



**PATIENT AND CARE RACE EQUALITY
FRAMEWORK (PCREF) 2025**

SUMMARY FOR 11-18



**Changing childhoods.
Changing lives.**

Making our Mental Health services better for children and young people from different backgrounds.

About Barnardo's

At Barnardo's, we're here to make a difference: helping children, young people, and families feel be safe, happy, healthy, and more hopeful about the future.

Everyone deserves to feel like they belong, but too many young people face situations that make life harder. Some deal with even bigger challenges because of inequalities and discrimination in society, which can affect their health and opportunities.

Children and young people tell us they want to achieve great things, and we believe in them – so they can believe in themselves.

As a charity, we know we can't do everything. We focus on making the biggest impact where it matters most. Our new three-year Barnardo's strategy (a big plan!) is all about tackling the real issues young people and families face, creating real change that makes life better.

Our Focus on Mental Health

A big focus for us is helping children and young people with their mental health and well-being.

Barnardo's has 84 places across England where we support young people with their mental health and well-being, helping those from all kinds of backgrounds get the support they need.

Ensuring equality and equity in our Mental Health services

In 2018, NHS England launched a new plan called the **Patient and Carer Race Equality Framework (PCREF)** to make mental health services fairer, especially for people from diverse ethnic, racial and cultural backgrounds.

The goal of PCREF is to help organisations fight racism and make sure **everyone** gets equal access to mental health support, no matter their background. It focuses on three key areas:

- 1. Leadership:** Making sure the right people are in charge to help reduce health differences between groups.
- 2. Data:** Gathering information to monitor and improve services based on people's ethnic backgrounds.
- 3. Feedback:** Setting up simple ways for patients and caregivers to share their opinions and use that feedback to make real changes and improvements.

Our Commitment to PCREF

Barnardo's is committed to overcoming ethnic and racial inequalities in mental health care. We want every young person to feel welcome and supported.

That's why we're working to provide excellent and inclusive services for everyone – particularly for children and young people from diverse ethnic, racial and cultural backgrounds.

What is Barnardo's Doing?

Barnardo's is working hard to become anti-racist and improve mental health services for all.

Here's what we've done so far:

- We've researched what other organisations are doing to improve fairness.
- We've set up strong leadership to oversee these changes.
- We've spoken to children, young people, and families to understand their needs.

What We Are Doing Well:

Barnardo's is already making progress.

For example:

- We have policies and training to tackle racism.
- Our team is diverse and includes people from different backgrounds.
- We collect and use data on ethnicity to improve services.
- We support children and young people to have their voices heard and be part of the decision-making process.

Areas to Improve and Develop:

While we've made good progress, we know there's still work to do.

We want to:

- Get children, young people, and families more involved in designing and delivering our services.
- Make sure our services are easy for everyone to access.
- Improve the way we collect and use data to make sure we're meeting the needs of everyone, including diverse ethnic, racial and cultural backgrounds.



Mae'r adroddiad hwn ar gael yn Gymraeg.
Cysylltwch â ni i gael fersiwn wedi'i chyfieithu:
ask.edi@barnardos.org.uk

ask.edi@barnardos.org.uk: حاتم ريرقت ال اذه
بلطل انعم ل صاوتل ى جري [يبرعل] غلل اب
مجرتم ةخسن

Niniejszy raport jest dostępny w [języku polskim].
Aby uzyskać przetłumaczoną wersję, należy
skontaktować się z nami pod adresem:
ask.edi@barnardos.org.uk

© Barnardo's, 2025 All rights reserved

No part of this report, including
images, may be reproduced or stored
on an authorised retrieval system, or
transmitted in any form or by any means,
without prior permission of the publisher.

barnardos.org.uk

Barnardo House, Tanners Lane, Barkingside,
Ilford, Essex IG6 1QG | Tel: 020 8550 8822

Barnardo's Registered Charity Nos.216250 and SC037605 25729dos25



**Changing childhoods.
Changing lives.**