

<p>Concerns about the current situation</p>	<p>1. Struggling with lockdown</p> <ul style="list-style-type: none"> Existing family issues harder due to being at home all the time Isolation Missing college life Can't go to Mosque – where we'd get comfort and peace <p>2. Lack of normal routine</p> <p>3. Sleep issues</p> <p>4. Bereavement</p> <p>5. Lack of motivation</p> <p>6. Worries about what's happening here and across the world</p> <ul style="list-style-type: none"> people not sticking to the rules this will go on forever will it ever be normal again 	<p><i>I don't have a routine anymore so I'm finding it hard to keep track of days and my sleep schedule is awful.</i></p> <p><i>I'm finding it difficult to find things to do, being alone all day, limited time with loved ones, feeling trapped, feeling stressed, feeling bored, uncertainty about future, not being able to see family and worried that things will never go back to normal.</i></p> <p><i>My father has passed away from COVID-19 after fighting on the NHS frontline (North West Ambulance Service).</i></p>
<p>Returning to school/college</p>	<p>Safety (big issue)</p> <ul style="list-style-type: none"> Worries about socialising with other learners just in case they have it Worries around the safety measures that the college has put in place for our return and will it be safe enough – big issue Fears of public transport, and of how possible it is to socially distance within school Is it too soon? Concerns about corridors, schools being too small to enable social distancing Worries about fellow students not obeying the rules – big issue Worried about family members who are shielding/vulnerable <p>Overall theme of looking forward to going back but very nervous about getting there and back and being safe while they're there + worries about other people not obeying the rules NB this was before the mandatory face masks on public transport and we're anecdotally hearing concerns from CYP who can't wear masks being targeted by other people</p> <p>A few students don't want to go back due to bullying esp a Chinese student</p>	<p>I am worried of being sent home again as I am classed as a vulnerable person. I want to be in college.</p> <p>Can't wait as he wants some normality back</p> <p>I've found it hard at times working from home and I've missed the social aspect of college life; seeing friends, etc.</p> <p>How will I know I am safe</p> <p>I won't be able to go near people and I feel a bit nervous</p> <p>I just want to get back to normal life again, back seeing friends at college and staff too</p>

Mental health support and any improvements	<ul style="list-style-type: none"> • Many were receiving support from school/college – strong feeling that this was really valuable • Using a sleep app, Headspace • Referral to community mental health support by GP for sleeping issues and symptoms of stress • Improvements to be made- contact people sooner. Learner was referred 2-3 weeks ago but has not heard anything from community mental health support yet 	<p><i>I have had support from college mental health team who have helped me to manage my anxiety</i></p> <p><i>Intervention has been put in place and now great progress and looking back realised what impact being away from college, friends, extended family and being able to go out has had</i></p> <p><i>CAMHS have been consistent and support with any issues I have faced especially during this time</i></p> <p><i>It's been really nice to talk to someone and its better when its not everyday so that you have more things to talk about, the week I have just had etc.</i></p> <p><i>It has helped me to feel a lot better, it has definitely given me coping strategies for and the future. FaceTime/Zoom could be an option to improve.</i></p>
Volunteering	<p>A wide range of responses about the volunteering that's been possible, existing volunteer work being stopped due to the pandemic and a view that volunteering is more important now</p>	<p><i>I have been working with my Youth Cabinet to start projects etc and have been working with the charity Youth Mental Health Matters, which I'm a part of and working on a Mental Health Awareness Week Campaign. and even took part in an Our Streets Now Video on Public Harassment.</i></p> <p><i>Unable to do volunteering at Salvation Army</i></p> <p><i>Helping to deliver groceries and books for neighbours</i></p> <p><i>I've actively been helping the homeless by giving them food and water on hot days, I've been actively reposting BLM posts, pride posts, knocking on neighbours homes to see if I can help and shop for them if they are high risk etc</i></p> <p><i>I've been taking part in helping youth strike for climate and other eco groups to grow online and prepare for the post lockdown Future</i></p> <p><i>I joined environmental organisations such as FFF digital strikes and youth strike mcr. I've also been doing work for the us programme. All previous work I was doing stopped</i></p>
Affect on other communities	<ul style="list-style-type: none"> • Older people and those on their own- would hate to have no support • Elderly, homeless and those with underlying health conditions have been more affected than others and may require more support • People in care homes • People with mental health difficulties • BAME have been worse hit, maybe socio-economic changes to see if anything can be done to prevent this in future 	<p><i>Felt like my personal home community created a sense of involvement and inclusivity. Neighbours were looking out for each other and easy to feel a sense of unity within network of neighbours and friends</i></p> <p><i>This is a global pandemic and everyone should come together to protect each other.</i></p> <p><i>The elderly as they were utterly neglected even if in the media it seems as otherwise. Such as putting people with COVID 19 in care homes with the most vulnerable because there is no room in the hospital.</i></p> <p><i>closeted queer people have been cut off from support networks that would previously</i></p>

	<ul style="list-style-type: none"> • LGBTQ+ people could be experiencing family who are particularly against the part of that community that they belong to and verbal and emotional abuse in their homes because of this • BLM mentioned a few times 	<p><i>have supplemented their families, less counsellors and therapists are available for non-neurotypical or struggling people</i></p>
<p>Worries about the future</p>	<ul style="list-style-type: none"> • the uncertainty of everything • family employment • own employment chances • finishing course • not getting the grades needed how this will impact on future • family members getting ill/dying • job security for themselves and family members • Falling behind with school work • Worries about catching up • Loss – no exams, international volunteering, holidays, missed work experience • Out of control – poor government response and how people are behaving will lead to a second wave – big concern raised by many • Concerns about the economy • Worries about it never being normal again • Worries about the virus coming back • What lasting differences there will be on social events and whether or not we will ever return to normal 	<p><i>Things are not going to be the same.</i></p> <p><i>I'm worried that my grades will have a massive drop due to the time away from school</i></p> <p><i>Will I still get to go to college? What if I don't get what I could've in exams? What if colleges don't want me anymore, what if colleges get cancelled. So many what ifs</i></p> <p><i>My main concern has been applying to uni and A level exams next year, and the future of predicted grades etc. it's been my main focus since I started sixth form and for it all to be left open and no real answer has led me to be incredibly anxious</i></p> <p><i>The thought of having to take exams after missing out on months of content scares me</i></p> <p><i>I'm worried about reintegrating back into society.</i></p> <p><i>the fact that nothing has been clarified makes the situation scarier</i></p> <p><i>I'm worried that I have missed so much school now and I won't be able to catch up because I have missed out on so much education.</i></p>