

# Mental Health & Wellbeing Vision Setting



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# PUBLIC OUTREACH

## Mental Health & Wellbeing Consultation

Over the Summer period Young Advisors have been undertaking consultations in various locations across Doncaster to gather information to feed into a new mental health strategy & vision setting. Our aim was to speak to as many people as we could around Doncaster to get their thoughts and opinions about...

### 'What does good mental health look like to you?'

Along with asking 'How old are you' and 'which area of Doncaster do you live' so we can collect a range of real thoughts and opinions of people of all ages and areas of Doncaster.

For any young people under the age of 13 years who did not understand the questions, we asked them instead...

### "What makes you happy?"

**DONCASTER YOUNG ADVISORS** 

**WELLBEING QUESTIONNAIRE**

1. HOW OLD ARE YOU?

2. WHICH PART OF DONCASTER DO YOU LIVE IN?  
.....

3. WHAT DOES GOOD MENTAL HEALTH LOOK LIKE TO YOU?  
.....  
.....

4. PLEASE LEAVE CONTACT INFO TO BE ENTERED INTO OUR PRIZE DRAW!  OR   
.....



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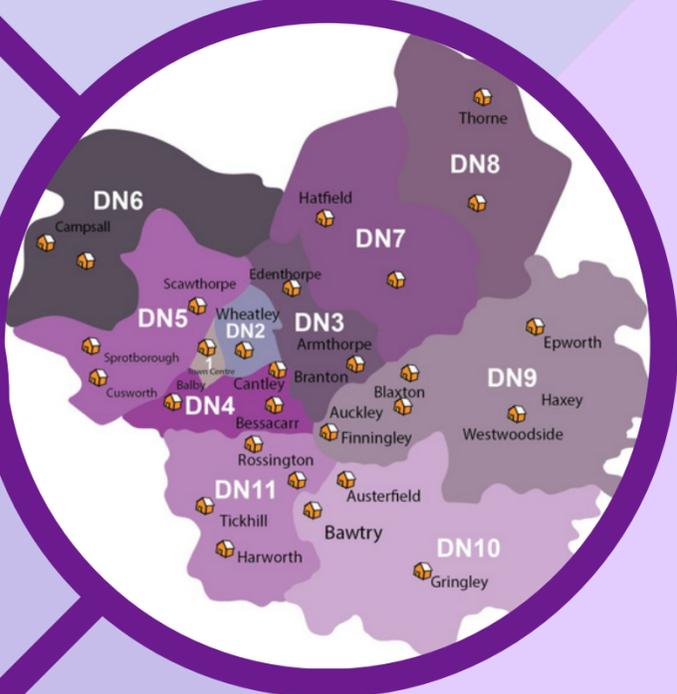
# WHERE WE GATHERED OUR FINDINGS

To gather our information we wanted to try and cover as much of Doncaster as we could in the time that we had.

We visited the following places that we knew had a high footfall for families and young people.

- Lakeside Village
- Frenchgate Shopping Centre
- The Dome Leisure Centre
- Thorne Summer Festival
- NCS Summer Programme
- Youth Hub Wellbeing Programmes
- Bawtry Paintball Centre
- Available as an Online Form

After analysing the data, we had received responses from young people in every area of each locality within Doncaster: North, South, East, Central.

