Report of public engagement
(October 2008)

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1. About Oxfordshire PCT

Oxfordshire Primary Care Trust (PCT) is ambitious about improving the health and well-being of local people. The PCT was formed on 1st October 2006 and is responsible for investing approximately £760m of public money each year in services that will improve the health and well-being of around 630,000 local people.

Oxfordshire PCT is responsible for purchasing health services for the population, for managing the performance of healthcare providers such as hospitals, mental health services, GPs, other primary care contractors and voluntary organisations. It is responsible for improving local health services and for delivering faster and better access to health care for everybody. It is also a major provider of health services to the public, employing over 2,000 community health professionals across the county through its community services directorate – Community Health Oxfordshire.

Area covered by Oxfordshire PCT

Oxfordshire PCT serves a population of approximately 630,000 and covers the areas of Cherwell Vale District Council, Oxford City, South Oxfordshire, Vale of White Horse District Council and West Oxfordshire District Council.
2. Executive summary

2.1 Background

The World Health Organisation (WHO) defines mental health as:

“A state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.”

The Director of Public Health’s Annual Report II (2008) made mental well-being a priority for Oxfordshire. It requested a programme of work be developed to improve the mental well-being of Oxfordshire’s residents.

2.2 Purpose of engagement

Oxfordshire Primary Care Trust, Oxfordshire County Council and partners are developing a programme of work to improve mental well-being. Understanding what influences well-being and what local people feel is needed to help improve their mental well-being is vital to this.

2.3 Process

A mental well-being promotion strategy group was developed from public sector organisations from across the county. A questionnaire was developed and distributed to members of the public, and an event was held to gather the views of key stakeholders. This document reports results from the questionnaire. Results from the event are reported separately.

2.4 Findings

Demographics

There was a good age and geographic spread of responses. However more women than men responded, few responses were from children and young people, and the ethnic mix of respondents did not represent the ethnic mix of Oxfordshire.

Factors respondents felt positively influence other people’s mental well-being

57% of all responses were given to five options:
1. Having a stable home environment
2. Having friends and family who you enjoy spending time with
3. Being free from long-term illness
4. Living in a neighbourhood that you like
5. Having paid or unpaid occupation/employment

Things people felt would most improve their own mental well-being

A number of themes were identified. 64% of all responses included four themes
1. Employment/occupation
2. Support and support networks
3. Good health
4. Financial stability

Factors people felt negatively influence other people’s mental well-being
63% of all the responses to question three were given to four options:
1. Long-term illness
2. Fear or worries (e.g. of old age or about money)
3. Being isolated
4. Unemployment

Things people felt would most improve their own mental well-being
56% of responses to question four were about three themes
1. Social issues (includes being isolated)
2. Health (includes long term conditions)
3. Work issues (includes unemployment)

2.5 Conclusion

Limitations
The survey included open and closed questions. The closed questions asked respondents about other people’s mental well-being. The open questions asked respondents about their own mental well-being. As a result these questions could not be compared.

The types of responses were influenced by the methods of survey distribution.
3. Background

3.1 The wider context

Defining mental health and well-being

The World Health Organisation (WHO) defines mental health and well-being as:

“A state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.”

This positive definition is deeply rooted in all aspects of society and has implications for family life, the economy and the aspirations of our people, as well as having implications for health and social services.

Why is mental well-being important?

Good mental health and mental well-being underpin and interact with the wider physical and social aspects of health and well-being. For example:

Mental health problems are common and have a significant impact:
- One in six of the adult population experiences mental ill health at any one time - causing an estimated 23% burden of overall disease. This is predicted to increase.
- Half of all women and a quarter of men will be affected by depression at some time in their life and 15% experience a disabling depression.

Interaction between mental, physical and social health and well-being:
- Poor mental health significantly increases the risk of poor physical health and premature death.
- Risks of heart disease estimated to be twice as high for people with depression or mental illness and 1.5 times for those who are generally unhappy.

Social exclusion and inequality:
- Stigma and shame are barriers to engagement and employment of people with mental illness, negative media images contribute to this discrimination.
- Isolation is common and 84% of people with mental health problems felt isolated compared to 29% of the general public; whilst 40% of people with serious mental health problems had no social contacts outside mental health services.

Impact on health services:
- Nearly one third of those going to GP’s have mental health problems and mental health problems occupy one third of GP time.

Personal, social and economic cost:
- The wider cost of mental health problems are estimated to cost the country £77 billion a year, mainly due to people with stress related and mental health
problems being unable to work. This compares with Treasury spending on the NHS as a whole of £76 billion in 2005-6.

- Work stress is responsible for 30% of staff sickness in the NHS, costing the service over £300m each year

3.2 The local context

The Public Health Strategy for Oxfordshire 2007-2012 outlines a range of actions to be implemented in order to fulfil the strategic aims:

- To improve overall life expectancy in all parts of Oxfordshire by 1 year by 2012,
- To tackle health inequalities and so reduce the gap in all-age, all-cause mortality rates by 10% by 2012 between the top 20% and the bottom 20%,
- To “add life to years” by improving health and well-being as measured by a range of specific indicators.

