

UNLOCKING YOUR LOCKDOWN POTENTIAL

Report by
Springboard Opportunities Ltd October 2020

Introduction

During March – October 2020 and the pandemic Springboard proactively supported 133 young people through our Belfast-based Journeys programmes.

At the onset of lockdown, staff were acutely aware increased isolation would be highly detrimental to participant well-being. They upskilled quickly and moved delivery to digital platforms within a week.

Alongside one to one support, staff continued to build meaningful relationships and connection with our young people through a time of high uncertainty.

This survey reflects the feelings, challenges and support needs of young people during this time.

About Springboard

Springboard helps young people build confidence, positive relationships within and across communities and the capacity to move into education, training or jobs.

Founded in 1992 Springboard has helped over 13,000 people and supports 14-25 year-olds who are struggling, are at risk and face social and/or economic barriers.

Further information on Springboard can be found on



02890 315111



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springboard-opps.org


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HOW THEY FELT

The survey revealed young people experienced a range of emotions during lockdown. Boredom dominated, yet there was also hope as 56% of young people selected positive descriptors in all or two of the three selections.

TOP THREE LOCKDOWN NEGATIVES

49% boredom

33% frustration

18% loneliness

TOP THREE LOCKDOWN POSITIVES

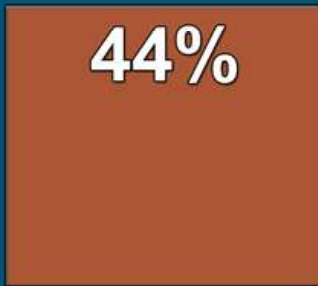
41% grateful

39% positive

35% happy

COPING WITH LOCKDOWN

Young people reflected a range of responses on how they coped with lockdown, including family, friends and notably 28% of respondents selected youthworker and youth work programme, highlighting the importance of youthwork and support continuing through the lockdown.



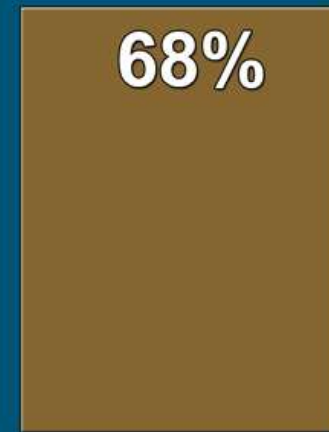
Young people favoured regular physical exercise to cope with the lockdown.



Over 50% valued friendships in helping them cope.



Family was an important contributor to coping through lockdown.



A significant proportion of young people found digital options, such as social media, internet and gaming helped.



The programme was the best experience and kept me going through lockdown. It has shown me I shouldn't take any opportunities for granted and to make them the best experience I can.



LOCKDOWN CHALLENGES



Freedom, friends and family – young people missed friends, family and the freedom to socialise. They also identified increasing challenges and pressure on relationships as more time was spent together.



Routine – boredom and erratic sleep patterns messed up daily routines.



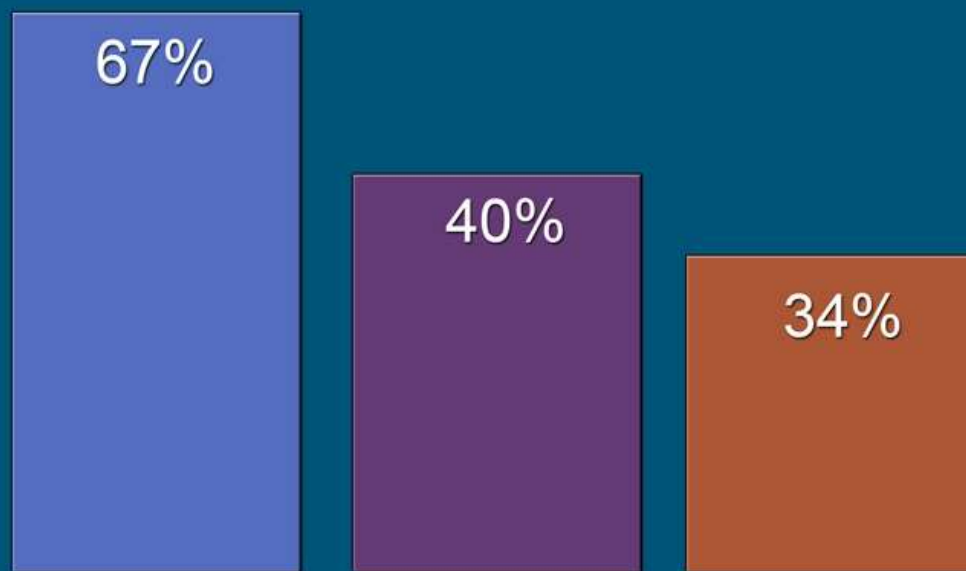
Wellbeing – overthinking, feeling anxious about the future and feeling isolated impacted on mental health.



Education/employment – getting a job and feeling secure for the future were worries.

SUPPORT NEEDED

Young people were asked what support do you need?



An overwhelming 67% needed support with mental health, building confidence and overcoming fears and anxieties

This was followed by 40% who wanted help with daily routine and sleep patterns, and 34% who wanted support to find a job or career.



The biggest challenge for me was adapting to a new way of life, constantly putting myself down for struggling with the new normal.



HOPES FOR THE FUTURE

Young people identified their hopes for the future.

RELATIONSHIPS

Young people highlighted the desire to appreciate the time they had with family and friends.



WELLBEING

Being HAPPY. Appreciating what they have and not taking things for granted.



EDUCATION & CAREER

Getting a career through accessing education or getting a job.



PHYSICAL HEALTH

Improving physical health



To become more confident in situations, to be able to find a job, to just be more outgoing and start living my life instead of wasting it.



METHODOLOGY

Total sample size was 78 people, representing 59% of young people participating on Springboard's Belfast-based programmes during lockdown.

53% female 

46% male 

1% transgender 

Under 16 8%

16-18 years 33%

19-21 years 32%

20-25 years 27%



28% lived alone or in a hostel, supported living or temporary accommodation, 63% lived with parents

Fieldwork was undertaken between during lockdown from 18th – 22nd May 2020. The survey was anonymous and carried out online.