



EAST RIDING VOLUNTARY
ACTION SERVICES (ERVAS) LTD
"The Charity for Charities and Communities"



EAST RIDING
OF YORKSHIRE COUNCIL

The Impact of Covid-19 on young people and youth provision in East Riding – one year on

AN INDEPENDENT EVALUATION REPORT – 23RD MARCH 2021

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1. Introduction

On 23rd March 2020, a nationwide lockdown was announced by the UK Government in response to the global pandemic, known as Coronavirus (Covid-19). From that moment, all our lives and those of our families and communities, changed dramatically, and there was no one who could say they were prepared for what lay ahead.

Prior to Covid-19, the East Riding Youth Sector provided a wealth of services including youth clubs, detached youth work, sport, play, arts, music, special interest groups, educational settings, volunteering and social action, uniformed groups, Young Farmers Clubs, and a wide range of health and social care support. Many of these youth providers had to switch overnight from running real life activities to delivering online, slowly feeling their way along the road, gaining support from each other where possible and trying many creative ways to maintain vital communication with the children and young people who used their services, so they could continue to provide much needed support. Unfortunately, this did not prevent many others having to close down hundreds of activities and services completely, some of which may not open again.

Throughout the last twelve months, it has been evident that many of these East Riding youth groups and services have been adversely affected, as has the youth sector across the country. This of course means that thousands of children and young people within our county, as well as some of their parents and carers, have not been able to access the same level of help and support from our youth sector that they could prior to Covid-19, just at the time when some of them need it most.

East Riding Voluntary Action Services and the East Riding of Yorkshire Council's Youth and Family Support Service, have continued to engage regularly with a number of youth providers, young people and communities throughout the course of the last twelve months. This engagement has highlighted a number of significant concerns, as well as some positive aspects that we can learn from moving forward. As a result, we decided to undertake a further in-depth study into the impact that Covid-19 has had on young people and youth providers across the East Riding.

The results of this study will enable us to gain a greater understanding of what we need to put in place to ensure the continuation of a thriving youth sector in the future, and one that can respond effectively to the evolving needs of our young people, particularly those who have found the last twelve months significantly challenging. This report will also provide a valuable insight into the current and future needs of young people, and help to inform future plans at both an operational and a strategic level across East Riding for the benefit of all.

Detty Tyler – East Riding Voluntary Action Services, Children and Young People's Services
Darron Lawer – East Riding of Yorkshire Council, Youth and Family Support Service

2. Methodologies

It was agreed that we would use a combination of quantitative and qualitative data to collect information from across the East Riding as follows:

Quantitative

Four online surveys:

- 1 survey for young people using picture answers, developed in partnership with The Young Leaders of East Riding (T.Y.L.E.R.) group
- 1 survey for young people using written answers
- 1 survey for parents and carers, developed in partnership with the East Yorkshire Parent and Carer Forum
- 1 survey for professionals (paid and unpaid) across the youth sector

A poster was also designed to promote the survey, including the web-link and a QR code.

The poster and surveys were promoted via a wide range of networks, including the East Riding Youth Coalitions, East Riding Youth Voice steering group, Goole Youth Action, SEND Youth Network, Healthy Young People in Education (HYPE) forum, East Riding strategic groups relating to children and young people, ERVAS Local-Links networks, ERVAS website, ERVAS E-bulletins, ERVAS virtual youth drop ins, ERVAS detached youth work projects.

Qualitative

In October 2020, ERVAS and Kids Yorkshire held two specific workshops, which engaged with 23 individual youth organisations and services, along with associated partners, asking questions designed to link with the survey questions. Due to their expertise, the Kids Yorkshire workshop explored the impact of Covid-19 on young people with special educational needs and/or disabilities (SEND) and those who worked with them.

In addition to the workshops, individual interviews were conducted with 11 groups, organisations and services from all sectors, who all work with more vulnerable children and young people in East Riding. These interviews were open ended with no set agenda, and provided an opportunity for youth providers to expand on how Covid-19 had affected the lives of children, young people and families they supported, as well as how it had impacted upon their service and staff members, both paid and unpaid.

3. Participants

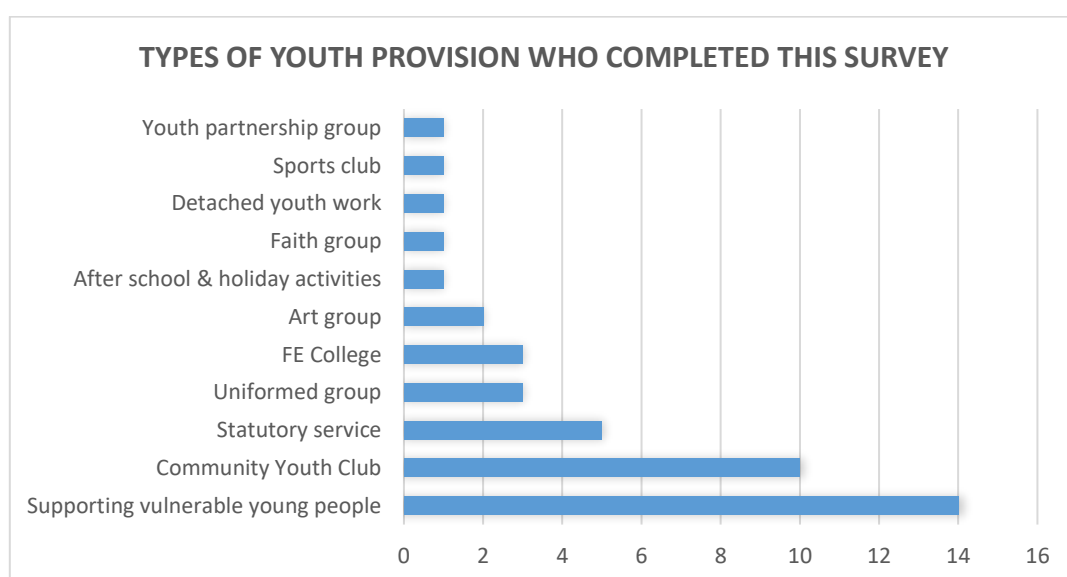
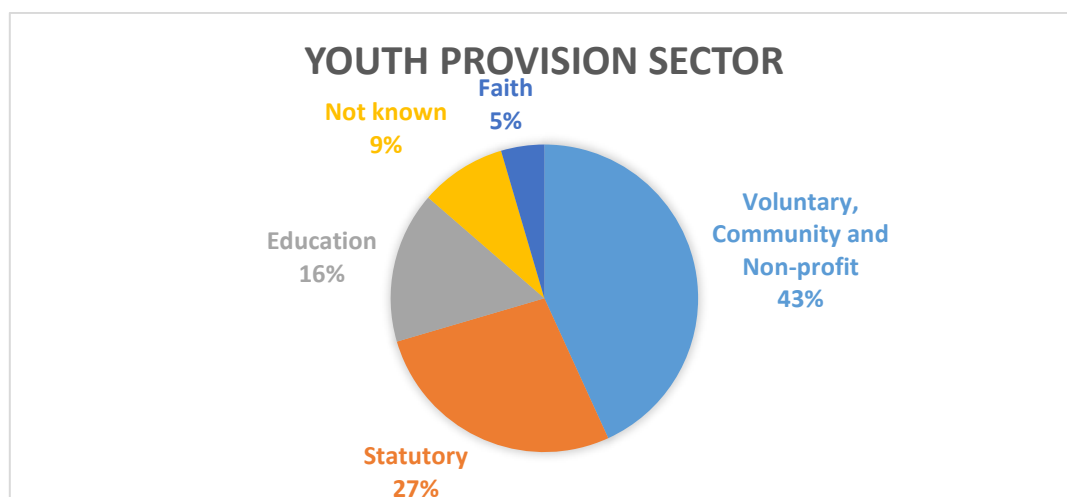
18 parents and carers completed the survey, responsible for 22 children and young people between the ages of 2 and 20 years old in East Riding. 53% had males, 33% had females and 14% had a combination of both. 9% had children with Education Health Care (EHC) plans.

157 young people in total completed the online survey.

131 young people participated in the written survey and **26 young people** participated in the picture survey:

- 71% of respondents were aged between 16 – 18 years old with 16% not giving their age, which was optional.
- 62% of respondents were female, 35% male, 2% preferred not to say, and 1% did not tell us their gender, which was optional

44 professionals and practitioners across the sectors, paid and unpaid¹, completed the online survey. **23 individual organisations and services supporting young people** in East Riding, participated in the workshop.



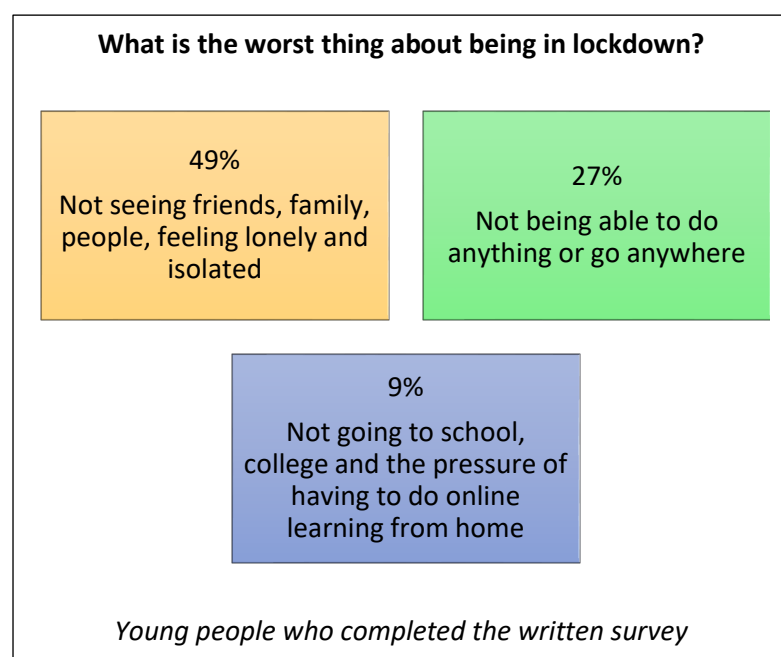
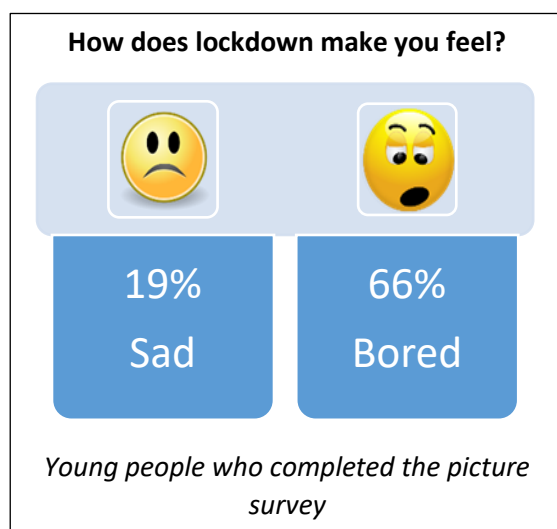
¹ These will be referred to as *youth provision/providers* for the purpose of this report.

4. Findings

Impact on Young People

How did young people experience lockdown?

Based on the survey feedback and all the responses from both the workshops and interviews conducted, it is clear that **a large majority of children and young people have been negatively affected** by the pandemic. This includes the impact from lack of social interaction with their friends, peers, family groups and people in general due to Covid-19 restrictions, home-schooling, and the closure of other real life youth activities they attended before the pandemic, such as youth clubs, sports clubs, arts groups, uniformed groups and Young Farmers Clubs. This has resulted in a **significant increase in concerns from everyone consulted as part of this survey**, including young people, their parents and carers, and youth providers, relating to poorer mental health and emotional well-being for young people in East Riding.