The strategy addressed four main issues:
  1. An ageing population – the “demographic time bomb”
  2. Breaking the cycle of deprivation of children and families
  3. Preventing obesity: a major cause of chronic disease
  4. Fighting infectious diseases

The Primary Care Trust Strategy 2008-2013 is being refreshed and will take into account the Director of Public Health for Oxfordshire, Annual Report II. This has identified mental health and in particular mental well-being, as priority areas for action. It sets out targets to:

- Develop a basket of mental health and mental well-being outcome measures
- Produce a mental well-being programme as part of the commissioning programme for mental health

Oxfordshire is currently developing a joint commissioning strategy for mental health and mental well-being will form part of this.

Oxfordshire Mental Health Strategy 2007-2012 will be used to take forward the recommendation from the Director of Public Health’s Annual Report II. This envisages that by 2012 the full range of organisations and agencies involved in mental health in Oxfordshire will be working together to deliver high quality, good value, sustainable services which meet the needs of service users and their carers. They will do this by improving:

- Access to services
- Choice and flexibility of treatment and care
- Partnership working
- Social inclusion of service users
- Support for carers
- Quality of services

Mental well-being is a key element to the strategy. It is relevant to a number of the strategy’s objectives, but particularly objective 9: invest in mental health promotion work that is designed to prevent mental illness, and to reduce the stigma attached to being mentally unwell.
4. Why are we doing this?

4.1 Public Health – everyone’s business

Good health and well-being are not created in a vacuum. Good health is closely related to a wide range of factors such as employment, quality of neighbourhoods, a feeling of purposefulness and having a part to play in society. These factors are linked to environmental issues such as housing and transport. For these reasons the approach taken by Oxfordshire PCT and Council to mental well-being is wide-ranging and not confined to traditional areas such as health services and social care.

A wide range of work across the county contributes to good mental health including:

- Breaking the cycle of deprivation
- Promoting community safety
- Tackling drugs and alcohol
- Promoting good diet and physical fitness
- Healthy Schools Programme
- Work to improve health in older people

4.2 Why are we doing this consultation?

A programme of work to improve mental well-being in Oxfordshire is being developed. This called a mental well-being promotion strategy. As part of this work we needed to understand what local people feel influences the mental well-being of people in Oxfordshire and their own mental well-being.
5. Engagement process

5.1 Mental Well-Being Promotion Strategy Group

A project group was formed to guide the development of the strategy. This consisting of staff from the PCT, OBMH, OCC, Mind Restore and, people who use mental health services. (Appendix 5)

5.2 Mental Well-Being questionnaire

A questionnaire (Appendix 3) was designed to ask respondents what they thought were the most negative and positive influences on the mental well-being of people in Oxfordshire. They were also asked to comment on their personal mental well-being by identifying one thing that has a negative impact and one thing which might improve their sense of well-being.

The PCT and partners distributed the questionnaire and a publicity poster (Appendix 2) across Oxfordshire via a number of different networks and routes (Appendix 5). Questionnaires were also sent to anyone who called the PCT to request a hard copy and were distributed at a range of events including a series of road shows which took place during October. An online version was placed on the Oxfordshire PCT website. The county, district and city councils also posted the consultation on their websites and intranets.

An advertisement was placed in Round and About a local magazine which is delivered to over 80,000 homes south Oxfordshire.

Two radio interviews took place during the consultation.

5.3 Mental Well-Being event

An event was held in October 2008 to involve key stakeholders in developing the mental well-being promotion strategy. This event is reported separately in the Report of the Mental Well-Being Promotion Stakeholder Workshop October 2008.
6. Engagement Findings

In total, 707 surveys were returned. Of that total, the majority were completed online and the remainder received by post or by hand at a variety of public events.

Respondents were asked a range of questions about mental well-being. Demographic details were collected to help us to understand the range of respondents.

6.1 Demographic information

6.1.1 Age

Respondents came from a good age spread including a significant proportion of working age. Those of working age can be difficult to contact or to get responses from. The extensive use of email to circulate information seems to have had a significant impact on the age range of respondents. There was no focus on engaging with children and young people. This was due to limited time and resources. However there were some responses from people we know to have been of school age and these cannot be identified separately by the data collection.

Ages of respondents
6.1.2 Ethnicity
The ethnic mix of respondents does not reflect the mix in Oxfordshire. We are aware from previous consultations that a better response can be obtained direct contact with BME groups and by providing support to complete forms. On this occasion it was not possible to arrange this. The slightly higher response from Chinese respondents is an indicator of some direct engagement with the Chinese community.

Ethnic origin of respondents

6.1.3 Gender
Significantly more women than men responded to this survey. A large proportion worked for either the NHS, County or District Councils. This may explain the gender imbalance in responses, as the public sector has a high number of female workers.

Gender of respondents
6.1.4 Location

Responses came from all five District Council areas as shown on the map

Figure 1: Percentage of responses by District Council

Please note:
Location not given in 1% of responses
1% of responses came from outside county

Detailed results of the survey responses are attached at Appendix
6.2 Questionnaire responses

6.2.1 Questions about positive influences on mental well being

Q12 Which of these factors do you think have the most positive influence on the mental well-being of people like you living in Oxfordshire?

