



Senedd yr Ifanc

'OUR WELL-BEING'

CONSULTATION RESULTS



Summary

The Senedd yr Ifanc has carried out the '**Our Well-Being**' consultation to give Wrexham young people aged 11 - 18 the opportunity to share their views and to contribute to Wrexham's Public Service Board Well Being Plan 2018 -2023

OUR WELLBEING

On behalf of Wrexham's Public Service Board (PSB) the Senedd yr Ifanc/Wrexham Youth Parliament developed and took the lead on this young people's consultation.

This consultation was an opportunity for the young people of Wrexham aged 11-18 to share their views and to contribute to the Public Service Board Well Being Plan 2018 – 2023.

Wrexham PSB is a partnership of organisations that help provide public services in Wrexham, bringing together all the public sector organisations that exist in Wrexham such as the Health Board, Coleg Cambria, Wrexham Council and Glyndwr University.

The Senedd yr Ifanc have previously worked with the PSB and took a lead on 'The Wrexham We Want' consultation. This research has helped to shape the Well-Being Plan so far. The results from this consultation highlighted issues for young people on:

- Sleep
- Food and weight management
- Building life skills.

The results of this consultation will further inform the work that concern young people on the Well-Being Plan, including:

- Children and young people are given a healthy start in life
- All people have the opportunity to learn and develop throughout their lives

The following groups were invited to take part in the consultation:

Group	Method
Anyone aged 11-18	Social Media Young Wrexham website Wrexham.com WCBC website Your Voice Wrexham website
Young People in employment/NEETs	ITEC Info Shop ADTRAC
Community Groups	Scouts and Guides Youth Clubs Duke of Edinburgh project Local Youth Forums 3 rd Sector Orgs
Young People in Care	Young Peoples Care Council
Disabled Young People	Dynamic St. Christopher's school
Mental Health Service users	Inspire Info shop
Young people excluded from education	Pupil Referral Units
Faith groups	Local churches, TCC
All Secondary schools in Wrexham	School Council Links/ ballot boxes in each school School Councils Head Teachers Youth Workers Via Senedd rep's
Colleges	Via Senedd rep's Student Voice Co-ordinator

The 'Our Well-Being' consultation had 41 questions plus 8 voluntary equality questions.

The questions were broken down into 5 sections.

- Section 1 – **To discover the impact of the use of technology and sleep patterns**
- Section 2 - **To understand attitudes to food and weight management**
- Section 3 – **To find a method to teach necessary life skills**
- Section 4 -**Senedd yr Ifanc- Wrexham's Young Peoples Parliament**
- Section 5 - **About you (Voluntary)**

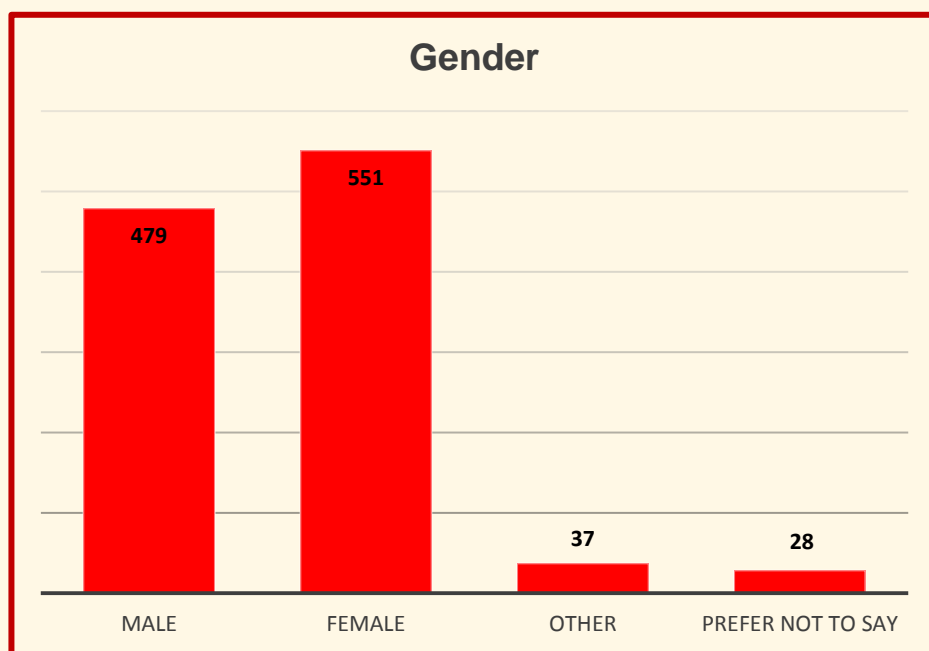
In total we received **1350** responses from young people to the consultation. Approx. 400 were completed online, and approx. 950 were from paper copies which young people completed.

The consultation was released on the 12th October 2018 and closed on 14th December 2018. The Senedd yr Ifanc primarily promoted the consultation through social media, Your Voice, local schools, Wrexham Council, Wrexham Council Youth Workers and other Professionals

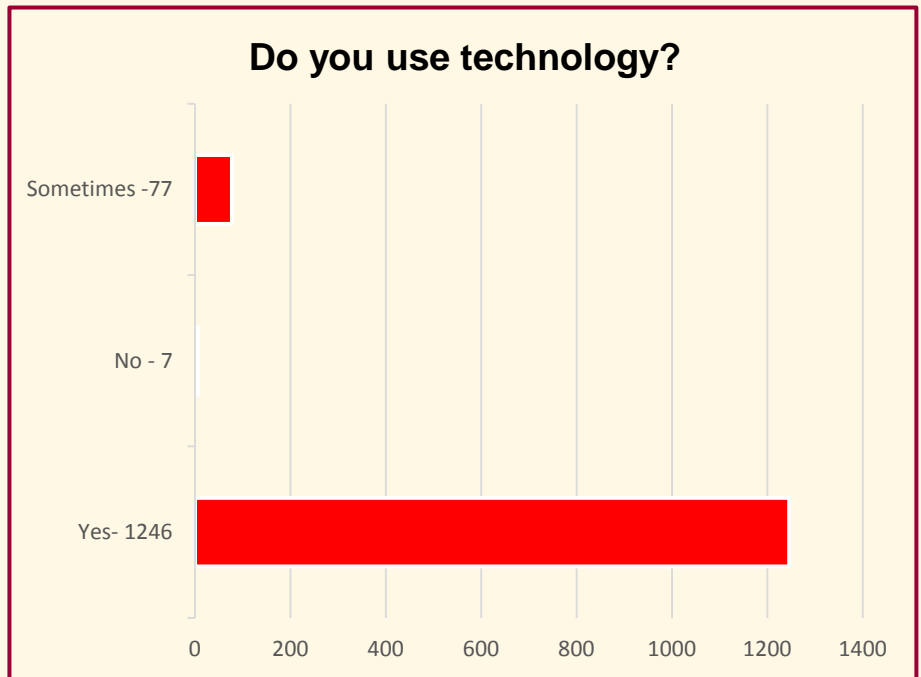
This single response question was answered by 1350 respondents

Age	Number of Responses	Percentage of Overall Responses
Under 11	5	0%
11	271	20%
12	211	16%
13	305	23%
14	259	19%
15	211	16%
16	43	3%
17	18	1%
18	17	1%
Over 18	10	1%

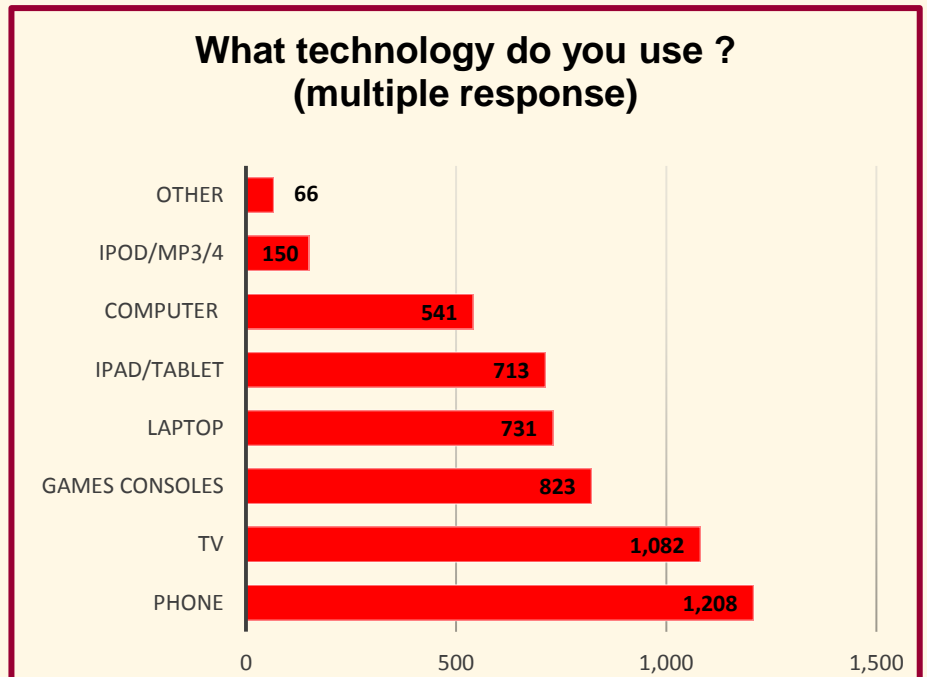
This single response question was answered by 1095 respondents



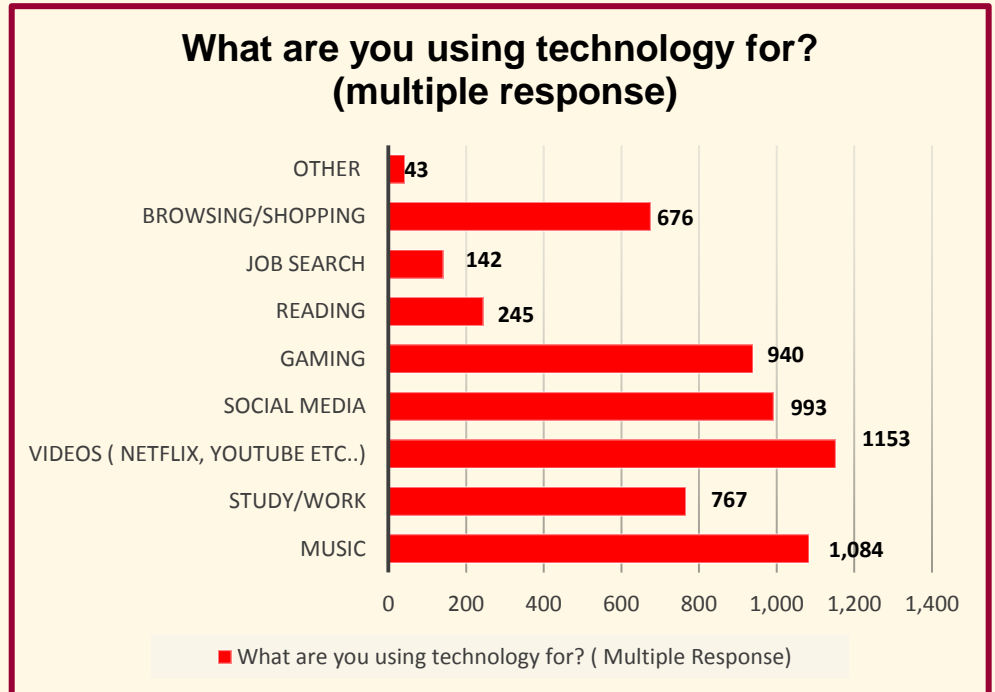
This single response question was answered by 1330 respondents:



