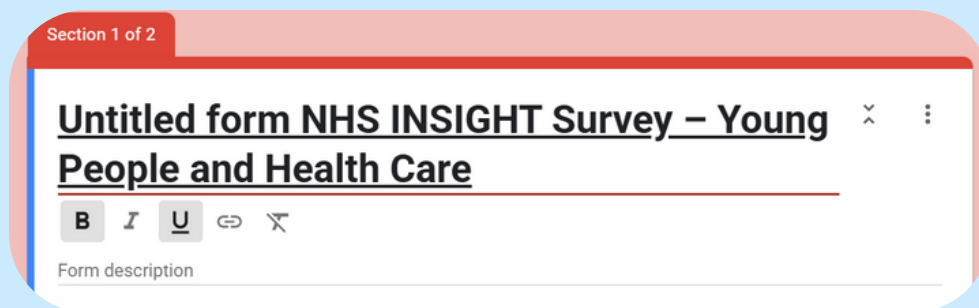


Date(s): February to September 2025

Summary of Project

HKP received funding from the NHS to work with a group of young people to create a steering group that can then work together to deliver on the following pieces of work:

- take part in the National Youth Survey (Deliver You)
- create and collect results for a survey about NHS services
- work on the development of the new Youth Hub in Knoll Park
- help to plan the HKP summer programme
- ensure that our service remains Youth Led
- plan and take part in a team building trip to London



Methodology

We initially brought together a steering group of 12 young people to help develop a youth-friendly survey aimed at gathering key information. Our target age group was 11 to 25. The group met fortnightly to discuss and guide the participation work.

Using the set of questions provided by the NHS, the young people helped adapt the language to ensure the survey was clear and accessible to their peers. The final survey was created using Google Docs.

Once completed, the young people shared the survey link with friends and family, with the goal of collecting at least 70 responses.

NHS Insight: Access to Health Care Survey Results

We hit our target of 70 surveys completed. Some headline results are shown below:

Survey results by school/college:

Number of surveys by School:

Blatchington Mill: 25

BHASVIC: 7

Brighton Girls: 2

Cardinal Newman: 6

Dorothy Strigner: 4

DV8: 4

Hove Park: 8

Kings School: 6

MET (Northbrook and Brighton): 8

PACA: 3

Plumpton College: 2

Varndean: 4

Types of health care accessed by number:

Emergency care: 22

Mental health care: 22

Physical health care: 63

Social care: 1

Experience rated from 1 - 5 (0 = not good at all /
5 = very good)

0 - 1 response

1 - 3 responses

2 - 7 responses

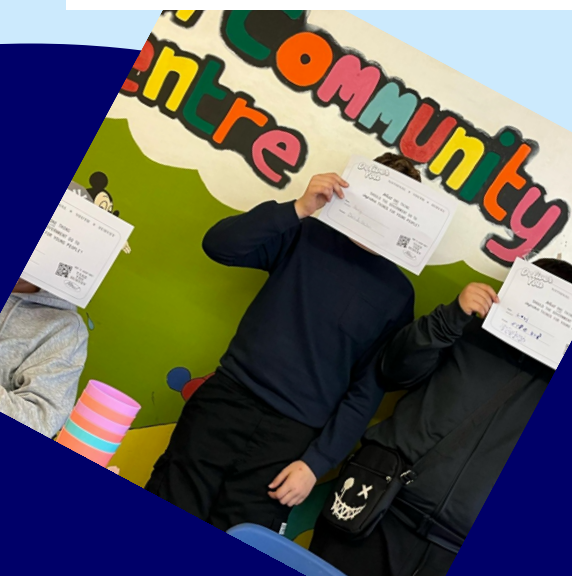
3 - 27 responses

4 - 19 responses

5 - 13 responses

Do you have any suggestions for change?

- Hire more NHS staff
- Talk to us, not our parents
- Better display of information across the city
- The healthcare system should not invalidate womens issues and should listen to them
- Don't assume everything is hormones/menstrual cycle without testing
- Pay NHS staff better
- More NHS dentist places
- Make it easier to get appointments



What impacts our mental health positively...

Coming to youth club

Going out with mates

Going on walks

Listen to music and do a dance

Spending time with family

Football

Playing video games

Sports

Feeling like I am being supported and listened to



Contact

The Hangleton and Knoll Project Youth Team



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What impacts our mental health negatively...

Social Media

Drama between friends

People being rude

School/college/exam stress

Bullying

Being alone

Being unorganised, not having a schedule

Homework and exams

Being on a s



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What is important to us in health care...

Seeing a doctor as soon as possible

Making sure you get the treatment you need

Everyone gets good health care

Doctors actually listening to you rather than assuming what you said

Mental health care



Staying fit and eating well

Being respected and being safe

Feeling like I am being supported and listened to

People who understand

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