Table 1 - percentages

<table>
<thead>
<tr>
<th>Factor</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Having qualifications which make it easier for you to get a job</td>
<td></td>
</tr>
<tr>
<td>Being actively involved in religion or a religious group</td>
<td></td>
</tr>
<tr>
<td>Being involved in community activities</td>
<td></td>
</tr>
<tr>
<td>Having the opportunity to learn new skills and gain new knowledge</td>
<td></td>
</tr>
<tr>
<td>Having neighbours you are 'on good terms' with</td>
<td></td>
</tr>
<tr>
<td>Being able to spend some time in a park or other green space</td>
<td></td>
</tr>
<tr>
<td>Feeling safe from crime</td>
<td></td>
</tr>
<tr>
<td>Being physically active</td>
<td></td>
</tr>
<tr>
<td>Having people around who can support you when needed</td>
<td></td>
</tr>
<tr>
<td>Having paid or unpaid occupation/employment</td>
<td></td>
</tr>
<tr>
<td>Living in a neighbourhood that you like</td>
<td></td>
</tr>
<tr>
<td>Being free from long-term illness</td>
<td></td>
</tr>
<tr>
<td>Having friends and family who you enjoy spending time with</td>
<td></td>
</tr>
<tr>
<td>Having a stable home environment</td>
<td></td>
</tr>
</tbody>
</table>

Q13 What one thing do you think could most improve your personal feeling/sense of mental well-being?

Table 2 - percentages

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment/Occupation</td>
<td></td>
</tr>
<tr>
<td>Support &amp; support networks</td>
<td></td>
</tr>
<tr>
<td>Good health</td>
<td></td>
</tr>
<tr>
<td>Improved transport</td>
<td></td>
</tr>
<tr>
<td>Reduced stress/worries</td>
<td></td>
</tr>
<tr>
<td>Housing</td>
<td></td>
</tr>
<tr>
<td>Feeling safe</td>
<td></td>
</tr>
<tr>
<td>Stable family/home life</td>
<td></td>
</tr>
<tr>
<td>Community &amp; environment</td>
<td></td>
</tr>
<tr>
<td>Self</td>
<td></td>
</tr>
<tr>
<td>Financial stability</td>
<td></td>
</tr>
<tr>
<td>Improved NHS &amp; OCC services</td>
<td></td>
</tr>
<tr>
<td>Improved transport</td>
<td></td>
</tr>
<tr>
<td>Improved transport</td>
<td></td>
</tr>
</tbody>
</table>
Q12 Which of these factors do you think have the most positive influence on the mental well-being of people like you living in Oxfordshire?

Overall results
In practice some respondents chose more than three options and others elected not to respond at all. The three most significant responses when respondents were given a limited and specific choice were:

1. Having a stable home environment
2. Having friends and family who you enjoy spending time with
3. Being free from long-term illness

However, being free from long term illness ranked only marginally higher than:

4. Living in a neighbourhood that you like
5. Having paid or unpaid occupation/employment

The analysed comments show a wide range of points of view. Some made more than one comment and all these comments were captured in the analysis. There were a small number of comments which could not be categorised. These are not recorded here.

57% of all the responses to Q1 were given to these first five options.

Additional comments
Respondents were invited to make comments and 78 people included additional comments. Whilst most of these comments were wide ranging, a strong theme did appear, which is discussed below:

A number of respondents commented on the difficulty of not only defining factors that contribute to mental well-being, but also being able to limit their choice to just three.

“Many factors influence this”

“There are lots of factors that have a positive influence and found it hard to stick to 3”

“All of the above have a positive influence on me”

Mental well-being depends on a wide variety of factors, many of which are interlinked and interrelated. Respondents were clear that taking a broad brush approach to mental well-being is not helpful as the needs, wishes and desires of them as individuals can differ significantly making it hard to address and provide positive solutions for all.
“Again not easy to choose three most influential factors as all have a positive effect - different factors can influence at different times of life”

“This is not black and white - it involves shades of grey.”

**Q13 What one thing do you think could most improve your personal feeling/sense of mental well-being?**

- **Overall results**
  64% of responses to Q2 referred to just four areas of response
  1. Employment/Occupation
  2. Support and support networks
  3. Good health
  4. Financial stability

31% of responses (5 categories) presented new ideas not suggested by Q1. This suggests that given a wider choice a third of all respondents may have made different responses to Q1 if these alternatives had been offered.

By contrast 55 people included being actively involved in a religion or religious group as important for others but only two people said that religion plays the defining role in their well-being. A review of the responses illustrates that many of the responses were personal and heartfelt.

Many respondents linked several factors or positive influences together. For example the following statements link the options in question 1 “Having friends and family who you enjoy spending time with” and “Having people around who can support you when needed”

“Support from a loving and caring family”

“Having support from friends/community”

There were a small number of comments that could not be categorised. These are not recorded here.

- **Employment/Occupation**
  19% of comments mentioned employment or occupation. When respondents were given an opportunity to say more about their views a number of distinct sub themes emerged. For some people actually having employment would improve their life.

“Being employed”

“Get a job that I can be proud of.”

For others keeping their job was at the forefront of their mind.
“Job Security”

“Secure employment”

The wish for improvement of specific issues or problems in the workplace therefore reducing stress at work was also mentioned.

“Less stress at work”

An improved work/life balance was the overriding theme in this area. Just over half (57) of respondents mentioning employment said that either improving this aspect of their life or generally having more free time would make a huge difference.

