



## Say YES, Wokingham's SEND youth forum meeting 9 July 2025

Thirteen young people joined us to talk to:

- Jo Dixon and Sally Furness from Wokingham Borough Council about coproduction (doing with not to) of services with young people
- Kim Jones and Sarah Burton from CAMHS.

Young people took part in 2 exercises with Jo and Sarah adding to the coproduction tree below and then had a discussion with Kim and Sara.



### Young People's Views

- + CAMHS nurses are nice and understanding, although it can take a while to see them.
- + Advice such as managing people calling you names is helpful.
- + Take our concerns seriously and offer support. A clinical psychologist said about one young person who went to A&E because she was feeling really low, that it was just behavioural. This was in front of the young person. No

support was offered; the young person was just put on a 2 year waiting list for a diagnosis and the school didn't help either. On another occasion, the young person waited 8 hours in A&E to just be told that CAMHS will contact them.

- ✚ Give support don't just say take a warm bath!
- ✚ Make sure support doesn't just stop because a young person becomes 17.
- ✚ It doesn't help when politicians say that things are going to be amazing but they lie.
- ✚ One young person was on the ADHD waiting list for 4 years and was diagnosed. They are now on another waiting list for an autism assessment. They have no support while waiting.
- ✚ Offer our parents support too – it is hard to see our parents upset.
- ✚ Another young person has been waiting for an ADHD assessment for years. There is support in school but that's it.
- ✚ Young people want the NHS to give guidance about where to go for support including Me2 Club.

CAMHS are planning a video to go on the Berkshire Healthcare Foundation Trust about what it is like to go to CAMHS. Young people thought this would be a good idea.

The NHS has funded the following service while young people are waiting for an assessment of autism or ADHD and when they are diagnosed.

[Introducing the Berkshire West Autism & ADHD Support Service - Autism Berkshire](#)

If possible, some young people would like to be seen somewhere they feel safe such as school or home.

Next session

Wednesday 1 October 6 – 7:20 pm with a pizza takeaway.

RB 10/07/25, ramona@me2club.org.uk