

# Kailo

## Northern Devon #BeeWell Survey Results (2023/24) – Summary Version

Area-level analysis – Autumn 2025



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# What is Kailo?

Kailo means ‘connected and whole’. It is a framework and approach that supports young people and local community partnerships to determine ‘what matters’ most in relation to promoting young people’s wellbeing in their local context. The approach then supports emerging partnerships to come together to co-create, test and scale strategies and approaches to make a difference.

**Build strong relationships and partnerships** to connect and reinforce local efforts to improve young people’s mental health and wellbeing.

Create a deep and more **systemic view of the social determinants** of mental health and wellbeing of young people.

Put **young people at the the centre of a co-design process** to address, locally, the social determinants of their mental health and wellbeing

Collaborate to find, adapt and improve **sustainable systemic approaches**, which can play a role in driving transformative change for young people.

See: <https://kailo.community>

# Key phases of Kailo

- Designed to be a flexible, iterative framework, sensitive to local context
- Sites will have different starting points, priorities, gaps and partnerships
- The framework – and tools within – can be flexibly adapted as required: see the Kailo Framework pages for more details:  
<https://kailo.community/framework/#>

Kailo

## Kailo at a glance

00

### Readiness

Is our area ready for Kailo?

Local leaders build a shared understanding of the commitment, time and resources required to embed and deliver within their system. They will consider how Kailo best adds value to the local context.

01

### Early Discovery

What matters most for our young people?

A process of community-centred research and insight gathering to better understand what matters most for young people's mental health and wellbeing in the areas they live, work and play. This creates local priorities for action and a shared mission.

02

### Deeper Discovery

Where can we create systemic change and how?

Bringing together the insights of young people, community partners and professionals to develop a deeper and shared understanding of local priorities. Then drawing upon evidence to co-design viable strategies to deliver these improvements.

03

### Implementation

How can we effectively implement and sustain our design?

Putting the co-designed strategies and policies into practice: working with system leaders and partners to resource and implement what is designed. Iteratively testing and refining to enhance and sustain impact within the local system.

04

### System Integration

How can we achieve lasting systemic change?