“better work/life balance”

“Shorter working hours”

“Having a healthy work life balance”

“more time with my family, less time at work”

- Support Networks

16% mentioned the importance of support networks. A wide-range nature of support and support networks were mentioned. In the analysis of the statements made it is clear that people value and need both personal and professional support.

Having supportive friends and family around you is overwhelmingly cited as the crucial factor in maintaining and improving mental well-being.

“Lots of support from friends/family”

“Supportive Family and Friends”

“Friends are everything”

Those comments on the professional aspect of support focus far more on the need for services to be available.

“Having people who support you. A good doctor and people to help you like a psychologist or psychiatrist.”

“Opportunity to talk to someone professional about problems”
Within this aspect, a number of people list therapy and counselling services as an area they would like to see improve, especially in terms of cost and access.

“Speedier and cheaper access to support networks eg. Counsellors”

“Access to free counselling service”

- **Good health**

  15% mentioned good health. Good or better health was seen by many respondents as essential to their well-being. Getting more exercise and physical activity, losing weight and getting more sleep were most cited as ways of achieving and maintain good health. Specific mentions were made of the need for more opportunities and facilities for physical activities that were cheaper and easier to access than at present. A few people explained the types of activity they would like to take part in, which included Yoga, Pilates and Meditation groups.

  “Good physical health is paramount in maintaining mental well-being.”

  Being free from illness, pain or addiction was mentioned by 12 people. Within this two people said that an improvement in their physical mobility would improve their lives.

  “Being able to walk”

- **Financial stability**

  Being more financially secure and/or stable was clearly a major factor for a large number of respondents. 12% identified this as important to them.

  “Economic security”

  “Financial security and stability”

  Beyond these more general comments, others ranged from the need for more money in general (some respondents specifically mentioned this in the context of how a good income or an increase in salary would help) to how a more affordable cost of living (including having the ability to pay basic food and electricity bills) would make a positive difference.

  “Winning the lottery”

  “More money”

  “A pay rise”
• Self
These comments made by respondents were describing how well-being could be improved by being or feeling appreciated, valued and respected. Having greater control in life was also stated as a factor. 9% of respondents provided a response identified in this way.

  “Being told I’m appreciated”

  “Knowing that I am valued for what I am”

  “Being in control of my life”

People also mentioned that having a sense or purpose in life (some of which included more personal achievements) would help them.

  “Sense of personal achievement”

Happiness and love have also been included in this category where they are mentioned without any connecting relationships such as family.

• Community and environment
8% responded under this broad headline which links several of the response options in question one.

  ➢ Living in a neighbourhood that you like
  ➢ Being involved in community activities
  ➢ Being able to spend some time in a park or other green space

Living in a strong, positive and harmonious community was seen by a number of respondents as key to a positive sense of their individual well-being.

  “Living in a cohesive, active and dynamic community”

Most comments centred on the need for a better sense of community and community spirit.

  “A real sense of community spirit”

  “Stronger sense of belonging to a local community”

It was considered fundamental to have more community activities and events to ensure this.

  “More community activity”

  “Having more live good music (gigs) in the town!”
“More local activities - more sense of a community that people can feel part of“

The environment was listed as a factor in two different respects. Comments were made on the need for more green space within the local community and that being able to spend time outside in a park (or similar) contributes towards a greater sense of community and community spirit which in turn impacts on a personal sense of well-being.

“More open spaces to walk in”

“Good open well maintained accessible green spaces“

“Small things like the fabulous floral and bedding plants in towns/villages can lift spirits on the way to work/travel, e.g. Banbury this summer looked great.”

11 comments were made that an improvement in the weather, in particular more sunshine, would have the most positive effect on their well-being.

“Good weather”

“More sunshine”

- Stable family/home life

33 people felt that an improvement in their family or home life would make a considerable and positive difference to their mental well-being. Comments focussed in particular on how a secure and stable family and/or home life would be the defining factor. Knowing that loved ones were safe was also mentioned. It is interesting to note that although family life was identified as the most significant factor for the well-being of others in Q1 (identified by 342 respondents) it rated only at seventh place for personal well-being (identified by just 33 respondents).

“Stable family life”

“Having a happy home”

- Feeling safe

In eighth place (3% of responses) an improvement in personal safety in general and reduced crime and anti-social behaviour was stated as a factor by 23 people.

“Personal safety in the environment”

“To feel safer walking the streets walking the streets at night”

“Lower crime”
• **Housing**
  Having or being able to afford a property was mentioned by only 21 people. These respondents clearly identified the importance of having their own home and more affordable housing.

  “Having my own home”

  “Moving to a bigger house”

  “Having somewhere cheaper to live”

• **Improved NHS & OCC services**
  11 specific comments were made on how improved services would contribute to people's mental well-being. Most comments were on the need for improved NHS services including mental health services and getting hospital appointments more quickly. Easier and better access to services across the county in general was also mentioned.

