

Slough People's Assembly

held at
Salt Hill Park Playday



1st August 2018



30% of people in Slough are under 18 years old. The NHS and Council want children to *develop "lifelong skills which will enable them to have fulfilling & happy lives."*

Healthwatch wanted to listen to the voice of the young person, finding out what was important to them.



Playday is designed to promote play to children and their families, and the use of parks and open spaces for physical activity.

It was a great platform enabling Healthwatch to hear from 80 children aged 4-13 years old.



Our Children's Wellbeing Tree: we asked: *"What makes you happy?"* Responses included: friends, lego, colouring, family, gymnastics, books, strawberries, and helping others.

We found that safe, good quality settings encourage time outdoors, with associated health benefits.

"Young people want reassurance that speaking out will not get them in trouble"

Over 150 languages are spoken in Slough schools

"Slough has high levels of childhood obesity - 40% Year 6 pupils"

"I'm worried about the environment"

"Emotional wellbeing is a local issue... exam stress, bullying, anxiety, self harm"

I'm not sure who to ask

What makes asking for help hard?

It's so embarrassing....

Jargon

"I'm frightened I will get into trouble"

Who do young people turn to if they have a problem?

- Half of the young people we spoke to said they would talk to their teachers mainly, preferring not to disclose problems to their parents for fear of getting in trouble.
- Half of the young people said they would talk to their parents or carer and ask them to help sort it out.

What Healthwatch did

- We asked Good Gym members to incorporate some litter picks into their runs.
- We asked Slough Wellbeing Board to encourage ALL primary schools to sign up to the Daily Mile initiative (currently 9 schools signed up)
- We shared our findings with 
- At Slough's Wellbeing Board Conference we said that public facilities should be better promoted.

What stops young people asking for help?

- Scared or anxious
- Threat or fear of bullying
- Embarrassment
- Sometimes teachers don't understand what the problem is
- Don't always know where to go or what is happening locally.

Young people's ideas for improvement

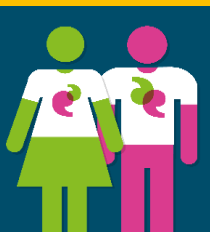
Many children we spoke to were concerned about environmental issues.

- Litter around Slough should be reduced.
- Some parts of town could have more flowers
- Plastic should not be left around because animals can get trapped and die.

Young people also told us that they want:

- Reassurance that speaking up or getting help will not get you into trouble.

SAVE THE DATE: Healthwatch Slough's next **People's Assembly**



- **Date:** January 2019
- **Play and discussion**

Watch this space more detail to follow!



Stay in touch!

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