

Responses to Young Parents County Wide Survey 2022

Participants: 27 mums, 3 dads

Locations of participants:

Cambridge city 9

South Cambridgeshire 6

East Cambridgeshire 5

Huntingdonshire 4

Fenland 6

Age when first child born:

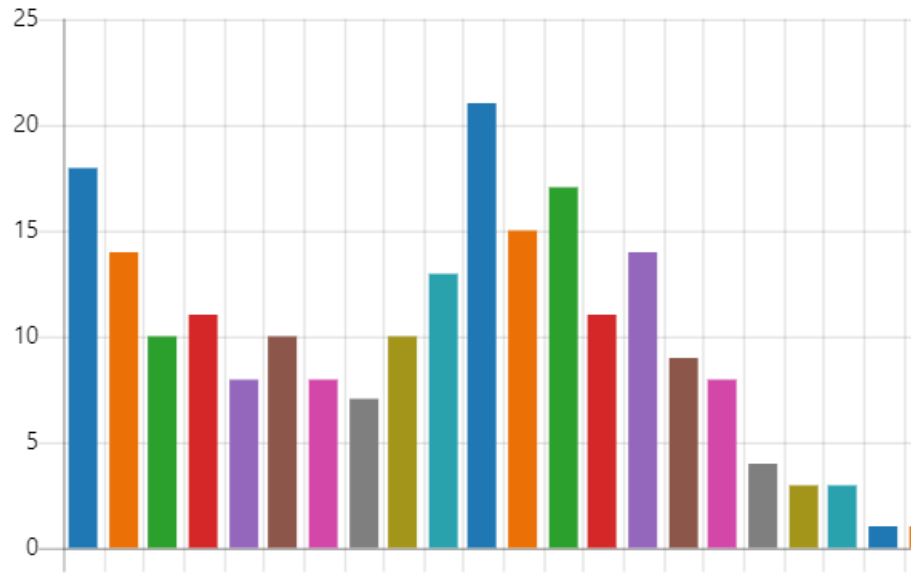
| Age | Number of parents | Age | Number of parents |
|-----|-------------------|-----|-------------------|
| 14 | 1 | 17 | 7 |
| 15 | 1 | 18 | 9 |
| 16 | 1 | 19 | 11 |







Who did you receive support from?

















| | | | | | |
|----------------|----|-------------------------|---|------------------|---|
| Midwife | 24 | Child and Family Centre | 7 | YP Nursery Nurse | 4 |
| Health visitor | 20 | FNP | 6 | Housing provider | 1 |
| Romsey Mill | 17 | Social worker | 6 | Youth Worker | 1 |

When asked when they received support 27 said it was during pregnancy, 24 said during child's first year and just 11 for once the child was 1. (Most parents ticked more than one option for this question and all ticked at least one box)

As a young parent which of the following issues would you have liked support with? Please answer whether you got the support or not! (tick all that apply)



| | | |
|---|--|----|
|  | Housing | 18 |
|  | Finances (budgeting, benefits, maternity/paternity pay) | 14 |
|  | Antenatal information (about birth and preparing for parenthood) | 10 |
|  | Breast feeding | 11 |
|  | Weaning | 8 |
|  | How babies develop and grow | 10 |

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|---|--|----|
|  | Safety (safe sleeping, first aid etc) | 8 |
|  | Employment | 7 |
|  | Education | 10 |
|  | Feeling isolated | 13 |
|  | Mental health | 21 |
|  | Self confidence | 15 |
|  | Getting out the house | 17 |
|  | Going to baby groups | 11 |
|  | Meeting other young parents | 14 |
|  | Bonding with baby | 9 |
|  | Relationship issues with baby's other parent | 8 |
|  | Domestic abuse | 4 |
|  | Stopping smoking | 3 |
|  | Lack of support network | 3 |
|  | Contact with my child | 1 |
|  | Other | 1 |

If you did receive support, what was good about it?

| Young parent's comment | District |
|--|----------|
| Relating to people who have gone through similar to me / feeling like I have people who I can ask for support or talk to when I need it | South |
| Very helpful with the support I got | Hunts |
| They helped me contact the correct services who would help me with all my needs. Lots of different charities helped, and young parent project helped me learn how to live alone with baby and budget. | Camb |
| They would always make sure we were ok | East |
| The support I was given made it possible for me to get out of the hostel I lived in, meet other young parents who were in familiar situations to me. Gave me good information and support to be able to look after my baby the right way and made it easier on my mental health. | South |
| Romsey mill always helped me with the baby groups and bonding with other mums, as well as housing & money situations and advice, as well as grants and vouchers! | South |
| Yes they are very nice people and great for young mums | Camb |
| It helped me to understand more what to expect | Camb |
| The staff were very understanding and very helpful | Camb |
| It was clear advise, worked well and I still recommended other mums to visit 'Romsey mill for support | Camb |
| Romsey mill were amazing ! Never judged and the things I learned about pregnancy and baby's development I wouldn't have known without them! | Camb |
| Very helpful | East |
| All support and answers were spot on | South |
| Very understanding and non-judgemental. | Camb |