  “Better sign posting to services for people (health, social care, council services)”

• **Improved transport**
  A handful (6) of comments identified that a more efficient and cheaper public transport system and less traffic and congestion would improve their lives.
6.2.2 Questions about negative influences on mental well being

Q11. Which of these factors do you think have the most negative influence on the mental well-being of people like you living in Oxfordshire? (please tick up to three that you think are most significant)

<table>
<thead>
<tr>
<th>Factor</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being dependent on others for your daily needs</td>
<td>18%</td>
</tr>
<tr>
<td>Crime and disorder</td>
<td>16%</td>
</tr>
<tr>
<td>Poor quality environment</td>
<td>12%</td>
</tr>
<tr>
<td>Anti-social behaviour</td>
<td>10%</td>
</tr>
<tr>
<td>Addictive behaviour (e.g. drugs, gambling, alcohol)</td>
<td>14%</td>
</tr>
<tr>
<td>Unemployment</td>
<td>12%</td>
</tr>
<tr>
<td>Being isolated</td>
<td>16%</td>
</tr>
<tr>
<td>Fear or worries (e.g. of old age or about money)</td>
<td>18%</td>
</tr>
<tr>
<td>Long-term illness</td>
<td>14%</td>
</tr>
</tbody>
</table>

Q14. What one thing do you think could most negatively impact your personal feeling/sense of mental well-being?

<table>
<thead>
<tr>
<th>Factor</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing (new issue)</td>
<td>2%</td>
</tr>
<tr>
<td>Poor quality environment</td>
<td>5%</td>
</tr>
<tr>
<td>Family (new issue)</td>
<td>10%</td>
</tr>
<tr>
<td>Stress or worries (new issue)</td>
<td>20%</td>
</tr>
<tr>
<td>Bereavement (new issue)</td>
<td>15%</td>
</tr>
<tr>
<td>Financial issues (new issue)</td>
<td>10%</td>
</tr>
<tr>
<td>Crime (includes anti-social behaviour)</td>
<td>12%</td>
</tr>
<tr>
<td>Work issues (includes unemployment)</td>
<td>15%</td>
</tr>
<tr>
<td>Health (includes long term conditions)</td>
<td>18%</td>
</tr>
<tr>
<td>Social issues (includes being isolated)</td>
<td>20%</td>
</tr>
</tbody>
</table>
Q11. Which of these factors do you think have the most negative influence on the mental well-being of people like you living in Oxfordshire? (please tick up to three that you think are most significant)

Overall results
In practice some respondents chose more than three options and others elected not to respond at all. The three most significant responses when respondents were given a limited and specific choice were:

1. Long-term illness
2. Fear or worries (e.g. old age or about money)
3. Being isolated

However being isolated ranked at almost the same level as:

4. Unemployment

63% of all the responses to Q3 were given to these four options.

Other comments
110 people made an additional comment on the selection of three negative factors. These comments were very wide ranging and there are no strong themes emerging.

Some interesting comments are captured below:

“I feel that if we address these key items then the others (that I have not ticked) will probably be reduced as a spin off effect”

“Stress at work does not help. People should be given a reasonable workload. Too many cases of vacant posts not being filled. A work life balance can do wonders for people’s mental health”

“I believe anti-social behaviour includes crime, disorder and the worst consequences of addictive behaviour. They can also have a very strong effect on the quality of the environment such as litter, loud noises etc.”

“Factors change in importance with age, state of health, and living conditions. Twenty years ago, my priorities would have been different!”

“Having son who is mentally ill we are very aware of the negative impacts anxiety has. Anxiety can result from a whole range of situations that most people find absolutely normal. Unfortunately, normal makes the rules.”

“I would put bereavement top, but you do not even mention it.”
“Three is not enough as all these factors have an influence on people’s mental well health and well being at different times.”

**Q14. What one thing do you think could most negatively impact your personal feeling/sense of mental well-being?**

- **Overall results**
  When responding to Q4 56% included just three areas
  4. Social issues (includes being isolated)
  5. Health (includes long term conditions)
  6. Work issues (includes unemployment)

  However 25% of responses presented new ideas where there had been no previous option to choose. This suggests that given a wider choice a quarter of all respondents may not have made all the same responses.

- **Social issues (includes being isolated)**
  21% referred to social issues in their responses. Of these 42% specifically mentioned or implied that isolation was a fear.

  “Being isolated from friends/family/partner”

  “Having no one to talk to about my worries.”

  Other responses were varied. There were several mentions of fear of loss of independence. A few people mentioned their concerns about not being able to perform the kind of social support role that they wanted to.

  “Loss of my driving license. There is no public transport of any kind from where I live and not even an MP can seem to get anything done to remedy this. When I or neighbours can no longer drive, will have to sell, move out - pretty heartbreaking prospects.”

  “I help neighbours in my street and sometimes they all seem to want something at the same time and I feel pulled in every direction. Not always enough hours in the day.”

- **Health**
  18% mentioned health as a negative factor for themselves. Individual comments made were much more general than the specific fear of long term illness which was mentioned by a few. The range of comments included 14 mentions of fear of illness in close family relations.

  “Serious illness of one of family”
“Illness in anyone I love”

There were also general concerns about the NHS and several mentions of long term conditions.

“Being even more impaired than I already am.”

“Unable to get help when needed. Too long to wait.”

In most cases the concern was a generic fear of illness without mention of long term illness.

“Serious illness of one of family”

“Suffering a serious illness”

• Work

16% mentioned work related issues including unemployment. Of those classified under this description 55 or 59% specifically mentioned unemployment or loss of a job and many mentioned the wider impact of the job loss.

“Losing my job would put my home at risk, increase my debts and money worries”

The other responses were all to do with issues or concerns about work many of which appeared to be live problems rather than the potential concerns/fears noted elsewhere.