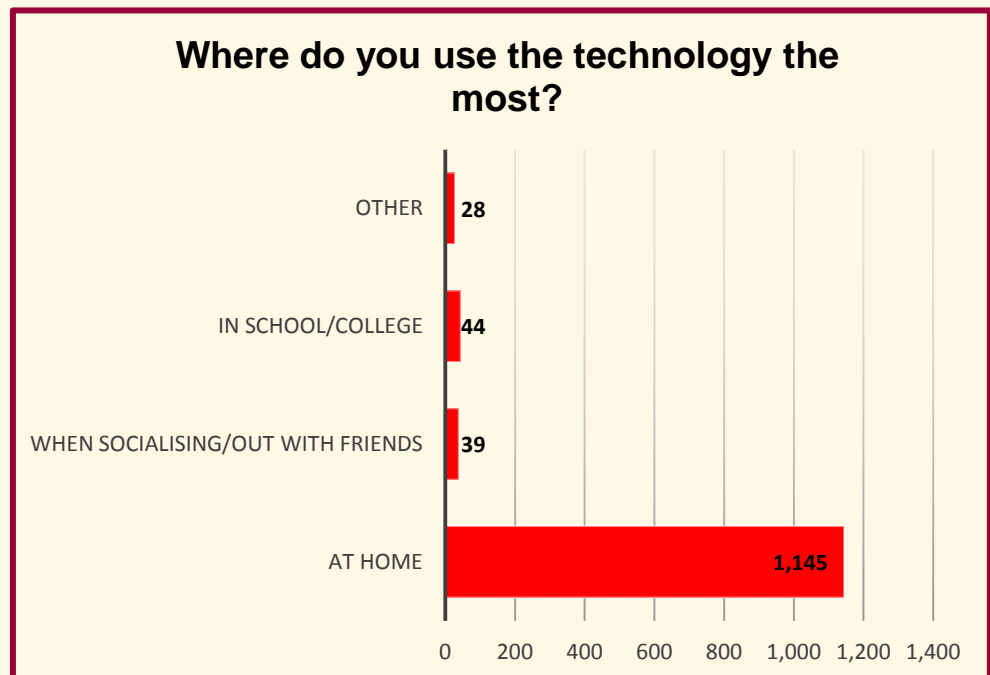
This multiple response question was answered by 1321 respondents:



This multiple response question was answered by 1316 respondents:

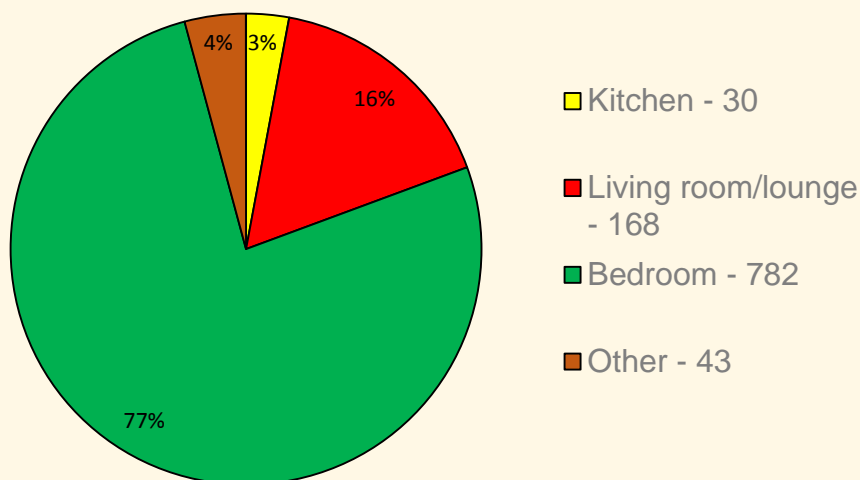


This single response question was answered by 1256 respondents:



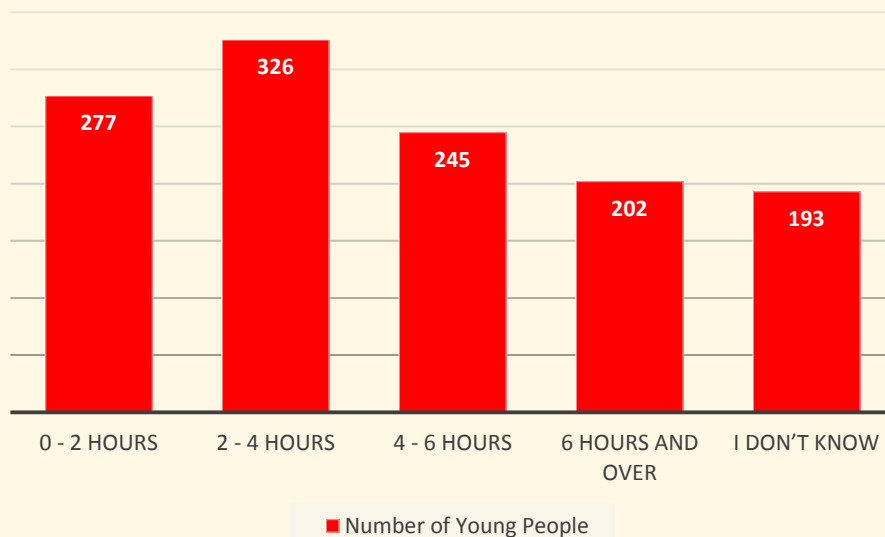
This single response question was answered by 1023 respondents:

If at home, please tell us where?



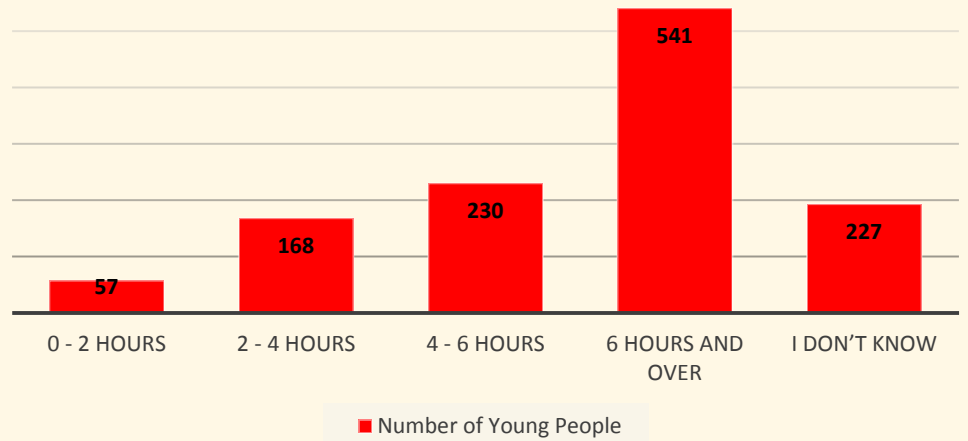
This single response question was answered by 1243 respondents:

How much time on average do you spend on technology on a school/college day?

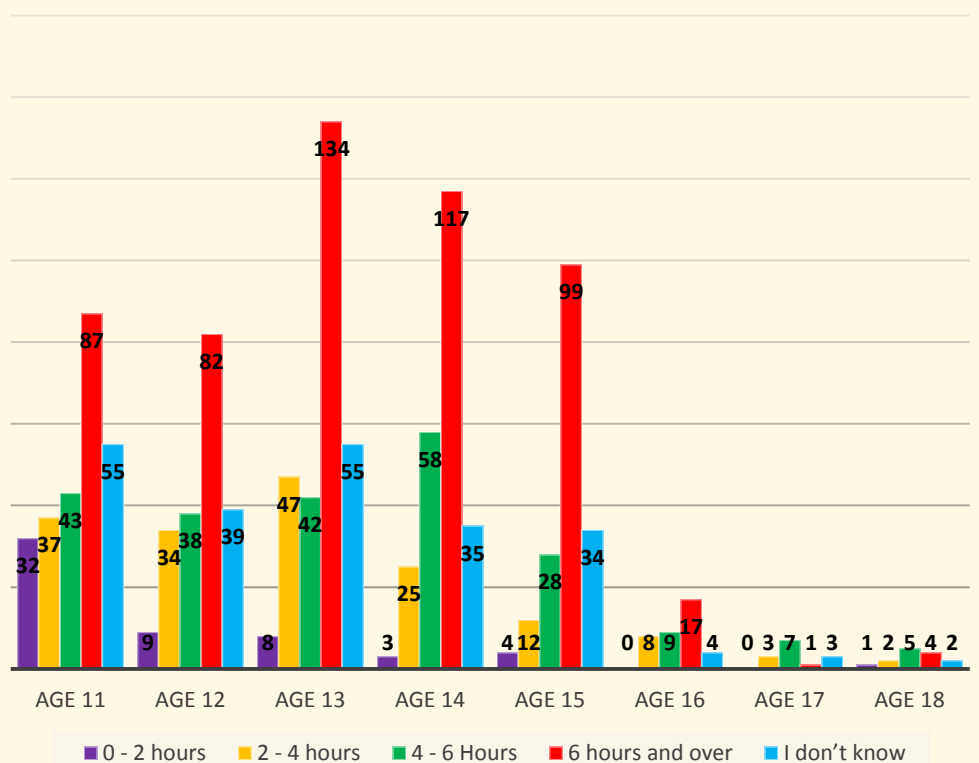


This single response question was answered by 1223 respondents:

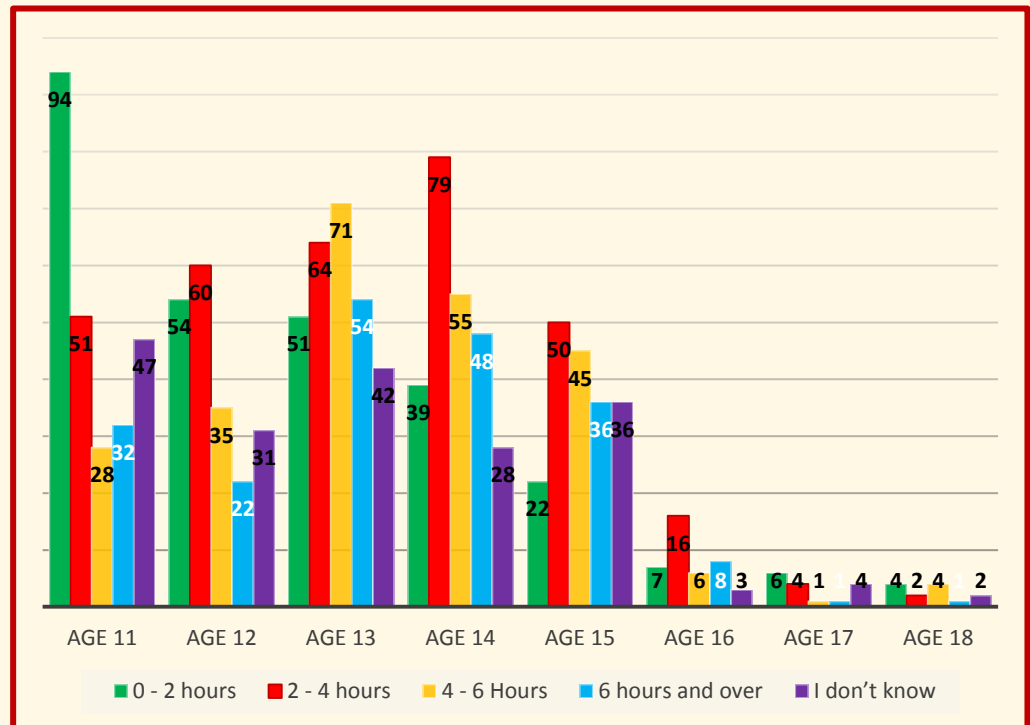
How much time on average do you spend on technology on a weekend/school holiday?