How do you think your child has been affected by Covid-19?				
22%	18%	11%	7%	7%
said their child had been affected by the lack of social interaction and not seeing their friends	said it had negatively affected their child's mental health and emotional wellbeing	said their child felt lonely and isolated	said their child was bored	said it had negatively affected their education

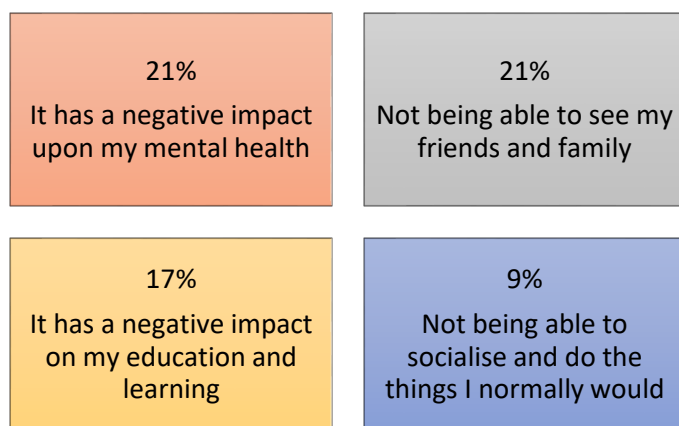
For some young people, it is evident that they are happy not having to go into school or college during this time, but for the majority of young people who participated in this survey, this is clearly not the case.

The study finds that **young people feel de-motivated with regard to their education**, particularly through lockdown periods when they have to work from home and attend lessons online, something that many of them find difficult.

Bishop Burton College stated that it is more **challenging to get students to engage with virtual lessons** and that, for some students who were gaining independence, it has been difficult for them to be back at home all the time with their parents/carers watching everything they do and pushing them too much. Interestingly, for those students who are used to being looked after all the time, being thrown into these challenging times has also proven very difficult. Both these situations have caused a wide range of mental health concerns such as stress and anxiety, leading to **an increase in the waiting list of students wanting to access counselling support**. It can also be difficult to encourage students to access the support they need via their GPs and other health services independently, as mental health is still viewed by some as a stigma and they are reluctant to seek support.

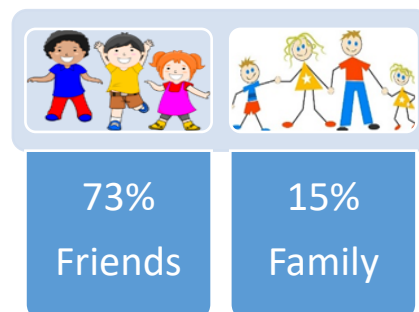
"Covid is having a big effect on my life, I haven't seen anyone outside of my household since the end of December, my college lesson are all online but I don't feel like I'm learning anything and I have mental health problems, which are getting worse because I can't see anyone." Young person, 17

How do you think you are being affected the most by lockdown?



Young people who completed the written survey

What have you missed the most during lockdown?

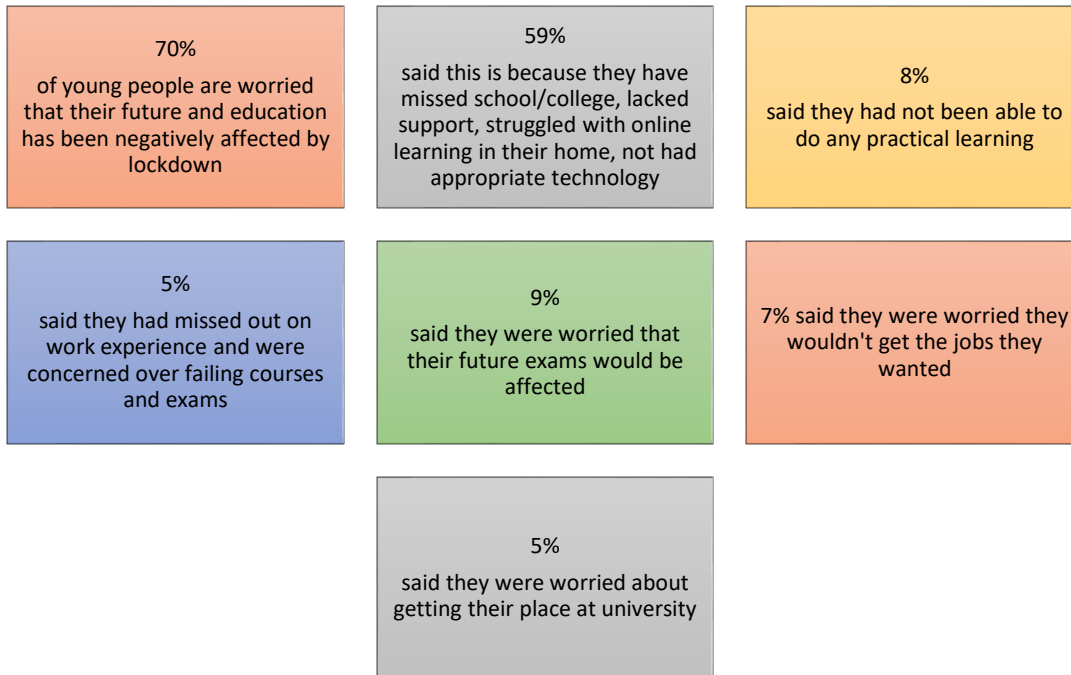


Young people who completed the picture survey

"My mental health is being affected the most but also seeing my mum cry about not even being able to go shopping [mum has a carer]."
Young person, 16

"I missed out on sitting my GCSEs last year and this year I'm supposed to sit an A level and 2 AS levels yet I have only been in college for 2 months with the rest of the time home learning. I think my education has been significantly compromised."
Young person, 17

Those young people who felt lockdown had affected their education negatively, identified the following reasons



Youth providers who participated in the Kids Yorkshire workshop, as well as some of the interviews, said that for young people with **Special Educational Needs and/or Disabilities (SEND)**, the disruption to routines and the closure of valuable social activities, which enable them to have more independence, has been significant. The lack of clarity nationally on guidance relating to Covid-19, and the changes that occur on a sometimes daily basis, has made it confusing for everyone, but particularly for children and young people with SEND, who are unsure what to do and when, regarding keeping safe from the virus, which in turn causes additional stress and anxiety.

For young people who need structure, not being in education and out of their normal routine, has been a disaster; and their families have needed to develop additional coping strategies. Some of these families have more than one child with SEND. The difficulties and challenges have been further exacerbated by the lack of out of school provision activities, although some additional activities were provided in the summer holidays when restrictions allowed, which were viewed very positively by young people and their parents and carers.

The research clearly evidences that **for some children and young people there have been benefits to staying at home and not having to go out or attend educational settings, particularly those with sensory needs i.e. Autism, Dyspraxia**, but this places additional stress on families to ensure their needs are being met without additional support. However, these are in the minority and concerns may start when we are moving out of lockdown and these children and young people have to once again return to school or college.

Youth providers also stated that children and young people with SEND said they wanted more advice and support from schools; some young people felt they did not get enough, and although some young people liked virtual appointments, they also wanted more face-to-face activities.

"I find that a lack of things to look forward too makes keeping spirits up exceptionally difficult, along with the fact that I have been unable to celebrate key moments in my life coupled with the lack of people following guidelines makes the end of all this seem further and further away." Young person, 18

This is something that was also highlighted by the East Riding Children's Participation and Rights Team, who stated that for young people who rely on structure, such as going to school and other regular youth activities, or having a routine to manage their caring responsibilities, lockdown has been really difficult.

Some young people they support have adapted well to homeschooling, and establishing a new routine at home and being at home more, may have been viewed as a positive thing for some young carers who worry about their family when they're away from them at school or other activities. However, the team also report that **it may also have led to additional pressures being placed on them at home**, particularly if they have a family member who has been shielding, as it means the whole family having to shield and becoming more isolated. These young people may struggle more after lockdown ends, when they have to go back to their pre-lockdown routine, and leave the home and the people they care for.

The children and young people who usually enjoy the time out from their caring responsibilities by participating in activities, have really missed it. However, it was also noted that lockdown and other associated restrictions has enabled **some parents and carers to develop a more positive relationship with their worker**, using new communication methods during this time as a way of building up parent and carer confidence, and communicating with families who previously might not have engaged much at all.

A Governor for St Anne's Special School, who is a member of the East Riding wide Short Breaks strategic group, reported that since Covid-19 began, there has been **a lack of availability for children and young people with special educational needs and/or disabilities to participate in their usual short break activities**, which often provide parents and carers with valuable short breaks. Since March 2020, there have been growing concerns that the lack of this provision has created additional pressures for families within the household, along with the increase in reports of domestic abuse. This was something that was further expanded upon by The East Yorkshire Parent Carer Forum (EYPCF), who stated that there had also been an increase in child on parent abuse since the start of the pandemic.

"I feel at home we don't concentrate as much as we would in class with everyone there, therefore I don't think we are reaching our full potential." Young person, 16

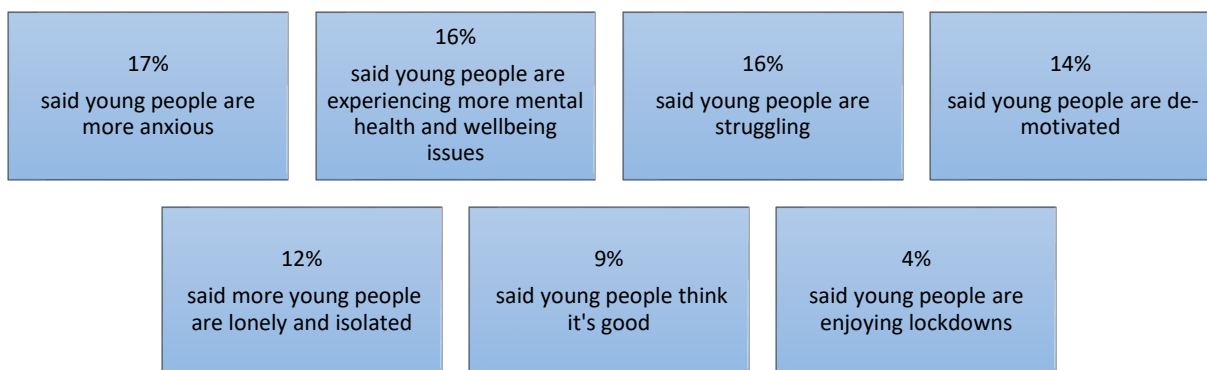
"Some young people don't know what to believe, and they get worried by what they read on Facebook and the fake news they read about."
(The Pathway Team)

The East Riding Pathway Team, who support young people leaving care, stated there the figures for young people who are not in education, employment or training (NEET) have remained relatively unchanged over the last 12 months, with 79% currently being in education, training and employment (EET) and only 21% being NEET. East Riding continues to have much higher EET's figures than some neighbouring local authorities, as well as the national figures.

Some of their young people who are long term NEETs are however, becoming more socially isolated and there are no longer options to encourage them into things as there was pre-Covid. Not being able to participate in social activities such as sport, has had a negative impact upon integration

and mixing between cultures. These activities previously helped young people to understand each other's cultures and backgrounds, and educated those who may have held some racist views initially, however after being together in social settings and participating in fun activities, changed their views about different cultures and reduced racism. And whilst most young people supported by The Pathway Team are adhering to the Covid-19 restrictions and doing what they're supposed to be doing, some young people are ignoring the regulations and putting themselves in unsafe, vulnerable situations, and are not listening to anybody's opinion including The Pathway Team, the police or health related services. Before Covid-19, young people used to go on beach days, trips to Ecuador, Go Ape, etc. which is really important for social interaction, and they get lots out of it. The team report that these were seen by the young people as the best days of their lives, but this is all now missing. **The additional lack of youth clubs, youth activities and opportunities to do things in the real world**, including with friends and families, is even more of a need for young people who are leaving care and becoming independent adults.

How youth providers think young people are experiencing lockdown (survey results)



The Youth Offending Service (YOS) reported that over the last 12 months there had **been a decline in confidence and self-presentation in the young people they support, particularly in females, affecting their self-esteem and confidence**. Before Covid-19 young people were presenting themselves well, but now not so much.

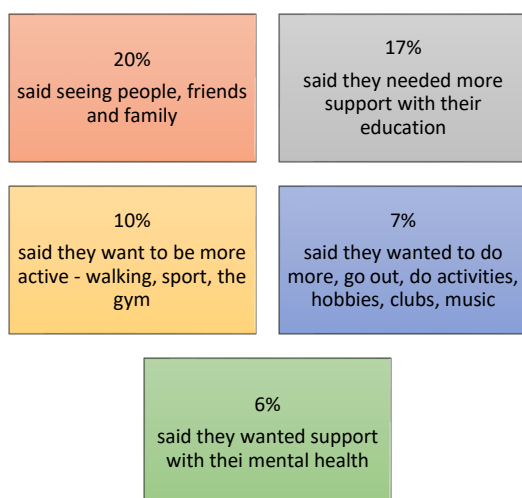
They have also seen a lack of future ambition in young people, with young people not having so many ideas about what to do, particularly in the third lockdown, as the novelty has now worn off and they can't see it ending in the near future.