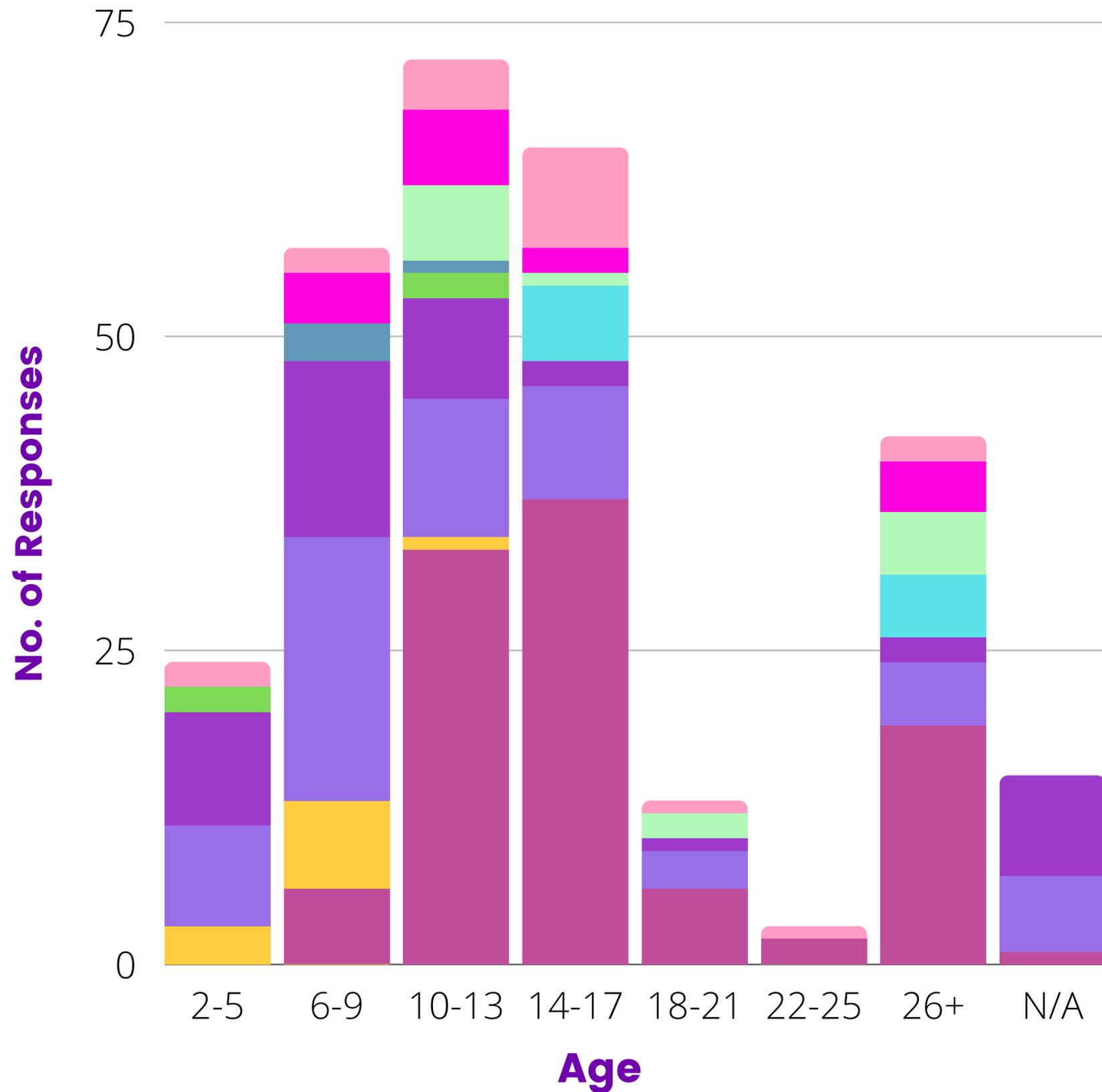


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# RESPONSES FROM AGES 2-26+ YEARS

## 'What does good Mental Health look like to you?'



### KEY:

- Positive Mindset
- Hobbies & activities
- Nature / outdoors
- Physical health
- Don't know
- Animals
- Socialising
- Self-care
- Education
- Support & opportunity

(N/A is for the young people around 13 and under who were asked 'what made them happy?' and did not give their age)