Age and how much time is spent on technology on a school/college day:



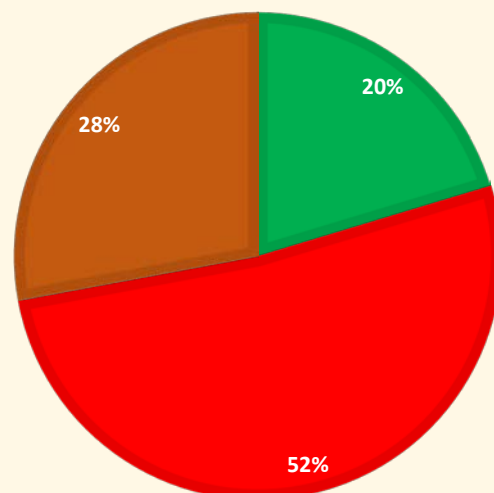
Age and how much time is spent on technology on a weekend/school holiday day:



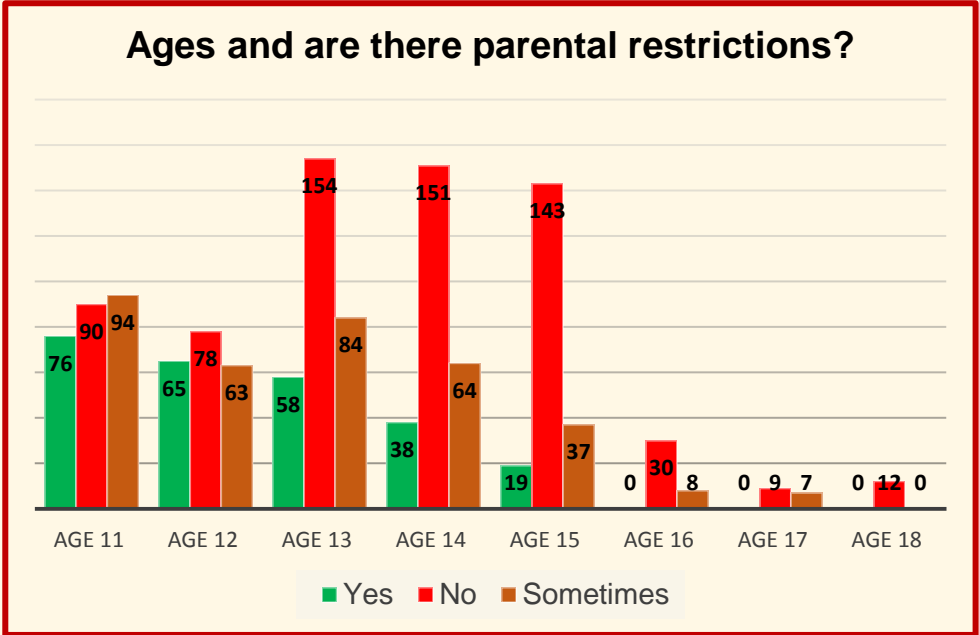
This single response question was answered by 1289 respondents:

Are there any parental restrictions for using technology at home?

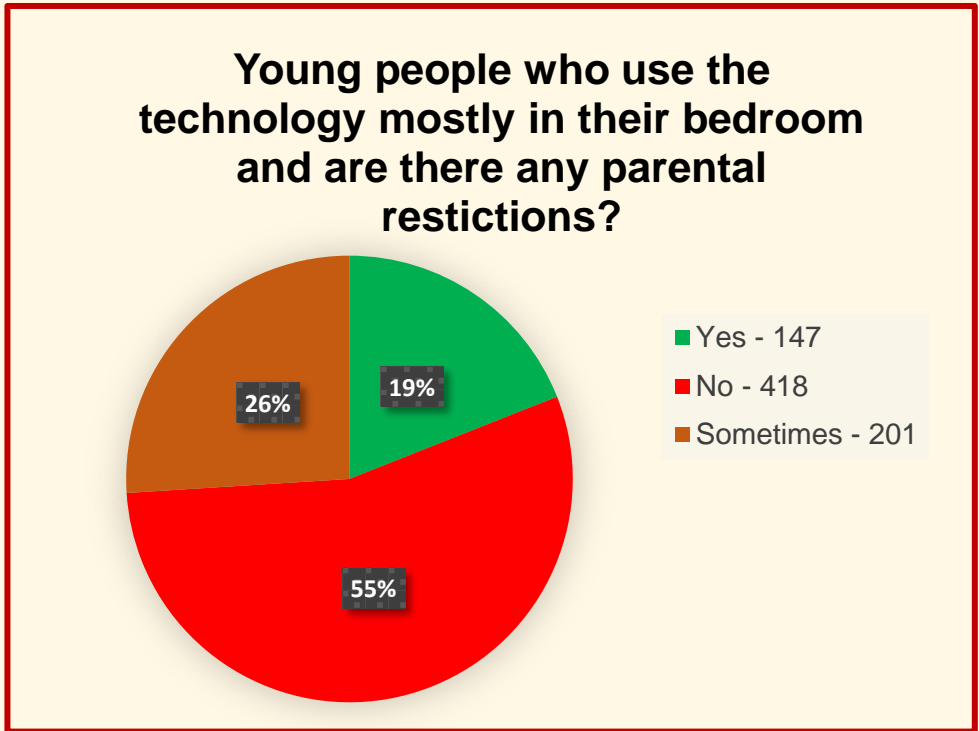
■ Yes - 262 ■ No - 667 ■ Sometimes - 360



This cross- tab question was answered by 1289 respondents:

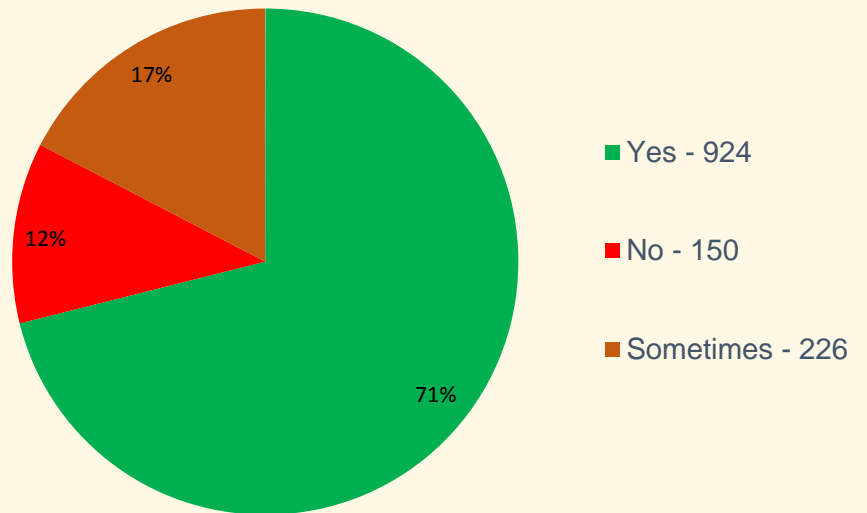


This cross- tab question was answered by 766 respondents:



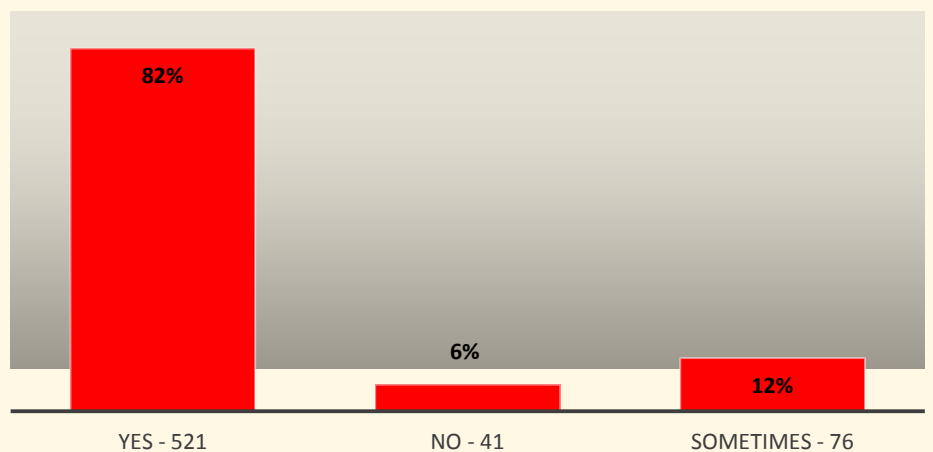
This single response question was answered by 1300 respondents:

Do you use technology within 1 hour of going to sleep?



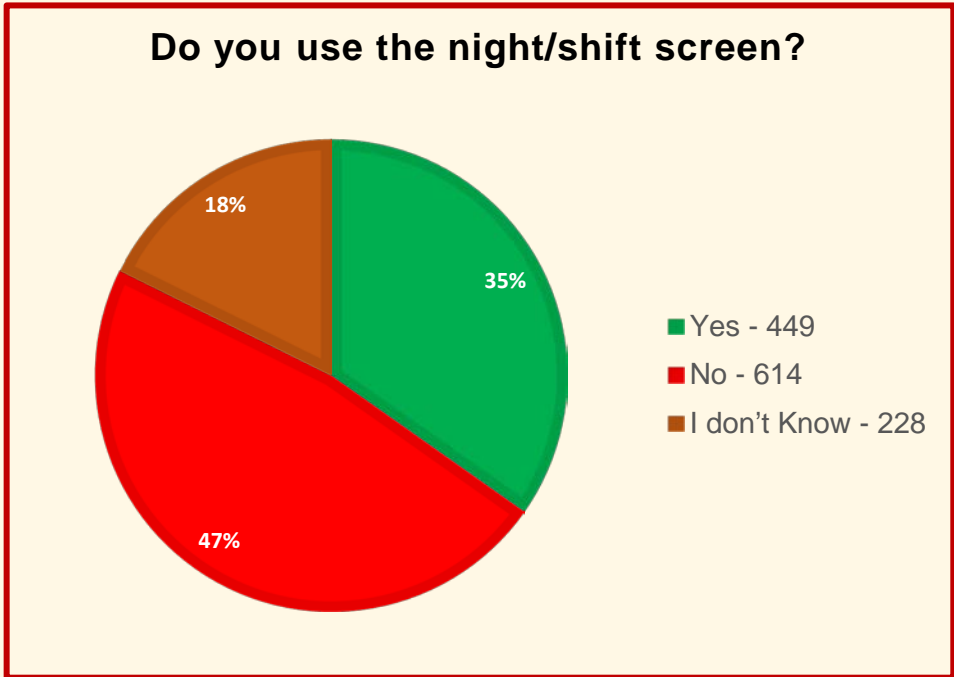
This cross- tab question was answered by 638 respondents:

Young people who use their technology within 1 hour of going to sleep and who say they feel tired during the day?

