

Children and Young People are Our Future:

An Asset-based approach



NHS
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Introduction

This year the NHS in North Wales has asked children and young people what's important to them and their health.

We did this because we want all children and young people to have healthy, happy lives and enjoy wellbeing.

Wellbeing isn't just not being sick;
it's being healthy in every area of
your life.

Assets

Treatment and support are important when people get sick but there are lots of other things we have in our lives and communities that keep us healthy. We call these assets.

Some assets are inside us; our personality, our strengths, the way we think, our attitudes and beliefs.

Some assets are around us; our families, friends, communities, schools, services and the countryside.

I feel happy about myself and looking forward to the future!



Children and young people have been involved in each stage of the report including this.



What people told us:

We all have assets in our lives that lift our health and help us deal with challenges and changes of life.

Children and young people could help their own health and wellbeing if:

- it was easier to get mental health advice;
- it was easier to get involved with sports and leisure activities;
- there were more organised events close to home that they can afford;
- playing fields were better looked after;
- there were more things for older children to enjoy and more places to go; and
- there were more ways to know about and to use some of the beautiful places and outdoor activities in North Wales.

Children and young people are a huge asset to their own wellbeing by:

- getting enough sleep
- eating well and keeping a healthy weight;
- looking after their mental wellbeing;
- brushing teeth;
- not smoking or drinking too much alcohol
- keeping sexually healthy;
- and many others too.

Good attendance at school helps with wellbeing. It can lead to improved results, to better jobs and to a higher standard of living.

The people we have in our lives are assets. Our families, friends and the communities we live in give us emotional support, and help us with mental wellbeing.

In North Wales we have lots of beautiful places, good quality housing and a wide range of public buildings that are good assets. We also have a strong positive culture that is made even better by the Welsh language.

If we value the assets in people's lives and around us then we can spot the things we can build on and develop.

Everyone needs to work together because children and young people are the best asset we have for the future.



7 Actions:

This report has seven actions to make better use of the assets in your life and help you enjoy wellbeing.

1

Everyone should work together to support community-based projects that:

- improve wellbeing for families (e.g. food projects);
- provide more sports and leisure activities for children and young people;
- make it easier to enjoy the coast, mountains and nature of North Wales;
- make it easier to use libraries, museums, sports centres and other buildings that encourage play, hobbies and physical activities.

2

Everyone should work together to let children and young people know about the support and help available for mental health and wellbeing.

3

Everyone should involve children and young people more in the planning, running and monitoring of their services and organisations.

4

Everyone, including local businesses should have good quality work placements to help young people to find work when they leave education.

7

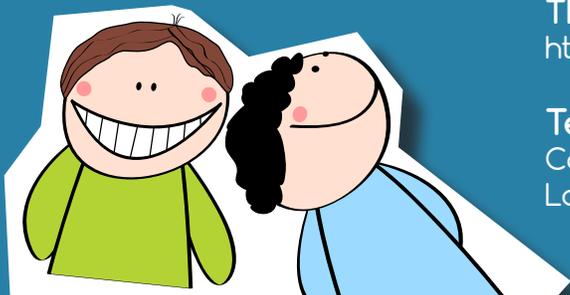
Everyone in health services should invest their money in projects that step in early to help avoid things that can cause bad health. Projects should be well advertised and be available to more children and young people, for example; health clinics in schools.

6

Everyone should step in early to spot abuse, harm and bullying and keep children and young people safe.

5

Everyone in education services and schools should work together with parents and pupils to make sure there's a whole school plan to improve social, emotional and physical wellbeing.



The full report is available at:

<http://www.wales.nhs.uk/sitesplus/888/page/65092>

Tell us what you think

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