

What challenges have young people who face inequalities experienced during the Covid-19 lockdown?

Experiences of young people from LGBTQ+, Gypsy, Traveller and Roma and young carer communities.

The Young People's Health Partnership

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Methodology

We created a flexible methodology that was used with all three groups. The methodology was designed to support engagement with young people about Covid-19, lockdown and how it has affected them. Ourrently, there are many research and participation projects focusing on the impacts of the pandemic on young people. Despite this, we have seen less focus on specific groups of young people who may have unique experiences or different inequalities that deserve equal attention. The m



What young people said

How have young people been affected by the Covid-19 lock down?

Young people we worked with told us they felt that the sudden withdrawal of clubs, school, after school activities and friends had had a major impact on the health and wellbeing of all young people. They told us being confined to home, where they may not get time to themselves, coupled with the sudden restrictions on day-to-day activities also affected





What has young people's experience accessing healthcare provisions been like during Covid-19?

The York Travellers Trust young people told us they struggled to manage current healthcare conditions during lock down. Digital GP appointments and emailed prescriptions can be challenging with low literacy levels.





What do you feel young people have done in order to support themselves?

Some young people acknowledged that being around family more than usual could be difficult and in some cases damaging to mental health or even dangerous in the cases of homophobic or transphobic family members. Despite this, a majority recognised that proactively connecting with family and friends, through games, social media or going for walks could be a very positive way of coping. The young people who went to schools that were more proactive in staying in contact with students about non-academic things, after school clubs etc.









Key messages from young people



Summary

Young people want to be informed about developments in Covid-19 and how to protect themselves and their loved ones. This is particularly true of young people shielding or living with a family member who is shielding. However, information often

cause additional worry and impact their ability to take agency over their care. Digital support can be incredibly useful for young people in all sorts of ways, from sharing the latest information to making them feel more connected to their support networks. When young people can access this support they find it very helpful, but when young people cannot access digital support, this can make them feel even more isolated.

For young people who face a range of social and economic inequalities, the effects of Covid-19 go beyond just physical health concerns. Unstable housing, employment, mental health issues and unsafe home lives are hugely significant for their health and wellbeing. Healthcare professionals and services that demonstrate an understanding of this can help to remove stigma for different groups and communities and help young people feel more comfortable reaching out for help.

Understanding how to get help in a multitude of ways, digitally, by phone and through non-clinical settings such as schools can help young people from these groups access healthcare professionals and better manage their health.

Young people value being connected to a network of friends and professionals as well as being fully informed about how services can work for them, from referrals to confidentiality.

The Young People's Health Partnership represents the interests of young people and young adults aged 10 25. We focus specifically on young people facing health inequalities. We are a partnership of six organisations with VCSE networks across the UK from the young adult 1001K





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