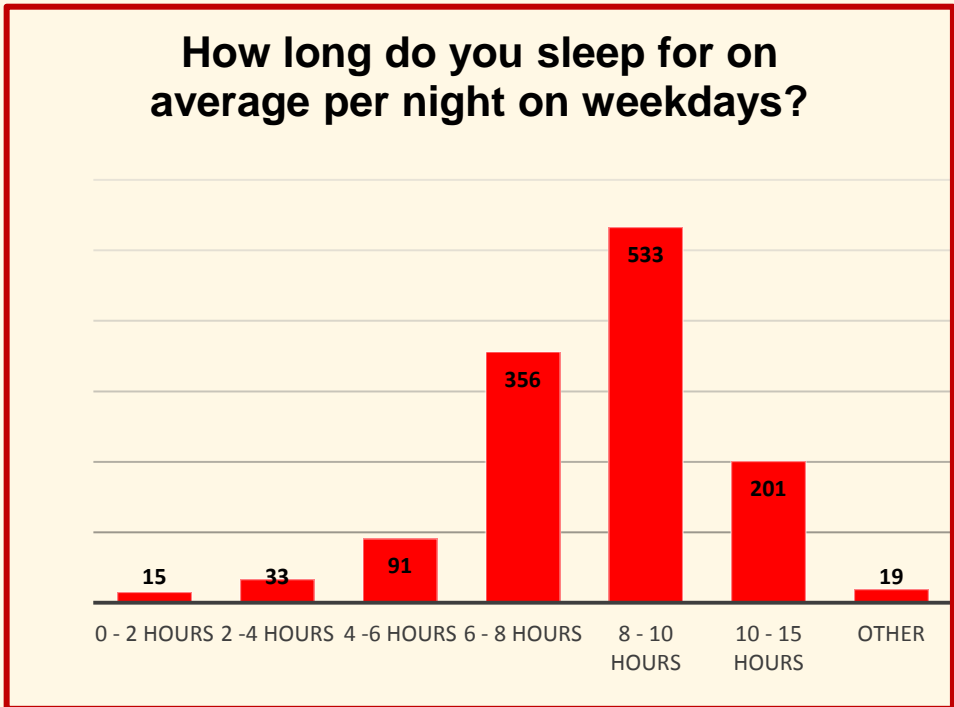




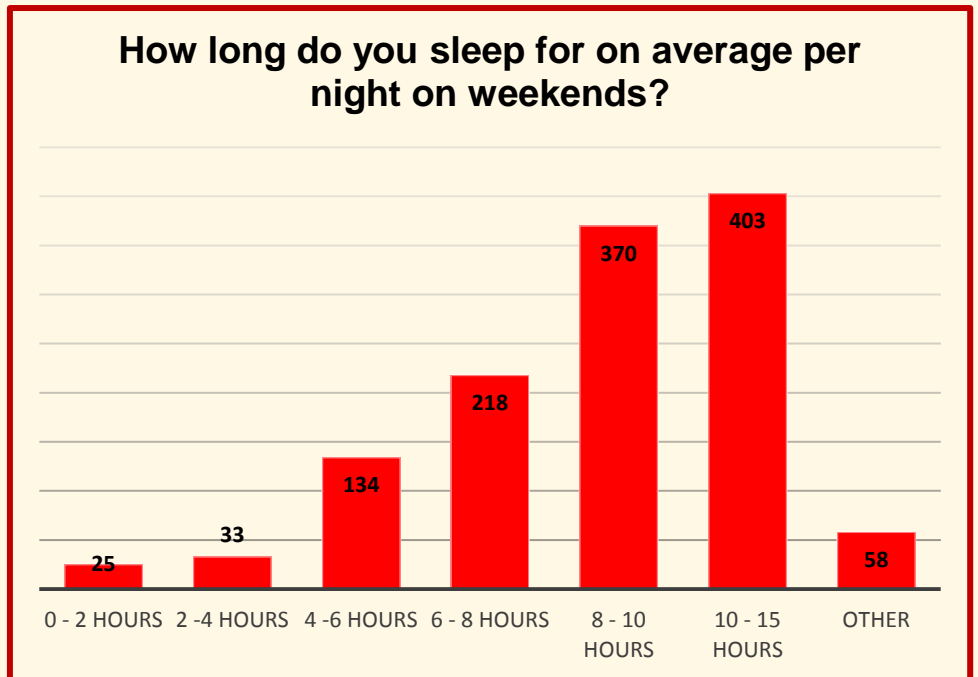
This single response question was answered by 1291 respondents:



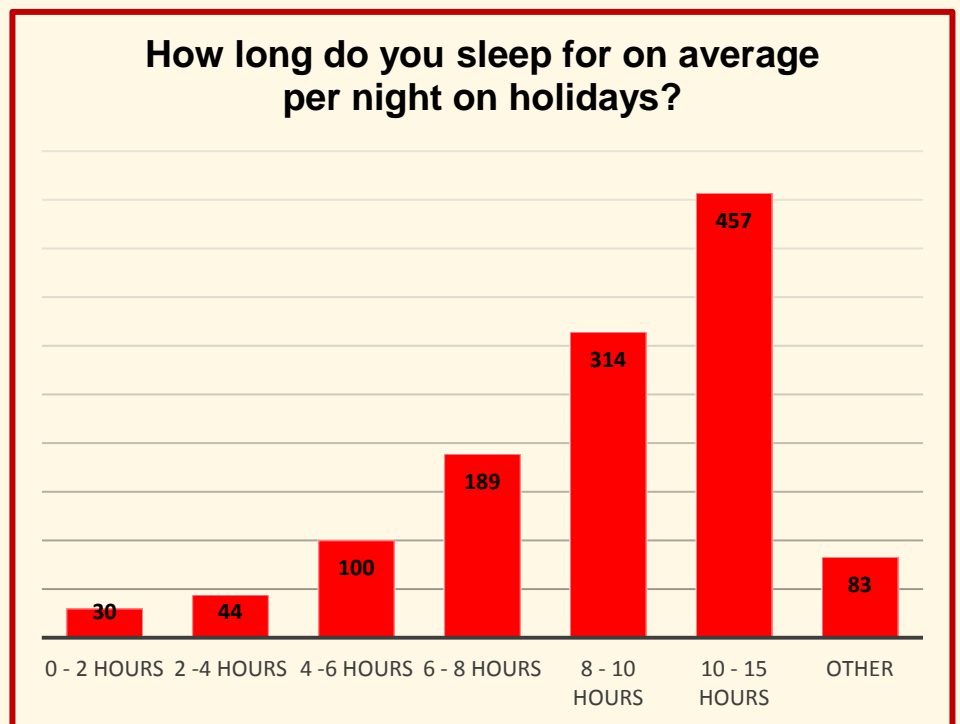
This open response question was answered by 1248 respondents:



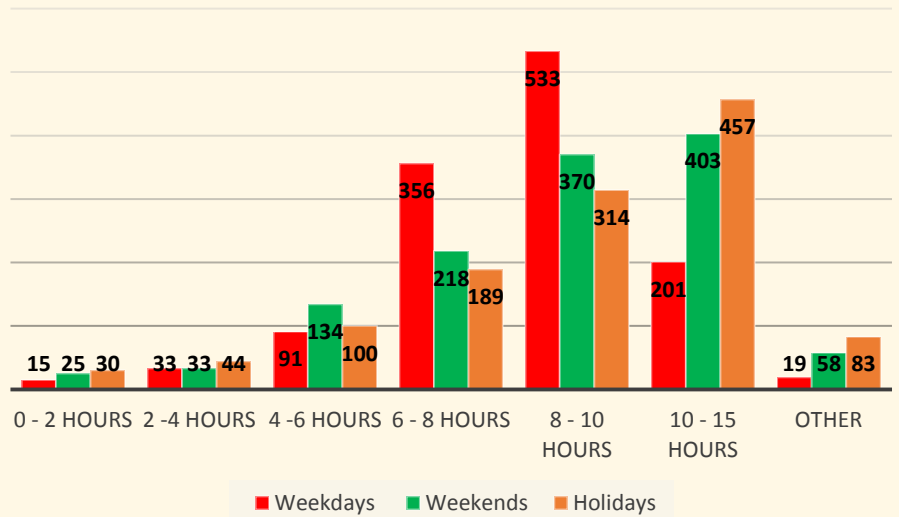
This open response question was answered by 1241 respondents:



This open response question was answered by 1217 respondents:

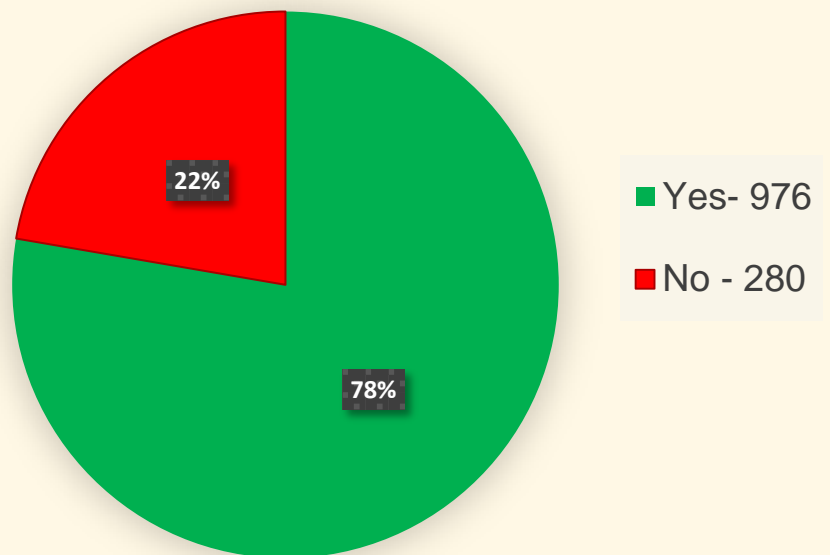


How long do you sleep for on average per night?



This single response question was answered by 1256 respondents:

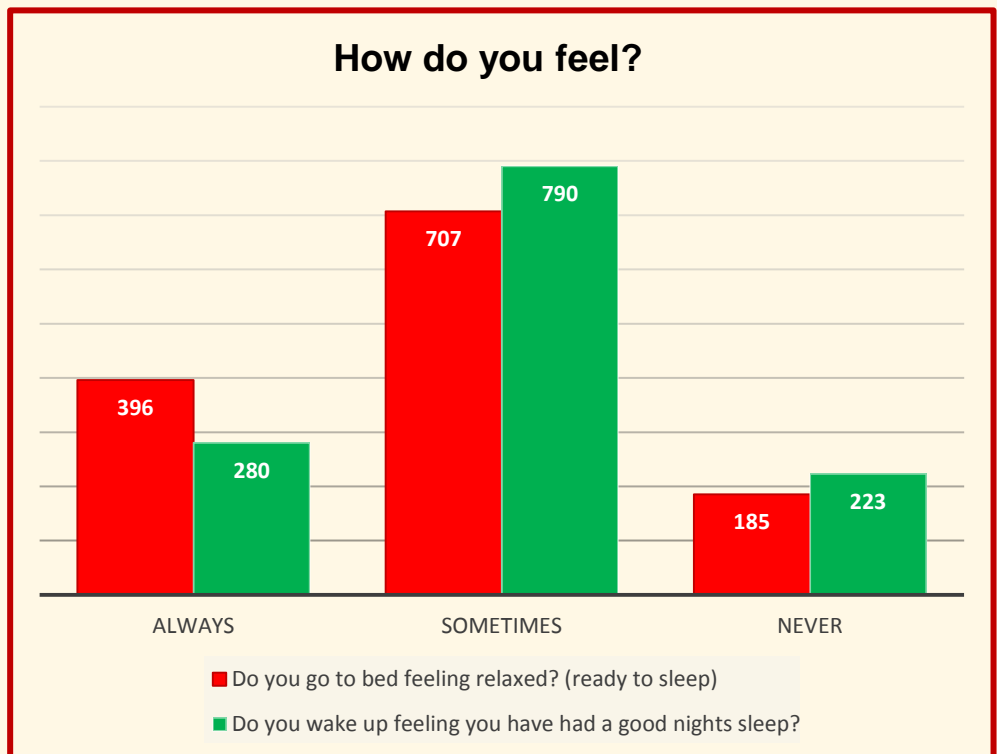
Do you think this is enough sleep?



