by mental health and wellbeing issues	7	18
All CYP/families	6	15
Teenagers and children aged 16+	6	15

APPENDIX B: Regional Breakdowns – Funding of Children’s Services and Poverty

Q. Have the cuts in funding for children’s services affected the children, young people and families that you work with?

	Yes		No		Don’t know		Total Responses
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%	<i>n</i>
Cymru	20	71	2	7	6	21	28
East	40	78	2	4	9	18	51
London	20	77	3	12	3	12	26
Midlands & South West	39	93	0	0	3	7	42
Northern Ireland	26	84	1	3	4	13	31
Scotland	33	61	4	7	17	31	54
South East & Anglia	64	81	0	0	15	19	79
West	39	87	0	0	6	13	45

Q. Have you ever given service users food because you’re worried they are hungry, or will have nothing to eat?

	Yes		No		Total Responses
	<i>n</i>	%	<i>n</i>	%	<i>n</i>
Cymru	20	71	8	29	28
East	32	68	15	32	47
London	10	38	16	62	26
Midlands & South West	30	71	12	29	42
Northern Ireland	22	73	8	27	30
Scotland	37	73	14	27	51
South East & Anglia	47	62	29	38	76
West	29	66	15	34	44

Q. Have you ever given service users clothing because you’re worried they will be cold or don’t have enough suitable?

	Yes		No		Total Responses
	<i>n</i>	%	<i>n</i>	%	<i>n</i>
Cymru	14	50	14	50	28
East	26	55	21	45	47
London	9	35	17	65	26
Midlands & South West	26	62	16	38	42
Northern Ireland	16	53	14	47	30
Scotland	32	63	19	37	51
South East & Anglia	35	46	41	54	76
West	25	57	19	43	44

APPENDIX C: Regional Breakdowns – Housing and Young Carers

Q. Over the last year, have you supported anyone who was a young carer?

	Yes		No		Don't know		Total Responses
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%	<i>n</i>
Cymru	15	54	12	43	1	4	28
East	16	34	28	60	3	6	47
London	8	31	17	65	1	4	26
Midlands & South West	16	38	21	50	5	12	42
Northern Ireland	10	33	17	57	3	10	30
Scotland	14	27	33	65	4	8	51
South East & Anglia	24	32	42	56	9	12	75
West	16	36	25	57	3	7	44

APPENDIX D: Regional Breakdowns - Gaming (Online) and Online Child Sexual Exploitation

Q. Over the last year, have you..?

	Supported anyone who you know has had negative experiences of online gaming?		Supported parents, carers or other supportive adults in children's lives, to respond to online gaming concerns about their children?				Total Responses <i>n</i>
	<i>n</i>	%	<i>n</i>	%	Neither <i>n</i> %		
Cymru	7	27	7	27	16	62	26
East	8	17	11	23	36	77	47
London	3	12	3	12	21	81	26
Midlands & South West	10	25	9	23	28	70	40
Northern Ireland	8	28	7	24	18	62	29
Scotland	8	16	11	22	36	71	51
South Eats & Anglia	7	9	10	13	62	83	75
West	10	23	8	19	31	72	43

Q. Over the last year have you supported any children under 10 that have been sexually exploited/abused by an adult online?

	Yes		No		Don't know		Total Responses <i>n</i>
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%	
Cymru	0	0	24	92	2	8	26
East	3	6	35	74	9	19	47
London	1	4	25	96	0	0	26
Midlands & South West	1	3	34	85	5	13	40
Northern Ireland	3	10	17	59	9	31	29
Scotland	2	4	39	78	9	18	50
South East & Anglia	2	3	62	83	11	15	75
West	2	5	33	77	8	19	43

APPENDIX E: Regional Breakdowns – Mental Health

Q. Over the last year, have you worked with anyone who has been referred to CAMHS and has received treatment?

	Yes		No		Don't Know		Total Responses
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%	<i>n</i>
Cymru	16	73	6	27	0	0	22
East	30	65	13	28	3	7	46
London	11	50	10	45	1	5	22
Midlands and South West	18	51	14	40	3	9	35
Northern Ireland	18	69	5	19	3	12	26
Scotland	27	63	14	33	2	5	43
South East and Anglia	40	60	20	30	7	10	67
West	25	64	10	26	4	10	39

Q. Over the last year, have you worked with anyone who has been referred to CAMHS and is still on a waiting list?

	Yes		No		Don't know		Total Responses
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%	<i>n</i>
Cymru	19	83	2	9	2	9	23
East	28	62	13	29	4	9	45
London	10	48	10	48	1	5	21
Midlands & South West	20	65	7	23	4	13	31
Northern Ireland	16	59	8	30	3	11	27
Scotland	33	70	8	17	6	13	47
South East & Anglia	40	58	20	29	9	13	69
West	27	69	8	21	4	10	39

Q. Over the last year, have you worked with anyone who has been referred to CAMHS and was rejected from CAMHS?

	Yes		No		Don't know		Total Responses
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%	<i>n</i>
Cymru	13	81	2	13	1	6	16
East	24	53	13	29	8	18	45
London	9	43	10	48	2	10	21
Midlands & South West	19	63	8	27	3	10	30
Northern Ireland	12	50	6	25	6	25	24
Scotland	23	56	12	29	6	15	41
South East & Anglia	31	49	21	33	11	17	63
West	22	58	12	32	4	11	38

APPENDIX F: Regional Breakdowns – Special Educational Needs and Disabilities (SEND)

Q. Over the last year, have you worked with any children or young people with special educational needs and disabilities (SEND)?

	Yes		No		Don't know		Total Responses
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%	<i>n</i>
Cymru	17	68	7	28	1	4	25
East	35	76	10	22	1	2	46
London	23	92	2	8	0	0	25
Midlands & South West	31	79	7	18	1	3	39
Northern Ireland	23	82	4	14	1	4	28
Scotland	28	56	14	28	8	16	50
South East & Anglia	63	85	11	15	0	0	74
West	29	71	11	27	1	2	41

APPENDIX G: Funding Cuts to Children’s Services

Q. Have the cuts in funding for children’s services affected the children, young people and families that you work with?

	Yes		No		Don’t know		Total Responses
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%	<i>n</i>
Wave 1	384	83	10	2	62	15	420
Wave 3	284	79	12	3	63	18	359

Q. What impact is this having on the children, young people and families that you support?

Wave 1 (<i>n</i> =310)	<i>n</i>	%
Lack of support	81	26
Lack of early intervention/prevention	54	17
Reduced quality of service (e.g. less time to spend with CYP & families)	34	11
Support not available at right time (delays/waiting lists)	33	11
Increased sense of hopelessness/frustration from families	30	10
Wave 3 (<i>n</i> =264)	<i>n</i>	%
Lack of support	119	45
Reduced quality of service (e.g. less time to spend with CYP/families)	36	14
Support not available at the right time (delays/waiting lists)	34	13
Lack of parenting/early years support	24	9
Impacts access to basic needs	22	8

Q. Which groups of children, young people and families do you think are most affected?

Wave 1 (<i>n</i> =278)	<i>n</i>	%
All children/parents	91	33
Low income families	65	23
Children with disabilities	18	6
Children with additional needs (incl. SEN & SPD)	18	6
Families affected by MHWB issues	18	6
Wave 3 (<i>n</i> =249)	<i>n</i>	%
All children/parents	75	30
Low income families	44	18
The most vulnerable children and families	23	9
Families affected by MHWB issues	19	8
Looked after children	17	7