The YOS also reports that there has been a **loss of social skills** for some of those young people who have been adhering to the rules as they haven't been mixing socially or going out. All of this has had a negative impact on young people's mental health and emotional well-being.

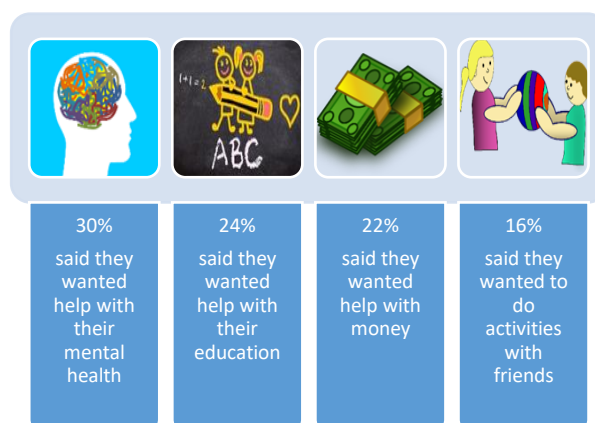
The YOS also found that those young people who haven't been adhering to the rules and no longer have other positive youth activities or services to attend, have been **more engaged in negative associations**, getting involved with people who have a negative influence on them, and participating in negative behavior such as criminal damage. Young people are often bored, sneaking out when they wouldn't normally do, but with nowhere to go, which then puts them more at risk. There have been more young people going out during the third lockdown. However, for some young people, lockdown has prevented them from going out and being more vulnerable to getting into trouble, and this has been positive.

"Some young people are liking not being at school, as they found school to authoritarian, while the majority of young people are missing 'normal' - friends, sports, clubs, family, travel. The impact of Covid may not be seen for a few years as we have to wait to see how it impacts education, work, mental health, so services need to be able to adapt swiftly to meet the needs of young people." (Workshop participant)

What do young people think would help them during lockdown?



Young people who completed the written survey



Young people who completed the picture survey

"[It would help] People being educated to stop believing that the rise in Covid cases is completely due to young people's actions, to stop abuse on the street" Young person, 17

It is clear that young people in East Riding have coped with changes to their lives over the last twelve months in many ways, adapting their routines and behavior to the various lockdown rules and restrictions. However, at some point in the future they are going to have to adapt again, whether lockdown has been a positive experience for them or not, and therefore **we need to be prepared for further impacts on young people, positive and negative.**

The Children's Participation and Rights Team felt that during the first lockdown, most children and young people settled down, the nice weather helped, and there was a general feeling of everyone in it together. **But as time has gone on, it has been more difficult for them, and the third lockdown has seen children and young people's emotional wellbeing and mental health get worse.** This is not helped by the fact that the weather is bad, it is dark and cold, and January is often a difficult month for many families, due to it being post-Christmas and overspending. However, the team reported that some of the children who are looked after have enjoyed it as they could be at home, relax and chill, without the usual agencies and services around them all the time, as they normally are.

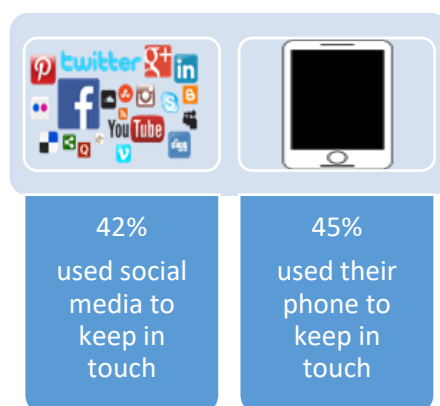
"Not seeing friends - education and so bored not doing anything. I like to go out and just do what I liked to do before lockdown. Not able to get a job." Young person, 17

One community youth club reported that there had been two incidents of young people going missing over summer. Prior to the pandemic, they had attended the weekly youth club activities, engaged well with the youth workers and been given information about such things as keeping safe. However, the youth club had closed at the start of the pandemic, leaving the young people without this much needed support.

However, it has to be said that, despite all of these challenges, it is evident from the survey finding and also from youth providers feedback that many young people have taken everything in their stride, showing us how strong they are. A lot of young people supported by The Pathway Team have worked during Covid-19, or volunteered with The East Riding Hubs.

"Sometimes we underestimate the resilience of young people, maybe because they don't look too far ahead and just focus on the short-term."
(The Pathway Team)

How have young people kept in touch?



Young people who completed the picture survey

Some young people have responded well to telephone calls, going for walks, and doorstep meetings. **Young people told us they are fed up of being online all the time**, particularly when they are being home-schooled virtually. There is a presumption that young people are competent with online and virtual activities and using this medium, but it's not always the case.

Many youth providers told us that **young people they worked with didn't want to be seen online**. This included the Pathway Team, The Participation and Rights Services and the Youth Offending Service, who all felt that a lot of young people they engage with don't want to go on camera, stating that some of the young people they engage with don't want to go on camera because it makes them anxious, especially the girls, who worry about their image, which is affecting their self-esteem and confidence.

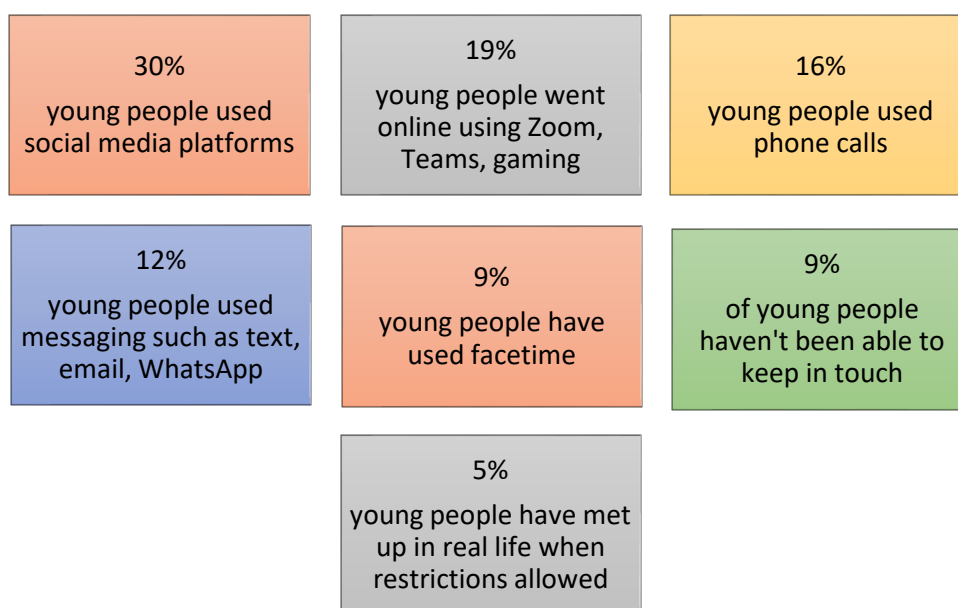
"It's important to have different ways of communicating so we can keep in touch with as many young people as possible." (East Riding Participation and Rights Team)

*"People assume that young people are all on social media etc. and that they're able to access a lot of digital stuff."
(The Pathway Team)*

Junction in Goole also saw **an increase in issues with young people's self-confidence**, with some of them not wanting to attend the online sessions. Junction also noted that it is difficult for some young people to access online support and activities for a number of reasons. Young people may not have any physical space in the house to engage online, some don't have internet access, or IT equipment, and there are also issues with **poor internet access**, particularly in Old Goole.

"Because it's not as easy to learn from home and u get distracted easily at home, at college u have that little bit more support and actually get to be with the animals at college." Young person. 17

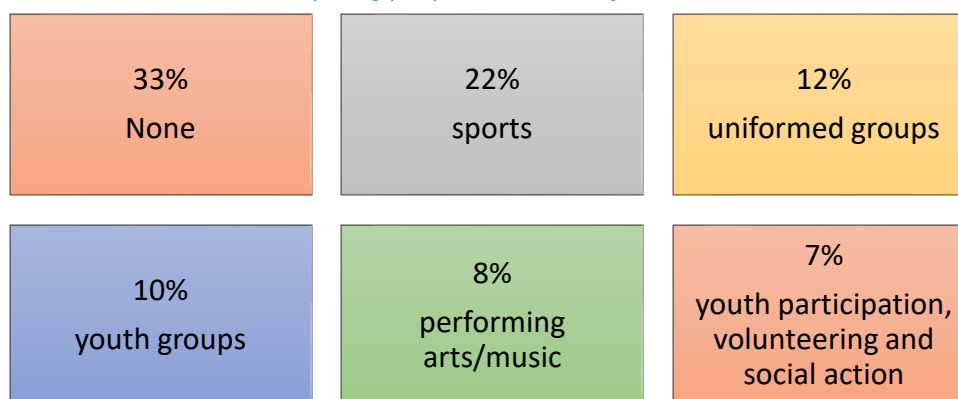
However, KCom has begun its fibre roll out in Goole, which should improve access across the town.



Young people who completed the written survey

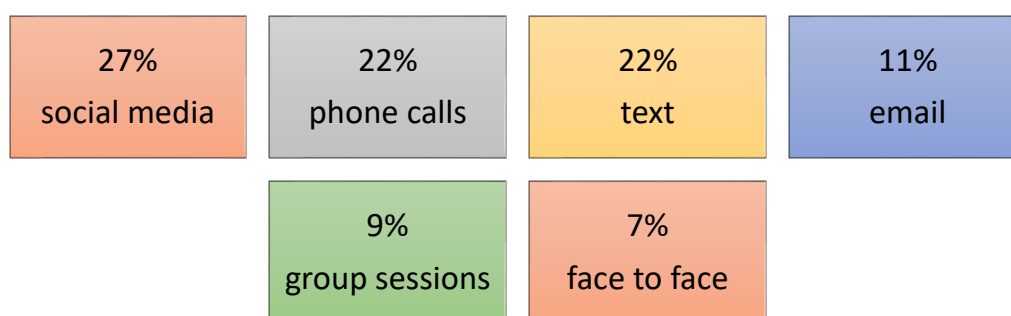
How have young people's activities outside of school been affected by lockdown?

Activities young people attended before lockdown



Young people who completed the written survey

66% of young people said their youth providers had managed to stay in touch with them during lockdown via the following methods:



Before Covid-19, did your child attend any youth provision? If so, which one?

32% None	21% sports club	14% youth group	15% youth participation, volunteering, social action, Duke of Edinburgh	7% Young Farmers Club	7% Uniformed group	4% performing arts/music
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If yes, have they kept in touch with your child during Covid-19? If so, how?

30% Zoom meetings	20% No
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During Covid-19, did your child attend any youth provision? If so, which one?

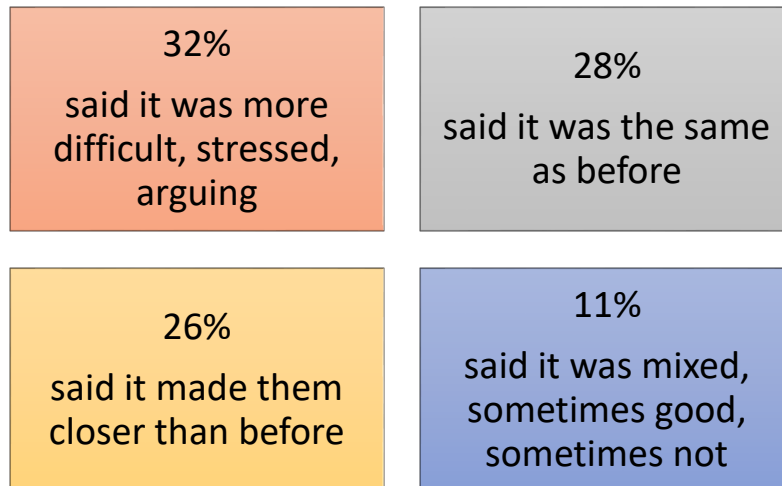
67% NO	17% attended sports sessions and matches when restrictions allowed
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How have youth providers kept in touch with young people?