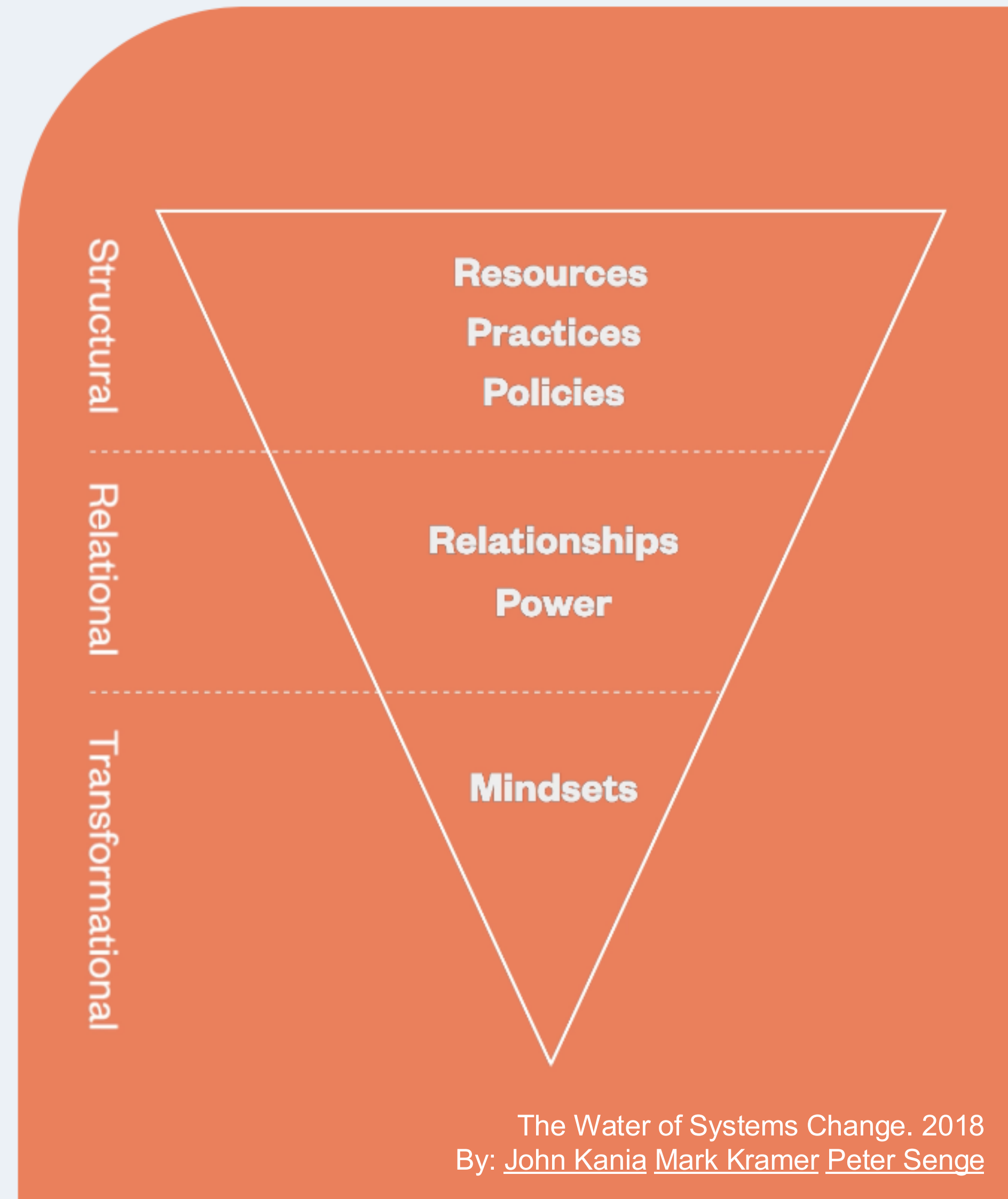
Integrating Kailo into the local system infrastructure. Capacity, governance arrangements and commissioning processes are shaped to enable iterative cycles of discovery and co-design. Over time, these create a coordinated portfolio of strategies to sustain and affect change.

# Advancing systemic change

Kailo supports local partnerships to prioritise locally relevant **social determinants** of young people's mental health and wellbeing (such as safety, access to jobs and opportunities or social connection).

For us, systemic change means **understanding these social determinants** and "**shifting the conditions that are holding the problems in place**" (Social Innovation Generation, 2020).

Kailo





# The #BeeWell Survey in Northern Devon

This document reports findings from the #BeeWell Survey that was conducted across seven secondary schools in North Devon and Torridge in 2023/24. 1,301 children and young people from Year 8 and 10 took part (79% of eligible young people).

#BeeWell is a collaboration between The University of Manchester, The Gregson Family Foundation and the Anna Freud Centre. The #BeeWell Census Survey was originally co-designed by young people and the #BeeWell partnership in Greater Manchester. It was adapted to the local Northern Devon context with input from young people and the public health team in Devon County Council.

The #BeeWell Census survey was implemented in Northern Devon, as part of Kailo, to better understand young people's perspectives about their mental health, wellbeing, and influences upon this, and in turn support local systems change efforts to address the social determinants of young people's mental health in the area, as part of the Kailo initiative.

**Kailo**



See here for further information about #BeeWell, see here: <https://beewellprogramme.org>

