

Greater Manchester Joint Health Scrutiny Committee

Date: 17 January 2024

Subject: Young People's Health and Wellbeing - #BeeWell Programme

Report of: Francesca Speakman, #BeeWell Project Manager, GMCA

Purpose of Report:

To share the findings of the #BeeWell Survey and the actions that have been undertaken by organisations across GM to improve the health and wellbeing of young people.

Recommendations:

The Committee is requested to:

1. Listen to the voices of Greater Manchester's young people and become familiar with the findings of the #BeeWell survey in their local area.
2. Act on what the data is telling us and support the #BeeWell mission to make young people's wellbeing everybody's business. Utilise examples provided in the report to suggest connections to local priorities.
3. Celebrate young people's wellbeing, the recovery from the pandemic and share stories from across the 10 local authorities where there is work to enhance young people's wellbeing.
4. Note plans to extend the survey for a further 2 years subject to securing further investment.

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Equalities Impact, Carbon, and Sustainability Assessment:

Recommendation - Key points for decision-makers

The GMCA is requested to:

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3. Celebrate young people's wellbeing, the recovery from the pandemic and share stories from across the 10 local authorities where there is work to enhance young people's wellbeing.
4. Note plans to extend survey for a further 2 years subject to securing further investment.

Impacts Questionnaire

Impact Indicator	Result	Justification/Mitigation
Equality and Inclusion	G	<p>Whilst the direct impact of the results of the survey is not yet known, #BeeWell highlights inequalities in the experiences of young people by protected characteristic, including gender, SEN status and sexual orientation. From the last 2 years of the programme it's clear there is an appetite to reduce these disparities (particularly in the long term) but requires further understanding of local action taken.</p> <p>Whilst the direct impact of the results of the survey is not yet known, #BeeWell highlights inequalities in the experiences of young people by protected characteristic, including Free School Meal eligibility/economic disadvantage. From the first two years of the programme it's clear there is an appetite to reduce these disparities but requires further understanding of local action taken.</p> <p>#BeeWell publishes data and information on a neighbourhood level, to support community response to young people's wellbeing.</p>
Health	G	<p>#BeeWell seeks to publish data on all aspects of young people's wellbeing and health, to enable partners and the GM system to make positive change as a result. This includes questions on physical health, activity, nutrition and more. #BeeWell works with it's Coalition of Partners and colleagues in the health sector to ensure the results and shared and acted upon.</p> <p>#BeeWell seeks to work with colleagues in health to display the need for work in different neighbourhoods in Greater Manchester, but to also show the benefit of preventative, wellbeing work for young people's mental health. Questions on mental health include psychological wellbeing, negative affect, emotional regulation, stress and coping and more. The psychological wellbeing scores (for year 10 pupils) have been adopted as a key indicator within the Greater Manchester Strategy.</p> <p>In the #BeeWell survey, young people are asked how much physical activity they have done per week, and this is used to measure how many young people are meeting the recommended 1hr per day set by the Chief Medical Officer. Our Partners have already begun to use this data to target activities to encourage young people to do more physical activity, including GM Moving commissioning a campaign to encourage girls to do more physical activity due to the benefits it has on wellbeing.</p> <p>#BeeWell asks young people questions about how often young people feel lonely, which has been analysed by the University of Manchester team in a recent evidence briefing. We found a strong relationship between young people's peer to peer relationships and loneliness, and #BeeWell will make the case for our partners to act in response to this finding and encourage preventative action to support mental health and wellbeing.</p>
Resilience and Adaptation		
Housing		
Economy		
Mobility and Connectivity		
Carbon, Nature and Environment		
Consumption and Production		
Contribution to achieving the GM Carbon Neutral 2038 target		Not applicable.
Overall	G	<p>Positive impacts overall, whether long or short term.</p>
	A	Mix of positive and negative impacts. Trade-offs to consider.
	R	Mostly negative, with at least one positive aspect. Trade-offs to consider.
	RR	Negative impacts overall.

