



## Executive Summary (P/C, CYP)

The Herefordshire and Worcestershire Integrated Care Board (ICB) asked Action for Children to write this report. They wanted to find out how children, young people and their families feel about their health and wellbeing and how they want to tell the people that make the decisions about it. Young people decided to call the project “My Health, My Say.

Over a thousand people living in Herefordshire or Worcestershire joined in. They spoke to us at family events, Children’s centres and Family Hubs, holiday activities, youth groups and the emergency departments in both counties. Some people filled in surveys, but you didn’t have to be able to write to take part, some people drew or signed what they wanted to say, and we had “Post it” votes, “Pringles” tasting and “Jellybean challenges” to make sure that everyone who wanted could take part.

We asked about:

- **Health and wellbeing** – How you feel about your health and wellbeing services.
- **Education and life choices** – How you feel about school and how they help you to get the job you want.
- **Community and wider connections** – What you like to do in your free time and can you do all the activities that you want to.

We found that:

**85%** of parents and carers said that their recent experience of health appointments for their child/children had been “always good” or “Mostly good”.

**86%** of parents and carers whose child had an EHCP (Education Health and Care plan) said that they were “Never” or “Not very often” consulted when it was being drafted.

**35%** of young people like to go to a youth club or group in their spare time.

We recommend that the ICB:

- Has a team of workers that visit existing youth groups so that they can hear what lots of different young people are saying.
- Have one place online where parents and carers can make appointments and keep track of reports if their child is having an EHCP.
- Have spaces where young people can meet their friends and decide on the activities that they want to do.
- Make sure that they advertise activities in lots of different ways so that if you don’t use the internet, you can still find out about them.

With special thanks to AYOS (Active Youth Outreach Service), Malvern Cube, Starting Well Partnership, South Worcestershire, Bromsgrove Youth Hub, Worcestershire Acute Hospitals NHS Trust and Wye Valley NHS Trust