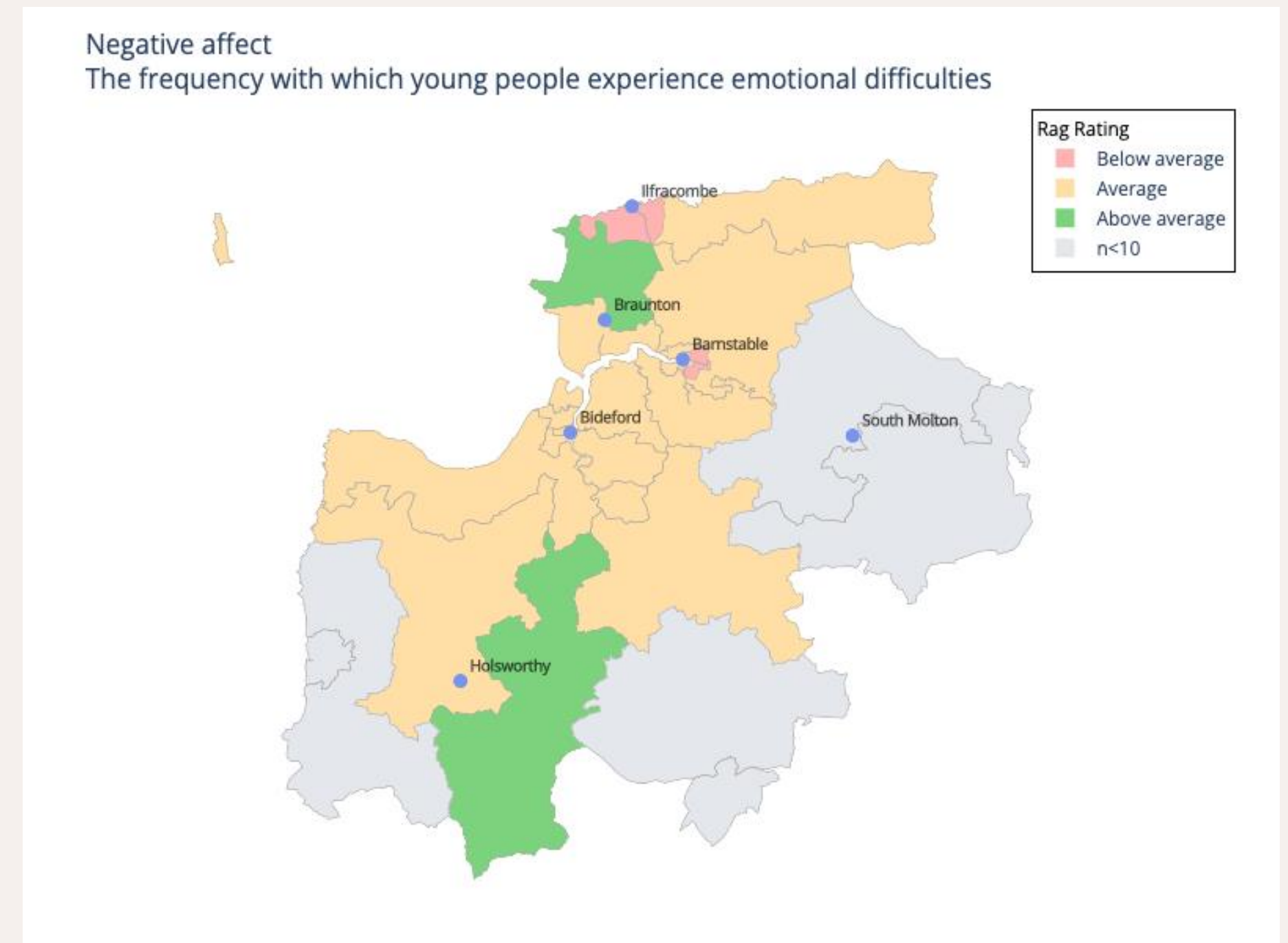
For further information about #BeeWell Census survey in Northern Devon, see here: <https://kailo.community/beewell/>

# **#BeeWell Data**

## **Executive Summary**

# Life satisfaction and mental health

- The majority of young people are satisfied with their life, but 19% report low levels of life satisfaction (and it is lower for girls).
- 9% of young people report feeling consistently unhappy; and 31% do not agree they are a person of value (again, outcomes are poorer for girls).
- 28% often feel overwhelmed (more so for boys and those with fewer financial resources)
- Economically disadvantaged pupils, girls, and those with SEND report poorer outcomes across most measures of emotional mental health and wellbeing.
- Poorer outcomes are associated with pockets of economic deprivation in Barnstable and Ilfracombe (a generally consistent pattern across a range of indicators)



