

Senedd Cymru
Y Pwyllgor Plant, Pobl Ifanc ac Addysg

Ymchwiliad i effaith argyfwng Covid-19
ar blant a phobl ifanc yng Nghymru

COV - 14
Ymateb gan: Prosiect Ieuencid
Caerfyrddin

Welsh Parliament
Children, Young People and Education
Committee

Inquiry into the impact of the Covid-19 outbreak
on children and young people in Wales

COV - 14
Response from: Carmarthen Youth Project

Carmarthen Youth Project – Dr Mz

Young people's feelings and thoughts during lock down

Throughout this difficult time, we as Youth Workers in Carmarthen have been continuing to supporting and providing Young People with a service through delivering online youth work.

We have been carrying out group zoom sessions, Facebook messenger, online youth work through our Facebook page and group, Instagram and Tiktok. We have also been sending out activities packs regularly and delivering Easter eggs.

Whilst having zoom sessions with the young people, we have been able to communicate with them by doing games, general check-ins and safety talks. We gave the young people space to share their emotions, feelings and thoughts on how they feel about being in lock down.

Some young people expressed they are feeling isolated and lonely as they are not getting out to see their extended family and friends. Even though they are spending a lot of time communicating with friends on FaceTime and group chats they are often feeling left out and emotionally drained.

They have mentioned they are experiencing so many different emotions that they are struggling to cope and not having a routine isn't helping. They are struggling more in the day due to waking up late and then not being able to sleep until early hours of the morning.

Others have taken this in a positive way and are spending time with their families as well as making sure that they are going out for their daily walks/exercise. But some are also finding these times interesting but when they start to listen to/see the news more they are often feeling frightened.

While having check-ins with the young people there seems to be a strain on their mental health as there have been many arguments between friendship groups and a few nasty messages being sent between them which is causing upset. This is not an uncommon issue with the young

people but they find that when they normally come face to face the issues are resolved but now this is missing, it is taking longer to sort the issues out. Also the young people would normally have the daily support from their teachers and youth worker who would help resolve the issue but they are no longer telling the youth workers when it happens straight away and waiting to tell the story a few days later once it has been resolved.

The best way in which we can support the young people is to keep in contact on a daily basis and reassure them that they know where the staff are if ever needed. Some of the activity packs also include forms to fill about they are feeling and we have asked for them to send photos to us once completed which will allow us to evaluate how they are feeling and coping during this pandemic.