

# YM Needs Analysis Results

The Impact of Lockdown

**42** ND  
**STREET**

## Who we are:



42<sup>nd</sup> Street are a creative, innovative charity with 40 years of experience supporting young people in Greater Manchester with their mental health and life stresses. We have a range of therapeutic modalities available including CBT and community-focused work, and a range of dozens of therapeutic and social action groups designed to give young people a place and support within the 42<sup>nd</sup> Street Community.

[Above stats cited from 42<sup>nd</sup> Street 2021 Annual Report]



## Brief:

25% increase  
in anxiety and  
depression  
worldwide

Many nations  
report major  
disruptions in  
services.

There is a  
chronic  
shortage of  
funding in  
Mental Health

COVID has had a massive and lasting impact on society as a whole and it is incredibly important to know how it has impacted young people. They are in a significant and turbulent time of their lives and the impact of events in this period can have life-long effects. Informing how services should respond to this turbulence is also highly valuable – 42<sup>nd</sup> Street's ethos of young involvement and design has had strong results throughout our 40 years of service and helps create a more engaging and inclusive service offer.

[The above stats and findings are from 2022 WHO reports]

# Our COVID Response:

In response to the immediate situation in March 2020 we were clear that we wanted to keep young people's needs at the centre of all we did whilst balancing our responsibilities to adhere to government advice and keep people safe and well.

We closed our in-person support as lockdown rose and services closed (including our schools-based offer with the closure of schools) and moved to a hybrid and online model, developing our online platform into a replication of our in-person offer. Requests, referrals, and workload increased, but we worked hard to ensure our young people experienced continuity of support and felt supported by our blended workflow.

42<sup>nd</sup> Street's strength is its community, and we wanted to ensure people could stay connected in a safe and supportive way. We have since brought in-person work back.



## Brief:

42<sup>nd</sup> Street were commissioned by Young Manchester to investigate how COVID and lockdown impacted young people's mental health and provide a Needs Analysis that would inform a Youth-led Fund of £45k that would provide resources for city-based youth-led and youth-focused activities that would respond to those identified needs.



**“A ship in harbour is safe – but that  
is not what ships are built for.”**

**--John A. Shedd**

Young People have a right to a Creative Life, and our Horsfall Gallery inspired our response.



Creative Expression and Exploring Experience

Open Questions

Creative/Visual Art and Media



# Project Aim/Objectives

## Aims –

- Commission a youth-led needs analysis into **the impact of COVID-19 on the mental health and wellbeing of young people.**

## Objectives –

- Be designed and delivered by young people and capture the voices of young people.
- Focus on the qualitative experiences of young people, drawing on stories over data.
- Be in collaboration with partners supporting children and young people's mental health and wellbeing.
- Be willing to resource young people's engagement.

## Outputs –

- Creative/Visual outputs (Drawings, poems, etc)
- Qualitative feedback (Quotes, audio, etc)
- Survey Results – (Groups, YP on Waiting Lists & Arndale Event YP)
- Report/Infographics

The logo for Young Manchester features the word "young" in a large, lowercase, white sans-serif font. The letter "o" is replaced by a white silhouette of a globe. Below "young", the word "manchester" is written in a smaller, lowercase, white sans-serif font. The entire logo is set against a teal background.

young  
manchester

## Brief: Youth-Led Needs Analysis

Mental Health and Wellbeing After COVID





# Data Collection

## Online Survey



SmartSurvey used, collected demographic data plus six questions.

## In-Person Focus Groups



Ran Focus Groups for Four 42<sup>nd</sup> Street Youth Groups. Questions answered as a group.

## Poem-Writing



Resident Poet helped Young People write poems about feeling like they're taking up space.