Carbon Assessment

Overall Score					
Buildings	Result	Justification/Mitigation			
New Build residential	N/A				
Residential building(s) renovation/maintenance	N/A				
New build non-residential (including public) buildings	N/A				
Transport					
Active travel and public transport	N/A				
Roads, Parking and Vehicle Access	N/A				
Access to amenities	N/A				
Vehicle procurement	N/A				
Land Use					
La	No associated carbon impacts expected.	High standard in terms of practice and awareness on carbon.	Mostly best practice with a good level of awareness on carbon.	Partially meets best practice/ awareness, significant room to improve.	Not best practice and/ or insufficient awareness of carbon impacts.

Risk Management

n/a

Legal Considerations

There are no specific legal implications with regards to this report

Financial Consequences – Revenue

There are no specific financial implications with regards to this report

Financial Consequences – Capital

There are no specific financial implications with regards to this report

Number of attachments to the report

Documents included in appendices = 3

Comments/recommendations from the Overview & Scrutiny Committee

n/a

Background Papers

Tracking/ Process

Does this report relate to a major strategic decision, as set out in the GMCA Constitution?

No

Exemption from call-in

Are there any aspects in this report which means it should be considered to be exempt from call-in by the relevant Scrutiny Committee on the grounds of urgency?

No

GM Transport Committee

N/A

Overview and Scrutiny Committee

N/A

1. Introduction/Background

- 1.1 Developed in response to a growing concern for the wellbeing of young people in the UK, highlighted by the PISA report. #BeeWell is a collaboration between The University of Manchester, The Gregson Family Foundation and Anna Freud, who, together with the Greater Manchester Combined Authority (GMCA), launched the programme in 2019. Together with our partners, we listen to the voices of young people, act together for change and celebrate young people's wellbeing. #BeeWell hears the voices of young people through an annual wellbeing census delivered by secondary schools and builds a coalition of partners across local government, the Voluntary, Community or Social Enterprise sector (VCSE) and health to act on the results. More information about the broader #BeeWell programme can be found on the website; beewellprogramme.org. The programme has three elements:
- 1.2 Listen. By listening to and working with young people, since 2021 #BeeWell has heard the voices of over 60,000 young people in years 8 to 10 in over 190 schools across Greater Manchester. This represents 50% of all young people in the age brackets surveyed, in the biggest exercise of its kind in the country. Mainstream schools, special schools, Pupil Referral Units, independent schools, and Alternative Provision settings have all taken part in #BeeWell. The programme utilises The Lundy Model of Participation and translates the GM commitment to implementing the model into practice.
- 1.3 Act. There are two elements of reporting that inspire action. Each participating school receives confidential results to inform school action. In addition, wellbeing data is published by the Greater Manchester neighbourhood in an online, publicly available, dashboard. There are over 100 partners in our coalition who have committed to act on the results and have already influenced £1M of investment in Greater Manchester.
- 1.4 Celebrate. #BeeWell's Youth Steering Group, annual wellbeing festival, youth co-creation activities, published research, wide communications and focussed policy efforts all combine to shine a light on good practice and elevate our understanding of, and appreciation of, young people's wellbeing, both locally and nationally.

2. Data Headlines

- 2.1 A visual summary of the #BeeWell top 5 findings, as chosen by the #BeeWell Youth Steering group can be found in Appendix 1.
- 2.2 As reported in the 2022 Headlines Report, life satisfaction and mental wellbeing scores of young people across GM have been very stable across two years. (e.g., life satisfaction average score 6.6/10 in 2021, 6.5/10 in 2022). Similarly, in both 2021 and 2022, approximately 16% of young people in GM reported a high level of emotional difficulties. However, as expected, wellbeing has declined slightly for young people moving from Year 8 into Year 9, reflecting wider research that wellbeing declines with age during adolescence.
- 2.3 In 2021, the average life satisfaction and mental wellbeing scores of young people across GM were lower than their peers in England (in studies using the same measures as in #BeeWell). This remains the case in 2022¹.
- 2.4 There are inequalities in wellbeing in relation to sexual orientation & gender. In 2022, the average life satisfaction score was 6.13 out of 10 for cisgender females compared to 7.11 for cisgender males. Trans and gender-diverse young people reported lower life satisfaction in comparison (5.28). 7% of boys report a high level of emotional difficulties on our negative affect measure, compared with 22% of girls and 50% of non-binary young people.
- 2.5 In 2022, 81% of Year 10 pupils agreed/strongly agreed that they have hope and feel optimistic for their future, compared to 83% in 2019, 72% in 2020, and 80% in 2021. The 2019 and 2020 data come from the previous Life Readiness survey which had a much smaller sample so trends should be treated with caution. However, the year-on-year analysis of Year 10 data below presents a unique opportunity to understand the impact of the pandemic on young people's readiness for life over time.
- 2.6 Around 9 Year 9 students in the average classroom of 22 report that they are not getting enough sleep to feel awake throughout the school day.
- 2.7 1 in 3 young people (34%) young people in GM are meeting Chief Medical Officer guidance on physical activity levels in 2022. When you add a gender

