



**NCDUK2016**

**EDITORIAL**

**600 words (with refs)**

First initiated by the Save Childhood Movement in 2013, this year's National Children's Day UK (NCDUK2016) is all about the importance of adult wellbeing for child wellbeing, and everyone is being invited to get involved.

Over the last few decades a variety of factors have significantly impacted the happiness and work/life balance of parents and teachers. NCDUK2016 is being used to raise awareness about the issues, to highlight the statistics on adult happiness, wellbeing and mental health in the UK, and to champion the work of the key people and organisations working in the field.

There are currently **3.7 million** children living in poverty in the UK. That's over a quarter of all children. 1.7 million of these children are living in severe poverty. In the UK 63% of children living in poverty are in a family where someone works.

*Barnardo's, Jan 2016*

Children and adults from the lowest quintile (20 per cent) of household income are three times more likely to have common mental health problems (than those in the richest quintile) - *Centre for Social Justice Report, Feb 2011*

Early child poverty has been linked to brain changes related to depression in older children. "*Children from poorer families are more likely to experience changes in brain connectivity that put them at higher risk of depression, compared with children from more affluent families.*" *American Journal of Psychiatry, January 2016*  
<http://www.medicalnewstoday.com/articles/305208.php>

Workers in the UK currently work the longest hours in Europe, take the shortest lunch breaks and enjoy the fewest public holidays. Childcare is expensive and difficult to find, care for older people is of inconsistent quality and financial support during family-related leave is lower than in some other parts of Europe. *TUC, Jan 2016*

In England, women are more likely than men to have a common mental health problem and are almost twice as likely to be diagnosed with anxiety disorders. In 2013, 6,233 suicides were recorded in the UK for people aged 15 and older. Of these, 78% were male and 22% were female. 10% of mothers and 6% of fathers in the UK have mental health problems at any given time. *17.01.16 Mental Health Foundation* <https://www.mentalhealth.org.uk>

Teacher stress is at an all-time high: a 2015 survey of 3,500 members of the NASUWT teaching union revealed that two-thirds of the respondents had considered quitting the profession in the past year. Workload was the top concern, with 89%

citing this as a problem, followed by pay (45%), inspection (44%), curriculum reform (42%), and pupil behaviour (40%) In addition:

**83% had reported workplace stress**

**67% said their job has adversely impacted their mental or physical health**

**Almost half of the three thousand respondents reported they had seen a doctor because of work-related mental or physical health problems**

**5% had been hospitalised, and**

**2% said they had self-harmed.**

Almost three quarters (73%) of trainee and newly qualified teachers (NQTs) have considered leaving the profession, according to a 2015 survey by the Association of Teachers and Lecturers. Almost eight in 10 (79%) of the 889 students and NQTs surveyed by the union said they did not feel that they had a good work-life balance and the amount of work they were expected to do was the most common reason for disliking their jobs.

People can run any kind of mindful, heartfelt, big or small event that they want for the week up to and including the day. Happy parents, carers and teachers help to create happy, healthy kids!

**For more information, please contact**

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