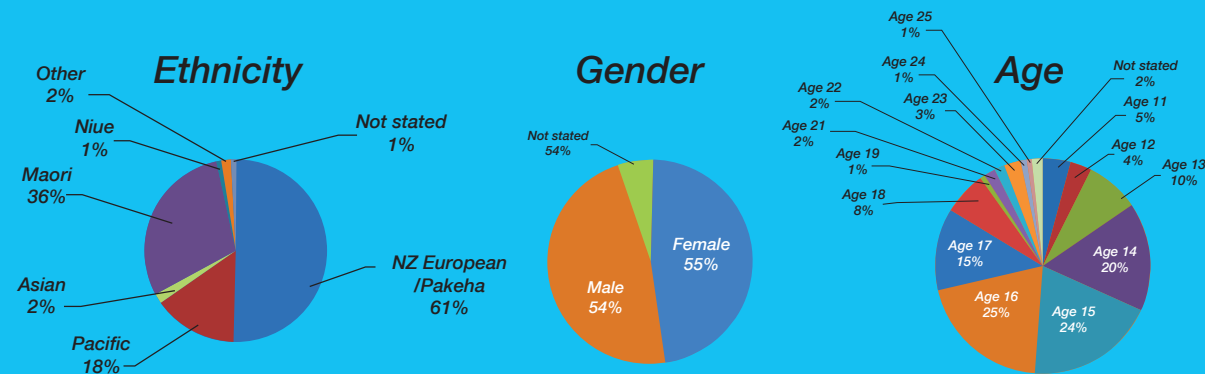


# CONVERSATION CAFE REPORT

Vibe held a series of focus groups throughout August and September 2013; with 123 Hutt Valley youth participants living throughout Lower Hutt, Upper Hutt and Wainuiomata. In total there were 21 Focus groups\*\* of 5-10 young people. The focus groups were made up of both users and non-users of Vibe. We asked the same 5 questions to every group, this summary report highlights the key aspects of what we heard.



**\*\*Special thanks to the following groups whose participants made up the focus groups; your voice has been heard!**

Capitol Training, Chill n Chat, Collision, Connex, CYFS Care and Protection Residential Home (Epuni), Disability Resources Trust, G&H Training, Hutt Valley High School, HVAC, Kokiri Marae, Naenae College, Rangatahi Learning Centre, School's Out, Secret Level, St Bernard's Intermediate, Taita College, Teen Parent Unit (Here-taunga), Tokelau Support Group, Wainuiomata High School Workforce Development and Youth Town.

## WHY WAS THIS IMPORTANT TO VIBE?

'Participation' is a key principle of both the Youth Development Strategy Aotearoa and the United Nations Convention of the Rights of the Child. It recognises that young people have the right to be active participants in society; it is about giving voice to the opinions of young people and the chance to influence change. As a result, Vibe consulted with young people, gathering their input and views, to include in Vibe's future strategic planning.

"Having access to effective youth participation in our communities is important for young people's wellbeing and their sense of belonging, identity and citizenship" (MYD, Keepin' it Real)

## HOW WILL THIS RESEARCH BE USED?

This summary report will be issued to all the schools and organisations that took part in the Focus Groups, as well as to community groups and partner agencies. To date, the initial findings have been presented to a full staff group at Vibe's Strategic Planning day in November 2013. Several changes in delivery have occurred, such as text reminders being sent out on the day of clinical appointments (when applicable), and the delivery of 'The Work Shop' a drop-in workshop around employment skills. We have initiated volunteer Peer Support Workers in our waiting room. It is intended that the findings from the Focus Groups will be used to guide the delivery of services provided by Vibe, and is used as an ongoing tool to support the work done with Hutt young people.

Many thanks to the companies and agencies that supported this project: Dick-smiths, Ian Schofar Pharmacy, Empire Skate, Subway and a massive thank you to the Ministry of Youth Development!

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CONVERSATION CAFE



# CONVERSATION CAFE REPORT

## QUESTION ONE: HOW WOULD YOU DESCRIBE VIBE TO YOUR MATES?

All groups identified Vibe as a space that values confidentiality and gives young people the confidence and security to discuss issues freely.

*"A place where we can talk about anything"*

*"A place where teens can go when they are too afraid to talk to their parents"*

*"They listen to us even if they don't agree with us"*

13 Groups said they had good experiences with Staff

*"Staff are always smiling"*

*"They really try to help"*

Most groups were aware that they could access health care, counselling, pregnancy testing, pregnancy support, and advice on safe sex.

*"Cool doctors, Tracy she's cool"*

All groups identified Vibe as a place that was genuinely interested in offering support.

*"They helped me get into a house in one week"*

*"If you're struggling at school"*

*"A place to go with emotional stuff"*

*"A place you can contact for advice"*

## QUESTION TWO: WHAT HELP / SUPPORT IS MISSING FOR YOUNG PEOPLE IN THE HUTT?

All groups would like the opportunity to connect to more activities or events.

