

# Kailo update to Strategic Oversight Forum

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Gill Hannan

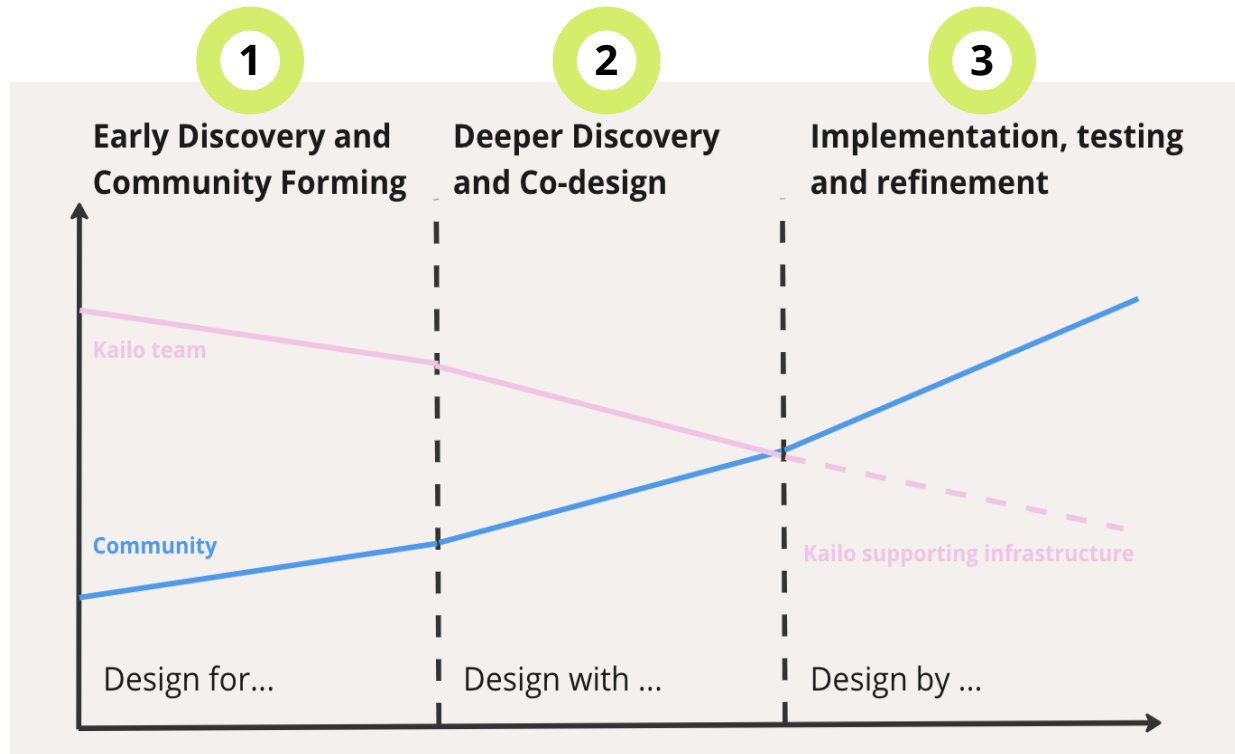
13.01.26

# Agenda

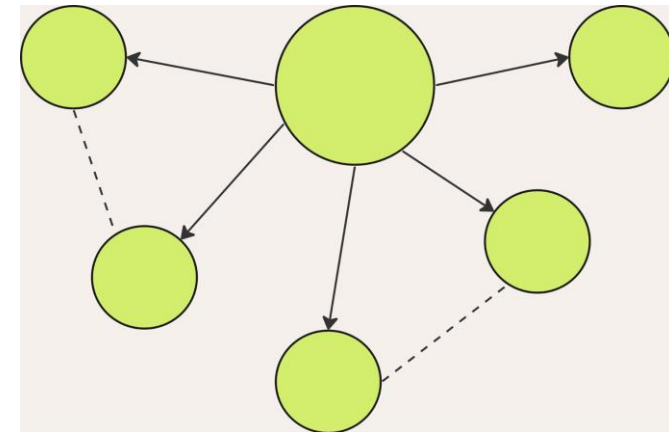
4pm	Welcome and introductions	
4.05pm	Project progress report: Opportunity areas identified by young Camden residents	10 mins
4.15pm	Prioritisation insights from community event	15 mins
4.30pm	Power and energy analysis – what levers are there to make systemic change in the opportunity areas that young people feel most strongly about?	15 mins
4.45pm	Big Circle recruitment	10 mins
4.55pm	Close	

# The Kailo process

Three phases build capacities, confidence and capabilities to create local ownership, agency and sustainability.