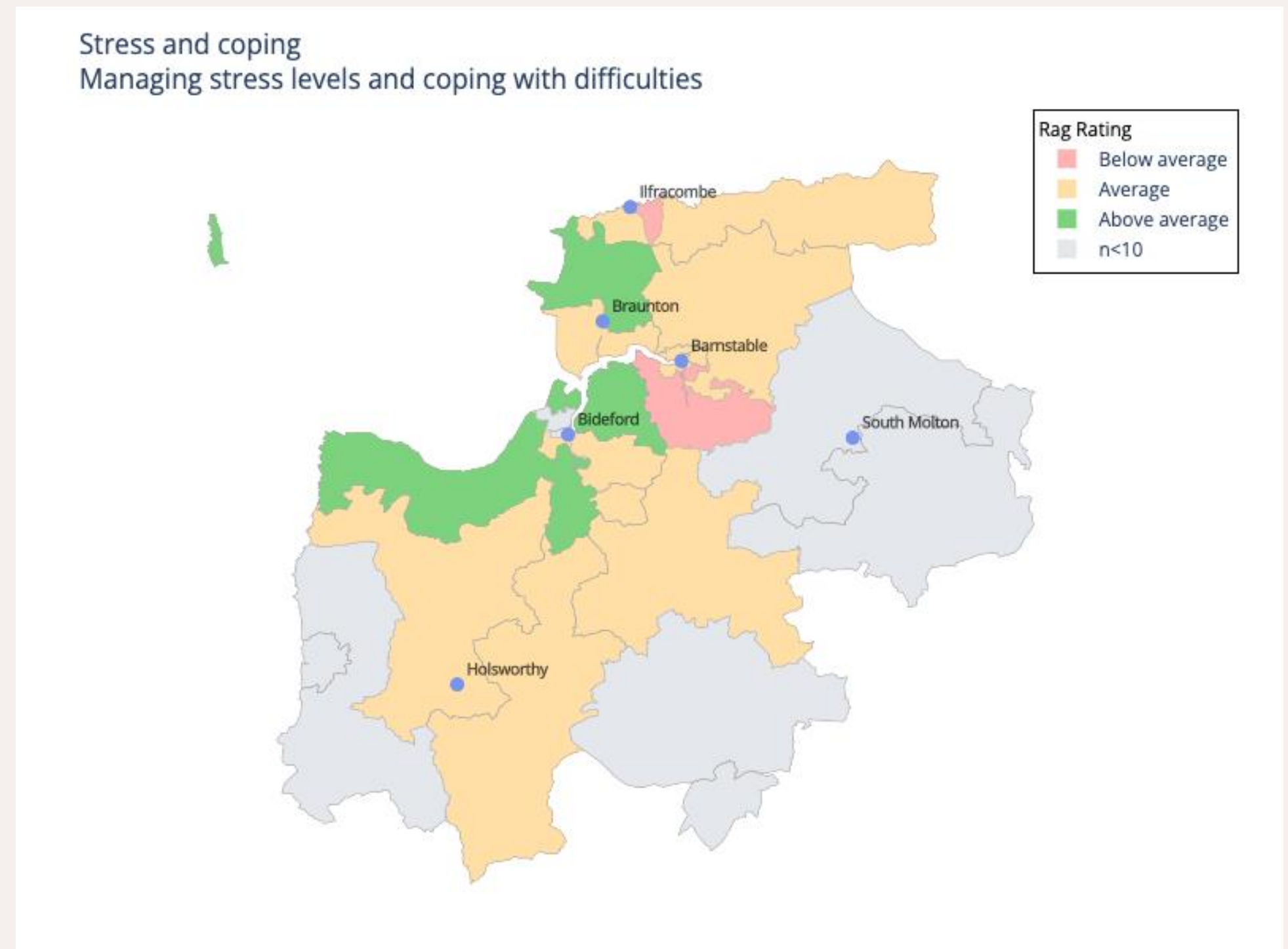
**Take aways:** Many young people are managing day-to-day life but a sizeable minority—especially girls and disadvantaged groups—experience significant emotional strain, low self-esteem and feelings of being overwhelmed.



