

Neil Adams

Speak Out Council Leader:
Young People



What I've been doing:

Speak Out Council Covid-19 Consultation with students at Cambridge Regional College (CRC)

Helped Cambridgeshire and Peterborough local authorities to design Easy Read letter about Education Health and Care Plans (EHCPs)



Your Education Health and Care Plan and Covid-19



Covid 19 means we all have to stay at home and can't do all the things we normally do.



Schools, colleges social care and health are all doing things differently to keep everyone safe.



Some things are closed.



If you have an Education Health and Care plan some of it might be difficult to do at the moment.



We want to know what you think about your education, health and care plan at the moment.

This was sent to 1,300 young people in Year 12 and above.

So that is everyone at college and in 6th forms or doing other training or work related training who has an Education Health and Care plan

150 questionnaires have now been returned





Speak Out Council Covid-19 Consultation

We talked to 40 students at Cambridge Regional College (CRC) during their online tutorials

All the students are aged between 16 and 24 years old

We talked to them between 11 May and 20 May, while people were only allowed to meet with one other person from outside their household.



What we asked about:

How people are keeping in touch with other people

How they are feeling

What they are doing

Whether they feel better or worse than before lockdown

What support people have

What has been helpful during lockdown

What would make lockdown easier



The good news



- Most people we spoke to said they have a way of keeping in touch online.
- Many students talked about enjoying having more time with their parents and siblings.



It feels like I'm on holiday!



- When we asked if anyone felt lonely, everyone said they have someone they can talk to.
- People who said they feel anxious or depressed also said they have the support they need from their family and friends.



- Half the group said they were feeling the same as before coronavirus. A few people talked about feeling better being at home than college.
- One young person has been exploring how to start his art career by working on some digital art for the first time.



- Several people said that support from their family is good, or better than before.
- Everyone feels the support from college is helpful.



College work and being
online with other students has
been my lifeline!



- People said that helpful things are their friends and family, Eddie's online groups and chatting online.



The Edmund Trust



The Issues



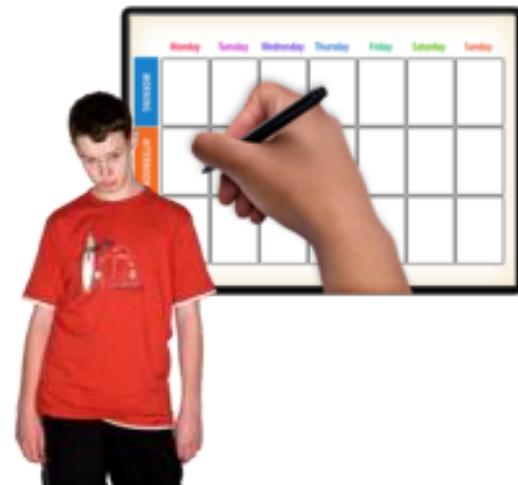
- We only spoke to 40 students out of 124, we hope that we reached others with our online survey.
- CRC tutors told us that there are some students they are finding it harder to reach during lockdown. They said that these people are the people who need the most support.



- Some people find using their college laptops expensive.
- Two people said the only way to get online is using their college laptop which can only be used for college work.



- One person said that he has found it difficult to adapt, particularly to the change of routine, as he has autism.



- Most of the group felt that they had received too much information about Covid 19 and felt overloaded and confused.



- Around half the group said they are feeling worse. They are missing college, finding it hard not seeing their extended family or going out to see their friends.
- People are feeling low and upset when they have nothing to do on non-college days.



Coronavirus makes me feel like I am trapped in a dark hole.



- Some young people were feeling disappointed or frustrated by being stuck in a village, unable to do work experience and get a job.
- One young person said it is frustrating only having college sessions on one day each week and no work experience on the remaining days.



- One person lives in supported living and feels they don't get much support, but it did not seem that this was worse now. We asked what support would be useful, but they didn't know.



What young people are saying about the future



I'm scared about going back to college because of C-19 and needing to adjust to a new routine again.





We are confused about what will happen about returning to college in September.



There needs to be social distancing on buses, including the college buses, when we do return to college.



Any questions?



Guess the object and activity

1. This has buttons on it.
2. You'll need it to watch your favourite programmes
3. You can change the channel with it

It's a TV remote and the activity is watching TV.