## Drawings and Visuals



Got Service Users to draw pictures based on inspiration from Questions

**Focus on:  
Creative  
Approaches**

**Youth Voice &  
Expression**

**Qualitative  
Data**

# Our Integrated Community Response Project:

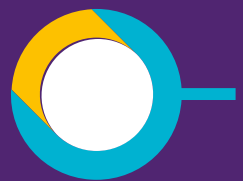
Our Integrated Community Response work (ICR) is a holistic, family-centred approach providing short-term, de-escalation support to young people in distress across Manchester and Salford.

Our service takes quick referrals and responds within half a day, working collaboratively in advocacy and support structures to reduce crisis presentation.

During COVID, we maintained this rapid response by expanding out to hybrid models which remain part of the offer now, post-lockdown.

The model is being rolled out by No Wrong Door practitioners in Trafford and Manchester with Care-Leavers/Care Experienced Young People.





# Partnership Stats (Mind)

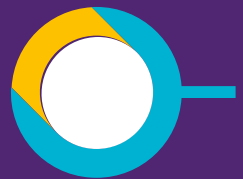
Award	Financial Gains	Number of Cases
ESA50 / UC50	8,951	2
ESA50 / UC50 Mandatory Reconsideration	1,483.00	2
PIP	9,452	7
Tribunal Appeal PIP	23,891	1
Tax Credits	7,135.00	3
Other	1,099	1
Disability Living Allowance	28,308.00	8
<b>TOTAL</b>	<b>£80,409</b>	<b>24</b>

Award	Financial Gains	Number of Cases
ESA50 / UC50	£2,359	1
Tribunal Appeal PIP	£18,000	1
UC	£4,116	1
Other	£150	1
Disability Living Allowance	£11,804	3
Carers Allowance	£2,950	2
<b>TOTAL</b>	<b>£39,370</b>	<b>9</b>

During lockdown, The ICR Project, in partnership with Salford MIND, worked with families to secure financial gains through recoup of lost/non applied benefits.

This had a direct and positive impact on the presentations of YP attending ICR interventions.

*(Source: ICT Quarterly Report to Manchester MIND – Qtr 2-3 2021/22)*



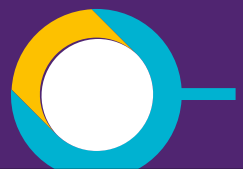
# Partnership Stats (Mind)

Award	Financial Gains	Number of Cases
ESA50 / UC50	£5,616.00	3
PIP	£16,071.80	5
Mandatory Reconsideration PIP	£16,410.80	2
Tribunal Appeal PIP	£10,000.00	1
PIP Review	£12,571.00	
Tax Credits	£7,876.00	3
UC	£3,084.00	1
Other	£2,589.20	5
Disability Living Allowance	£13,621.80	5
Charity	£1,197.00	12
Carers Allowance	£4,185.00	2
Severe Disability Premium (SDP)	£3,499.60	1
<b>TOTAL</b>	<b>£96,722.20</b>	<b>40</b>

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This had a direct and positive impact on the presentations of YP attending ICR interventions.

*(Source: ICT Quarterly Report to Manchester MIND – Qtr 4 2021/22)*



# Partnership Stats (Mind)

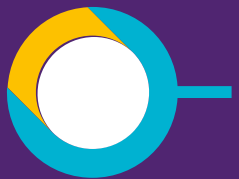
Description	Annual Award	Backdated Amount/ Single Award
Personal Independence Payment	£3120	
Disability Living Allowance	£6,138.00	
Universal Credit Advanced Loan		
Amount of debt written off	£3,006.00	
Amount of debt managed	£9,079.00	
Amount of debt managed in Breathing Space	£17208.00	
Other	£13,677.44	£1,264.00
<b>Total</b>	<b>£52,228.44</b>	<b>£1,264.00</b>

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*(Source: ICT Quarterly Report to Salford MIND – Qtr 2- 4 2021/22)*

Description	Annual Award	Backdated Amount/ Single Award
Personal Independence Payment		
Disability Living Allowance	£8704	£1422
Universal Credit Advanced Loan		
Amount of debt written off		£5347
Amount of debt managed		£3697
Other	£26,435.60	£712
<b>Total</b>	<b>£35139.60</b>	<b>£11178</b>