# Handling difficulties and seeking support

- Around one in four young people lack confidence in handling problems and knowing where to seek advice.
- Girls and economically disadvantaged pupils are less confident and less likely to know where to seek help.
- Young people are most comfortable talking to peers and their parents/carers.
- Yet they feel most listened to by parents/carers, and they report that the most useful advice comes from parents, carers and adults at school.

**Take aways:** Young people need more accessible, trusted pathways to wellbeing support. Parents, carers and school staff are a significant source of emotional support for young people, suggesting a need to equip families to respond effectively, with schools also being a trusted but under-utilised source of support for young people.

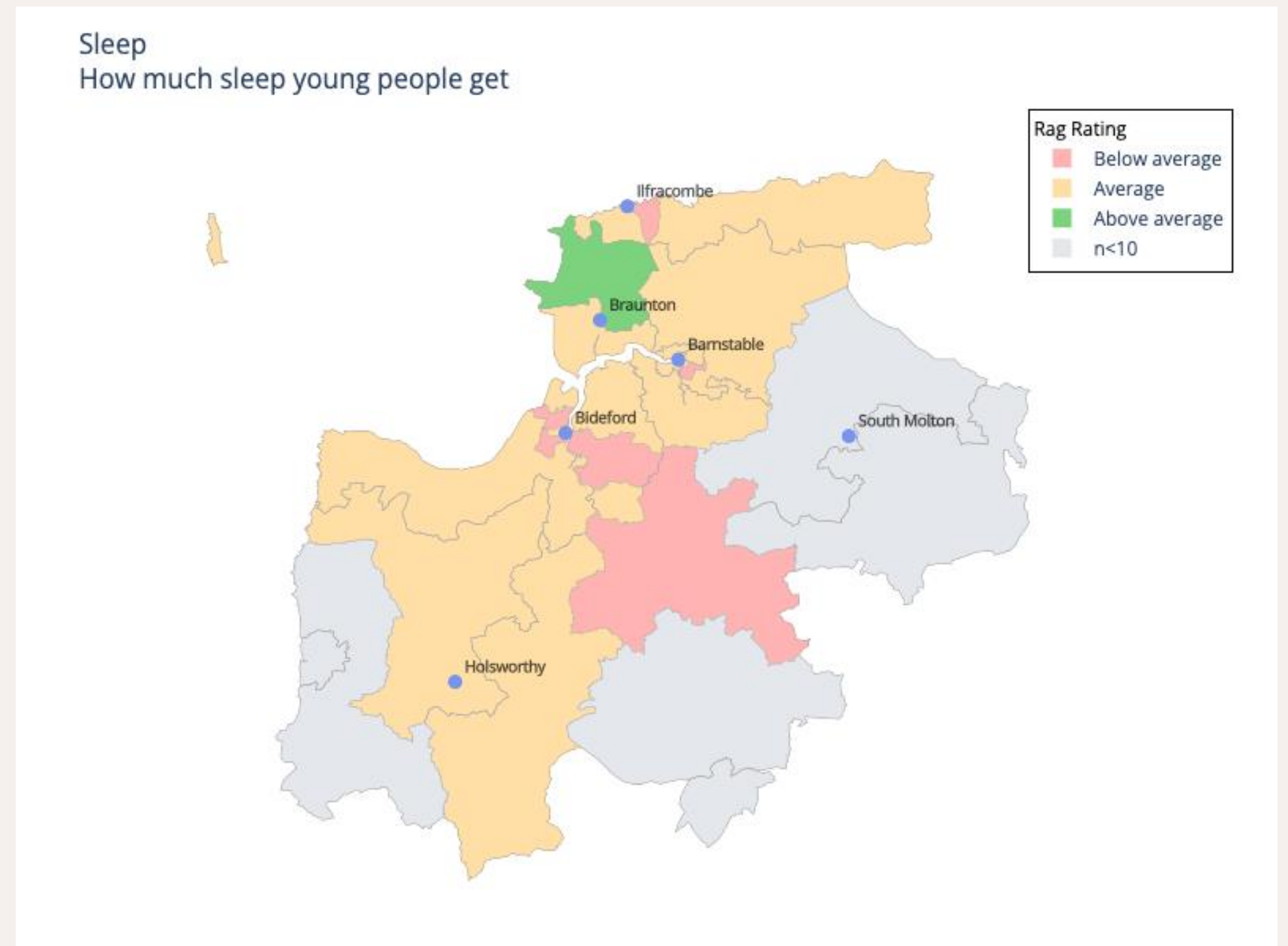




# Physical activity and sleep

- Only 50% of young people report getting enough sleep to concentrate at school.