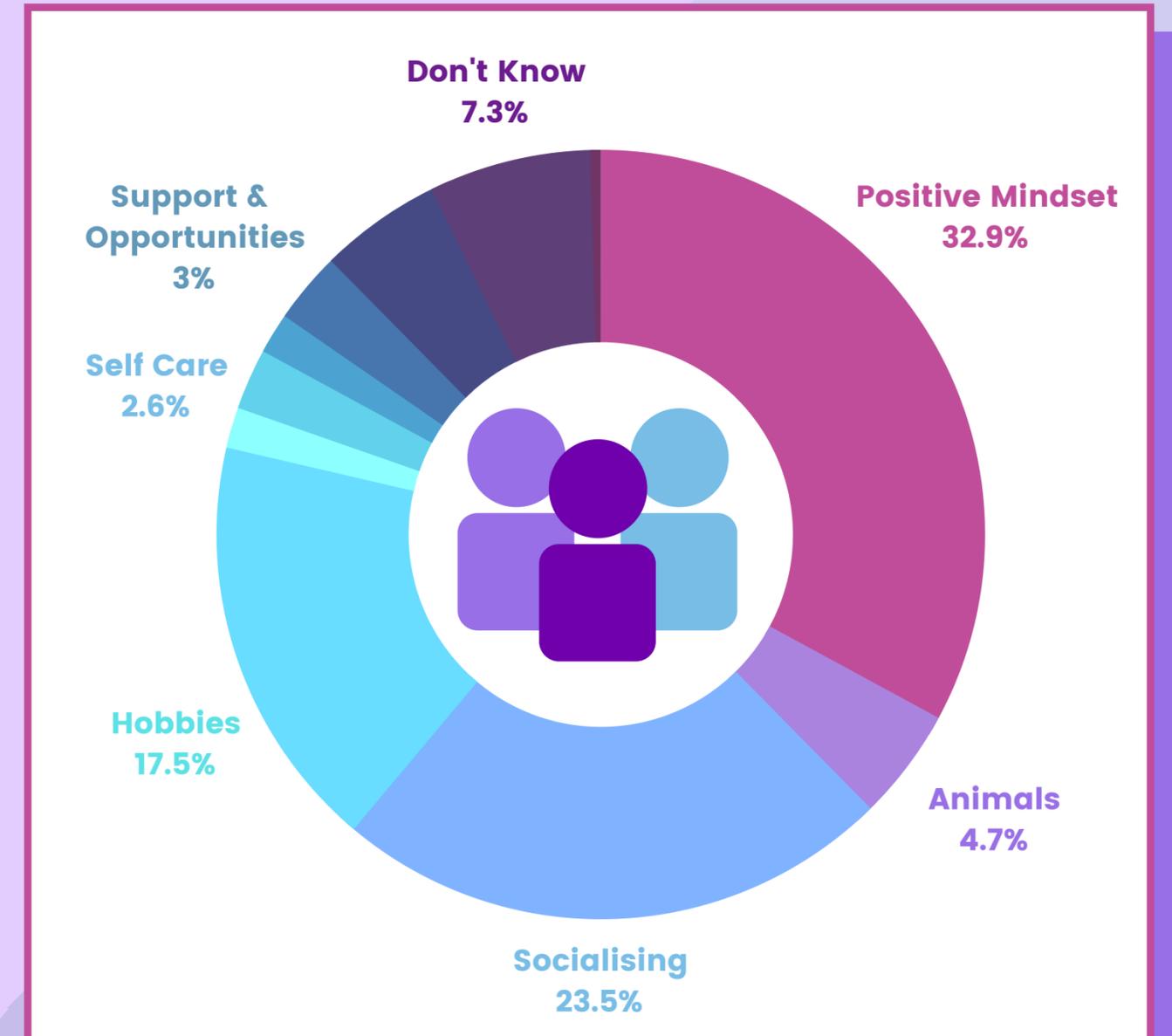
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# AGES 18 & UNDER PERCENTAGES

## 'What does good Mental Health look like to you?'

- 32.9% said that mental health was to do with having a positive mindset: being happy, able to deal with stress, feeling content and confident, having someone to talk to and be listened to.
- 5% said that mental health was to do with physical health or exercise.
- 3% said that mental health was when you have support and opportunities to grow.
- 2.6% of answers were related to taking care of yourself.
- Less than 2% of responses commented on nature.
- Less than 2% of responses commented on school or education.
- Less than 2% of responses commented on safety.
- 7.3% didn't know how to answer or didn't respond.