¹ Updated life satisfaction national score taken from Good Childhood Report 2022; mental wellbeing national score taken from NHS Digital 2020. Caution is required in interpreting differences between GM and national data, given demographic differences of the GM and national samples, and the differences in scores are within the limits of expected natural variation.

lens, 43% of boys are doing 1 hour a day of physical activity compared to just 27% of girls.

- 2.8 There has been a decline in young people reporting that they have good places to spend their free time. In 2021, 75.5% of young people in Year 8 agreed or strongly agreed that they had good places to spend free time, compared to 67.6% of the Year 9 survey responses in 2022.

3. Responses to the #BeeWell Survey

3.1 Coalition of Partner

The #BeeWell programme has leveraged in over £1 Million of investment into coalition partners to improve young people's wellbeing. An example of leveraged investment comes from the Youth Alliance GM, an informal partnership of over 140 organisations supporting children and young people across Greater Manchester. More information about the Youth Alliance GM can be found on the website, www.youthalliancegm.co.uk. The Youth Alliance GM received £100,000 (across three years) from the Esmee Fairburn Foundation to strategically respond to the #BeeWell data to realise its commitment to collectively improve young people's wellbeing across Greater Manchester.

3.2 Schools

3.2.1 #BeeWell worked with schools both individually through sessions with Anna Freud (more information on the website, www.annafreud.org advisors and existing networks of school leaders to ensure the data collected by the survey is utilised to improve young people's wellbeing. According to education stakeholders, #BeeWell has created a common language between schools, health, and others. It is enabled partnership working and understanding where all can make a difference and support schools. Schools in Greater Manchester have utilised the data to make changes to personal development curriculum, and extra-curricular offers. One school has focussed on experiences of discrimination highlighted in the #BeeWell data and are reviewing their recruitment of teachers to improve representation within the school staff.

3.2.2 Case studies for schools can be found here:

<http://beewellprogramme.org/school-case-studies/>

3.3 Young People

3.3.1 #BeeWell utilises The Lundy Model of Participation in line with the GM's ambition and commitment to embed this approach in all our work with young people.

3.3.2 In the last academic year, 100 young people were trained as #BeeWell champions, completing the Level 2 Royal Society for Public Health - Young Health Champion qualification. They worked together to commission £100,000, granted by Children in Need, across 5 neighbourhoods, funding wellbeing activities in their local communities. Activities included fishing, self-defence, cooking, circus skills and arts, to name a few. Impacts on individuals who benefitted from the commissioned activities are currently being collated with case studies including examples like the following: *'the impact of the activity on this young person has been quite amazing to be honest. X has been out of school since last year and basically has gone into school today after these sessions... The activity has massively helped x's confidence about being out of the house, away from home, mingling with other people, everything so thank you so much.'* - Parent of a young person.

3.3.3 The evaluation for this project will be available in Spring 2024. Early learning suggests young people found marketplace activities interesting to discover activities available in their local area and that longer timeframes were needed to build up trusted relationships and pathways between schools, organisations, and young people.

