

Youth perspective on Family Hubs

About this transcript

This is a transcript of the Youth perspective on Family Hubs video which was created on November 12th 2021.

In this video, Nasreen Siddique, Youth Participation Worker at the National Centre for Family Hubs, discusses the vital role that Family Hubs play for young people accessing services.

For more information on the National Centre for Family Hubs, please visit: www.nationalcentreforfamilyhubs.org.uk

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Camilla Rosan: Hello. Welcome back, everybody.

I hope you enjoyed your lunch and are feeling energised for this afternoon session.

It was really lovely, interesting engagement this morning, really refreshing and exciting.

So, I think a good way to start this afternoon is going to be with a short clip from Nasreen.

So, it's my absolute pleasure to introduce you to Nasreen. She's a member of the National Centre for Family Hubs and her role is as a youth participation worker. One of two participation workers in the team. Some of you may have met Dina earlier in the co-production workshop, and Dina is also chairing the plenary this afternoon.

And in the film, Nasreen is going to share some of her aspirations for Family Hubs that are based on her lived experience as a young person. And so, I hope you find it thought provoking.

Nasreen Siddique: Hi, everyone, I'm Naz, the Youth Participation Worker at Anna Freud. As a former service user, I think I would have greatly benefited from accessing the Family Hub. Successful integration is vital in accessing mental health services.

For a young person, it can be quite challenging building a good relationship with mental health workers, especially if we have re-tell our story as we move across mental health services and have to build those relationships all over again.

When it comes to the care of a young person's mental health, responsibility falls on both the community and mental health services. There needs to be a holistic approach to their wellbeing.

A young person can receive support from their school, their GP, local council and through youth clubs, as well as mental health services. There's so much opportunity for all these organisations to work together with the young person being kept at the heart of the joined-up work.

And when it comes to the time where a young person is still needing support once they turn 18, a smooth transition from child services to adult services is so, so important. It's likely that there are also other changes happening in that young person's life.

I know in my case, I found it quite difficult to make that transition from child mental health services to adult mental health services, as well as starting sixth from after I have had some time out of education.

There was just a lot going on at the time and I would have really benefited from a more cohesive community around me while I navigate that transition. I'm hopeful for how integrated working can truly better the lives of young people like me. I believe that to make this work as effective as we can, young people's voices must be included in the process to.

Camilla Rosan: Thanks to Nasreen for making that video.

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