*"There's nothing to do in Wainuiomata, we need something to do like Secret"*

6 groups identified they would like support finding jobs or getting into courses.

*"Getting jobs, that's why there's Hutt bums"*

18 groups identified safety as an issue for them. Improved peer support was often brought up, with a common theme of friends not knowing how to be supportive when they are approached for help.

*"More people to stick up for other people"*

*"A place where they can go and not get judged by their peers and friends"*

*"Relaxed place to talk to people who aren't friends/professionals"*

*"A place to go when abuse is happening"*

*"More help for violence, places where you can feel safe"*

Other areas discussed were support with job searching, car licensing, access to counselling and mentoring support, access to sports and exiting gangs.

## QUESTION THREE: WHAT STOPS YOUNG PEOPLE FROM GETTING HELP / SUPPORT?

A lack of support from family/whanau, care-givers and peers was discussed.

*"Being afraid of getting disowned or disciplined for talking to someone who isn't a family member"*

*"Friends telling them not to"*

*"I don't want friends to know"*

Some comments suggested that youth aren't supported by health workers.

*"Counsellors talk a language we don't understand"*

The largest theme reflected in this question was around self-esteem and mental health issues being a barrier to accessing support. In this section, 10 groups said they were 'scared to speak up or ask for help', 9 groups said 'I feel embarrassed'; 6 groups said 'I can't admit I have a problem' and 6 groups said 'I'm too shy'.

*"I'm too scared to speak up or ask for help"*

*"Too damaged, too shamed"*

*"Scared to get help because they think they're mental"*

*"Discouraged if you're crazy"*

*"Frightened or scared what the person will say they need help with"*

Social issues were also discussed as barriers to youth getting support. 7 groups identified 'a lack of money' as a barrier.

Other barriers included economic status, homelessness, lifestyle choices, poor literacy, and unpleasant experiences with public transport.

*"Not being treated nicely by bus drivers"*

*"Using a pram on public transport"*

## QUESTION FOUR: WOULD YOU OR YOUR MATES USE VIBE? WHY? WHY NOT?

Why young people would use Vibe?

The comfortable and friendly nature of staff was discussed, as was the availability of Maori staff.

*"They don't laugh at you, they laugh with you"*

*"The nurses are cool to talk to especially when you are scared you are pregnant"*

*"Maori staff at Vibe"*

Youth would use Vibe because of the supportive nature of the work, and because of the variety of services available.

*"I thought it was just STD's then I had an appointment with Jodi and she explained it was about everything"*

*"Just needed someone to talk to"*

Why they wouldn't access Vibe?

A variety of reasons why youth would not use Vibe were given.

*"Too hard to get appointments"*

*"People chase you down"*

1 group thought they would be 'too ashamed' to approach Vibe based on 'what they had done'.

*"You need to be able to trust both yourself and the professional"*

*"It is hard to trust a person you don't know well"*

A few groups mentioned a lack of contact and failure to follow through with commitments, and some felt having to share the reason for their visit to the receptionist was a compromise to their privacy. Some participants were uncertain of Vibe's location or unaware of its services. Other common themes included gaps in operation in Upper Hutt, text-to-remind not being on the day of appointments, as well as being uncertain of the services offered by nurses.

## QUESTION FIVE: WHAT ARE HUTT YOUNG PEOPLE IN TO?

Sports are a huge area of interest, with a wide range of sports discussed. The creative arts were another area of interest and included various styles of dance, drama, drawing, hip hop, kapa-haka, singing, tagging and graffiti.

*"Working on the bod"*

*"Cinemas in Upper Hutt gone"*

*"Sports programmes, that'd be cool"*

7 groups identified 'fights' and/or 'fighting' as something that Hutt youth do.

*"All the Hutt bums go to the fights"*

*"The Hutt in general is a scary place"*

*"People say something wrong on FaceBook or while drinking then fight"*

6 groups indicated sexual activity was something that Hutt youth are in to; 10 groups identified eating as an interest; 9 groups stated they enjoyed listening to music; 8 groups stated they liked 'being around friends'. 6 groups identified they liked 'going to parties' and 4 groups identified 'going to church' as an interest.

Alcohol and drugs were discussed in most groups as something that a lot of youth in the Hutt do. 16 groups identified drinking as an interest and 14 groups identified drugs as an interest.

*"People would rather drink than go to Te Papa because it's cheaper and lasts longer"*

*"Everyone's hobbies are usually drinking"*

Many groups discussed technology and social media as something they do with their time. 9 groups identified they liked accessing FaceBook, 6 groups identified they liked cell-phones.

*"Cyber-bullying happens every day, happens on FaceBook and Ask FM"*