“Workload greater than the hours I work”

“Being overstretched and overstressed at work”

• Crime (includes anti-social behaviour)

9.3% identified crime or anti-social behaviour or a mix of both as their concern or fear.

“Crime and mindless vandalism.”

This included several mentions of the fear of being a victim or feeling unsafe.

“Being a victim of crime or anti-social behaviour”

“Feeling threatened”
There were also comments about poor crime prevention or the need to introduce additional crime prevention measures in their own homes.

“Lack of meaningful crime prevention”

**Financial issues**
53 respondents (9%) mentioned worries about money and this fear was often linked to fear of unemployment and the general financial climate.

“Not being able to manage on money coming in”

“Work pressure/added stress linked to current financial climate.”

**Bereavement**
8% said that bereavement would have a negative impact on their mental well-being. It was also suggested that this should have been offered as a choice in the question about negative impact on well-being.

“Death of a close friend/family”

“Losing my partner”

“A member of my close family dying suddenly - this happened to my dad 12 months ago”

**Stress or worries**
This refers to generic fears and worries. Many were specific about their worries and these have been identified elsewhere such as issues with health, family or employment/unemployment.

“Loss of hope for the future”

“Lack of opportunity to find a way forward”

**Family issues**
33 or 5.6% mentioned a specific concern with family or family issues.

“Unstable home environment”

“Having an unhappy home”

“Family breakdown”
• Poor Quality Environment
23 indicated that a poor quality environment would have a significant impact on their mental well-being. These comments were mainly about manifestations of behaviour.

“Poor quality environment - i.e. graffiti, boarded up shops, bubblegum and rubbish in streets, lack of safe 'green' areas and kids 'hanging' around”

But others mention other impacts arising from this or changes to environment.

“The 'Eco Town' Weston Otmoor being built next door to my home.”

“Seeing more street lighting, security gates/fences and second homes”

• Housing
Some of the 14 comments were about fear of losing homes often linked to loss of job or income but others referred to private renting and the problems arising from this.

“Losing my home”

“Inability to find long term affordable housing (private renting is very depressing and demoralising)”

Additional comments
Respondents were invited to make additional comments. 100 people included additional comments and some of them were very detailed, including comments on the nature of the survey and approaches. However there were no strong identifiable themes. These taken into account in the development of the strategy. A selection of comments is included below.

“Being in an environment where everyone is happy and positive (stable family life) makes others around you feel happier. I think that teaching people to be positive about everything as much as possible is the single most important thing for mental well being. If your cup is half full you are happy if your cup is half empty you are not. Material things have no bearing on this, and everything else around you follows on.”

“I think friends, family, having a home and having somewhere to go to make a contribution and make you feel worthwhile -whether it’s paid or unpaid work, education, training or a social club - are very important factors.”
“three days each week of voluntary work gives stimulation to my retirement and that is essential to my health and well-being.”

“I do think access to nature and ability to be physically active are important. Also sense of community. Many people are isolated. I hope to read about this in the local press. Its good to consult the public, but make sure you take account of how much we really know!”

“Counselling services should be available on a drop-in basis at GP surgeries. This would give patients the opportunity to talk about problems before they get out of hand.”

“Well being should be focussed on when we are "well" and not something we address when it is already lost. Assuming it will just happen or that people automatically know what to do to maintain well being is foolish - we all need to constantly be mindful and practice maintaining well being. People who have less skills due to illness, poor lifestyle or fewer opportunities also need more support.”

“Mental health is such a hard topic to discuss - any improvement in raising awareness of simple things that people can do to help them feel better would be great. It would help if ‘public’ figures spoke about how it affects them to reduce the stigma.”

“I find time with other people most beneficial to my mental well being, but I find I never have enough time because of hours spent at work. By comparison with others I don’t do long hours, but I think time at work has a huge, negative impact on mental health and social relationships.”

7. Limitations

7.1 Question design: closed and open questions

The questionnaire asked both closed questions and closed questions

Closed: e.g. “Which of these factors do you think have the most positive influence on the mental well-being of people like you living in Oxfordshire?” (Please tick up to three that you think are the most significant)

Open: e.g. “What one thing do you think could most improve your personal feeling/sense of mental well-being?”
In the closed questions respondents were limited in the options they could tick. The options chosen were based on national research which identifies influences on mental well-being. These questions were chosen to ensure collection of quantitative data. Quantitative data allows a ranking of influences on mental well-being and enables priorities for action to be identified.

In the open questions respondents could freely discuss what they felt influenced their own mental well-being. These questions were chosen to gather rich qualitative data. They provide a truer representation of respondents’ feelings which support the quantitative data.

As the closed and open questions provide different types of data the results were not compared.

7.2 Question design: influences on own and others’ mental well-being

The closed questions asked people what they thought influenced other people’s mental well-being e.g.: “Which of these factors do you think have the most positive influence on the mental well-being of people like you living in Oxfordshire?

The open questions asked people to tell us what influenced their own mental well-being e.g.: “What one thing do you think could most improve your personal feeling/sense of mental well-being?”