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|---|-------|
| The support that I received was fantastic. Romsey mill, FNP and young persons midwife were all very knowledgeable and supportive. I felt very able to speak about any issues at all and knew that I would never be looked down on or judged. I think that every parent should have all of this support available but in particular young parents who start off their parenting journey at a disadvantage. I truly felt like I could speak to these services at any time and they would never give up on a problem they would always either help me come to a solution myself or offer a solution themselves. The practical and emotional support was worth it's weight in gold. | Camb |
| Would get checked up on often | East |
| I had support from many members of staff at romsey mill, I had help with finance to get to group and help with bad mental health after having my youngest. | South |
| It was mainly from family | Fens |
| Knowing I could rely on people if I needed help and that if I had questions I could ask them and not be judged | Fens |
| I thought the support I received was helpful, n I could speak to out about things strongly without thinking no one was listening or taking me serious. | Fens |
| Support we receive was very good. Friendly and nice people. | East |
| That people was checking on me and helping if I didn't know how to do something | Fens |
| Once we started attending baby groups it was brilliant. We loved the atmosphere & it really helped us bond as mother & daughter. | Fens |
| Helped me not feel so alone | Camb |
| Attending a group for young parents was a major support factor and it helped me to get out and meeting other young parents | Hunts |
| Great support from midwife but other than that has nothing. | Hunts |
| Gave me reassurance that I myself was doing a good job. | East |
| HV were nice but not around much | Hunts |
| All professionals were very kind | South |

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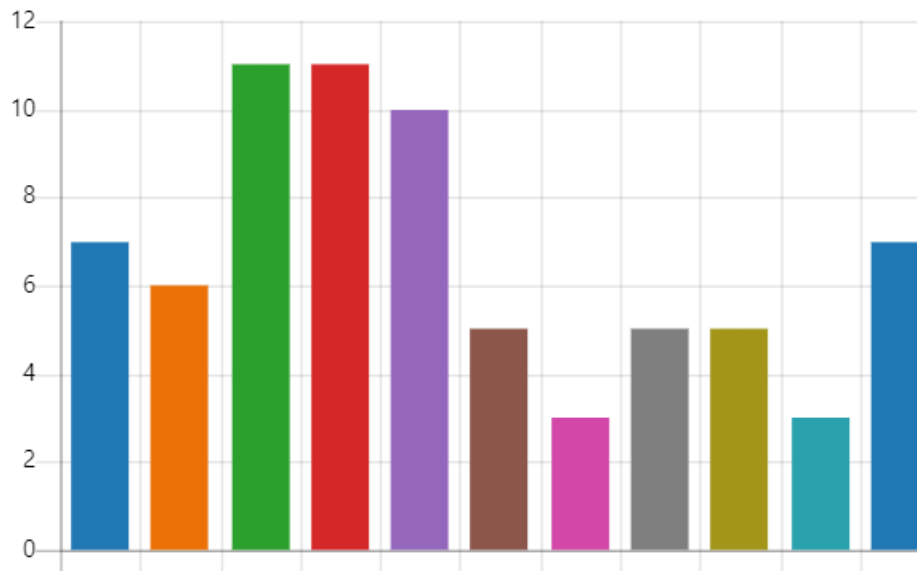
What would improve the support available? Please be as specific as you can!

| Young Parent's comment | District |
|---|----------|
| More acknowledgement or advertisement of local support groups or charities | South |
| More support needed for young parents mental healths | Hunts |
| I don't have any complaints and was happy with all the support I gained | Camb |
| More communication between the parents and other supports | East |
| I think I'm general I did have good support. And to be honest there's not much I would change about it. I think the main things I would like to change is the overall information given, I think it's hard to know now whether or not it's all correct as information is always changing and sometimes it's definitely hard to keep up with it. I also wish there had been more support for my partner as a young dad, I think it's easy to forget that the dads are also going through big changes when it comes to having a baby. | South |
| I'd like the baby groups & support to carry on for a bit longer after - we had no contact etc after my daughter turned one | South |
| Nothin it's great | Camb |
| Nothing | Camb |
| More groups for children | Camb |
| Be more supportive with friendships | Camb |
| Nothing | Camb |
| Be there more | East |
| Nothing really | South |

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| More to tackle/identify specifically domestic abuse as the statistics are shocking and I believe many young women suffer. It really has a huge impact on mothers and children and young women are particularly vulnerable. | Camb |
| I think the support was amazing. I would just say places like romsey mill deserve more of a budget to continue to do activities and groups that help ease the social isolation. | Camb |
| More communication between those involved | East |
| At antinatal should of discussed mental health and the problems you can suffer after birth and towards the end of your pregnancy not only to find out but to know the signs before hand. | South |
| Make it more recognisable | Fens |
| Self confidence after giving birth dealing with your body changing Help making new friends and gaining confidence to go out and meet new mum friends | Fens |
| Not sure | Fens |
| Nothing to improve it was perfect. | East |
| More home visits and more support for mums in villages x | Fens |
| Definitely housing support should maybe be promoted more as I was never aware anyone could help. | Fens |
| Midwives treated me poorly | Camb |
| Current support seems to be different from the support I received and I feel it would be beneficial to bring some of that back for young parents e.g easy meals and the young parents group | Hunts |
| Making it aware that the support is available. All younger mums should be offered support without being made to feel be littled. | Hunts |
| I don't know | East |

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| More support as baby gets older. Like weaning and developmental milestones | Hunts |
| Advertising it more | South |

Did anything stop you accessing support/services? (tick all that apply)



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|---|--|----|
| ● | Didn't know there was support available | 7 |
| ● | Felt that didn't need support | 6 |
| ● | Lack of self confidence | 11 |
| ● | Poor mental health | 11 |
| ● | Scared of being judged as a young parent | 10 |
| ● | Didn't want to hang around other young parents | 5 |
| ● | There was nothing available for young dads | 3 |
| ● | Isolation | 5 |
| ● | Lack of transport | 5 |
| ● | Too expensive to get there | 3 |
| ● | Other | 7 |