- Only 17% of young people report being physically active every day (although when they do exercise, it is to a moderate intensity).
- Economically disadvantaged young people and girls are consistently less active and more sleep deprived.

**Take aways:** Physical inactivity and poor sleep are widespread, which may compound emotional wellbeing challenges.



# Local environment and things to do

- Over three-quarters of young people feel safe in their local area and that they belong.
- Climate change is sometimes or often a source of worry for 41% of young people.
- 45% of young people don't think there are good places to spend their free time (this is particularly the case in the most rural and isolated areas, including much of Torridge and the north-eastern coastline of Northern Devon).

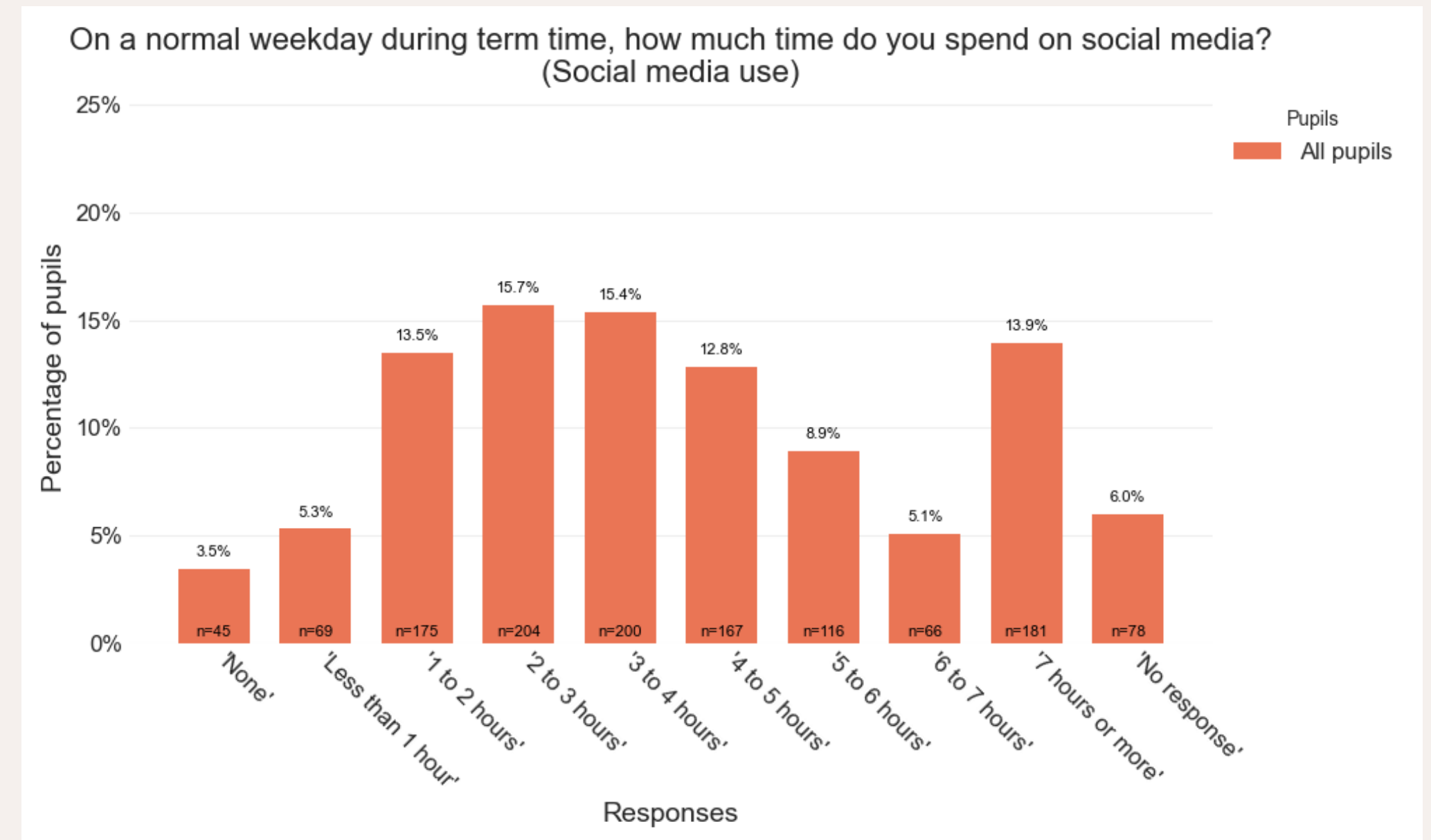
**Take aways:** Whilst Northern Devon generally feels safe for young people, they report a significant lack of places to go and things to do – especially in more rural areas.