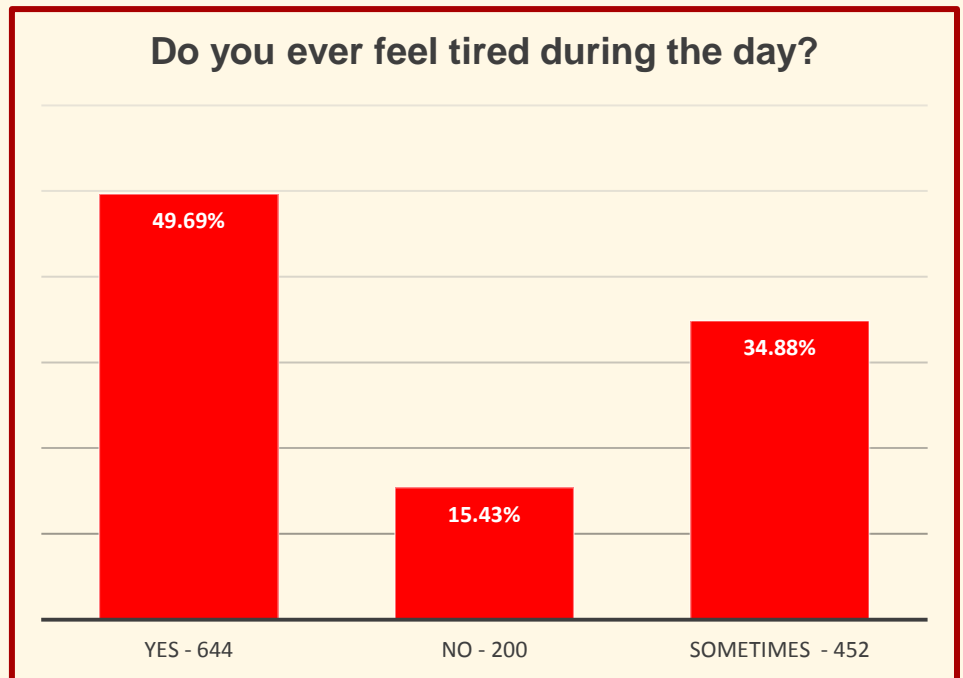
This open response question was answered by 226 respondents:

Why don't you think you have enough sleep?

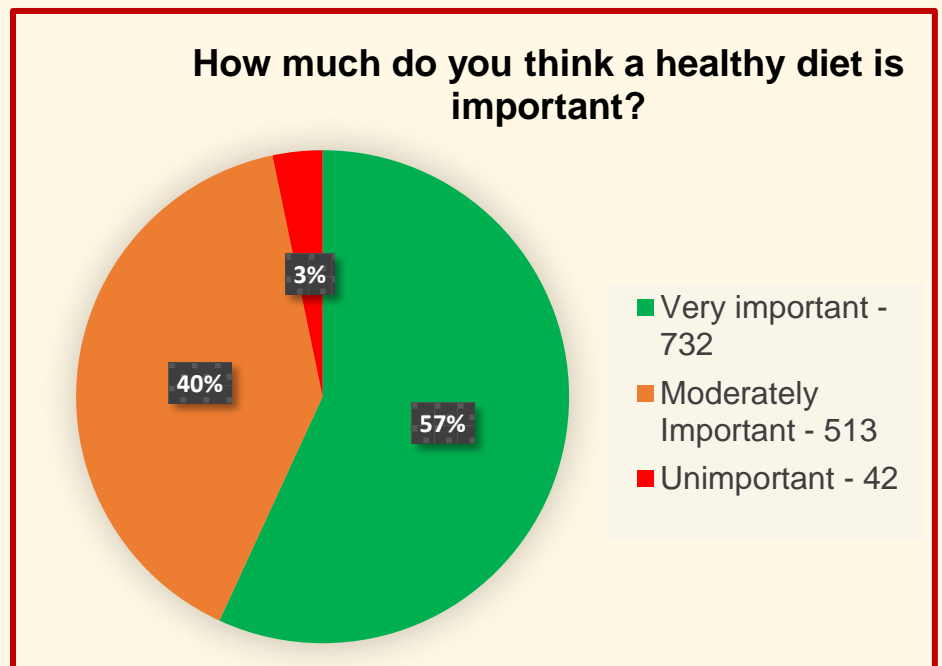
Always tired	56	25%
Because of technology	43	19%
Struggle with sleep	44	19%
Mental Health issues	17	7.5%
Stress related to school/home work	19	8.5%
Other	47	21%



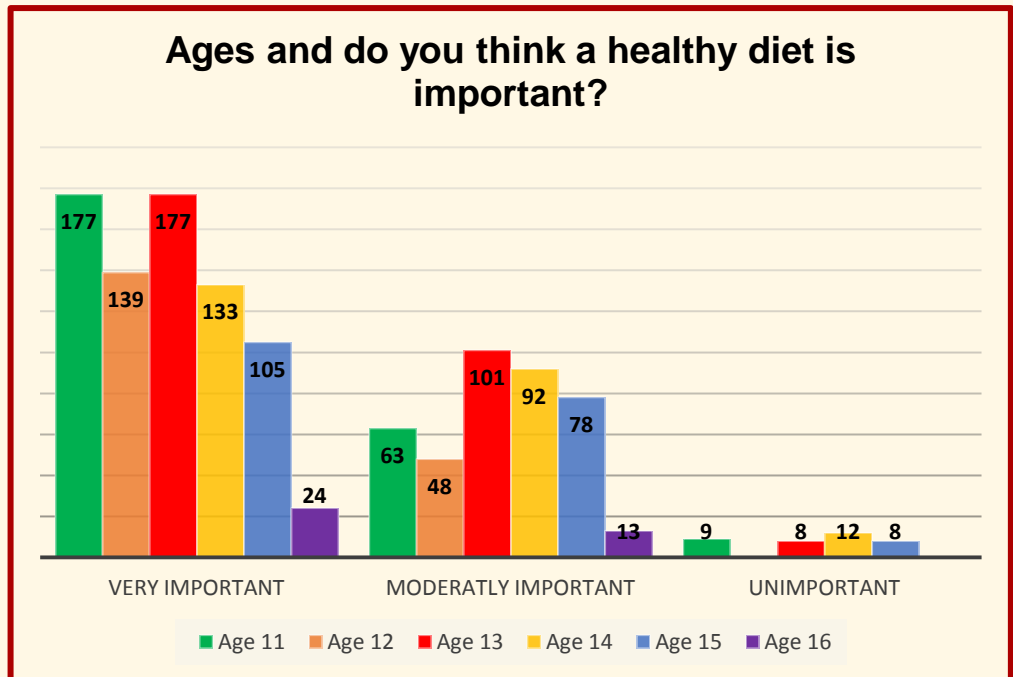
This single response question was answered by 1296 respondents:



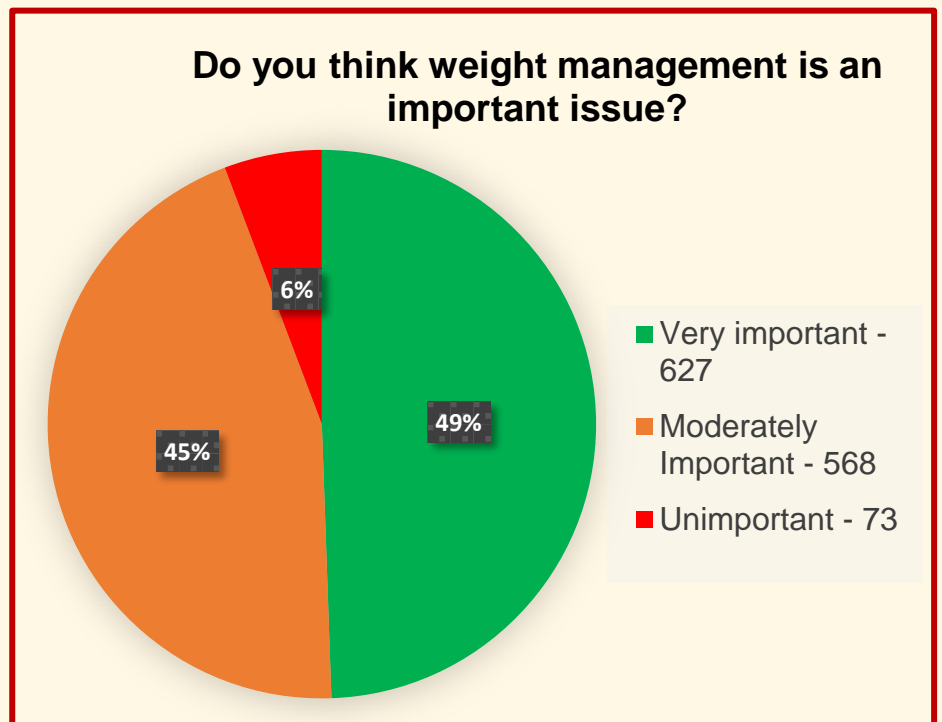
This single response question was answered by 1287 respondents:



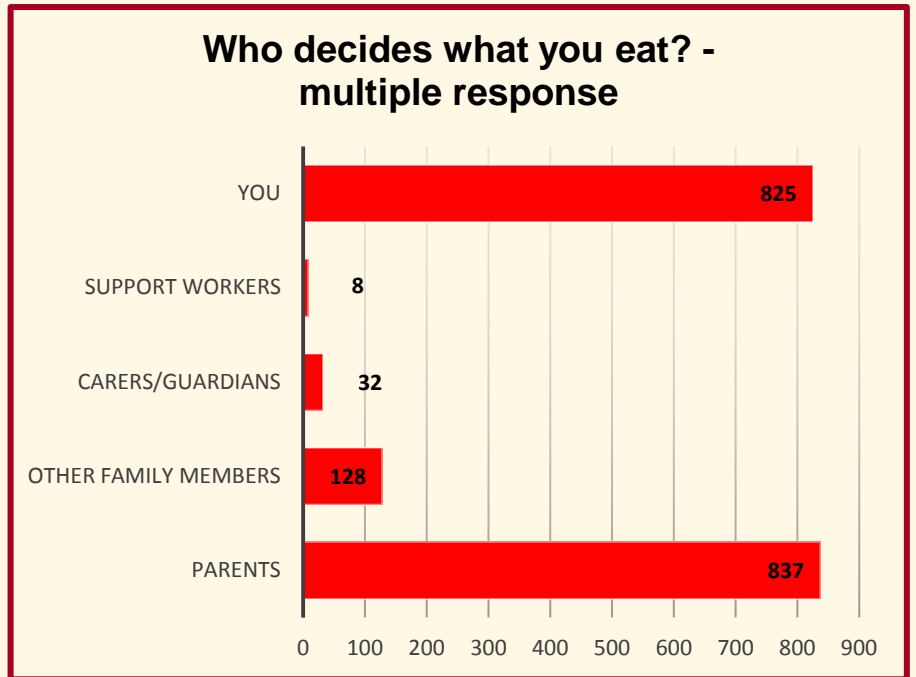
This cross tab question was answered by 1192 respondents:



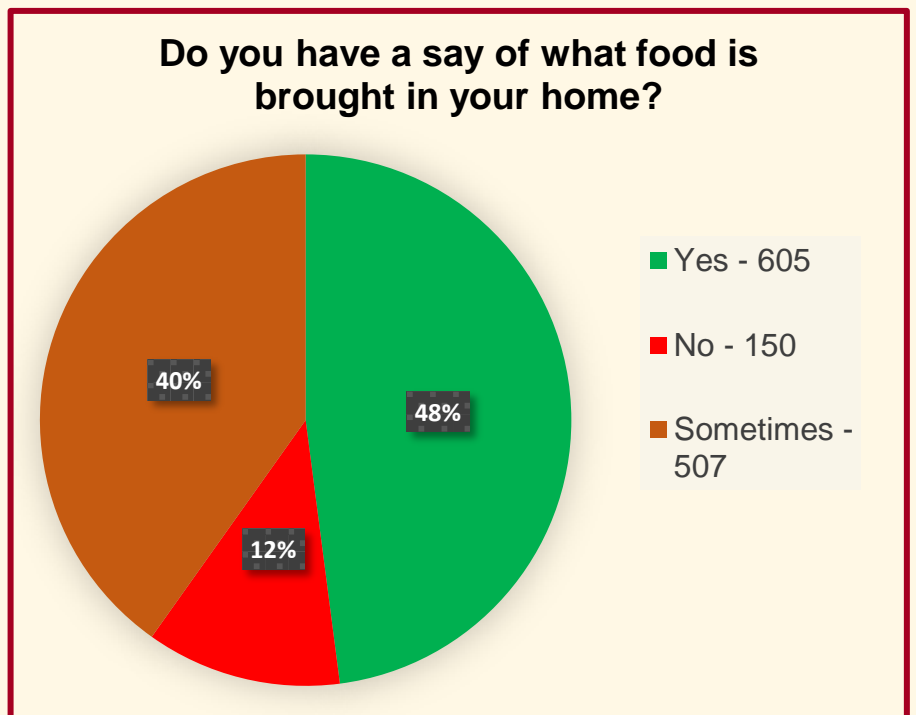
This single response question was answered by 1268 respondents:



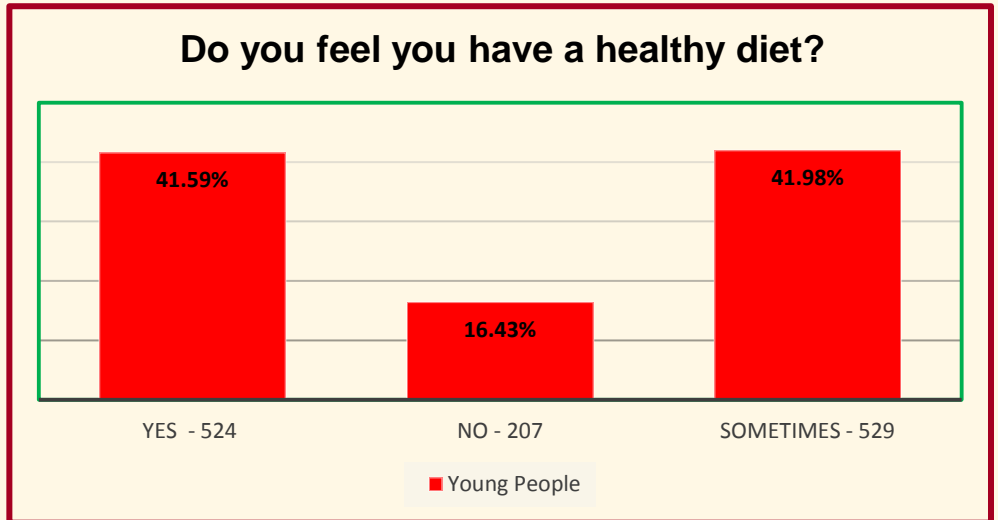
This multiple response question was answered by 1263 respondents:



This single response question was answered by 1262 respondents:



This single response question was answered by 1260 respondents:

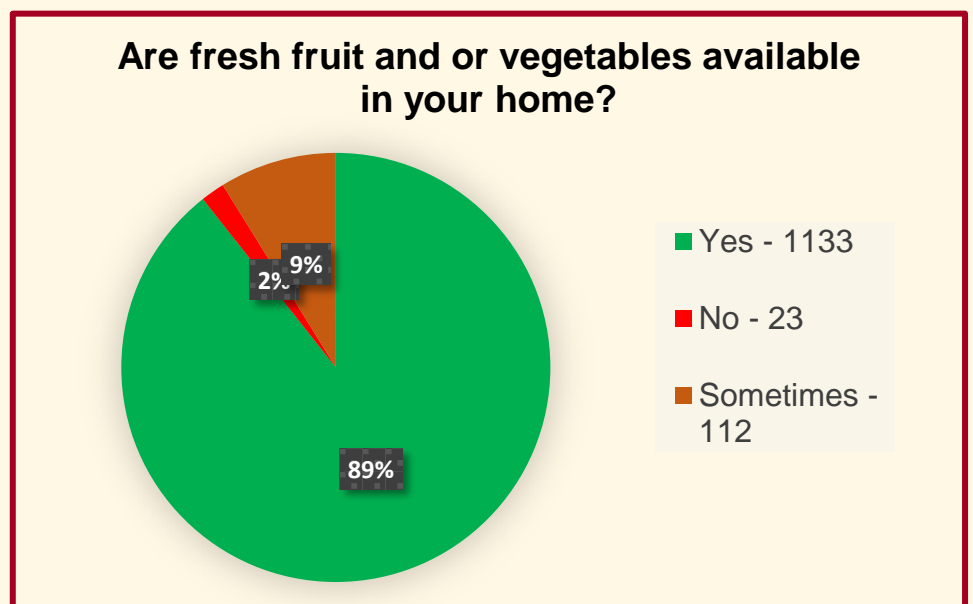


Why do you think this?

This open response (Free text) question was answered by 857 respondents:

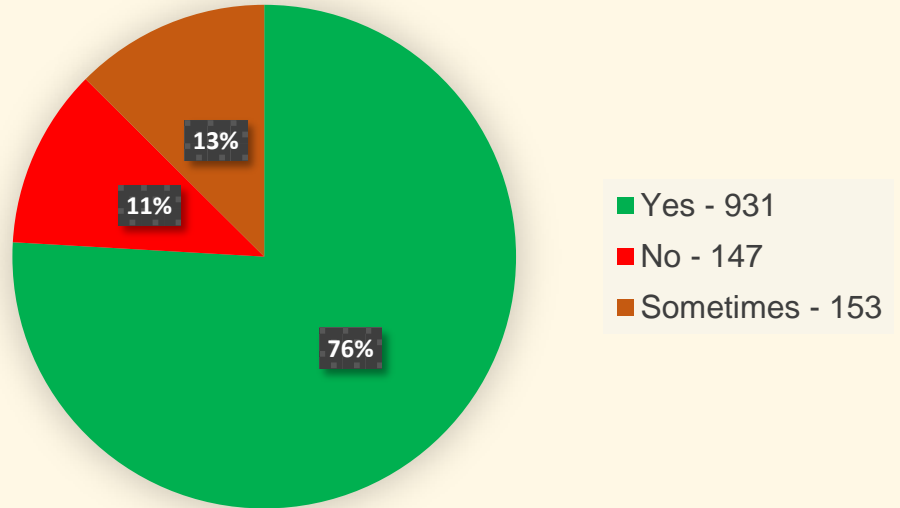
Junk Food – included, they eat a lot , too much	136
Weight – included under or over weight	29
Healthy/Balanced – included that they eat well, have healthy foods, have a balanced diet, 5 a day.	398
Other	294

This single response question was answered by 1268 respondents:



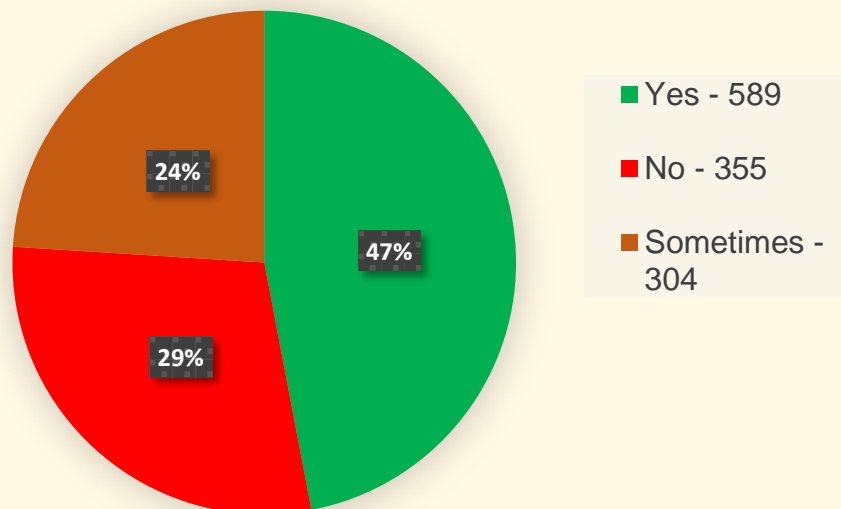
This single response question was answered by 1231 respondents:

Do you choose to eat the fruit and vegetables ?

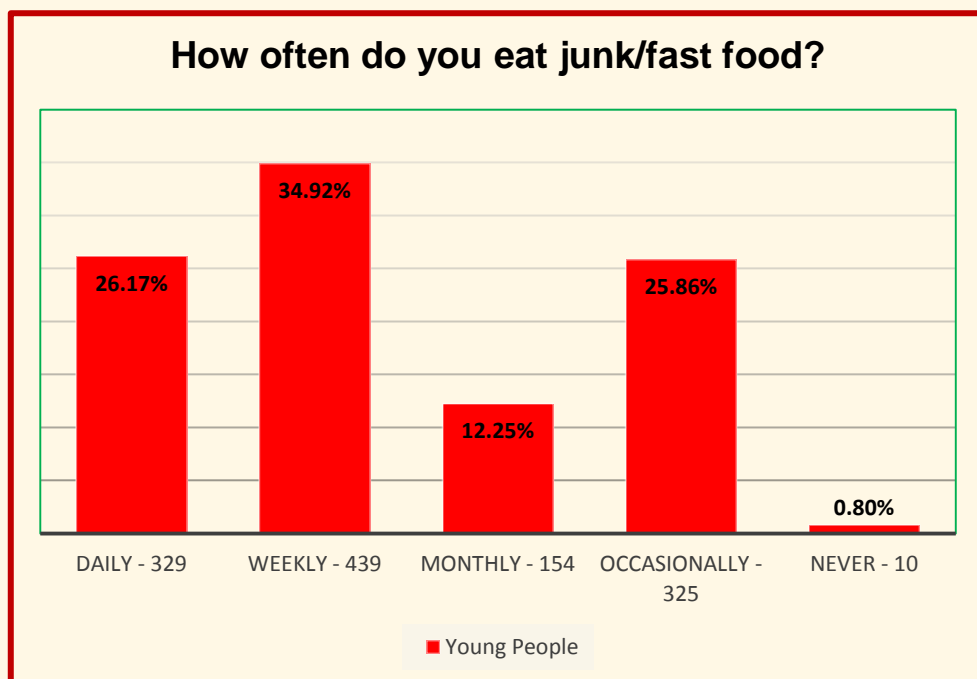


This single response question was answered by 1248 respondents:

Does your mood effect you're eating habits? e.g comfort eating, boredom etc...



This single response question was answered by 1257 respondents:



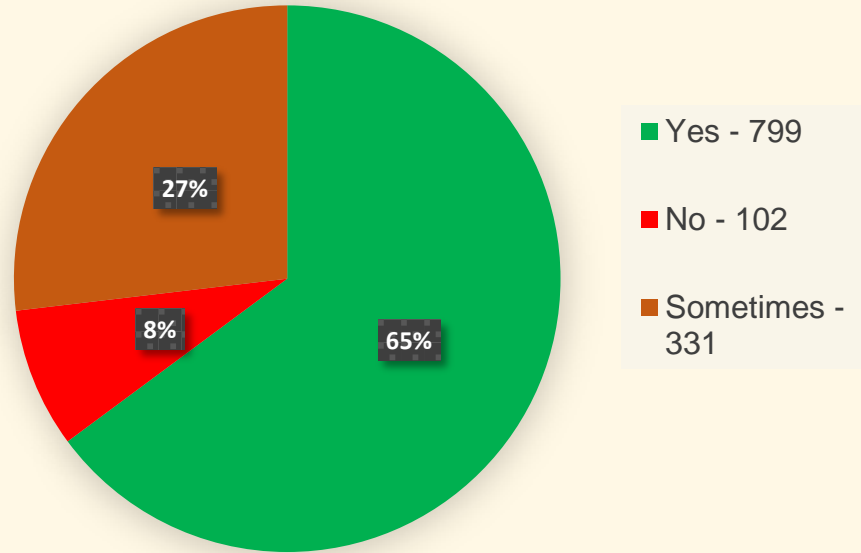
This open response (Free text) question was answered by 1033 respondents:

If it was your decision to choose a meal for a family or a group of friends, what would you choose?