3.4 Local government and systems

#BeeWell data has been cited by multiple GM strategies and plans over the last two years, including the GM Creative Health strategy, the Greater Manchester Strategy and the Greater than Violence strategy, showcasing that young people's wellbeing has relevance across policy areas. More recently the programme has been working closely with colleagues in local authorities to map survey data with local priorities, the most notable of which has been seen in Rochdale. #BeeWell recently co-developed a document

(see appendix 2) mirroring the Rochdale priorities of Healthy, Safe and Successful, providing a baseline outcomes framework. Similarly, #BeeWell data points were also selected to reflect Rochdale's Special Educational Needs (SEN) Outcomes Framework for OFSTED review. (See Appendix 3.)

3.5 Integrated Care Partnership LGBTQ+ Wellbeing Project

Findings in the #BeeWell data 2022, showed inequalities in wellbeing for LGBTQ+ young people. This prompted investment from the ICP to support a project between 42nd Street, The Proud Trust, and The LGBT Foundation- the first time these organisations have collaborated in this way. This project aims to understand the impact of the inequalities and discrimination experienced by LGBTQ+ young people, the impact on their wellbeing and the barriers that they experience to getting support. The partners will engage with young people to unpack what is driving the data. Overall, this project will give us a greater understanding of the barriers faced by LGBTQ+ young people and the approaches required to address this critical area of inequality, discrimination and structural inequity across the health and social care system in Greater Manchester and beyond.

4.0 Next Steps

4.1 Year 3 Survey Results

Schools data dashboards will be updated with their year 3 survey results by the end of January, settings can also access support from Anna Freud to act on the insights. Early headline findings will be circulated through GM governance in March ahead of the final sign-off at the GMCA meeting on the 22nd of March 2024. The neighbourhood dashboard will be updated on the 28th of March 2024 followed by localised headlines and presentations in April/May.

4.2 Programme Extension Beyond 2024

In line with the second location for #BeeWell in Hampshire, Isle of Wight, Portsmouth and Southampton, the Delivery Board for Greater Manchester is currently planning to extend the survey for a further two years of surveys until 2026. The programme team is currently working with the independent evaluators to generate feedback from stakeholders to enhance the programme through its extension.

4.3 Budget considerations

To support the extension, the team are currently working with local stakeholders to source £200,000 per annum to fund the local delivery team and programme. Since its inception in 2021, the programme has been a majority philanthropic investment. To better embed the survey into local infrastructure, and mirror the investment in Hampshire, the GM team have been working with colleagues across the GMCA and NHS GM to source localised funding. The localised investment would unlock circa £500,000 of funding that provides research capacity to the University of Manchester, the school follow-up support delivered by Anna Freud and a small national policy team.

4.4 Targeted Prevention & the GM Advanced Data Science Platform – ADSP

4.4.1 To articulate the need for investment to continue the work in improving young people’s health and wellbeing, whilst considering the current financial landscape of public services, the Strategic Financial Framework sets out forecasts for potential financial deficits modelled using the GM Advanced Data Science Platform (ADSP) and how the £570m deficit of today would grow to £1.9b in a “do nothing” scenario. When we focus on the children and young people section of this analysis, we see that of the 42,000 children and young people aged 0-17 in GM who become less healthy over the next five years, 30,100 (or roughly 75%) of them do so because of mental health issues. #BeeWell seeks to identify trends in mental wellbeing by cohort so effective prevention work can be deployed. Equally, the survey seeks to identify inequity in the social determinants of health, (the drivers of wellbeing) to allow the system to target intervention where it is needed most.

4.4.2 The #BeeWell programme team recently held early positive discussions between The University of Manchester (where the #BeeWell data is held) and the Integrated Care Partnership Data, and Intelligence team. The team are confident that - with the agreement of the Information Governance representatives from the 10 GM local authorities, and with small ethics

amendments - #BeeWell will be able to supply pseudonymised data to the GM Advanced Data Science Platform (ADSP).

4.4.3 This would allow for unique insights into the region's young people. A simple example considers how, through enhanced case finding, individuals who have sought mental health support from primary care could be linked with opportunities for prevention in the future, identified from earlier wellbeing data. Similarly, the #BeeWell data creates a pseudo sample group to compare outcome measures for the "do nothing" cohort compared to improvements made by those receiving intervention.