# Partnership Stats (Mind)

Description	Annual Award	Backdated Amount/ Single Award
Personal Independence Payment	£7779	£4104
Disability Living Allowance	£3120	£760
Universal Credit Advanced Loan		
Amount of debt written off	£2833	
Amount of debt managed	£3446	
Amount of debt reduction	£1885.5	
Other	ESA: £1040p/a + £3500 Arrears of council tax: £199.65 Carers premium (UC): £1964 Disable child pay (UC): £1547	Childcare payments: £425 Benefit cap removal: £12000 Child care (UC) £297
<b>Total</b>	<b>£27314.15</b>	<b>£13886</b>

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# Survey Questions:

- 1) What is one thing that reminds you of Lockdown?
- 2) What did you miss out on during Lockdown?
- 3) What do you miss now from Lockdown?
- 4) What difference does it make now after Lockdown?
- 5) How do you think mental health services should respond to young people now because of Lockdown?
- 6) How do you think wellbeing services should respond to young people now because of Lockdown?



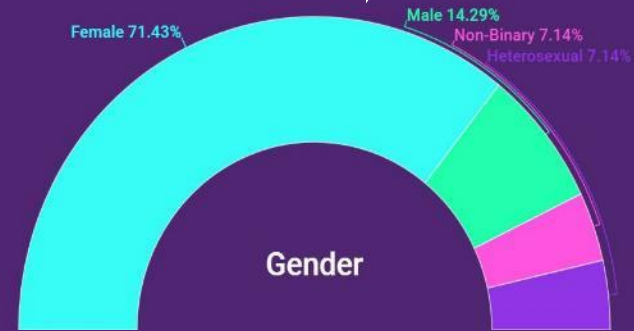
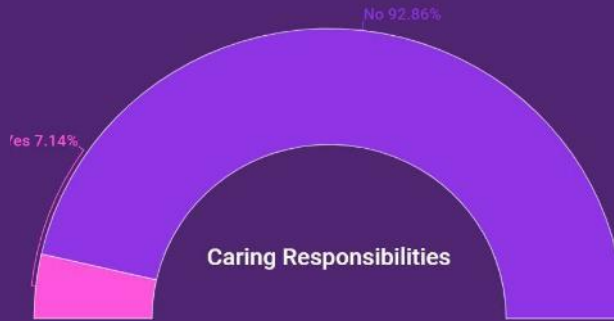
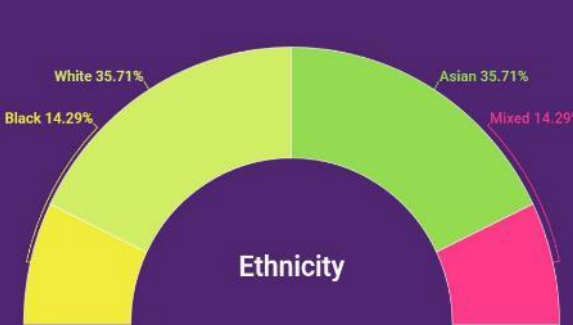
# Survey Demographics

Survey Min  
Age. 14

Survey  
Average Age.  
18

Survey Max  
Age. 25

Focus Groups All Under 18







# Experiences of Lockdown (Survey Q1-3)

- **Disconnection** (Masks and Isolation, no social life or friends, social media and online life)
- **Delays** (Diagnosis Difficulties, No day-to-day existence, Educational Difficulties)
- **Decompressing** ('Me-time', less stress from pressures and responsibilities, video games and fun)

***“My autism diagnosis was delayed severely. i was in year 9 (age 13) when lockdown started, and my mum was supposed to meet with SENCO to start the process of getting diagnosed. that meeting was cancelled and i ended up starting the process at 15 and getting diagnosed at 16 after i had finished high school.”***