We create communities around 'opportunity areas', then support partners to scale the approach to other priorities - and build connections between each to ensure systemic change.



# Timeline

Project  
set-up

Feb –  
Mar  
2025

Network-  
engagement  
Apr – May  
2025

Prioritise  
opportunity  
areas,  
prepare for  
next phase

Nov/Dec  
2025

Final  
report

Aug  
2026



Evidence  
review  
Mar –  
Apr 2025

Early  
discovery  
(launch,  
community  
workshops,  
professiona  
l insights)  
June-Oct  
2025

Deeper  
discovery and  
co-design  
phase  
Jan 2025  
onwards

# Insights from our wider evidence...



## Interpersonal relationships

### Family & Peer Dynamics

- Families both supportive and a pressure source
- Peer pressure
- Trusted adults and safe relationships are crucial

### Loneliness

- Common experience, especially among women 16–24
- Risk during transitions
- School absence concerns

### Online world

- Linked to poor sleep, anxiety, and stress
- Bullying normalized, support lacking
- SEND youth value online communities



## Local community

### Community Needs

- Need for hobbies, green space, safe places
- Value in third spaces, trusted adults, youth services
- Community pride and environmental initiatives matter

### Safety

- Unsafe areas, lack of safe community spaces
- Youth violence and school exclusion concerns

### Barriers to Support

- Long waits for services and admin barriers
- Stigma, mistrust, limited reach of mental health communication



## Wider society

### Structural inequality

- Absolute and relative poverty, social housing
- Disproportionate impact on SEND, carers, care-experienced young people
- Black and Asian teens especially facing post-Covid wellbeing issues
- Poor mental health more common among girls

# ...our professional networks

## Wellbeing Pressures

- **Family Stress** – Parental ill-health, caring roles, domestic abuse, cultural tensions.
- **Basic Needs** – Cost-of-living crisis, poor housing, overcrowding, instability.
- **Safety** – Street violence and threat, racism, bullying, feeling unsafe in the school environment.
- **Online World** – Social media pressure, harmful content, isolation, poor sleep

## Barriers to Connection & Opportunity

- **Isolation & Disconnection** – Gentrification, safety fears, COVID legacy, distrust in services.
- **Economic Barriers** – Poverty, lack of jobs, exclusion from local growth.
- **Low Agency** – Limited independence, control over life, and self-regulation skills.
- **Identity Challenges** – Low confidence, stigma, undiagnosed needs, lack of belonging.

## Opportunities for Change

- **Joined-up Family Support** – Reduce indirect burdens on young people.
- **Youth-led Spaces** – Safe, affordable, co-designed hubs for connection.
- **Targeted Economic Support** – Paid internships, youth enterprise, corporate partnerships.
- **Build Agency & Identity** – Celebrate achievements, learn from resilient peers.
- **Improve Safety & Inclusion** – Rethink school discipline, address root causes.



# Prioritisation event

Insights from young people

Opportunity Area	IMPACT		POWER & ENERGY	
A Sense of Belonging	8	A sense of belonging is seen by young people as a foundation for confidence, self-esteem, and access to opportunities. When it's missing, isolation can lead to anxiety, depression, and disengagement. Exclusion—whether through discrimination, lack of inclusive spaces, or feeling resources aren't for them—creates barriers and erodes community connections. Belonging allows authenticity and security, while its absence forces people to hide their true selves and can ripple into education and life chances. For some, belonging feels like a precondition for everything else.	5	Young people and community groups have strong personal energy and care deeply about creating belonging, but their influence is limited without resources and systemic support. Schools and government are seen as focused on other priorities. To unlock real change, decision-makers would need to engage and work alongside this community energy.
Financial Pressures and Employment Barriers	8	Financial pressures and employment barriers have a major impact on young people's mental health. Lack of financial stability creates stress and fatigue, while limited access to financial education, networks, and seed funding keeps many locked in cycles of poverty. High living costs, insecure work, and travel expenses add further strain. While some succeed after long struggles, others face severe setbacks, showing how deeply financial challenges shape opportunities and wellbeing.	6	Young people saw strong local support from community youth groups, banks, and the council, which were identified as champions with some decision-making power. However, systemic influence beyond the local level is unclear. Other stakeholders, including schools, sports clubs, local businesses, and the Mayor of London, hold some power but were perceived as focused on other priorities, resulting in limited energy for change at present.