Results from these have not been compared. However there is evidence in the responses that some people misunderstood the instructions. Furthermore there were several who commented that they felt that choices were not available to them in the questions asking about people like you which they would have preferred to be available to them (bereavement was identified specifically as missing from the people like you questions). Furthermore limiting the choices of questions about people like you was felt to be unhelpful by a number of respondents who essentially said that all the options would apply to people in Oxfordshire.

7.3 Survey distribution

The survey was distributed via a number of different routes. However as there was no direct engagement with children and young people, or BME communities the number of respondents from these groups is low. In addition the high proportion of female respondents and those of working age may be the result of publicity via the PCT and OCC websites and email. A high number of women between the ages of 35 and 64 work for the PCT and County Council.
8. Next steps

Improving the mental well-being of people living in Oxfordshire is a challenge. This survey has been vital in helping the PCT and partners to understand what local people say influences their own and other people’s mental well-being.

The results from this survey will be included in the mental well-being needs assessment. This looks at what local people think, what professionals think, what the evidence says is best practice, what work already takes place in Oxfordshire, and what the gaps in this work are. It makes recommendations which will inform the strategy.

The mental well-being promotion strategy will identify what work needs to take place to improve mental well-being in Oxfordshire. An action plan will show who is to do what work by when.

Once the strategy has been developed the areas where the consultation impacted on the strategy will be identified. This information will be collated and fed back to those who requested information. A report on this will be placed on the PCT website.
9. Thanks

All those who responded so thoughtfully to the survey, particularly the people of Oxfordshire who answered with such consideration and careful thought.

For the impact of the survey distribution which they supported and distributed:-
Oxfordshire County Council
All the District Councils
Parish and Town Councils
Kraft Industries
Cottesway Housing Association
OCVA
Local schools
PCT staff
OCC staff
10. Supporting information

Definitions

Stakeholders
- A person or group with a direct interest, involvement, or investment in something.
- Stakeholders are individuals or organisations that have a direct interest in a service being provided.

Glossary

<table>
<thead>
<tr>
<th>Acronym</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>NHS</td>
<td>National Health Service</td>
</tr>
<tr>
<td>OCC</td>
<td>Oxfordshire County Council</td>
</tr>
<tr>
<td>PCT</td>
<td>Primary Care Trust</td>
</tr>
</tbody>
</table>

References

2. Primary Care Trust Strategy 2008- 2013

Please note: The references above can be accessed online via the Oxfordshire PCT website [http://www.oxfordshirepct.nhs.uk/](http://www.oxfordshirepct.nhs.uk/) or hard copies can be requested by contacting:-

Team Administrator
Communications & PPI Dept
Freepost RRRK-BZBT-ASXU
2nd Floor Jubilee House
5510 John Smith Drive
Oxford Business Park South
OXFORD
OX4 2LH

If you would like more information, please call 01865 336790
11. Appendices

Appendix 1: Mental Well-Being Promotion Strategy Group

1. Alison Burton, OPCT
2. Jonathon Horbury, OBMHT
3. Fenella Trevillion, OPCT
4. Chris Morgan, CSIP
5. Chris Morris, OPCT
6. Becky Hitch, OPCT
7. Sue Batty, Service User
8. Jenny Tricker, OCC
9. Paul Purnell, OCC
10. Patrick Taylor, MIND
11. Judy McCulloch, OPCT
12. Sue Trinder, OPCT
13. Neelam Rizwani, OPCT
14. Craig Allen, OPCT
15. Benedict Leigh, Restore
Appendix 2: Mental Well-Being Survey

What makes you feel GOOD?

How could we make things better?
We want to understand what makes local people feel mentally well. We are trying to find out about what makes people satisfied about their lives and what makes them feel optimistic and good about themselves.

We want to use this information to help develop a mental well-being programme which has a positive effect for people living in Oxfordshire.

You can help us by filling in this survey and sending it back to us by Friday 24 October 2008, or by completing it online. See overleaf for contact and website details.

All your answers will be treated in the strictest confidence.

Thank you for your help.

What is mental well-being?
The World Health Organisation defines mental well-being as

“A state in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

About you

Please tick the appropriate box:

1. Are you:

Providing your own response □
Giving your response on behalf of an organisation □
(if so, please go to Question 8)

Personal details

This will help us to check that we have received personal responses from a representative group of people.

2. How old are you:

Under 25 □
26-34 □
35-44 □
3. Are you:

- Male
- Female
- Prefer not to say

4. Please can you give your full postcode below. This will be used to assess whether we are receiving responses from across the Oxfordshire area.

Postcode:

5. Which ethnic group do you consider yourself to belong to?

- A White
- B Mixed
- C Asian or Asian British
- D Black or Black British
- E Chinese
- F Other
- G Prefer not to say

6. Using the Disability Discrimination Act definition below, do you consider yourself to have a disability?

“A physical or mental impairment which has a substantial and long term adverse effect on their ability to carry out normal day to day activities”.

- Yes
- No
- Prefer not to say

7. Do you work for the NHS?

- Yes
- No

Details of your organisation
Only complete this section if you are responding on behalf of an organisation. If this does not apply to you, please go to Question 10.

8. What is the name of the organisation you are submitting this response on behalf of?

_________________________________________________________________________________________
9. Please tell us who the organisation represents and, where applicable, how you gathered the views of members.