***“It was really good for my development as a person, being sat in my room on the internet for a year helped me realise things about myself and develop new interests as well as it gave me time to research and learn things that i was interested in such as feminism. i made a lot of online friends that i talked to every day and had lots of time to consume media and watch things and play games and develop skills and learn hobbies”***

***“Will treasure the gathering with family and friends. Because in lockdown we couldn't meet each other, especially as we are 12 hours flight distance”***



# Changes since Lockdown (Survey Q4)

- **Return of Responsibilities –**
- “No more gaming, as have college and need to prepare.”
- **Feeling of Freedom –**
- “I decided to take advantage of everything outside my house. I meet up... several times a week. I participate...in things that are going on in Manchester.”
- **More Mental Health Issues –**
- “More Depression”, “More Mental Health Problems”

discord  
danganronpa  
mariokart  
no school  
zoom calls  
clap 4 nhs  
baking everyday  
sitting in garden  
public distancing  
music and crafts  
masks  
podcasts and reading  
staying at the house  
group-calling friends  
homeschool  
fortnite  
year group separation  
keeping 6ft apart  
not going out  
going to shop with mum  
depression doubled  
getting into tiktok  
school on teams  
online classes  
like prison  
playing cod

**Focus Groups**

**Q1**

going to events  
physical contact  
seeing people  
football  
school education  
being a kid  
school prep  
socialising  
gcse  
the gym  
doing sats  
holidays from school  
macdonalds  
school disco  
school from isolation  
birth of a cousin  
yr6 assemblies  
going out with friends  
2nd half of 1st year uni  
seeing family  
concerts  
swimming  
gcse prep  
exercise  
Focus Groups

Q2

having free time  
spending time with family  
playing games  
late nights  
sneaking out  
no pressure in life  
toilet paper chaos  
calmness when learning  
better mental health  
lack of crowds  
liked time to myself  
baking etc  
no school  
skipping school  
watching musicals all day  
family zooms  
having a dad  
extra sleep  
not having to see anyone  
getting new purse  
no responsibility  
the bike rides  
less things to care about  
no routine  
chilling with family  
clapping for nhs  
doing what you wanted

## Focus Groups

Q3

prices more expensive  
care more about each other  
not staying home as much  
prices gone up      noticing missed school  
furlough work differences      not wearing masks      wanting to lockdown again  
people less socialised      more depression  
less routine      none  
no difference      not big groups  
no more masks      mental health gone down  
more mental health probs  
comfort over fashion      not understanding school  
change perspective on life  
wanting to not go school

## Focus Groups

Q4

42<sup>ND</sup><sub>ST</sub>



*“I think they should be aware of how exacerbated people’s mental illnesses became during lockdown. my depression affected me very badly during it and there were very few solutions available to alleviate it other than distracting myself.”*

--Quote from the Survey--

## Expectations of Services (Survey Q5-6)

**Increased Support** (From services for young people and from government for services)

**Introduce Opportunities for Connection** (Help those who were isolated, provide activities for exercise and connection, help workers connect more with service users as no longer used to in-person work)

**Intervene More Quickly** (Lockdown exacerbated existing needs, more crisis and severity merits additional response)



***“Their different health needs should be looked at rather than one aspect such as : socialisation, mental health, physical health. The focus should obviously be on wellbeing but each area of health deeply affects another. An encompassing approach is best. The demand is understandably a lot for professionals to give out however it is possible.”***

***“NHS waitlist need to be cut but understandably staff shortages are major. young people should always be directed to other services when on a waitlist. They should ensure that socialising and interacting, communication is the key as that was completely taken away during lockdown through isolation. Loneliness is something most people are now dealing with we need to combat this. More Kindness generosity empathy”***

# Focus Group Responses (Q5-6)

Answers from our TOG-HOPE & Crystal-42/ICR Groups

& our Arndale Creativity Session

## Wellbeing Services Should:

- Offer more sessions
- More Face-to-Face work
- More groups/size, increased capacity for people to join

## Mental Health Services Should:

- Face-to-Face Sessions
- Provide Online Meetings
- Have more staff in the service.