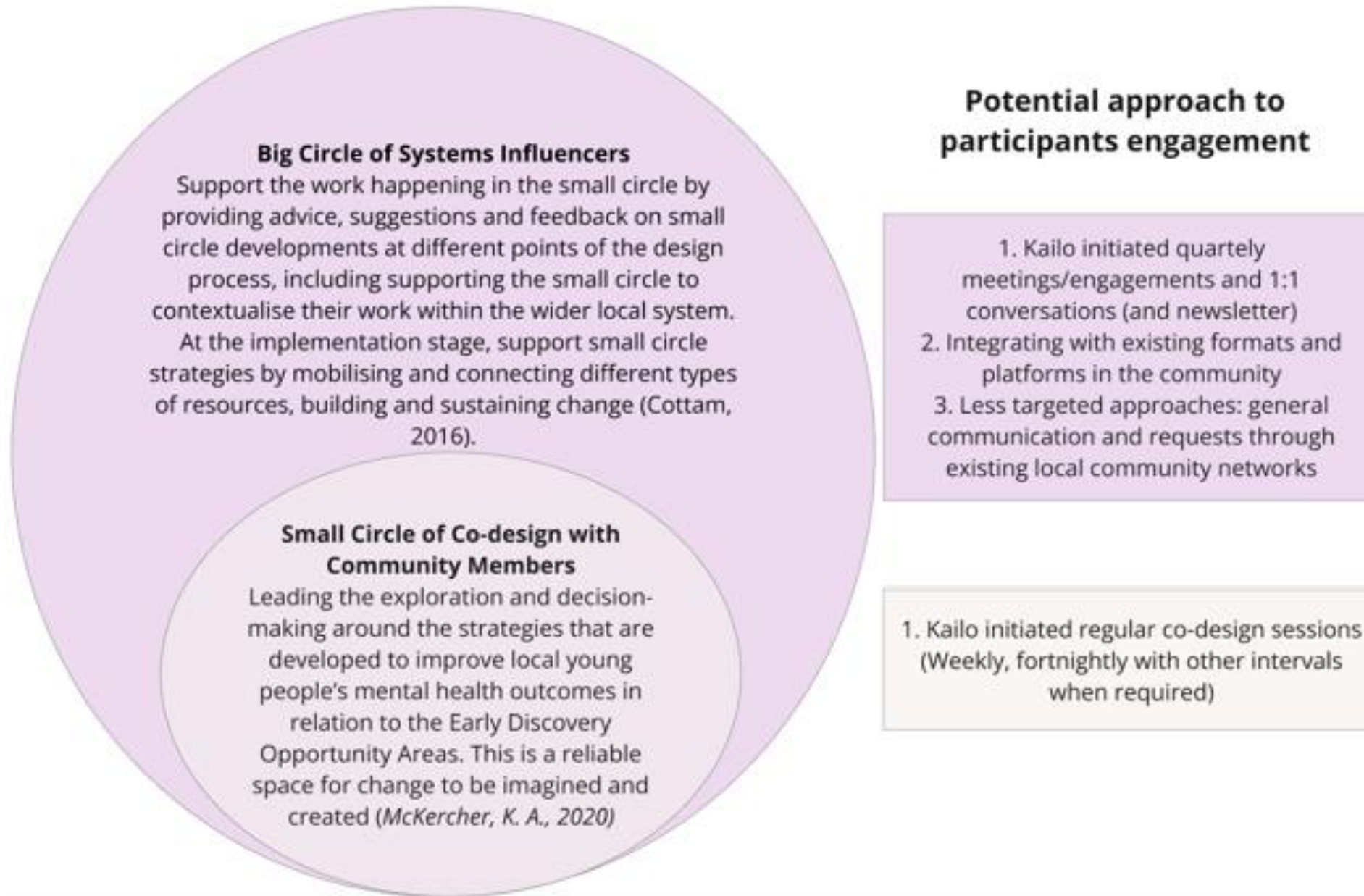
Opportunity Area	IMPACT		POWER & ENERGY	
Housing and the Built Environment	7.5	A safe and positive home is essential for security, connection, and resilience, yet many young people face poor housing conditions, overcrowding, and insecurity. High rents and living costs in Camden create financial strain, with risks of eviction and inadequate housing quality, including issues like mould. While some young people may not think about housing until later, these challenges can lead to stress, dissatisfaction, and even severe mental health impacts. Housing conditions have wide-ranging consequences for wellbeing and opportunity.	7	Communities show strong energy and willingness to act but lack the systemic power to make large-scale changes. Stakeholders need to listen and create more representative processes. Young people felt that while there is potential for change, it depends on government focus and prioritisation to unlock real impact.
Self-esteem, Resilience and Hope	7	Self-esteem and resilience are vital for wellbeing but can be fragile and easily undermined by stress, comparison with others, and lack of support. Positive relationships and having even one reliable person can make a big difference, while school pressures and social expectations often add strain. Building resilience requires shared responsibility and careful approaches—done well, it can transform lives, but if handled poorly, it risks harm. Low self-esteem affects confidence and opportunities, making this a significant challenge for young people.	5	Energy around self-esteem and resilience is uneven. Young people show enthusiasm and often support each other, but those with systemic power—such as government—are seen as least engaged. Overall energy is low, partly because people feel tired and overwhelmed, and because self-esteem isn't widely recognised as a mental health priority. Financial pressures also drain capacity to act.