Food Type	Examples of ...	Respondents
Fast food and take outs	KFC, Nandos, MacDonald's, Pizza, chippy and Chinese	380
Meat based meals	Roast dinners/carvery, stews, meats.	184
Pasta, noodles, rice meals and wraps	Tuna pasta, Carbonara, Spaghetti Bolognaise, chicken and rice and Fajitas.	198
Chips and	Chips and gravy, chips and egg, chips and meat, chips and salad	28
Other	Sandwiches, soups, bbq ribs, salads, cake, fruit and something we like.	243

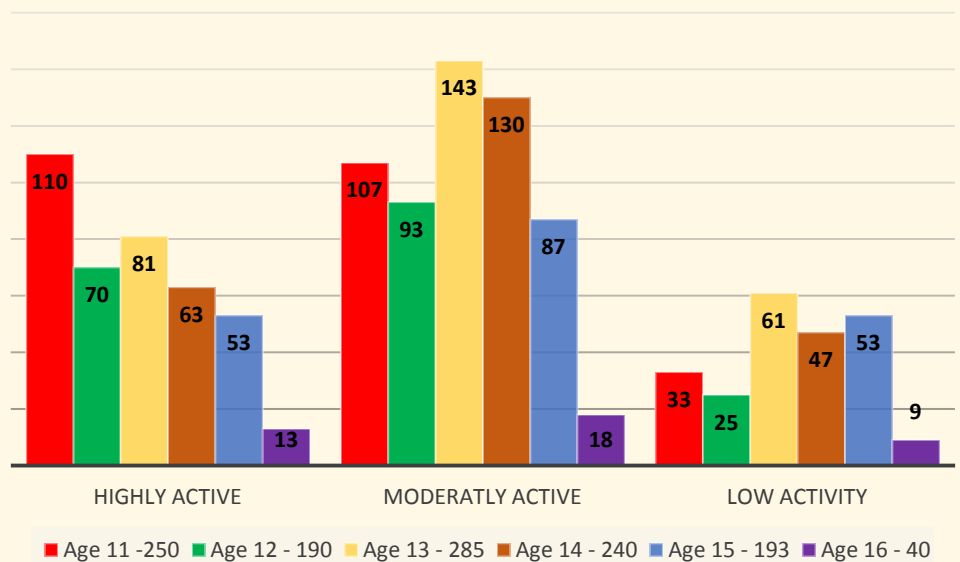
This single response question was answered by 1232 respondents:

Do you exercise or participate in sports?

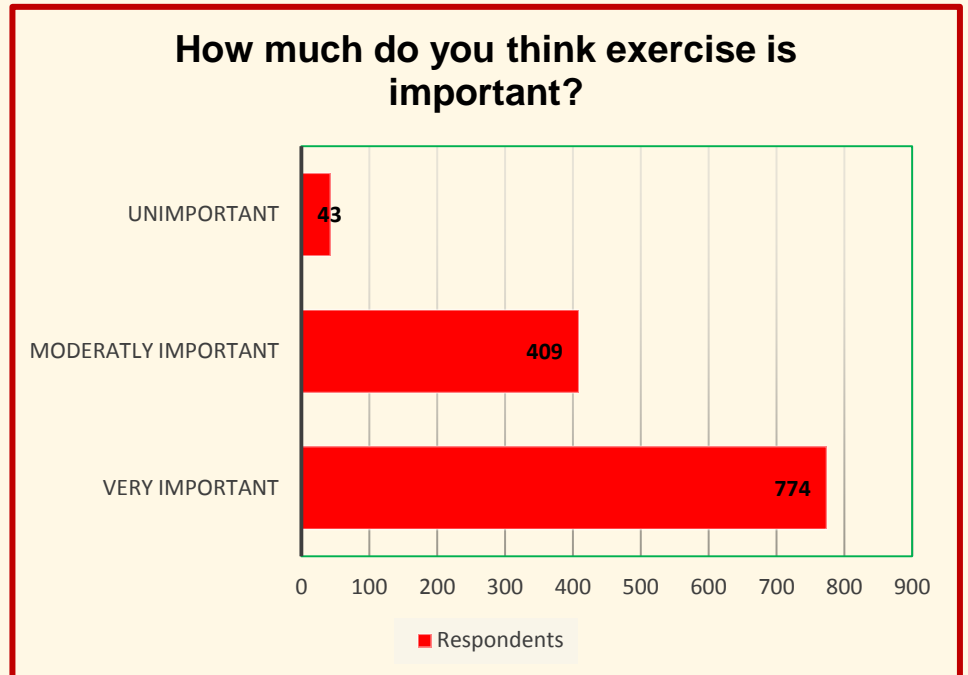


This single response question was answered by 1232 respondents:

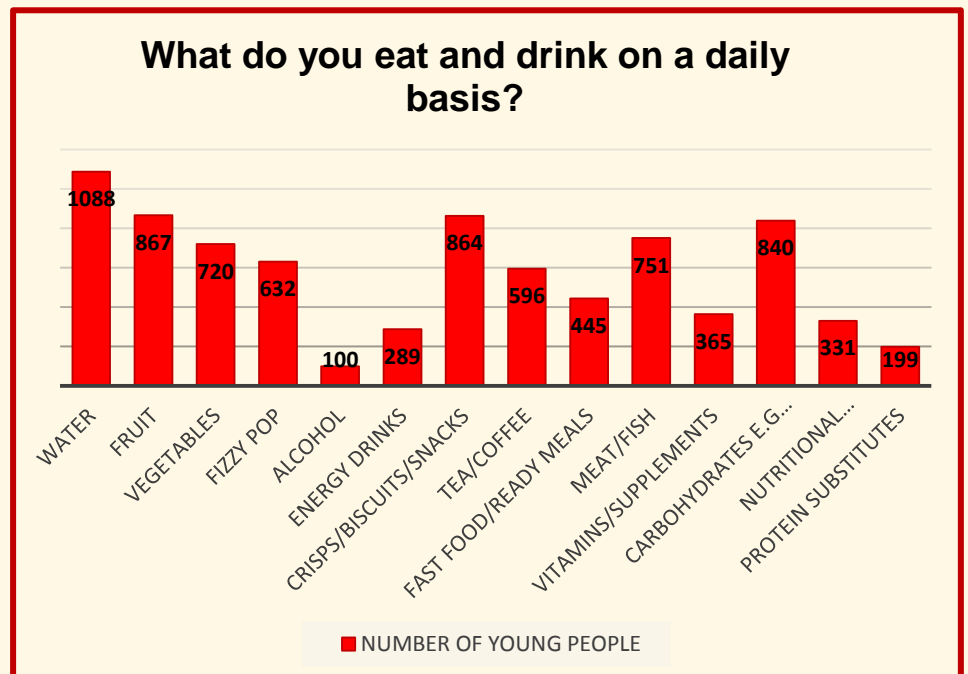
Ages and how active are you?



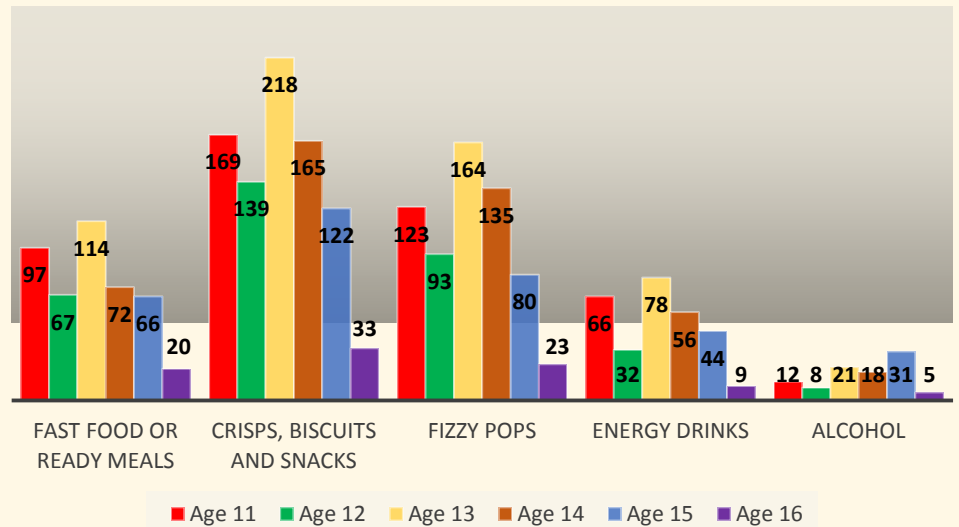
This single response question was answered by 1226 respondents:



This multiple response question was answered by 1241 respondents:



Ages and what food is eaten and drunk on a daily basis

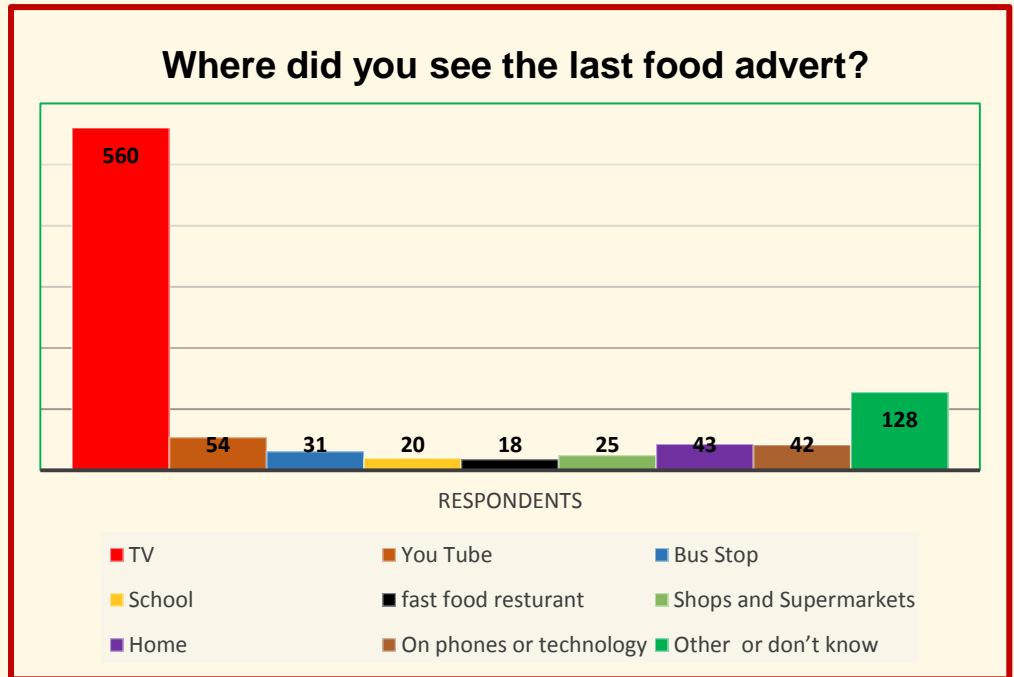


This open response (Free text) question was answered by 938 respondents:

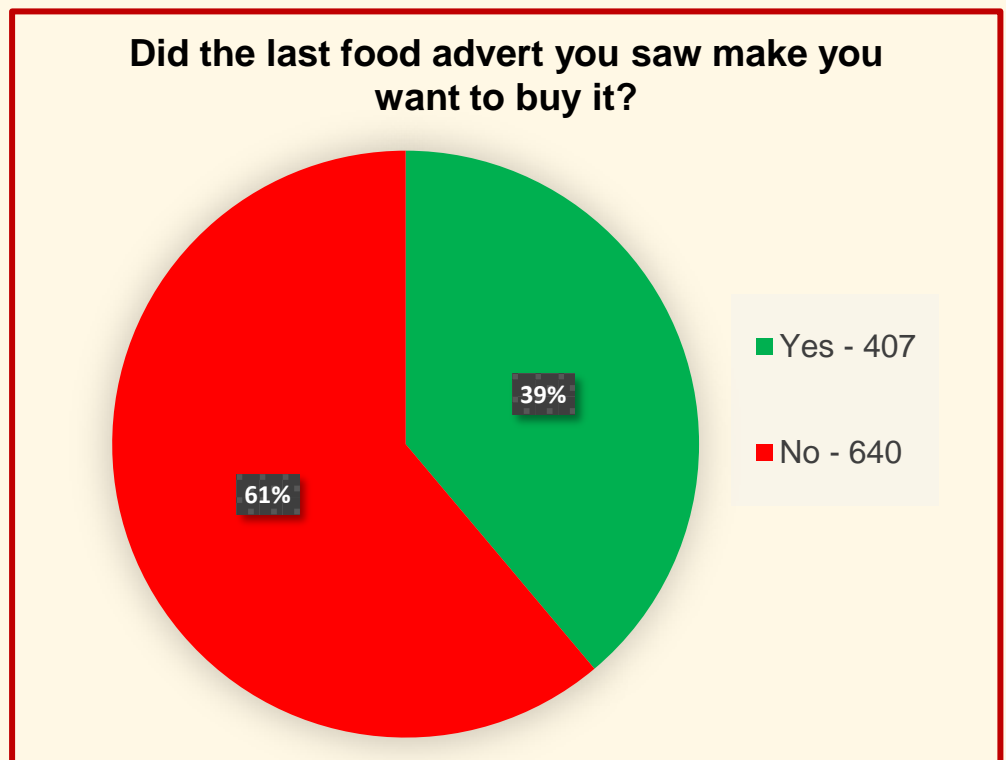
What was the last advert for food you saw?

Food Advert	Respondents
Fast food – including , KFC, MacDonald’s, Burger king, Dominos, Greggs and the Just Eat App.	452
Food in supermarkets – including Aldi, Lidl, Morrison’s, Asda, Tesco, Iceland and Sainsbury’s.	182
Chocolate – including Cadburys, Galaxy, Kinder, KitKat and Lindt	36
Crisps – including Doritos, Hoola Hoops and Pringles	12
Cereals – including Corn Flakes, Coco-pops, , Quaker Oats- porridge	20
Fruit or Vegetables – Including bananas and carrots	16
Yogurt – Including Frubes, Greek and Muller	12
Energy drinks or fizzy pop – including Coke-Cola	20
Other – including eggs, sauces, butter, Yorkshire puddings bread and coffee	188

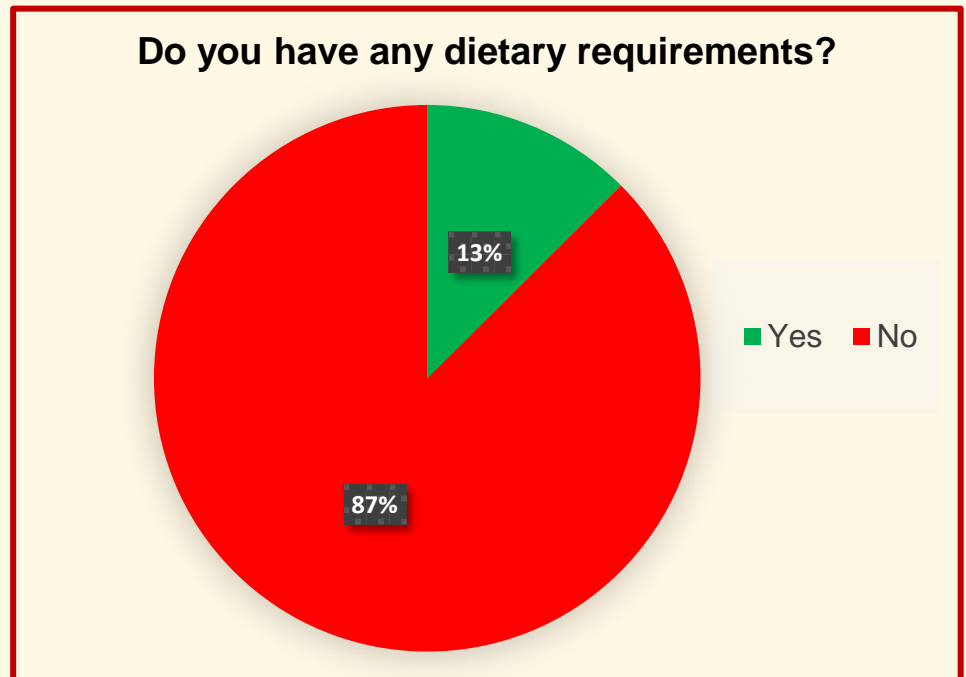
This open response (Free text) question was answered by 921 respondents:



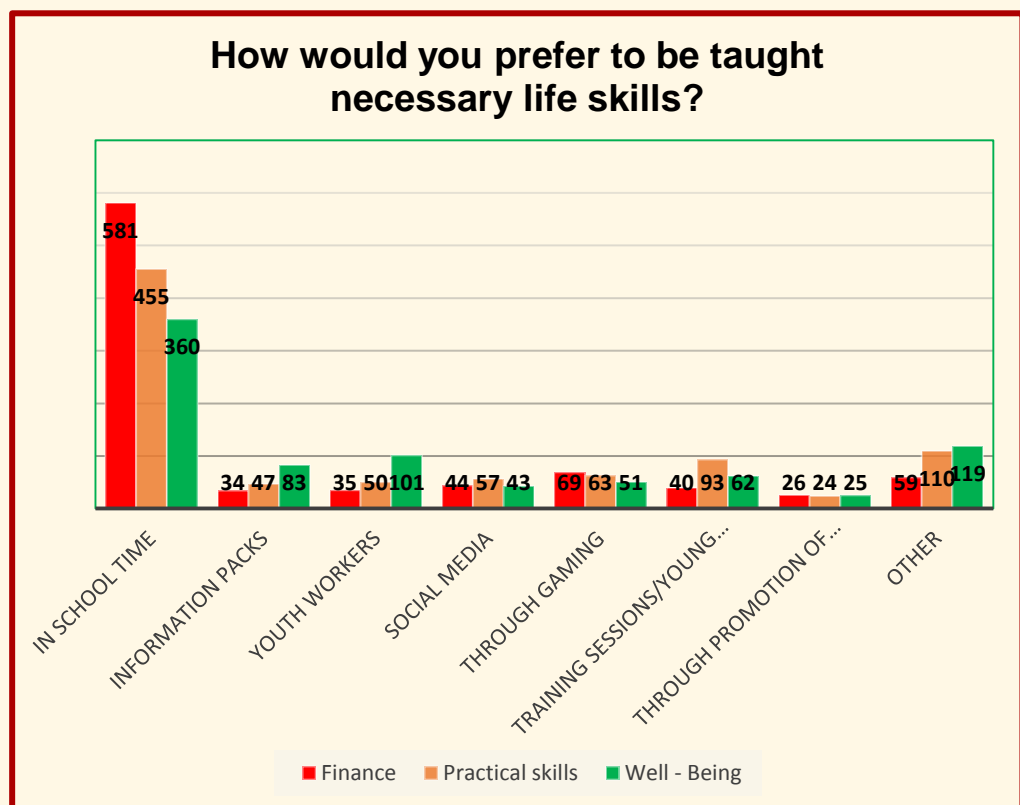
This single response question was answered by 1047 respondents:



This single response question was answered by 1092 respondents:



This single response question was answered by 888 respondents:



The results of this consultation give an interesting glimpse into the lives of young people in Wrexham. The results have shown that, as suspected most young people use some technology. It shows that young people today have grown up with technology in many forms and it's an integral part of their lives. The most used technology is a phone closely followed by a TV and the most used purpose the technology is used for is for watching videos on Netflix or YouTube etc. Young people are most likely to use their technology at home and the most popular room at home is their bedrooms. 667 of these young people do not have any parental restrictions while using their technology in their bedrooms. Young people use the technology more at weekends with 13 – 15 years olds spending the most time on technology. 13 – 15 year olds are also less likely to have parental restrictions on their devices.

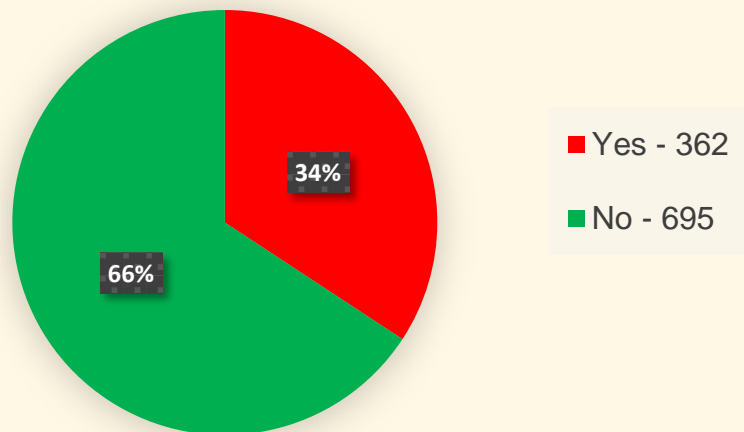
71% of the young people we asked use their technology within 1 hour of going to sleep, 82% of these young people said they feel tired during the day. Only 35% of the young people asked knew about the night screen or night shift so the Senedd Yr Ifanc feel this should be more widely promoted to help with sleep issues. The amount of young people who have 10-15 hours' sleep a day doubles on a weekend and rises again during holidays. 78% of the young people asked feel they have enough sleep yet almost half the young people said they feel tired during the day.

Mostly, young people feel that a healthy diet is very or moderately important and almost half the young people asked feel that weight management is an important issue. Overall only 41.59% of young people feel they have a healthy diet with 29 young people saying they have concerns with being either under or over weight. 89% of young people say they have fresh fruit and or vegetables available in their home yet only 76% of the young people choose to eat it. Females moods are more likely to influence their eating habits over males. Over a quarter of young people eat junk/fast food on a daily basis with over half having fizzy pops, 8.06% of young people drink alcohol on a daily basis. Water is the most consumed drink with 87.67% of young people drinking it daily. 63.13% of the young people asked feel that exercise is very important.

The most remembered food adverts were 'fast food' adverts and these were mostly seen on TV. 407 young people said they would like to buy what they saw. The most preferred way to learn new essential skills would be in school time with 84 young people saying they would like to be taught either by parents/family or at home.

This single response question was answered by 1057 respondents:

Have you heard of Wrexham Senedd yr Ifanc/ Wrexham Youth Parliament?



The success of this project would not have been possible without the time and support from many people.

The Participation Team are very grateful for all this support and would like to thank everyone involved, this includes: all the young people who took the time to fill in this consultation, it was an overwhelming response. They would also like to thank all the professionals who supported the young people. All secondary schools in Wrexham, WCBC staff and those who supported with inputting of data, youth groups, Youth Workers, and the Senedd yr Ifanc.

We would like to give a special thank you to the young people who put many hours work into developing the consultation:

*Anna Louise Edwards
Emilia Mandyna
Jade Griffith
Jessie Hack.
Lauren McKendry
Stephen Lockhart
Toby Jones*

If you would like any further information on the work from this consultation or on the Senedd yr Ifanc or how to be involved with the Senedd yr Ifanc, please contact us on

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