- 20% ran digital youth sessions via platforms such as Zoom and Teams
- 16% made phone calls to young people
- 14% used social media platforms
- 13% ran one to one sessions in real life when possible
- 10% ran group sessions with young people
- 9% used text messaging
- 9% used detached youth work

How has Covid-19 affected household relationships?

How do young people think lockdown has affected their relationships with the people they live with?



How has lockdown affected your child's relationships within the household?

32% said they were not affected	16% said their child was more needier, clingy and challenging	11% said it has been very testing and tense	5% said it ranges from highs to lows
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Has your parenting changed during Covid-19?

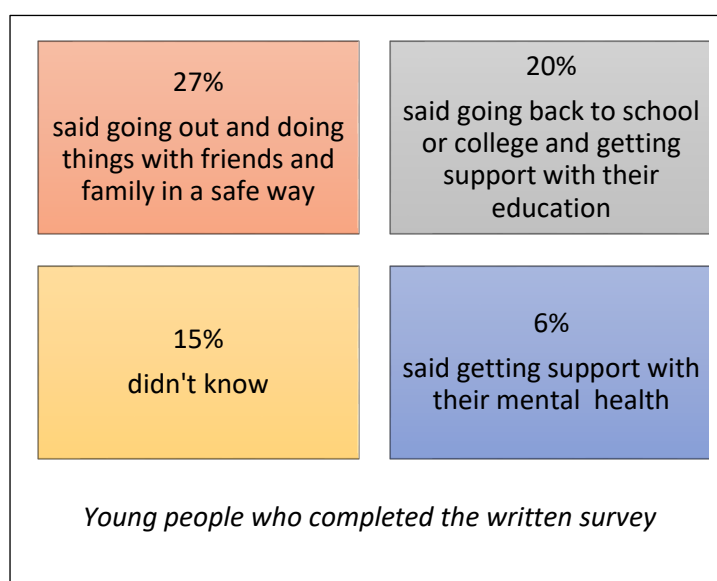
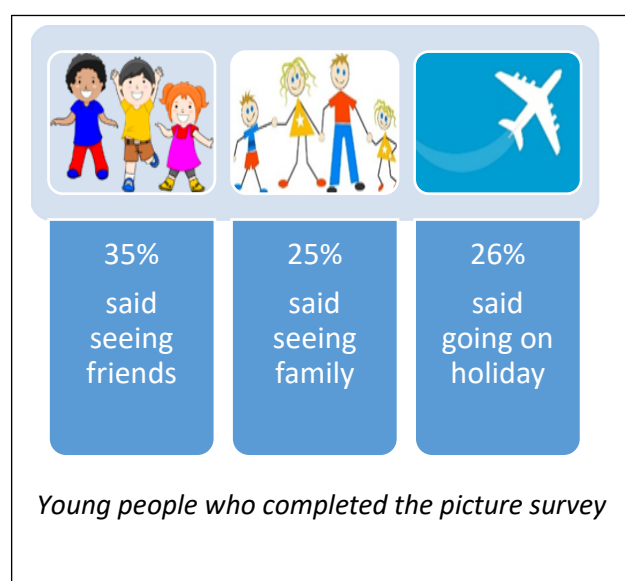
42% said NO, not much	31% said it had a negative affect, they were more anxious, losing their temper, more intense, 'anything for a quiet life', not able to give all their children the attention they needed	11% said it had made them more understanding and supportive	6% said they were more organised due to home-schooling and working from home
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"At first I got irritated but now I think I can actually have good conversations with them. I probably would have stayed immature if this didn't happen."
Young person, 18

"I love my family but due to lockdown and constantly being around them, there are times when it's difficult to put up with each other."

Young person, 18

What do young people think would help them after lockdown?



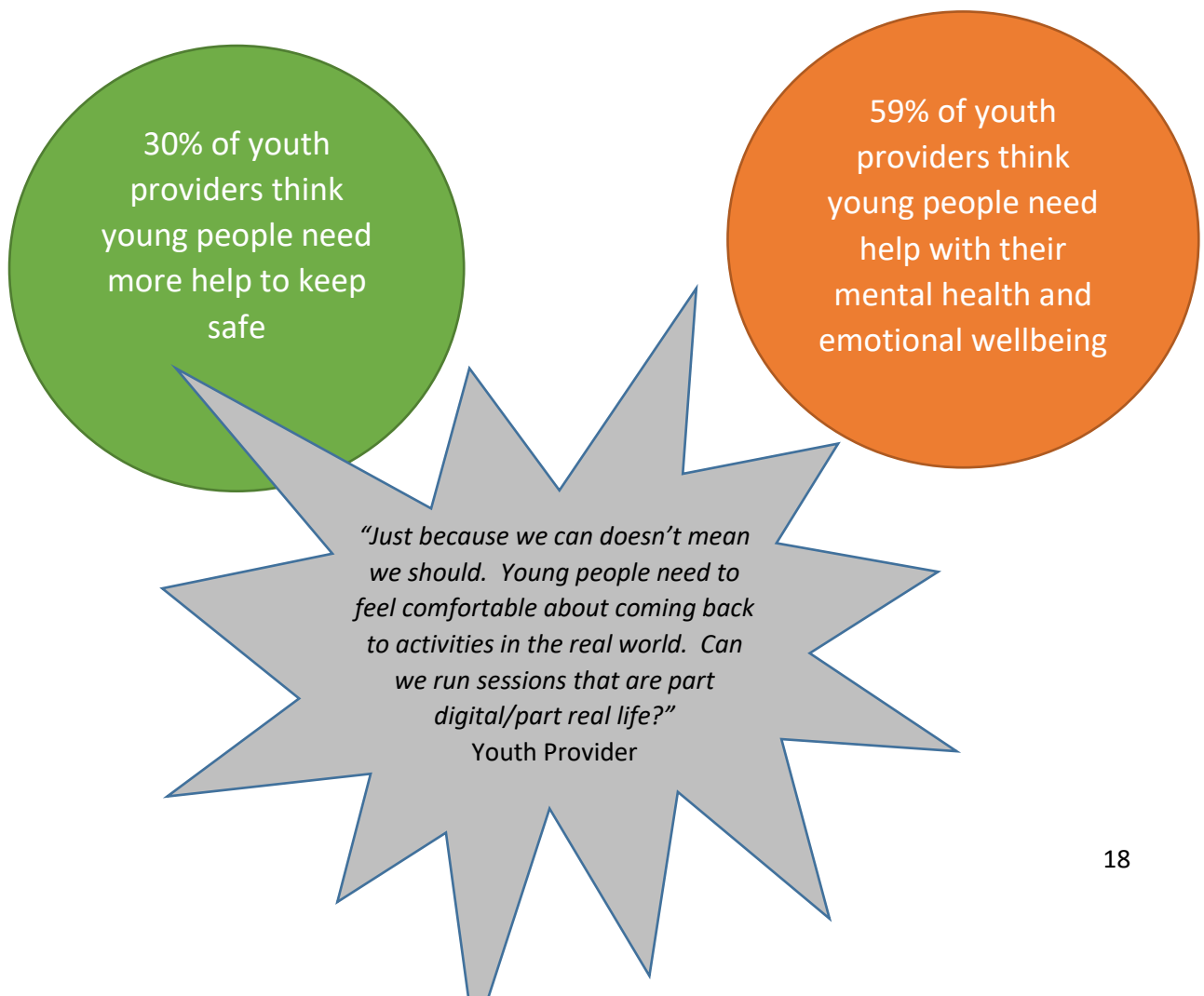
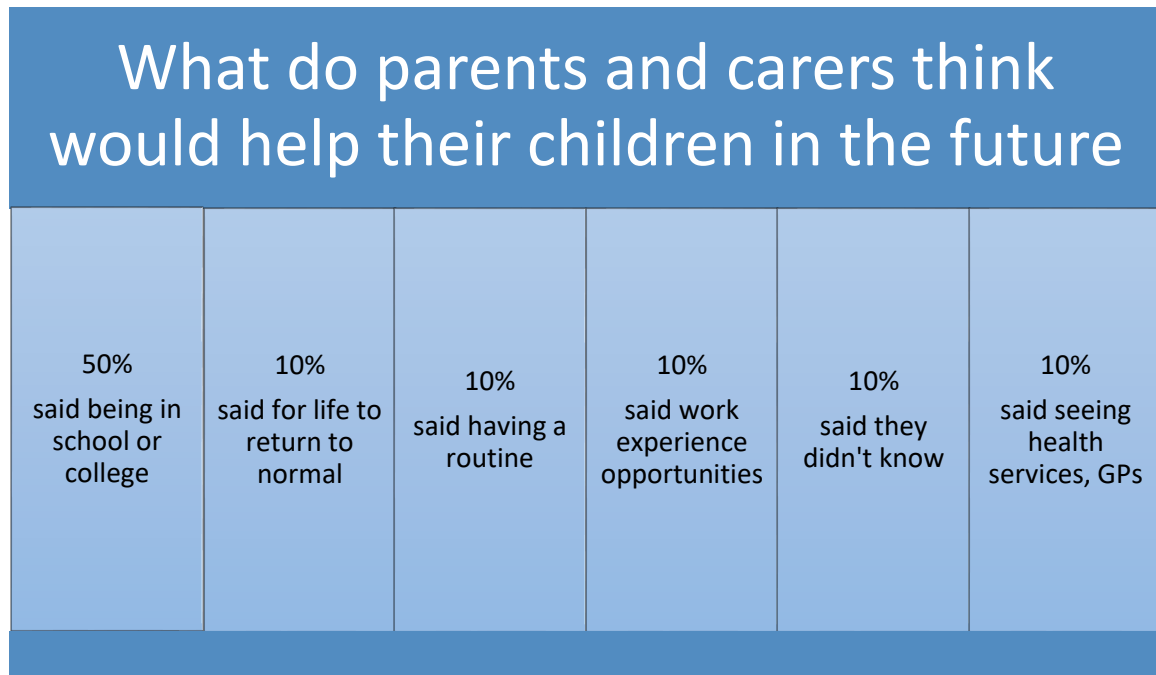
Youth providers highlighted that there is **an increased need to raise the aspirations of young people**. Social mobility is a huge divide for young people in East Riding and we need to focus efforts into getting young people to be aspiring, and to aim higher rather than just 'do alright'. This was raised by youth providers at the workshop and also in a number of the interviews as part of this study.

It was also identified by youth providers that there are now less opportunities for young people within East Riding, and we need to find ways to build their confidence, encourage and support them to continue applying for further and higher education and employment, even though it may seem that everything is harder to get into at the moment.

The Christopher Eden Educational Foundation, a local charity focusing on reducing educational poverty, and The SHoRes Centre in Withernsea, which are a member of the East Riding Food Poverty Alliance, both highlighted the **significant increase of poverty** across the area since the start of the pandemic, even for those people who are still in work. This is due to the number of people who have lost their jobs or who are now living on a reduced income because of furlough or other government restrictions put in place to manage Covid-19. This will have a longer-term negative impact on families and their children, and therefore preventative measures need to be developed and delivered as part of future plans for children, young people and families living in East Riding to mitigate against this.

"We suggest therefore that poverty and consequential low family resilience and resources is a significant barrier to achieving personal aspirations and educational outcomes, at all levels, and that should be a consideration in the Children and Young Peoples Plan review."
(Christopher Eden Educational)

Poverty is also known to be a key barrier to raising educational aspirations, as shown by the work of the Christopher Eden Educational Foundation, who state that it is evident from the many years they have awarded grants, the majority of applications come from the poorer areas of Beverley, which in the main has never changed... Many of the children are from one-parent families who have very low incomes, many having at least two jobs. Ill health and disability also hampers what parents can provide for their children, besides the necessities of daily living costs.



Feedback from Parents and Carers who participated in the survey

Has there been any change in your child's physical health?		
70% said NO	12% said YES	12% said eating and exercise issues

"[My child] lost dramatic amounts of weight but we explored support over Christmas and they're doing relatively well now. Eating and exercise is the only thing they can control right now."

Parent of a 12 year old

"We have become stronger as a family and learnt to be more tolerant towards each other."

