

# Wellbeing: Early Years update

## What is Healthwatch?

Healthwatch is here to **demonstrably influence commissioning, service provision or strategic decision making...** and this report outlines how we will achieve this following engagement with the carers of children

**Healthwatch will make use of our statutory powers and the information shared with us to help to set the commissioning agenda for the future, putting local people at the heart of decision making**



## What did we hear?

During 2018/19, Healthwatch is asking everyone - how do local services support your wellbeing?

This report outlines our work with carers of young children.

We used our Wellbeing questionnaire <http://bit.ly/2BYqmxH>

developed to link in with the One City plan, to ensure that what we're told will make a difference.

We're asking the same questions of a range of stakeholders as part of our mission to **demonstrate breadth of community reach by developing relationships with stakeholders.**

You told us several valuable pieces of feedback about services, and also how support could work better for you - this will be part of our overall report which will be published in May 2018.

"When we have parent problems it is good to share experiences/ concerns or issues like broken sleep and relationship issues and know that it is normal!"

Service user

"There should be regular support and advice, to build a relationship and prevent issues from building up! This could help mental health related issues escalating..."

Service user

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Healthwatch Bristol speaking to Early Years groups about emotional health and wellbeing.

# Follow up

## Healthwatch will.....

All the feedback Healthwatch Bristol gathers is analysed and used to inform the Healthwatch Bristol quarterly reports which are shared with Healthwatch Bristol partners including Bristol Clinical Commissioning Group, the Bristol Health and Wellbeing Board, Bristol City Council, the Care Quality Commission, NHS England and Healthwatch England. The quarterly report is also presented to the Healthwatch Bristol Advisory Group to propose further uptake of the issues identified in the report. The report will be available on the Healthwatch Bristol website ([www.healthwatchbristol.co.uk](http://www.healthwatchbristol.co.uk)) and circulated to our mailing lists via the monthly e-bulletin.

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Healthwatch Bristol finding from Early Years groups about emotional health and wellbeing.