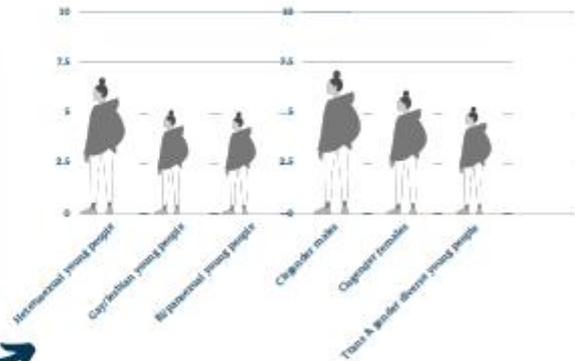


#BEEWELL TOP 5 FINDINGS

From #BeeWell surveys completed by over 60,000 young people at 187 schools in Greater Manchester. Our top findings were decided by the #BeeWell team & Youth Steering Group!

1

We found inequalities in wellbeing scores by gender and sexual orientation. Girls report lower wellbeing than boys, and LGBTQ+ young people report significantly lower wellbeing than their cisgender, heterosexual peers.



For example, see the life satisfaction scores (scored between 0-10), for different cohorts of young people.



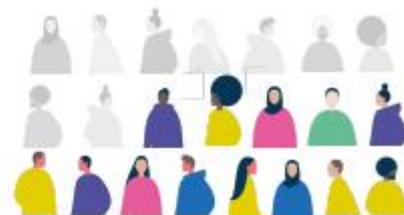
1 in 3 young people.

2

Only 1 in 3 young people are meeting the Chief Medical Officer's recommendation of doing 1 hour of physical activity per day. This drops to 1 in 4 girls.

3

41.8% (around 9 students in the average classroom of 22) of Year 9 students report that they aren't getting enough sleep to feel awake and concentrate at school. This increases to 46% of Year 10 pupils.



9 out of 22 young people.



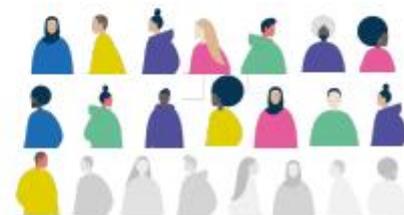
1 in 5 young people.

4

Approximately one in six young people are bullied. Our analysis indicates that, by tackling bullying, we could prevent nearly 1 in 5 cases of young people's significant feelings of worry or sadness.