***“The problems they (young people) face are more challenging now due to covid and they definitely want more patience from professionals.”***

offer more sessions  
not just online or phone  
diff types of services provide baseline support  
in person events support for adults more face to face work  
more groups how life has changed more staff in services  
be safer understand mh more don't wait to be seen  
raise awareness  
hire more staff  
more creative events  
don't forget lockdown socialise more  
online availability see lockdown impact more services less wait  
share and signpost visiting schools more face to face  
promote info reach out to new people  
encourage more socialisin  
more size capacity take pressure off schools

**Focus Groups**

**Q5-6**

# Youth Disenfranchisement

Several young people left questions blank or mentioned not wanting to answer in the survey.

Under 18s CA Group left questions 5/6 blank. They mentioned often feeling disconnected from services and apathetic about work like this, as they didn't feel putting their ideas forward would lead to anything. They exhibit avoidant attachment behaviours with services, feeling detached and disinterested due to the disregard and detachment services showed them.

This is reflective of a common experience of YPs. Many are not listened to or are outright disregarded, and they no longer want to give their insight because they do believe they will be heard. They believe there is no point in speaking up. Even many of the young people who did answer felt that services didn't understand them or their needs and wanted services to acknowledge and work with the harm

# Artistic Reflections

Next are reflections on what impacts the artistic projects/groups at the Horsfall have had on four of our group members and some poems written by young people at 42<sup>nd</sup> Street.

***“In a bus, I sit, taking up space,  
In a room, I stand, taking up space  
In a party, I slouch, taking up space,  
No matter where I go, I feel like I take up  
space.”***

***“Sometimes I feel like I’m taking up space,  
constantly judging myself, wanting to  
escape: Bibbidi bobbidi boo.”***

# Poetry

**Our resident poet worked with young people  
who sometimes feel like they’re taking up  
space...**

***“Sometimes I feel like I’m taking up space,  
my mind is constantly moving with haste.  
I often lie awake in a daze at what is to come.  
I keep gum on me at all times to slow my  
brain. Gum, it helps with what is to come.”***

# Poetry



The poem below is a commissioned piece by Esther Koch

**Esther Koch - Poet (@estie\_poet) • Instagram photos and videos**

**Spoken word Poet. As seen on BBC Bitesize. BBC Radio 1 Extra “Words First” finalist. 📍 Manchester DM me/ @youngidentitymcr for gigs/commissions/workshops**

[Youtu.be/r1qdKlQ8Ohg](https://youtu.be/r1qdKlQ8Ohg)

**Esther Koch describes her poetry as honest, earnest, emotional and ironic. She doesn’t play a character on stage, she says; she’s authentic and true to herself.**

**(Special Thanks to our Crystal 42 and Under 18 Change Ambassador Groups for helping to write this poem!)**

# At the End of the World

*“At the end of the world, would you be grateful for the rest?  
Would you clap for the youth?  
Would you honour the process, only to attain in solitude?”*

*Because at the end of the world, the weirdos will endure. The imposters will respawn, life-hacking isolation away in memes. They’re masked masters of social deduction, vigilantes in ballies, homespun recipes for disaster, with no apologies.*

*Laptop legionaries whose eyes fluoresce in the premature brain-fog of somberness. They speak in bootleg mother tongues and have pirate copy smiles. Reluctant chrysalides, ‘showing up just enough like lines on an antigen test.’”*



***“...They’re far too young to be depressed, but not to suppress, like errors cordoned into margins, assigned asterisks like avatars, like plumbobs above playable characters, kettled into fences like NASCAR.***

***Instead they’re joyfully missing out on life-markers for bedroom carnivals, overheating like consoles, suncatchers throw glass homes into polychrome, life is lived in a lather of detergent and rainbows and you’re still prescribing worrystones for unspent pheromones.***

***So at the end of the world, who would you trust? Would you compensate the youth when everywhere, everything, everyone is sus and they have to make up for your ineptitude?”***

