

# You said ... We did ...

Healthwatch Derbyshire (HWD) is an independent voice for the people of Derbyshire. We are here to listen to the experiences of Derbyshire residents and give them a stronger say in influencing how local health and social care services are provided.

Between August 2018 - March 2019 we spoke to approximately 900 children and young people (CAYP) and their parent/carers who shared their thoughts on different life styles issues affecting people in Derbyshire. This flyer highlights a number of the main themes from the report and what happened as a result of people sharing their views with us

## Dental health

Young people told us they wanted more education around the importance of oral hygiene and to learn ways to make 'teeth brushing' more entertaining.

**“** We have an oral health promotion team in the county who focus on training staff working with children around the importance of establishing good oral health routines from birth ... The Oral Health service includes a supervised tooth brushing programme to support children accessing nurseries to establish good routines. Our services encourage the use of a 'toothbrush DJ' to make brushing fun and to educate staff around diet and sugar consumption. **”**



**healthwatch**  
Derbyshire



## Smoking, drugs and alcohol

Young people told us there seemed to be insufficient education around the side effects of particular substances as not all young people were aware of the effects and possible short/long-term impact of using substances.

**“** In Derbyshire County, the Live Life Better Derbyshire service helps anyone aged 12 and over to quit smoking, and they occasionally go to schools to deliver talks to children on weight management/physical activity/smoking.

Additionally, as part of the wider multiagency offer on substance misuse, the Derbyshire County Council Schools Improvement Service offer support to schools to follow Ofsted guidance on substance misuse education, via PHSE and the science curriculum which advocates a balance between facts and skills, and Public Health in the county are identifying new and innovative opportunities to communicate with young people, in order to deliver messages and promote awareness on a universal basis. **”**



## Teenage pregnancy

Young people told us they wanted to see improvements made to sex education within schools. They also wanted all schools to sign up to the C-Card scheme and for there to be more discreet ways of accessing contraception (drop-in services).

“ Public Health are trialling a new way to improve Relationship and Sex Education (RSE) within schools. They hope to support young people to become RSE champions and to work with parents and train staff.

The C-Card scheme is under review to ensure improved access ... some schools are registered as C-Card sites and condoms can be obtained through school health and youth workers. ”

## Mental health and wellbeing

Many people felt one of the main barriers to young people being able to live a healthy lifestyle was often due to poor mental health and wellbeing,

“ Some of the key areas of work in the county at the moment are:

- Increasing awareness of positive mental health and wellbeing
- Supporting schools in developing a positive and supportive setting
- For school and community staff to be offered training in mental health and suicide prevention
- Emotional health and wellbeing survey of young people in Derbyshire
- The Public Health Nursing Service offer a drop in service in every senior school in the county.

## Eating well, maintaining a healthy weight and exercise levels

Young people told us they wanted to increase their knowledge of healthy meal options and the importance of maintaining a healthy weight.

It was also felt that all schools should take part in the ‘mile a day’.

“ The Derbyshire Healthy Family Service provides education and support for parents to establish healthy eating behaviours from the start. Our school nursing service also supports pupils with dietary advice, and advice on exercise and weight in their 1:1 clinics.

In relation to the offer of activities and the promotion of the Daily Mile - Public Health in Derbyshire work closely with Active Derbyshire, who have a priority to support people who are inactive to become active. We will ensure relevant feedback from this report is shared with our colleagues at Active Derbyshire. ”



There is a self-help website called Kooth which all schools and young people have access to which has a range of services and support listed. This can be found at <https://www.kooth.com/> ”

**Have  
your  
say**

Share your ideas and experiences and help services hear what works, what doesn't and what you want from care in the future.

[www.healthwatchderbyshire.co.uk](http://www.healthwatchderbyshire.co.uk)

T: 01773 880786

E: [enquiries@healthwatchderbyshire.co.uk](mailto:enquiries@healthwatchderbyshire.co.uk)