Parent of two children aged 13 and 15

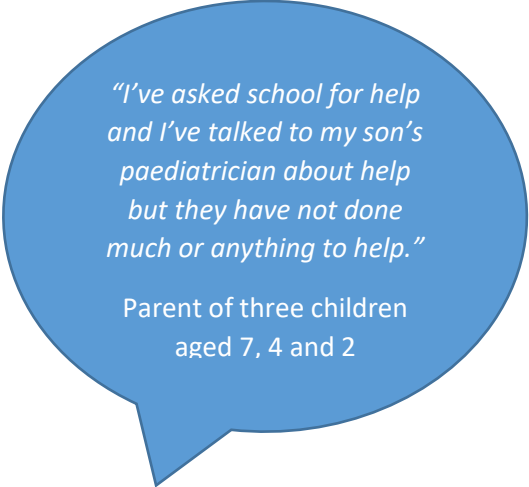
Is there anything that you as a family have learned during lockdown?			
35% NO, not sure	25% said they were closer emotionally and better able to understand each other's needs	10% said they knew they would get through it together	10% said they had learned to take each day at a time

"To take each day at a time and be more encouraging of one another."

Parent of 14 year old

Did you or your child learn any new skills or have any new experiences during these challenging times?			
36% NO	9% bike riding	9% gaming	5% walk and talk more as a family

Feedback from the East Yorkshire Parent and Carer Forum



"I've asked school for help and I've talked to my son's paediatrician about help but they have not done much or anything to help."

Parent of three children aged 7, 4 and 2

The East Yorkshire Parent and Carer Forum (EYPCF) set up virtual meetings from April – September 2020 to discuss Covid-19, to share information across East Riding to several key charities and parent/carers groups.

Since September 2020, **a forum has been established called 'The Collective Voice'**, which sits alongside the EYPCF, and they continue to work closely together on a weekly basis.

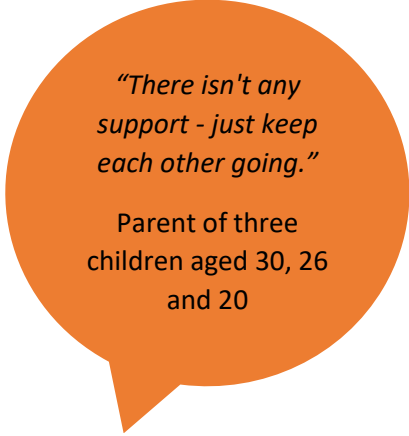
EYPCF receives daily updates from the Local Authority regarding the current situation via Teams or phone call.

One of the key issues that EYPCF said impaired the correct response for children and young people and parent/carers within East Riding was that there needed to be risk assessments for individual children done in partnership with schools and parent/carers. They didn't feel this was happening. A survey in June 2020 was sent to parents and carers, who had a child with SEND, across East Riding asking whether they were aware that a risk assessment had been done for their child, had they been involved, and had they seen it. The East Riding response was similar to the national response, in that 50% of parents and carers said they had been involved and were aware of their child's risk assessment.

This was fed back to East Riding School Improvement, as well as health related services. Further information regarding risk assessments related to Covid-19 for children and young people with SEND, were put under the Frequently Asked Questions page on The East Riding Local Offer website, as well as the EYPCF website and other key charities and parent/carers forums.

EYPCF also secured some funding from a local Trust fund, with match funding from East Riding of Yorkshire Council, to meet costs related to such things as lack of IT equipment (printers), for families in need. However, EYPCF reported that not all children and young people who needed IT got the resources. The expectation was that schools should provide what was needed for IT i.e. laptop/printers, and that parents should request this through schools in the first instance.

Food poverty has also been identified by EYPCF as an issue for families with children and young people with SEND, and unfortunately the East Riding Community Hubs have not been able to meet the needs of these families, many of whom have been shielding, which posed additional issues.



"There isn't any support - just keep each other going."

Parent of three children aged 30, 26 and 20

"Struggles without being at school, lack of routine or time for me to teach him."

Parent of two children aged 4 and 6

The EYPCF liaised with the East Riding of Yorkshire Council SEND Communications and Partnership Manager, and Endorphins to provide a number of Out of School Activities for children and young people during the summer school holidays. Afterwards they followed up with a survey about the activities with young people who took part and their parents and carers, all of which was very positive.

The expectation from government is that children and young people with an Education Health Care Plan (EHCP) will continue to be supported as normal in accessing their educational setting, as they are classed as vulnerable, however this is viewed as a blanket policy,

which will put more pressure on educational settings. EYPCF also identified concerns from parents/carers and groups, relating to the confusion sometimes caused by certain situations that have arisen over the course of the pandemic such as lockdown, for families and young people, which has caused great distress for everyone. Every EHCP child should be able to access their setting, and if not they should be able to access remote learning opportunities appropriate to their need, which leads to the issues regarding need for IT equipment etc.

EYPCF stated that **there is even more need now and in the future for mental health and emotional wellbeing support for children and young people with SEND, and their parents and carers.**

Safeguarding was identified as a gap for EYPCF, and they felt there needed to be a formal way to be part of local strategies to raise awareness of safeguarding issues relating specifically to children and young people with SEND, and their parents and carers. An example of this is the increased concerns relating to child on parent abuse that has taken place since the start of the pandemic.

"Social aspect very much affected!! Mental health issues obviously affected in a negative way too i.e. being bored, isolated and fed up!"

Parent of three children aged 12, 8 and 7

"... they've missed a lot of education, missed out on family being around them, out of school clubs missed/cancelled! They've been basically confined to house arrest effectively and had a really tough year to say the least!"

Parent of three children aged 12, 8 and 7

On the positive side...

Do young people think there is anything positive we can learn from lockdown?

"That you don't need to buy as much and the world can heal if you don't exist in it so much." Young person, 17

29%

said we need to appreciate what we have, respect our friends, family and to not take things or people for granted

19%

didn't know

11%

said it's important to follow guidance and stay safe

10%

said to be kinder, to help more and to forgive each other

8%

said they knew more about how to look after mental and physical health better now

7%

said doing things they didn't normally have time for such as learning new skills and hobbies

"The community you live in matters a lot and being nice and helping out neighbours is so important. Also to not take anything for granted."

Young person, 16

"Remind people they're beautiful or give a positive comment, every day make someone smile."

Young person

What do young people think is the best thing about being in lockdown?

*"Listening to music
and reading books."
Young person, 16*

*"The best thing about
lockdown is that we're
staying home to keep others
safe." Young person, 16*

22%

said they had time to
relax and do things
they enjoy at home

21%

said there was
nothing good about
it

7%

said they felt safer
from Covid-19 at
home

15%

enjoyed spending
more time with
family

8%

liked having more
time to sleep

5%

said they enjoyed
spending more time
with their pets

*"Focus on myself and my
family. Exercise and fitness
better than ever before."
Young person, 16*

What young people and youth providers think is needed in the future to support young people?

Increased access to youth activities and services

There needs to be more support for young people and families so they can access technology and internet due to the amount of virtual youth activity now taking place.

"Lots of chances to visit my friends and extended family, so I suppose for my friends spaces we could hang out."
Young person, 11

There needs to be access to a **variety of virtual and real life youth provision** that is not to do with schools or home, where young people can go and be themselves, be with their friends, feel safe and that is also Covid-19 safe.

Need to **develop youth provision in areas of East Riding** where there is currently nowhere for young people to go, i.e. **more community youth clubs or detached youth activities needed.**

Increased and accessible support for Mental Health and Emotional Wellbeing

Young people were very clear about and lockdown in particular, has emotional wellbeing, stating they cope with a range of issues.

"My world caves in."
Young person, 15

the negative effect that Covid-19, had on their mental health and need more support to help them

Youth providers identified that there is a need for increased access to a range of **support services to help children and young people with their mental health and emotional well-being.**

Youth providers also highlighted the need to help young people who are spending more time on their own, as it is evident there is **an increase in youth loneliness and isolation** within East Riding, with some young people no longer feeling comfortable around each other and other people any more.

Youth providers anticipate a number of mental health and emotional wellbeing issues in the future, such as overcoming anxiety, overcoming isolation, escaping four walls – getting used to social interaction again, body image, re-building self-esteem and confidence.

"Still not having the pressure of socialising because we haven't seen each other in a year."

Need to continue delivering a range of activities in the community, to help young people with their emotional health and wellbeing i.e. sports, outdoor activities, getting them back into doing different things. There are fewer young people out and about now and they need to know what services are available, so we can signpost young people to them. There is a gap around exploitation at the moment.

Education and Employment – What now?

Preparing young people for work is more challenging, because supporting young people with things such as interview skills, and doing CVs is more complicated through MSTeams or via telephone. The majority of work experience has been halted since March 2020, and cannot be offered as a local

authority. The Pathway Team have worked with ERVAS re: youth volunteering, however a lot of this is also online and therefore more difficult to engage young people. There is also a concern regarding the availability of jobs and employment for young people when they finish their training and education, particularly in the industries that young people want. This creates more challenges to keep them motivated.

The Pathway Team are working with 18-24 year olds, who have had to forego their work experience as part of year 10 due to Covid-19, and who are conscious that they don't have any work experience. There is therefore a need to have more opportunities to gain work experience. It was noted that Bridlington Job Centre Plus are able to support young people with volunteering and work experience. This is crucial due to the need to ensure this is done within the guidance around volunteering when claiming benefits.

"Special recommendation in exams to stop so much stress. Organised social events to get over social anxiety brought about by spending so much time alone." Young person, 17

Access to specialist support for young people

Youth workers told us they need to be able to provide information to young people, and signpost them to other services and activities that can help them such as sexual health, substance misuse, keeping safe from exploitation and grooming. To assist with this, they **felt it would be good to have a central repository** to enable them to find out what services, activities and support is available for young people in East Riding. It would also provide a place where professionals could arrange for other services and agencies to come in and talk to young people face to face, e.g. specialist services such as County Lines, Substance Misuse, and sexual health.

"I just want my life back as does everyone and I think personally the government is doing a poor job."

Young person, 17

At the workshop held for a range of youth providers and partners, there were concerns raised around the increase of young people out and about in public spaces, making them vulnerable to child sexual exploitation and criminal exploitation (CSE/CCE) and County Lines. There is a fine line between who the victim is, and who the perpetrator is. It would be helpful to develop **specialist training** to support young people who have been or are vulnerable to this. This could include: where to refer to, interventions, and additional support. It was also highlighted that the rail links etc. in the East Riding means that young people are more vulnerable to this type of risk, so training around this area could be increased.

It was also identified by the Sexual Health Hull & East Riding Service at the youth providers workshop that sexual health services have seen **a massive increase in sexually transmitted infections, unplanned pregnancy, young people accessing contraception**, particularly young boys wanting condoms, and therefore it is evident that there is a continued need to deliver future prevention and early intervention work.

Increased communication between parents and carers and safeguarding partnerships

EYPCF to engage strategically with the East Riding Safeguarding Children Partnership (ERSCP) and the East Riding Safeguarding Adults Board (ERSAB) and other related strategic groups regarding children and young people with SEND and their parents and carers needs relating to safeguarding.

Impact on Youth Providers

Communication and engagement with young people

Youth providers across all the services and sectors have had to adapt the way they communicate, engage and support young people, many of them developing a range of creative ways to deliver their activities and core services.

It is clear from the findings that it has been very difficult for all youth providers to communicate and engage with young people over the last year, and many voluntary and community groups are struggling **due to temporary closure of clubs and lack of appropriate funding**. A major factor during Covid-19 has been the need to use digital technology, which has restricted some youth providers, who for a number of reasons have been unable to use it as a way of engaging with young people. However, using technology has also been a positive factor as it enabled many groups and services to maintain communication and contact with their young people.

“Because it’s not as easy to learn from home and u get distracted easily at home, at college u have that little bit more support and actually get to be with the animals at college.” Young person,

17

Over the course of the pandemic, it is evident that many youth providers have found **it extremely challenging to engage with young people via virtual/online activities**, and that this is not suitable for certain youth activities. This has resulted in some youth providers being unable to deliver any activities for young people, either virtually or in real life since March 2020. This is especially so for those that support and work with young people who have SEND, although some agencies felt that there was a disproportionate focus placed on supporting children and young people with SEND, which excluded other young people.