***“They’re prophetically disclosing the state of the nation, supermarket queues and social cues are waster because there’s no telling the ruling generation.***

***That it’s too painful to participate with no prospects. They’re making superpowers out of their epithets, e-kids are the new revolutionaries, and the front-line is drawn at their doorstep.”***

***“Over lockdown, I got more introverted... I actuallyy admit, I got really attached to my mum.”***

***“I felt more confident before lockdown, but now my confidence has just went down.”***

***“They’d shut it (online school software) down after school and you couldn’t talk to any of your friends on it.”***



**Crystal42 Poetry  
Session Audio**

**Crystal 42, our ICR group, engaged in a poetry writing workshop and discussed a lot of the troubles of lockdown, from damage to their mental health to how it impacted their relationships with family and friends.**

# Groups

**Young People have attended a range of groups at 42<sup>nd</sup> Street and the offer provides many benefits to them - the following images were created by some young people in our Horsfall programmes about their experiences.**

“As wait was longer access to groups was better and support given. Still support in the groups and really helpful. My mental health did not deteriorate during wait as much as it would have been without the groups.”

- Young Person, 14 years old

“I really like that there’s no expectation on what to say or do. Sometimes we just chat and paint together and it’s so nice to be together and know that you’re accepted.”

- Women’s Group Member

“It’s the highlight of my week”



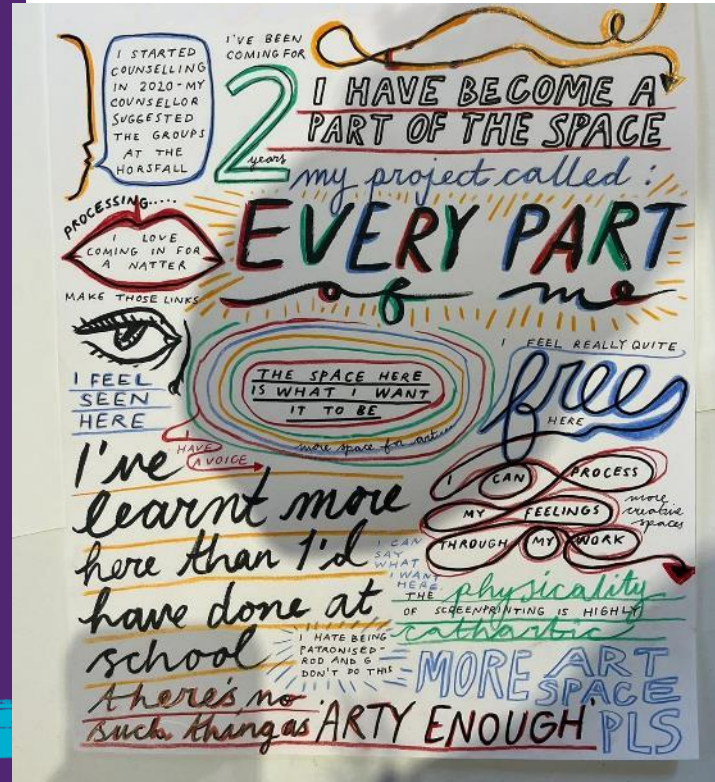
# Art Collage 1 (Anonymised)

Heavily values creative spaces, being listened to, and that the group feels free an unforced.

The snacks are also a benefit.