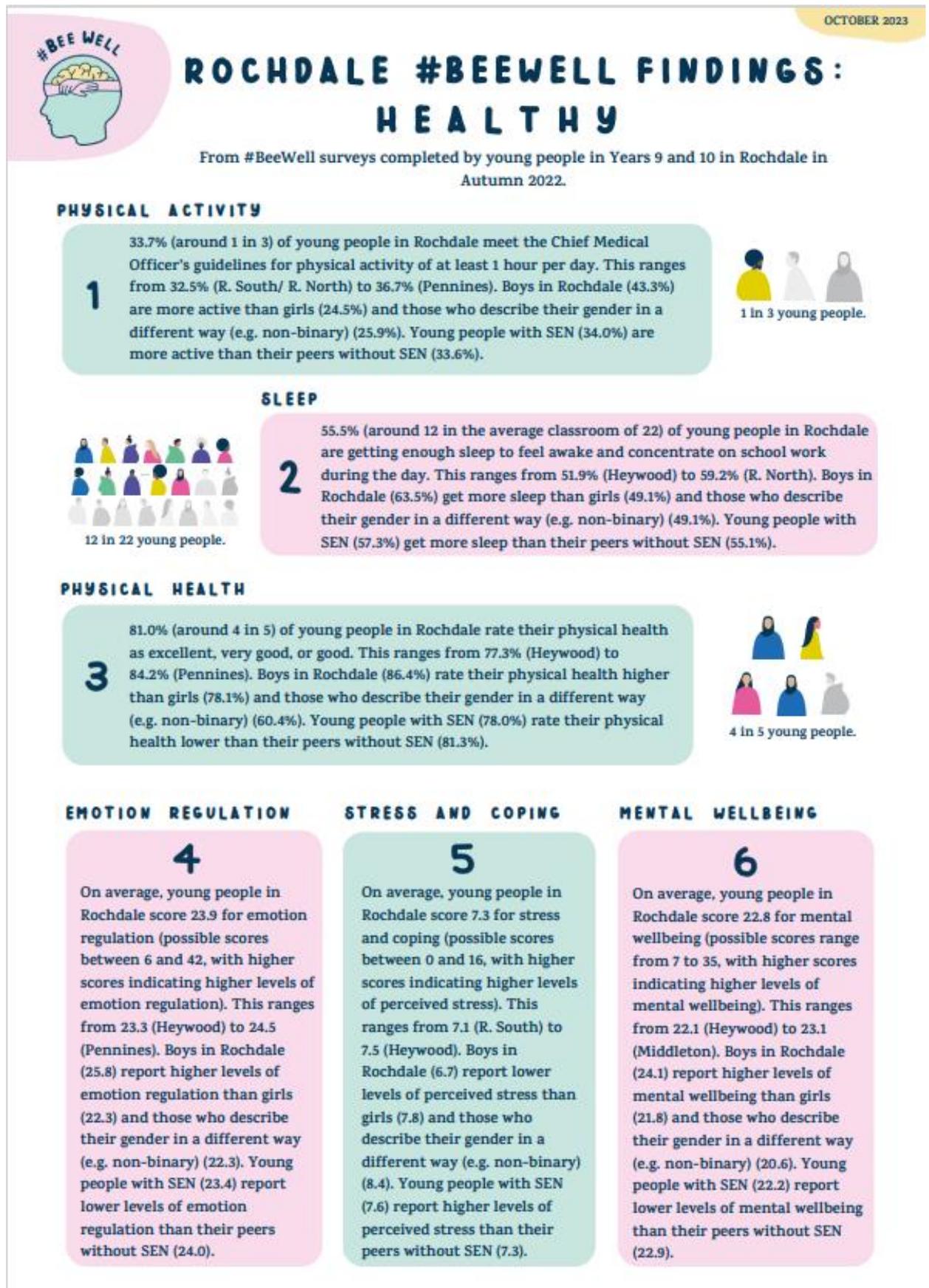
5

There has been a decline in young people reporting that they have good places to spend free time. Just under 15 in the average class of 22 Year 9 pupils think that they have good places to spend their free time.



15 out of 22 young people.

Appendix 2. Example of #BeeWell data utilised for Rochdale CYP plan priorities.



Appendix 3. Example of #BeeWell data utilised for Rochdale SEN Outcomes Framework

I AM AS HEALTHY AS POSSIBLE

Physical Health:

Equal proportions of young people without SEN (83.10%) and those with an EHC Plan (83.10%) report their physical health as excellent, very good or good. In comparison, a lower proportion of young people with SEN Support (75.90%) report their physical health as excellent, very good or good.

Physical Activity:

A higher proportion of young people with SEN Support (33.06%) meet the Chief Medical Officer's (CMO) guidelines for physical activity of at least 1 hour a day, than their peers without SEN (31.02%) and those with an EHC Plan (20.00%).

Sleep:

A higher proportion of young people with an EHC Plan (61.04%) report that the amount of sleep they normally get is enough to feel awake and concentrate on the school work during than day, than their peers with SEN Support (55.56%) and those without SEN (55.10%).



Percentage of young people by SEN provision who meet the CMO's guidelines for physical activity of at least 1 hour a day.

I AM HOPEFUL AND PREPARED FOR THE FUTURE

Optimism for the future:

A higher proportion of young people with SEN Support (82.70%) agree or strongly agree that they have hope and feel optimistic about their future, than their peers without SEN (81.86%) and those with an EHC Plan (77.59%).

Confidence in abilities:

A higher proportion of young people without SEN (77.09%) agree or strongly agree that they are generally confident in their own skills and abilities, than their peers with SEN Support (70.49%) and those with an EHC Plan (68.52%).



Percentage of young people by SEN provision who agree or strongly agree that they have hope and feel optimistic about their future.



Percentage of young people by SEN provision who agree or strongly agree that they are generally confident in their own skills and abilities.