“It’s very difficult to interact and engage with young people online, especially when they’ve been at school all day. For some young people and youth activities, virtual delivery is not an option.” (Workshop participant)

The East Riding Pathway Team told us that they have delivered some virtual sessions where nobody attended, but have also had good uptake with activities such as ‘the cookery challenge’. A package of ingredients was sent to young people, and they had to use them to cook online using a recipe that was provided. The team indicated that sometimes it is trial and error to find out what worked. They also held an online mental health event with Kooth, and had 8 young people attend. The Pathway Team are currently holding online sessions with young people as they are unable to meet face to face, but fed back that this **is not working for all young people who are fed up of being online**, as they are schooling online, or lack the confidence to appear online, and get worried about their image and the way they look on camera and it affects their confidence.

Junction in Goole also highlighted the issues around young people’s self-confidence in regard to going online, and alternatively they send out packs of activities that will last a couple of weeks, such as music and songs they can practice at home, so that young people are still able to feel involved. It is really difficult to know how many young people are involved. Lockdown 1 saw more young people

online, as there was no school. Lockdown 2, saw not as many young people online as back at school but still wanted to keep involved. Lockdown 3 again saw not as many young people online as they are sitting at computers all day and now don't want to go online socially.

It is difficult for some young people to access activities and support online, and Junction highlighted that there have been concerns raised in regard to safeguarding young people who are in their bedroom when engaging online. However, providers recognize that for many young people this is their safe/quiet space so a common sense approach has to be taken. Young people may not have any physical space in the house to engage online, and some don't have internet access, or appropriate IT equipment. In some areas of East Riding such as Old Goole (BT internet), there is poor internet access, KCom is better in Goole Town.

A number of services have managed to meet with young people by going on socially distanced walks, or holding 'doorstep conversations'.

The East Riding Participation and Rights Team have kept in touch via WhatsApp and Microsoft Teams with the young people they support, and also some of the families such as those with young carers, holding family meetings online, as some of those families haven't been able to access any support from other services. They also use email and post to send out information and activity/information packs, socially distanced walks, and trips out when possible.

"It's been very important to us to maintain the contact with young people who workers are concerned about. Workers have done socially distanced walks when possible with those young people who are reluctant to go online." (East Riding Participation and Rights Team).


Delivering differently – how Covid-19 has changed East Riding youth provision

What will youth provision in East Riding look like post-Covid?				
58% will provide a combination of youth activities/services including virtual, detached, group sessions, 1-1 sessions depending upon guidance	26% will provide the same as before	8% worry they will have to close altogether	5% will provide more detached youth work	3% will provide only virtual youth activities

The lack of face-to-face opportunities with young people and socially distanced activities has meant it has been difficult for youth providers to deliver support. It has also not been helped by the frequent changes to guidance in line with government restrictions, preventing people from planning youth activities in a reliable way, and risking letting young people down and wasting funds.

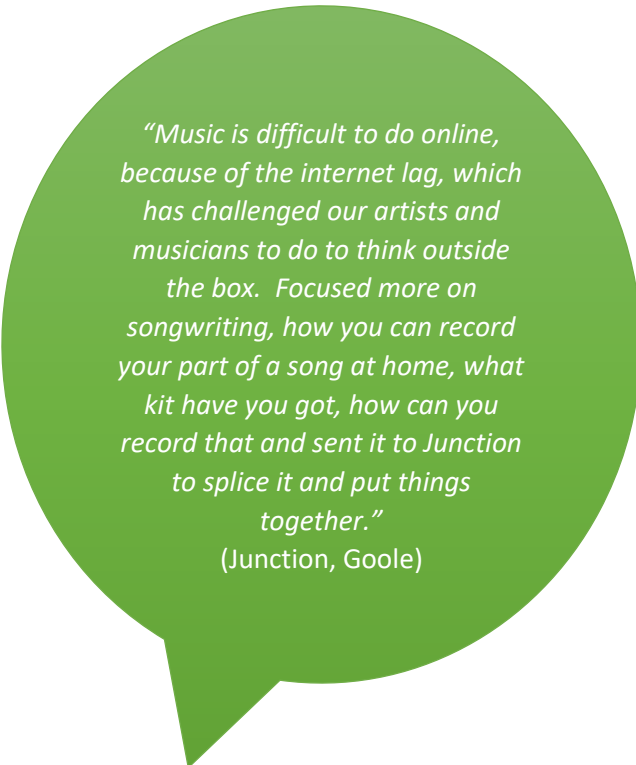
This has resulted in **a significant shortage of youth provision for young people to access**, in what was an already sparse landscape in some areas of East Riding.

Some organisations, such as Humberside Scouts (Goole), are only delivering virtual meetings, even though risk assessments have been provided by the central Scouting association enabling them to deliver outdoors. The fear is that, if not done well, volunteers worry they may have to take time off work to self-isolate, which people can't afford. So even though risk assessments are available and they can start, they may decide not to. This is a sector wide concern, not just specific to this group.



"Hard to get volunteers back safely, do the risk assessments, get everything agreed centrally, making the venue Covid-19 secure. There's anxiety from volunteers re: personal safety, which doesn't prevent us opening, but they are barriers to overcome. This is why we're delivering online. Three quarters of the girls went online initially and now these numbers have dwindled. We now need to do this face to face."
(Girls Brigade)


One community youth club told us they had had to close because of the Covid-19 restrictions, and were unable to deliver any youth activities either virtually or in real life. Subsequently, there has been **an increase in antisocial behaviour within the community**, particularly in the warmer weather



"Music is difficult to do online, because of the internet lag, which has challenged our artists and musicians to do to think outside the box. Focused more on songwriting, how you can record your part of a song at home, what kit have you got, how can you record that and sent it to Junction to splice it and put things together."
(Junction, Goole)

of spring and summer, where young people from outside the area travelled in to gather by the river, drinking, jumping off the bridge and causing a number of concerns for local residents. Unfortunately, there were no youth workers available to address these issues regularly as there is no detached youth work provision in the area. The club told us it was therefore difficult to engage with the young people involved as a lot of them were not known to the local community.

However, some **voluntary and community youth providers, were able to swiftly adapt from real life activities to running things online** within a couple of days of lockdown. This is easier for small organisations to do, than larger organisations, who may have more 'red tape' with regard to policies and procedures.



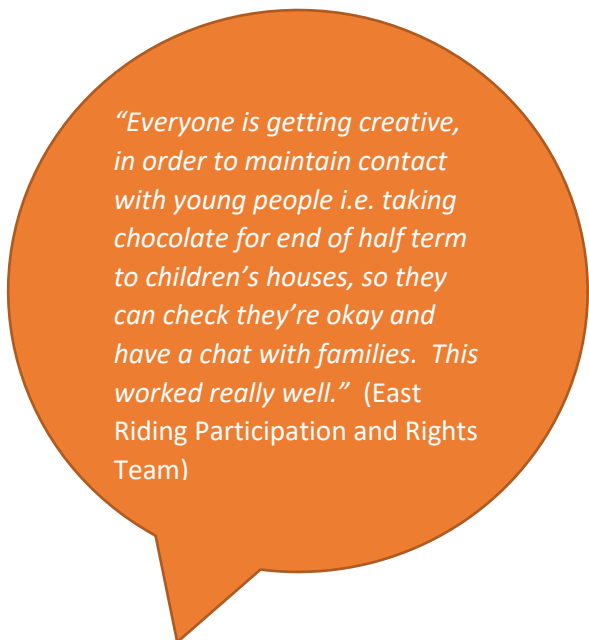
"Challenging to be a bit more creative and utilize more home skills i.e. cooking, building bird boxes, crafting (things we wouldn't normally do). Had more time to reflect on what works and what doesn't work, giving us more options to think about the future and what we can do moving forward. (Youth Offending Service)"

Bishop Burton College stated that the majority of their student services were working from home and providing mostly online support. However, they remained open for key worker children, vulnerable young people, and for those needing to do practical work i.e. animals.

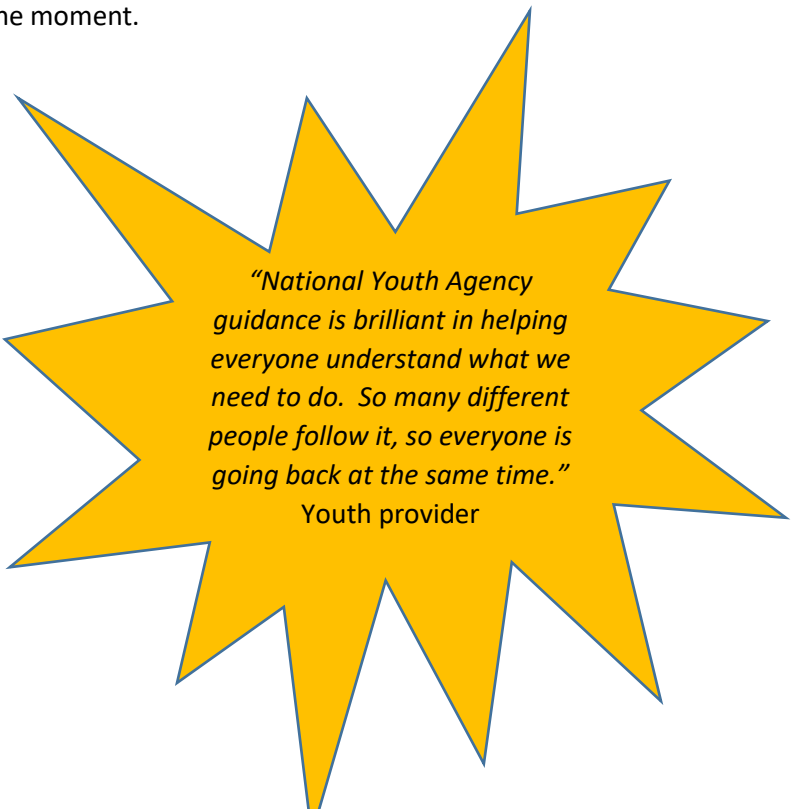
There are also a number of students who live in, who were given the opportunity to go home and stay home until after lockdown, or stay on site at all times. This has been difficult for some of the students, as they are not used to being confined under what appears to some as 'house arrest'. A

Wardens team and security are onsite at the college to support these students, however if students are not abiding by the rules, the next of kin is contacted to take them home. Police came in to talk to students about the lockdown rules, and a bus was provided to enable them to go shopping at Tesco's on a weekly basis.

A lot of Youth Providers from across the sectors have found **it frustrating to no longer be able to deliver outdoor activities**, and therefore having to explore new things, and just wait for restrictions to gradually ease. Some have found it very difficult to draw upon the positives at the moment.



"Everyone is getting creative, in order to maintain contact with young people i.e. taking chocolate for end of half term to children's houses, so they can check they're okay and have a chat with families. This worked really well." (East Riding Participation and Rights Team)"



"National Youth Agency guidance is brilliant in helping everyone understand what we need to do. So many different people follow it, so everyone is going back at the same time."

Youth provider

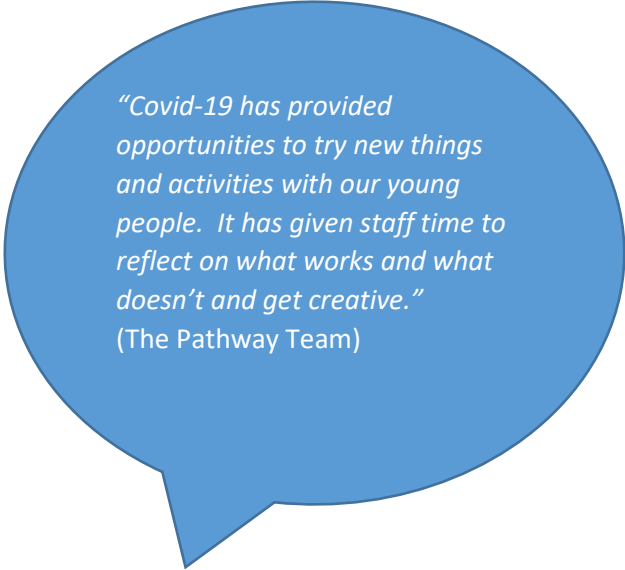
During Covid-19, the Sexual Health Hull & East Riding Service has implemented a new **CONFIDENTIAL** text service for young people to get in touch, where they can make an initial contact and decide if they would like further support such as a home visit. The use of a mobile unit from September 2020 has also been helpful, as young people are now recognising what this is about. This will be used for maximum benefit by visiting schools, youth clubs and other key services across East Riding, particularly in rural areas, on a rolling programme, as they anticipate a lot of 'mopping up' to do, post-Covid. The mobile unit has also been used during Covid-19 to deliver repeat medication where young people cannot access clinics.