# Art Collage 2 (Anonymised)

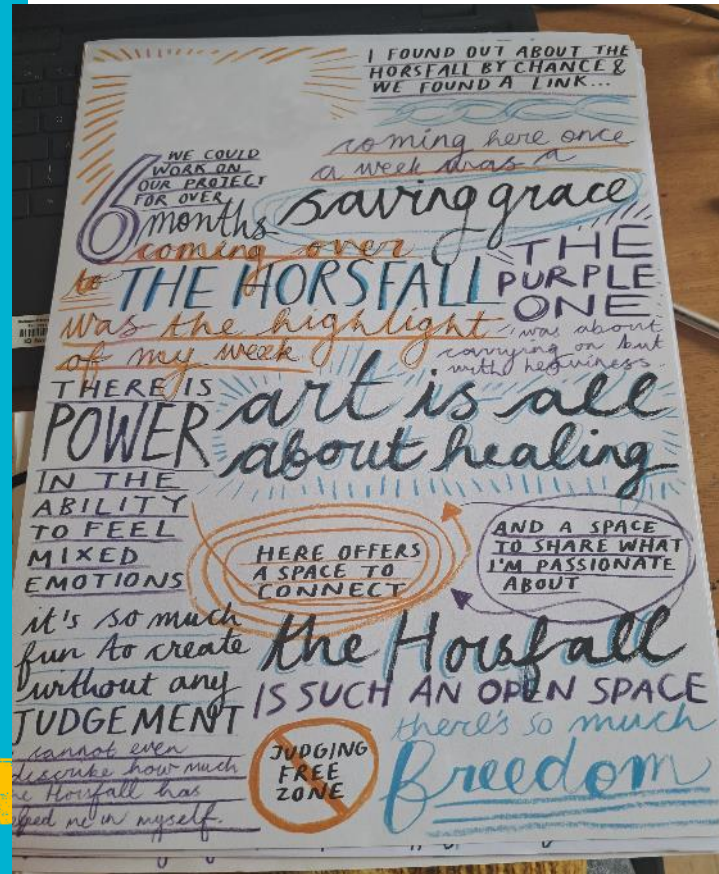
Finds the group more educational that school, values being a part of the space, in a place where they can be creative and seen and comfortably process their feelings.





# Art Collage 4 (Anonymised)

Finds healing in art, especially in a space where they can connect and feel without judgement. The freedom to make in a space of shared passion is highly valued.





It's important that young people are listened to so they don't feel as lonely or isolated during this difficult time. Their feelings and thoughts need to be acknowledged as they are an important part of society like everybody else.

Caitlin.K

We're belittled or spoken down to for being young, as if we don't understand the world around us. This isn't the case.

If we are the ones who are going to live through the consequences of whatever decisions are made surely it's only sensible we have a voice throughout.

Luna


I wanted to show the process that comes in the middle of a journey before you reach the end. I'm still in recovery for cancer and it's not been as easy as I thought it would. I kept getting frustrated but once I began to pay attention to the idea of progress rather than perfection that's when I began to feel better about my recovery. This journey is not a race but rather a marathon.

Caitlin


Young people have so much to say that is worth listening to. We have fresh new ideas, building on the paths the trailblazers before us paved, and by collaborating and uplifting each other, these ideas will grow into real manifestations that will revolutionise our society, for both us now and for future generations. There is so much, on the shoulders of young people and we all feel that responsibility.

We know that the future is ours yet we are using the influence we have now and demanding more from those in power

Millie



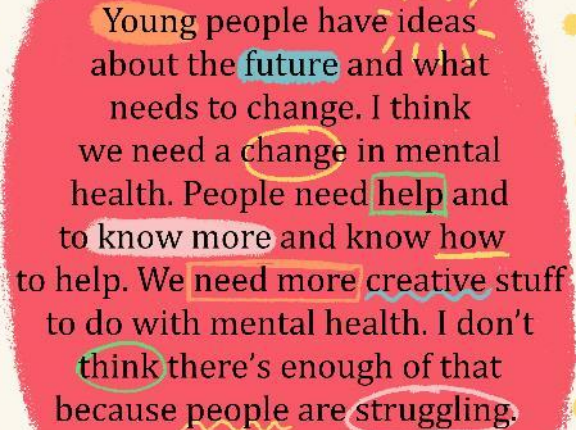
Art is crucially important. I cannot stress this fact enough, when the world is in turmoil, when we are faced with a looming depression over our head, we turn to music, we turn to our favourite comfort TV shows, and we turn to our books. And it is only art that saves us. The future belongs to our young people and we need to start giving them more credit.