# Social relationships (in person and online)

- 11% of young people always feel lonely.
- 16% have experienced cyberbullying and 25% physical bullying.
- Time spent by young people on social media is high: with 86% spending at least an hour a day on social media, and 41% at least four hours a day.
- Around 7 – 8% of young people feel discriminated against due to their gender, disability, race, or sexuality.

**Take aways:** While safety and a sense of belonging are generally good, bullying and discrimination persist, particularly for minority or vulnerable groups.



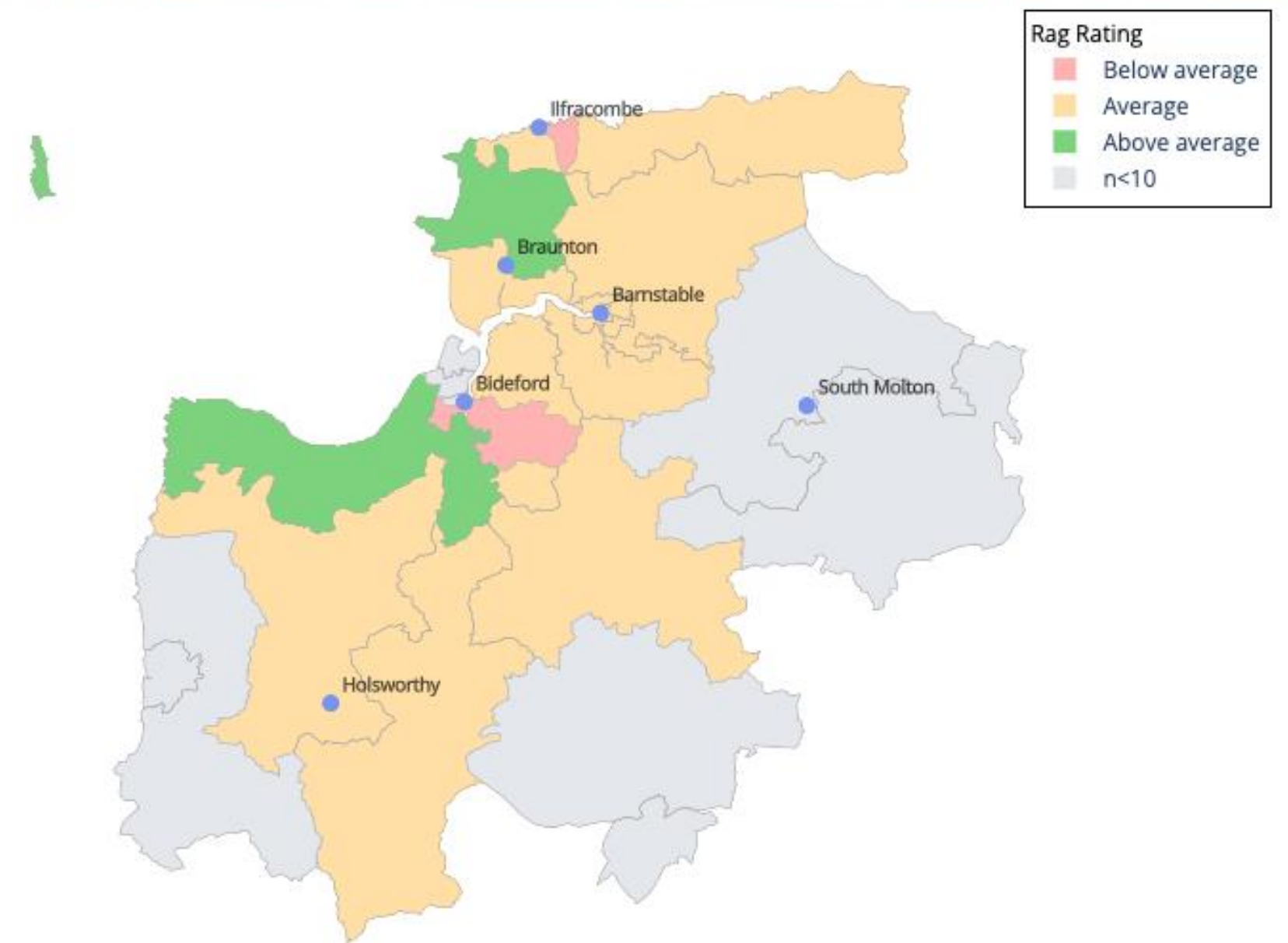


# Future outlook, autonomy & opportunities

- Only 40% of young people feel free to express their ideas and opinions (this is lower for economically disadvantaged young people (35%) and those with SEND (34%).
- Around half of young people (47%) are interested in future opportunities; 35% are not.
- 58% feel supported to explore opportunities, but economically disadvantaged young people and those with SEND feel less so.

**Take aways:** There is a limited sense of agency - particularly among disadvantaged and neurodiverse young people - this may hinder engagement and self-confidence. Many young people are ambivalent or uncertain about the future, and economic disadvantage dampens optimism and aspiration.

Future opportunities  
How young people feel about future options for work, education or training in their local area



# Key take-aways

1. **Mental health inequalities mirror wider social determinants:** Socioeconomic disadvantage (most pronounced in Ilfracombe and Barnstable), gender, and SEND status are associated with poorer wellbeing amongst children and young people.
2. **Protective factors:** Parental/carer relationships are strong - these could be further supported and strengthened in prevention and early intervention efforts.
3. **Vulnerability areas:** Peer belonging, body image, help-seeking confidence, and physical health behaviours.
4. **Opportunities for systems change:** Strengthen young people's agency, voice, and access to opportunity, while equipping parents/carers, schools and communities to provide consistent, aligned and relational support.



**For further details of the sample, and all the detailed underpinning details and slides, see the full report at:**  
**<https://kailo.community/latest/>**

# Our partners



This work is supported by the UK Prevention Research Partnership (UKPRP), which is funded by the British Heart Foundation, Chief Scientist Office of the Scottish Government Health and Social Care Directorates, Engineering and Physical Sciences Research Council, Economic and Social Research Council, Health and Social Care Research and Development Division (Welsh Government), Medical Research Council, National Institute for Health Research, Natural Environment Research Council, Public Health Agency (Northern Ireland), The Health Foundation and Wellcome.



+ Many amazing local partners! NDVS and TTVS, Waymakers, Family Compass, Space, Young Devon, Spark UK, Sunrise Diversity, One Northern Devon, and many more



# Contact and how to Reference

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