The Sexual Health Hull & East Riding Service put in place a Care Coordinating team during Covid-19, where patients contacted a central number and were placed onto a Triage list. All under 19s on that list are picked up by the Outreach team and contacted for an appointment, as part of their existing In-reach/Out-reach system for Under 19s. These young people were then fast-tracked in and given the option of attending Conifer House or any of the East Riding Family Planning clinic where they have designated appointments purely for Under 19's (Outreach patients). **These have been very well attended and young people have accessed Sexual Health Services and Appointments and also continued receiving home visits.** The team have also continued to visit young people who are looked after, or who are in supported living/Hostels/Mental Health units.

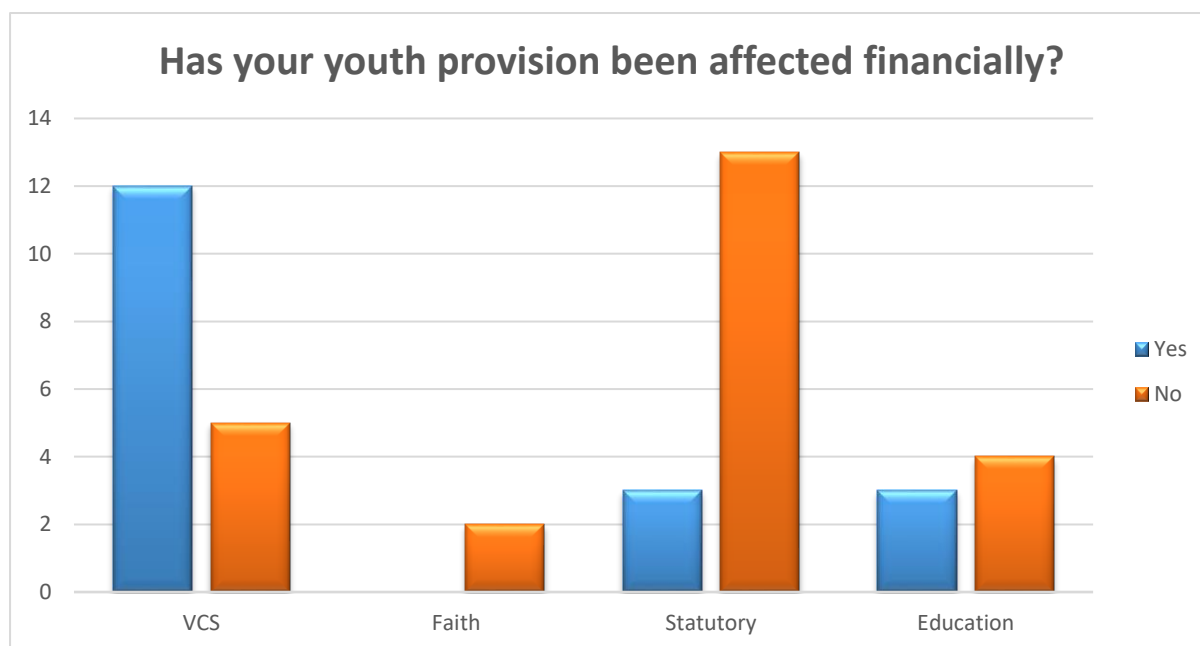
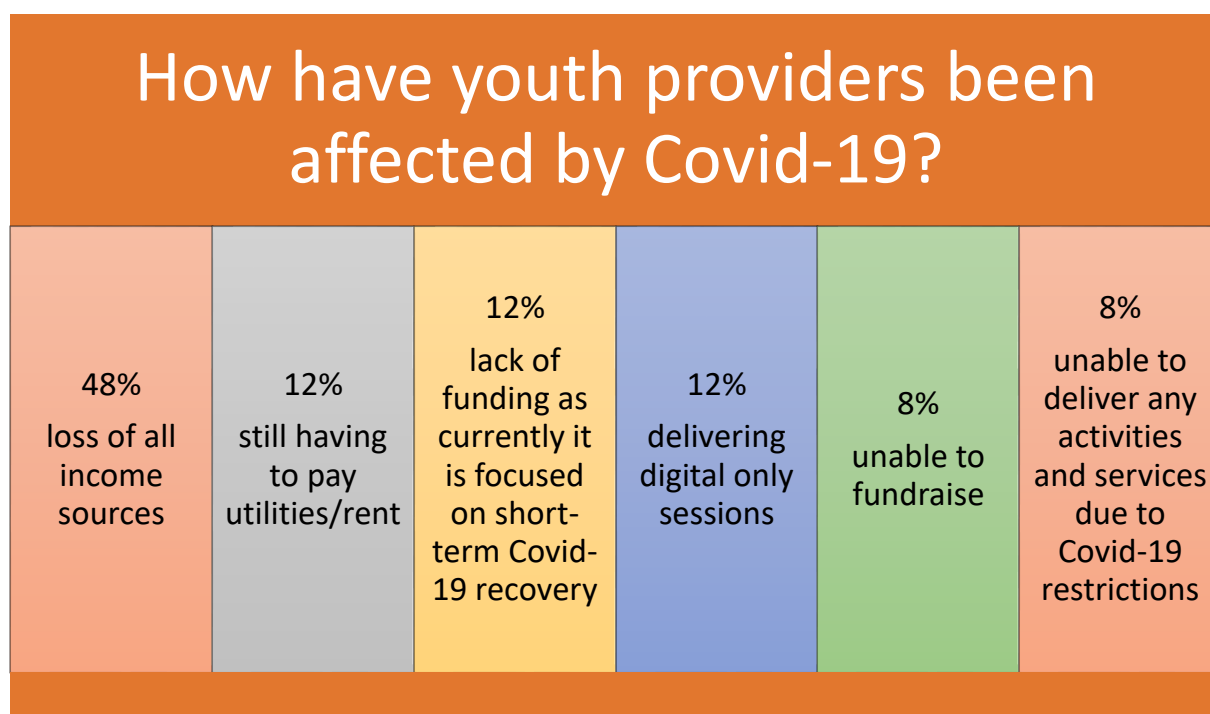
The team have also continued to provide clinic appointments during Covid-19, but have not been able to provide a "walk in service" for safety and government guideline reasons.

The team have worked remotely with Hull Pride, Wolds Pride and Bridlington Pride during lockdown and hope to provide a specialist workshop in the near future, government guidelines allowing. We provide a LGBTQ+ clinic on a Thursday evening and this has also been well attended during the pandemic.

The City Health Care Partnership has been working on a new website during lockdown and has developed a section designated for young people. The Sexual Health Hull & East Riding Outreach Team have had a lot of input into this to ensure it includes the correct signposting links. This will be launched in the near future.



"Covid-19 has provided opportunities to try new things and activities with our young people. It has given staff time to reflect on what works and what doesn't and get creative."
(The Pathway Team)



There have been a number of shorter-term Covid-19 related funding pots available, however, much of the longer-term funding has been paused, which prevents many voluntary and community youth groups from being able to plan for their future and general core activities.

"A lot of my work has stopped because of lock-down. However, there is a lot of Covid-19 recovery funding, and I've been successful with some funding for East Riding next year."
(DJ Methodz)

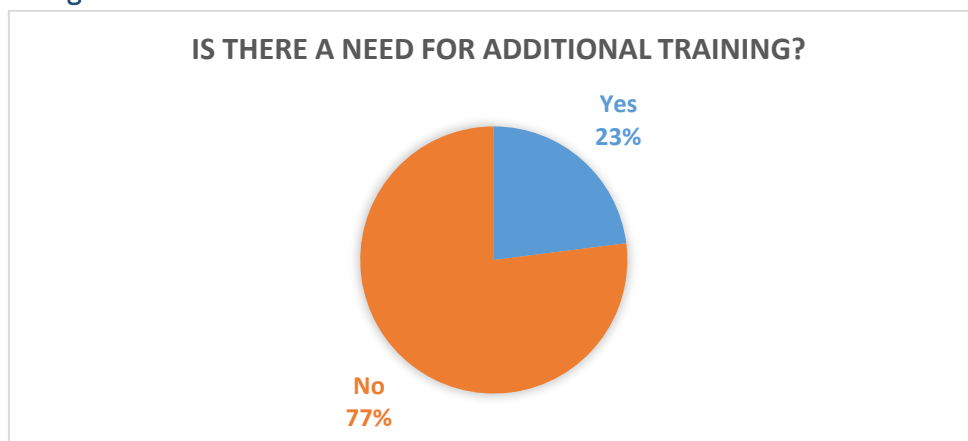
Many funders are also looking for flexibility of projects due to the impact that Covid-19 is having on the delivery of projects.

Many funders have been extremely supportive of their existing funded project through the duration of the pandemic, enabling groups to adapt their delivery in line with restrictions, or to delay the start of delivery. This has been extremely helpful for many youth groups.

It is important to note that, even though many groups have lost funding, whether through fundraising, weekly subs or funding applications, much of the associated running costs has continued for groups, such as utilities, staff and related building costs. However, **although some groups may have taken advantage of the government's furlough scheme, this will not apply to the majority of the voluntary and community youth**

sector in East Riding, which is heavily reliant on volunteers.

Future training needs




Of those who felt there was a training need, the following training was identified:



Youth providers who participated in the workshop felt there was a need to train more volunteers within voluntary and community groups who are working with young people on topics such as mental health and well-being, supporting young people with anxieties, how to structure face to face time with young people to meet their needs, sexual health, etc. so we can help more young people with a range of issues. It is apparent from the discussions in the workshop that we must be mindful to create a range of training to suit everyone, as there are a lot of passionate people who volunteer, but who maybe don't see it as a profession and are doing it for the benefit of their own children and local young people.

Workshop participants also highlighted that one of the key things to consider is the quality of youth work being delivered within the East Riding, and that there was a need to improve the quality of youth work across the VCS and statutory services. There is a need to produce professional youth workers, with the skills needed to support young people across complex issues such as sexual health, emotional/mental health, which have been exacerbated by Covid-19, recognising the **need to drive the professionalism of youth work forward**.



"It's great working with people who are passionate about working with young people and sharing the skills and knowledge we all have with each other. It's often about the leadership of the youth project and getting the right person, thrive not survive. Develop a collective where people can share their experiences."
(Workshop participant)

Youth providers who participated in the workshop felt it was important to work with the National Youth Agency and the Yorkshire and Humber Youth Work Unit to develop different aspects of training for everyone, from the passionate parent who just needs some basic skills and knowledge, through to level 4. Therefore **we all need to consider how to cover the costs of providing this**, however all youth groups and services should build training into their budgets when applying for funding. Post Covid-19, we need to explore the wider youth work training available, specifically in regard to youth mental health, detached, sexual health, substance misuse, keeping safe, as well as general safeguarding etc.

How have youth sector partnerships been affected during Covid-19?

Some youth providers said that not being able to provide their normal service has meant more signposting to other services, such as mental health support and advice, thereby increasing their partnership working. Bishop Burton College held a health and respect week virtually in January, covering topics such as mental health, sexual health, healthy lifestyles, and self-harm and signposting to appropriate services.

However, some youth providers who participated in both the workshops and interviews conducted for this study, reported a lack of opportunities for the usual pre-Covid networking, partnership working and developing and delivering collaborative activities, which had **isolated workers and had a negative impact upon the young people they work with**. These providers indicated that this had reduced young people's wider support network, affecting their skill set and confidence, and preventing them getting involved in positive activities that increase their aspirations and improve their behavior.

How has Covid-19 affected partnership working within the East Riding Youth Sector?		
42%	30%	23%
It has stayed the same	It has decreased	It has increased

The ERVAS Youth Outreach Team in Beverley have engaged regularly with Humberside Police in the area, which has been positive and enabled the police to have more support when talking to young people who are out and about. They have also made reports to the police using the Police Information Form about concerns such as substance misuse, exploitation.

Zoom is an issue for some partners, including the Local Authority, Department for Work and Pensions and Humberside Police, (although recently Humberside Police have created tablets that have Zoom uploaded so that they can use it to participate in meetings), which can mean **some services are not able to attend partnership meetings** to discuss issues relating to young people in areas of the East Riding. This means that gathering the right intelligence re: local problems linked with young people in a timely manner can be challenging.