Noor

We are the next generation. We will have to deal with the repercussions of the decisions of older people and people in power make right now, meaning we should have a say in big and important topics that affect us and people around us. Young people are misunderstood and not seen for how intelligent we really are and the difference we can make.

Rosie



Young people have ideas about the future and what needs to change. I think we need a change in mental health. People need help and to know more and know how to help. We need more creative stuff to do with mental health. I don't think there's enough of that because people are struggling.

Sam

# Society's View

Young people felt free after the pandemic, but society had other views. News reports focused on the chaos without understanding the feelings attached – they were ‘released’ and able to reconnect with their friends.

Lockdown was supposed to scale back the size of the epidemic and protect vulnerable minorities and while it did help control cases, many argue that the damage it did was actually a failure of public health and not a success.

Society seems to have moved forward, but the effects linger still.

<https://www.manchestereveningnews.co.uk/news/greater-manchester-news/live-hundreds-teenagers-run-riot-27371375>

**"It was like the last day of school, so like we just wanted to be with our friends...there's nowhere (else) to go"**

- **Young Person, aged 16**



## A quote from a 42<sup>nd</sup> Street Trustee:

“At 42nd Street we can share the same stories. People we care deeply about have lost people they love; people have come through illness and recovered; and we too have seen an incredible increase in demand for our services. COVID has hit every person in the world. But young people, who were already feeling isolated or struggling with their thoughts and feelings, have really taken a hit as lockdowns have kept us away from one another.

Lockdown lifts have given us a sense of hope and reunion, only to be locked down again. Young people have missed their education, their social activities and most of all, their friends. As a result, we have seen more and more young people feeling anxious and uncertain about the world and their futures; something we can all understand.”

--Liz Allen, 42 Trustee Chair



# Final Conclusion:

Lockdown was a time of loss for young people, some lost their lives literally and many lost their lives symbolically. They lost the experiences of growing up, of finding out who they are and working towards their futures.

Many stories exist of young people who had life goals and now due to missing out on years of education feel unable to be who and what they want to be.

These losses remain unaddressed.

However, it wasn't all negative. Removing the pressures of expectation and education gave young people room to be and express freely, something they still value and desire from services and groups they engage with.

# Final Conclusion:

These experiences must be engaged with, and these young people need to be helped, lest we fail them again. Save the Children found the harm caused was preventable.

<https://www.savethechildren.org.uk/news/media-centre/press-releases/harm-to-children-in-covid-lockdown-preventable-new-report-conclusion>

The Needs Analysis shows young people need connection now more than ever and they want services to provide that, even if some no longer expect they can or will.

# Recommendation

In our approach, recommendations should always be predicated on ‘creativity first’ – it has been shown to have considerable positive impacts on mental health and our Horsfall Gallery groups have found success with this philosophy.

From results, main recommendations include:

- Upscaling service offers to improve capacity for service users.
- Work more heavily in-person while still offering online support as needed.
- To take a more inclusive, patient approach that allows young people to adjust and feel supported.

*These Recommendations will inform the £45k grant, so it is important that they be founded in actual youth input and experience. This Needs Analysis provides just that.*



# Next Steps:

Nov/Dec

Jan

Feb

March

April

Funding Presentation (Nov)

Young People attend Fund Design Sessions: (2 in Nov, 2 in Dec)

Young People return Social Action Evaluation Survey, Establish Impacts

Zoom Fund Design Session: x1

Applications for Funding Open

Collecting Applications

Applications Close 3<sup>rd</sup> March

Funding Training: w/c 11<sup>th</sup> March

Youth Panel Funding Decisions: w/c 18<sup>th</sup> March

Future is Ours Festival @ 42<sup>nd</sup> Street: Invite funded projects to attend.



**“We don’t heal in isolation, but in  
community.”**

**--S. Kelley Harrell**

# Thanks!

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**42**<sup>ND</sup>  
STREET

**THE HORSFALL** 

**phf** Paul Hamlyn  
Foundation

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