# QUOTES FROM UNDER 18'S

- Ages 10 and under commented about pets & family keeping them happy.
- Several people pointed out that you can't tell what mental health looks like or means because people can seem the opposite of how they are feeling.
- Many people mentioned about being happy, confident and content with yourself.
- Lots of people spoke about being around/socialising with friends and family.

"Feeling good about yourself and what's happening around you" - Age 13



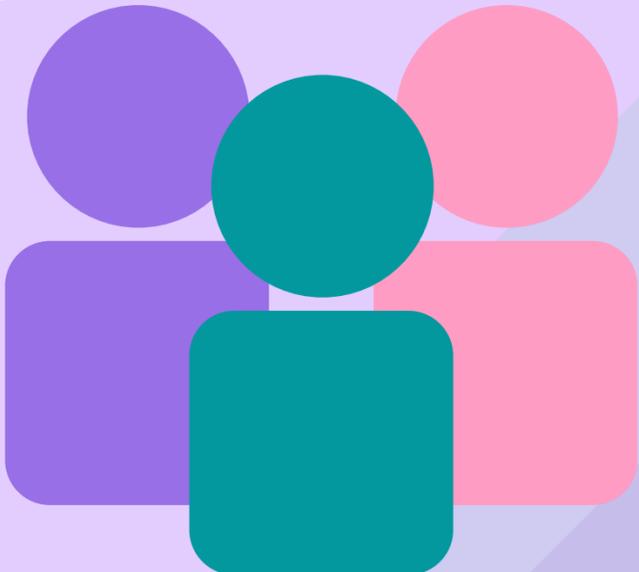
"Having a pet to look after" - Age 5



"Mental health doesn't have a specific look" - Age 16



"Not always being okay, but being happy with yourself" - Age 16



"My teachers, my family and my friends" - Age 8



"Having good fitness and feeling good about yourself" - Age 10



"Having enough energy to get through the day, having a desire to do well and feeling a purpose in life" - Age 17



"Taking care of yourself" - Age 14



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# OUR VISION:

**From the feedback we have received, we feel that the Vision for Doncaster should be.....**

"To ensure that every Child and Young Person in Doncaster is aware of and has access to *local, immediate, quality* mental health and wellbeing support . To ensure that services and organisations are working *more collaboratively* and information is easily *accessible*. We want to see more *education* for young people, parents/carers and professionals around recognising and supporting the needs of a young person. We want to *break the stigma*, encouraging children and young people to talk more openly and not to feel ashamed of their mental health and wellbeing."

# We can achieve our vision by...

**W**ellbeing hub -



Creating local hubs for young people giving them somewhere to go, something to do & someone to talk to

**E**motions -



Young people are aware of their emotions and how to express them in a healthy way.

**L**earning -



Educating young people, parents/carers, school staff & professionals around supporting young people with their wellbeing.

**L**istened to -



Ensuring young people have a say in decisions that are made around their mental health & wellbeing

**B**e kind to yourself -



Promoting the importance of self-care in wellbeing.

**E**mpower-



Allow young people to have their voices heard and be involved in the strategic decision making.

**I**nformation-



Raising awareness of the services available and invest in a digital platform led by young people, for young people, where all information is connected

**N**eeds-



Meeting the basic human needs of every child in Doncaster to ensure they feel happy, healthy, safe and supported.

**G**rowth-



To ensure all children and young people have the support they need to grow, and achieve their full potential

# Thank you!



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