However, for some agencies who are able to access virtual platforms such as Teams and Zoom, it has been a very positive experience, helping to reduce travel time across East Riding. It has also reduced costs associated with hosting meetings and events such as venue hire and providing refreshments, as well as covering travel costs for staff and volunteers, and sometime beneficiaries. It can also offer inclusive access to those who may find it difficult to attend activities, events or meetings in real life for a number of reasons.

ERVAS, The Youth and Family Support Service, and HEY Smile have had a number of meetings with various partners to discuss local concerns about young people, including substance misuse, anti-social and risk-taking behaviour, mental/emotional health re: recent deaths of a young person, so that we can co-ordinate a rapid partnership and community response as much as possible.

For many youth providers, meeting virtually has been positive in that it can be more inclusive by reducing issues such as transport, childcare, lack of funding, lack of time, lack of capacity. However, it is challenging for those who have no access to technology and poor internet connection.

Moving forward, it is clear that we need to have a combination of what works in a positive way, including keeping virtual aspects to our delivery where this is appropriate and inclusive.

"As we come out of this time we are worried that the economy will suffer and that support for young people will be slashed. We feel that young people don't deserve to suffer due to Covid and that the case must be made to give them skills, support their wellbeing, help them build relationships and have fun."

Youth provider

What concerns do youth providers have for the future?

27% worry that young people won't return	20% worry that their building will not be Covid compliant and suitable for future use	12% worry that they won't have enough paid staff or volunteers	11% worry that their youth provision will close	10% worry that their paid staff or volunteers won't understand the Covid-19 guidance
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What support have youth providers given to young people in East Riding during Covid-19?

25% keep in touch regularly	15% provide a range of activities digitally/in real life when possible	10% share relevant information with young people	8% nothing	7% family support	7% signposting to other services	6% detached outreach youth work
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"Young people have adapted and managed very well in the whole. They are all telling us they are looking forward to meeting up again and having some much needed fun."

Youth provider

What youth providers need to improve the support they offer to young people in East Riding

16% funding	16% time	16% restrictions to end so they can deliver youth activities and services again	14% enough paid staff and volunteers	14% training in areas such as youth mental health	8% increased partnership working	6% digital engagement	5% young people to have technology to engage digitally	5% young people to engage
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Planning for the future

Increase funding and resources

With regard to drawing in the required funding and resources to be able to meet the needs of young people and related groups and services, it is important **to work with the existing infrastructure organisations**. These include, but are not restricted to, Active Humber, East Riding Voluntary Action Services, ERYC Funding Team, ERYC Youth and Family Support Service, HEY Smile Foundation, Office of the Police and Crime Commissioner, Clinical Commissioning Groups and other local commissioning bodies, Town and Parish Councils, in addition to the vast range of funders that cover East Riding, including The National Lottery Community Fund and Two Ridings, to access information, guidance and support with funding applications.

"More help is needed for young people of my age. There isn't much out there, there's even less during the pandemic."
Young person, 19

Youth providers highlighted the need for appropriate technology and quality internet access for themselves, as well as for the young people they support.

Learning from the pandemic means there is a need to ensure groups are fit for purpose and Covid-19 safe, as well as fit for funding. In addition, we need to ensure groups and workers can **support each other and strengthen partnership working**.

Some youth providers who participated in the workshops and interviews, felt that in the future it would be helpful to have more flexible youth activities provided by trained youth workers that could lead on initial engagement with young people out in the community, whether they are local or from outside the area. This would particularly helpful where local youth provision is not available as it would provide something positive for young people to do and support them where needed. It would also identify what young people would like and enable local communities to work with wider partners, as well as young people, in order to meet everyone's needs and increase youth provision.

"I want there to be better services for us in Brough area. No places to go with friends and people don't like us older kids in the parks. We need somewhere safe to go." Young person, 12

Youth providers will need to collaborate with partners, young people and local communities to explore alternatives for young people to engage in rather than the negative youth activities that have arisen over the course of the pandemic, and look for opportunities that can bring people together to develop projects that meet the needs and interests of young people from local areas. This would develop young people's skills, interests, provide things for young people to do with friends, address poor mental health and emotional wellbeing issues, future education, employment, create volunteering and work experience opportunities and therefore constructively tackles some of the challenges and difficulties created for young people by Covid-19. It would also address a number of similar issues raised by youth providers regarding the lack of youth provision in areas of East Riding, that are necessary to support a variety of young people's needs at the earliest point to prevent further escalation.

Increase the range and quality of youth work training locally

Youth providers who participated in the workshop agreed that it was important to develop a range of accessible youth work training in East Riding and **develop bite size training** so staff (paid and unpaid), can build up their own portfolio of skills. They also felt that other training related to working with young people needed to be made more accessible, such as that which related to young people's mental health and emotional well-being. This could lead to:

- Developing a Quality Mark for youth work locally, ensuring that groups and organisations working with children and young people are fit for purpose and have the right skills and knowledge.
- Develop varying tiers of youth work training, such as a passport system, where if workers complete all the modules, they get it stamped.

ERVAS, East Riding of Yorkshire Council (Youth and Family Support Service) and HEY Smile Foundation are in a good position to move this forward using this study and future funding proposals related to youth work and strategic partnerships within East Riding.

Support young people with education, training and employment

This study has highlighted the anxiety for young people about getting a job, future expectations. In order to address this need, it would be helpful to develop a directory of professionals for youth providers to access, and who would talk to young people in different settings. In addition, it may be worth considering **training volunteer champions** around issues such as future education, employment/getting work, keeping confidence, reducing anxiety; different volunteers could be trained up in different specialist areas to support young people as Champions.

Support families in poverty

It is important to identify ways in which families who have been affected financially due to Covid-19 and are now living in poverty, can be supported as early as possible to prevent further negative impacts on children and young people.

"I just wish none of this never happened. It wasn't supposed to, but it's happened and people are affected badly from the outputs."
Young person, 19

Look after the wellbeing of staff (paid and unpaid) within the Youth Sector

Youth providers highlighted that, in addition to those young people who will need support for their mental health and emotional wellbeing, **those who work with young people have also struggled** since the start of the pandemic. They have suffered the same issues as young people, i.e. having to stay at home, changes to provision, switching to digital technology, having to home-educate while still working from home, not having social interaction with colleagues, partners, young people and society etc. There are also increased concerns about the young people they support, as well as the future of their youth provisions, meaning an increase in anxiety and emotional health and wellbeing issues for those who work with young people.

Delivering differently

The biggest thing that all youth providers will be managing is the transition out of lockdown. Staff across the sectors, paid and unpaid, will be required to remain flexible and adaptable as everyone moves along the government's roadmap towards the end goal of resuming 'normal' service delivery. To do that it is important to do the following:

- begin planning and preparing before each stage of the roadmap, including building confidence of staff in meeting the challenges of real life delivery with regard to managing Covid-19
- meet up with other youth providers to share ideas, raise concerns, discuss solutions and regain the sense of 'all being in it together'
- explore what has worked well since March 2020, and consider providing a combination of youth work delivery in the future, using virtual and in real life activities, and the creative projects that worked well, as well as increase working from home for those staff who found it beneficial, supporting work/life balance

"It's scary how many people died of covid."

Young person, 17

"Please don't lock us down again."

Young person, 15

"Lack of social opportunities with their peers, unable to attend Youth club or take part in duke of Edinburgh award."

Parent of two children aged 13 and 15

"Continuing with face to face sessions is important to help our young people return to some sort of normality and to support their resilience in coping with the overall impact of the global pandemic."

Youth provider

5. What should happen next

Recommendations

It is clear from the evidence provided by this study that there are a number of areas on which we need to focus across East Riding, in order to support our young people and our youth providers to recover from the negative impact that Covid-19 has had. These are as follows:

1. Increase access to a range of mental health and emotional wellbeing support for young people
2. Increase access to a range of specialist support for young people such as substance and alcohol misuse, keeping safe, sexual health
3. Increase support to young people regarding their education, training and future pathways
4. Increase support to young people seeking employment
5. Increase support to families living in poverty
6. Increase support to re-build capacity and partnership working within the East Riding youth sector
7. Increase support to the East Riding youth sector to ensure it is fit for purpose, including being Covid-safe
8. Increase access to a wider range of quality training for East Riding youth providers (paid and unpaid), including youth work training
9. Support the mental health and emotional wellbeing of East Riding youth providers (paid and unpaid)
10. Establish communication channels between the East Yorkshire Parent and Carer Forum and the East Riding Safeguarding Children Partnership and East Riding Safeguarding Adults Board

The recommendations above are high level and require breaking down into specific actions to ensure focus on the range of issues identified throughout this report. It is recommended that a framework is developed to focus on improving outcomes, using the model suggested below.

Example

Outcome	What?	Where?	Who?	When?	Which Strategic Group?
Increase support to re-build capacity and increase partnership working within the East Riding youth sector	<p>Support VCS to access funding, individually and collaboratively to develop activities and services, digital and in real life, for young people</p> <p>Work with young people to gather ideas and co-develop activities that can be sustained</p> <p>Work with communities to identify local issues and support them to put things in place that are sustainable</p>	Across the East Riding, particularly in those communities where there are significant gaps in services and activities for young people and high levels of need.	ERVAS, YFSS, HEY Smile, Commissioners, Funders, young people, community leaders	Now and ongoing	<p>East Riding Children's Trust Board – Youth Board</p> <p>East Riding Voluntary and Community Sector and Enterprise Network</p>

6. Conclusion

It is clear from the evidence contained within this report that over the last year, many young people across the East Riding are likely to have been adversely affected in a number of ways, particularly with regard to their mental health and emotional well-being, their education and learning, and the lack of positive activities that have been available for them to participate in safely with their friends.

It is also clear that the majority of youth providers in East Riding have also been affected, with many activities and services switching from real life to virtual delivery, or having to find a range of creative ways to maintain communication and engagement with young people where possible. However, it is also evident that some youth providers in the voluntary and community sector have had to close completely and there still remains uncertainty about their future.

We can see a clear need to support our youth sector in East Riding to recover from Covid-19, so it can continue to thrive and flourish, in order that it is able to effectively meet the identified needs of young people in the future.

It is evident that there is a need to support families as a whole, particularly in regard to the long-term impact that Covid-19 is likely to have in terms of increased poverty, poorer mental health and emotional well-being, and keeping all members of the household safe from harm.

In addition to the negative effects of Covid-19, we have also learned of some positive developments that have taken place throughout the last year, particularly the use of technology and virtual communication, which has helped to maintain vital contact with young people as well as with parents and carers, communities and other services and organisations, locally and nationally. This has helped a range of services and organisations, including youth providers, to gain an understanding of what can and can't be delivered, enabling them to plan effectively for their journey out of lockdown, and recognising the cost savings that can be made to budgets by using platforms such as Zoom and Teams.

With regard to the 10 recommendations that have been suggested in this report, it is important that these are considered by strategic partnerships across East Riding to ensure a joined up approach to addressing the issues raised. These partnerships could include:

- The East Riding Children's Trust Board and relevant sub-groups
- The East Riding Safeguarding Children's Partnership and relevant sub-groups
- The Health and Wellbeing Board and relevant sub-groups
- The Community Safety Partnership and relevant sub-groups

This will ensure that there is an accountable body to drive forward the necessary actions required for each of the 10 recommendations, with support from appropriate senior decision makers.

We should be clear that this is not about creating new areas of work, but about ensuring that the issues caused by the impact of Covid-19 for young people and youth providers over the last 12 months, and which are outlined in this report, are fed into the appropriate existing work streams and relevant action plans.

This report will also provide useful information and evidence of need for youth providers to utilize, in order to increase future capacity and resources to support young people in East Riding as we progress along the roadmap out of lockdown.

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East Riding of Yorkshire Council (ERYC) Youth and Family Support Service, ERYC Specialist Service, ERYC Sport and Play Service, ERYC Health and Wellbeing Team, ERYC Youth Offending Service, ERYC Pathway Team, ERYC Youth Participation Team, ERYC Tuition Service, ERYC Sensory and Physical Teaching Service (SaPTS).

NHS SMASH programme

Junction (Goole)

Office of the Police and Crime Commissioner

Department for Work and Pensions - Bridlington Job Centre

Bishop Burton College

DJ Methodz

City Health Care Partnership - Sexual Health Hull & East Riding Outreach Team

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