

Every one deserves the world

Dear Reader,

Everyone deserves the world. This is important because everyone is entitled to being healthy, happy and well, to be loved, not be hungry and be looked after.



RCPCCH &Us asked 500 children and young people across the UK what helps them to stay healthy, happy and well and to think about why some children and young people might have things going on that stops this from happening.

The things that they said that could stop them from being as healthy as they could be were:



We asked them for their big ideas that can could make a positive difference like:

Having places to go and things to do, access to clothes banks, bed banks, food banks, cheaper holidays, more money, having services in one place so you don't have to travel and having help with housing as well as physical and mental health.

Support systems for people

make cloths



cheaper?

Donate cloths

Make the doctors closer

Free outdoor gym equipment/leisure facilities

cheaper houses



holding free food tree
free wifi free pets

boring beds

free birds

MORAE PLAYGROUNDS.

having a nice bed expressing our feelings

Having emotional support is important as mental health has a knock-on effect on every other part of your life. Having support means that children are able to gain the resilience and determination to deal with whatever life throws at them and they can grow into healthy adults mentally and physically.

Get people to boost your self confidence (people supporting you)

helping with their mental health

We need Inclusive lessons and educational systems that not only teach about differences that anyone could happen to fall into, but action a curriculum for life and promote inclusivity. They need to teach about money as everyone one knows that money is what helps the world keep moving.

Curriculum for Life

There needs to be more funding that can help giving every child and young person free school meals so their parents and themselves don't have to continuously worry about how and when they can have a healthy meal.



Give away free healthy food for the people in need

money

give more money?
rose?

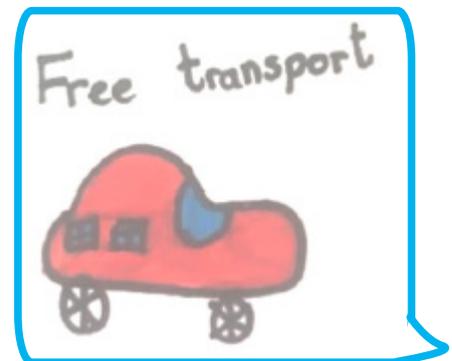
good drinks

make good cheaper?

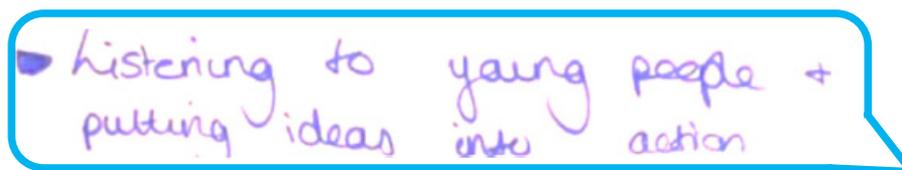
There needs to be more help with the prices of healthy food and drink that are spiralling out of control. This is something that is even worrying children. e.g., one child mentioned how much easier things would be if fruit and veg was cheaper. Healthy food is unaffordable and is putting our young people at severe disadvantage in their growth and development.

School meals aren't free in some places, if an institution is government funded, food should be at the top of the list of provisions. We want to see the priority to be making healthy foods cheaper, but if that is not possible, or reducing the price a significant amount will take time, then simply prioritising providing free school meals which are healthy as that may be the only chance some children and young people get to eat proper meals.

Children and young people mentioned the idea of travel to dentist/hospital/opticians frequently and how that simply isn't available to lots of children who are facing severe disadvantage because of not having transport, or families being able to afford petrol or knowing where to find services that can help them. Dentists and Opticians are basic necessities which some children and young people can't get. We also heard that families with disabilities also struggle more than others, and that we need to find out what these groups need and how to support them.



We need to keep asking children and young people's opinions more in decisions and services, as we are the future, and we know and understand that your voice is important and it's the same for children and young people. Services need to provide nonbiased care, where you speak to everyone about their lives and the support they might need. We need to work together to think about how to improve services together.



Thank you for your time in helping to make a difference so that all children and young people are able to have the world!



Written by Demi and Noor from RCPCH &Us who took inspiration from the 500+ children and young people, parents and carers plus supporting paediatricians from London, Warrington, Belfast, Edinburgh, Warwick, Peterborough, Essex, Oxford, Rhyl, Belfast, Hartlepool, Liverpool, Glasgow and Caerphilly who joined RCPCH &Us in sharing the voices, views and ideas on child health inequalities in 2022.