Opportunity Area	IMPACT		POWER & ENERGY	
Safety	7	<p>Safety is a constant concern for young people and affects both mental and physical health. Feeling unsafe can lead to anxiety, hyper-vigilance, and even social withdrawal. Experiences range from fear of crime and busy, crowded environments to pressure from peers to take risks. While some support exists through parents, teachers, and community spaces, systemic responses often feel distant or distracted. Perceptions of safety vary, but the need for safe spaces and reliable support is universal.</p>	5	<p>Young people felt that while parents and teachers care and can offer support, their influence is mostly limited to the home or school environment. Leaders were seen as focused on other priorities, and some young people may feel reluctant to speak out or are more concerned with other issues. Overall, energy for systemic change in this area is low and fragmented.</p>

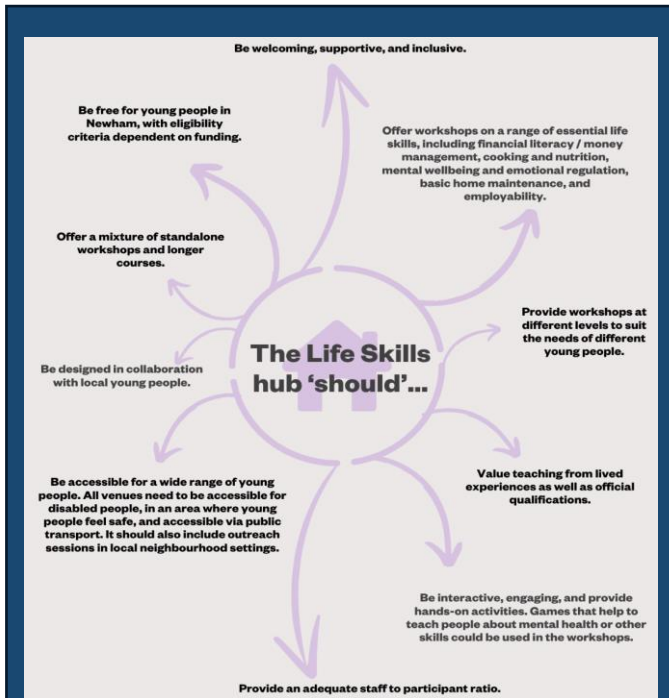
## Where do we go from here?

- There is overlap between sense of belonging, resilience and self-esteem, safety in particular
- We have to pick an area which:
  - Means a lot to young people
  - Has potential for a system change
  - Does not duplicate work already being done (it might link to it, or be something that's different)
- We need to complete the energy and power mapping from stakeholders within the system will complete this picture. Could we generate or unlock some more power and energy around the high impact areas?
- Young people will decide how to proceed in the next stage

# Kailo 'Circles' model for creating systemic change



# Kailo: co-designs



## Life skills for young people

PUBLISHED  
24.09.2024

AUTHOR  
Tanya Tew-Gunner

## Mental health and neurodiversity awareness

PUBLISHED  
26.06.2024

AUTHOR  
Katie Potter

Below are some of the key ways that the co-design group believe have the potential to positively work towards this vision. We have identified that it is necessary for this to be a whole-system approach and commitment, to effectively change young people's experiences and outcomes in this area:

- Flyers and posters
- Website and online support and signposting for young people
- Film/videos to inform and raise awareness
- School assemblies and classroom activities
- Training courses for professionals

## Increasing access to youth spaces

PUBLISHED  
08.10.2024

AUTHOR  
Amelia Ahmed

- 1 - Distance to activities
- 2 - Level of violence in the borough
- 3 - Financial support to attend
- 4 - Improving safety in the community
- 5 - Personal motivation to take part
- 6 - Interpersonal conflict
- 7 - Going to support centres
- 8 - Use of public transport
- 9 - Promotion of what's going on in the borough

## Career Support

PUBLISHED  
04.06.2024

AUTHOR  
Katie Potter