10. Where did you find out about this survey?


Some questions for you

11. Which of these factors do you think have the most negative influence on the mental well-being of people like you living in Oxfordshire? (please tick up to three that you think are most significant)

<table>
<thead>
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<th>Factor</th>
<th>Ticked</th>
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</thead>
<tbody>
<tr>
<td>Unemployment</td>
<td></td>
</tr>
<tr>
<td>Long term illness</td>
<td></td>
</tr>
<tr>
<td>Poor quality environment</td>
<td></td>
</tr>
<tr>
<td>Being isolated</td>
<td></td>
</tr>
<tr>
<td>Being dependent on others for your daily needs</td>
<td></td>
</tr>
<tr>
<td>Addictive behaviour (for example drugs, gambling, alcohol)</td>
<td></td>
</tr>
<tr>
<td>Crime and disorder</td>
<td></td>
</tr>
<tr>
<td>Anti-social behaviour</td>
<td></td>
</tr>
<tr>
<td>Fear or worries (for example of old age or about money)</td>
<td></td>
</tr>
</tbody>
</table>

Comments


12. Which of these factors do you think have the most positive influence on the mental well-being of people like you living in Oxfordshire? (please tick up to three that you think will have the most significant impact)

<table>
<thead>
<tr>
<th>Factor</th>
<th>Ticked</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living in a neighbourhood that you like</td>
<td></td>
</tr>
<tr>
<td>Having a stable home environment</td>
<td></td>
</tr>
</tbody>
</table>
Having paid or unpaid occupation/employment  
Being free from long term illness  
Being involved in community activities  
Being able to spend some time in a park or other green space  
Being physically active  
Being actively involved in religion or a religious group  
Having people around who can support you when needed  
Having friends and family who you enjoy spending time with  
Having neighbours who you are ‘on good terms’ with  
Having the opportunity to learn new skills and gain new knowledge  
Having qualifications which make it easier for you to get a job  
Feeling safe from crime  

Comments

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

13. What one thing do you think could most improve your personal feeling/sense of mental well-being?

________________________________________________________________________

14. What one thing do you think could most negatively impact your personal feeling/sense of mental well-being?

________________________________________________________________________

15. If you have any other comments or suggestions, please write them here

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
16. Please provide your contact details if you wish to hear the outcome of this survey

Name:
Address:
Email:

Thank you for your help

Please return this survey by **Friday 24 October 2008** to the freepost address below. No stamp is needed.

Cathy Dyer, Portfolio Administrator
Freepost RRRK-BZBT-ASXU
2nd Floor Jubilee House
5510 John Smith Drive
Oxford Business Park South
OXFORD
OX4 2LH

If you would like more information, please call 01865 336790 or email mentalwellbeing@oxfordshirepct.nhs.uk

**Filling in the survey online**
You can complete the survey online by visiting our website at: www.oxfordshirepct.nhs.uk

**Next steps**
The results of this and other work will be published by Oxfordshire Primary Care Trust in the Director of Public Health’s annual report in March 2009, and on our website.

Our ultimate aims are to:
- Promote positive mental well-being in general for all people in Oxfordshire
- Help people who are at risk improve their mental well-being and avoid developing mental health problems

**Accessibility & other languages**
Please let us know if you require this information in another language, audio or Braille by writing to us at Oxfordshire PCT at the FREEPOST address (above) or by calling: 01865 336790.
Appendix 3: Promotional poster

What makes you feel GOOD?

What is mental well-being?

The World Health Organisation defines mental well-being as:

“A state of well being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

Consultation on mental well-being

Oxfordshire Primary Care Trust (PCT) wants to promote mental well-being in the county. As part of this work we need to understand what affects people and what makes individuals feel good about themselves.

The World Health Organisation gives us an idea of what contributes towards mental well-being (left), but we need to know more about people in Oxfordshire. This will help us develop a programme that has a positive effect for everyone who lives here - including those groups who are most at risk.

Please visit our website: www.oxfordshirerpct.nhs.uk to complete the survey. To receive a survey by post or for more information, please call 01865 336790 or email: mentalwellbeing@oxfordshirerpct.nhs.uk
Appendix 4: Mental Well-Being leaflet

Oxfordshire's Programme to Promote Mental Well-Being

What is mental well-being?
The World Health Organisation (WHO) defines this as: “a state of in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

Purpose of this consultation
We are developing a programme to promote mental well-being in the county and as part of this work we need to understand what influences well-being and what local people feel is needed to help improve the mental well-being of those living in the county.

From the WHO definition (above) we have an idea of what contributes towards people’s mental well-being, but we need to be able to understand what this means to local people in Oxfordshire. This will enable us to develop a programme for the area which has a positive effect on those living in Oxfordshire, including those groups who are most at risk.

To begin this process we are asking as many people as possible what their views are. We will then use this information to identify some common factors that influence people’s sense or feeling of mental well-being in the Oxfordshire region.

Why are we doing this?

Mental health problems are common and have a significant impact:

- One in six of the adult population experiences mental ill health at any one time causing an estimated 23% burden of overall disease. This is predicted to increase
- Half of all women and a quarter of men will be affected by depression at some time in their life and 15% experience a disabling depression (Mental Health NSF, 1999)
- Poor mental health significantly increases the risk of poor physical health and premature death (DH, Making it Possible, 2005)
- The risk of heart disease is estimated to be twice as high for people with depression or mental illness and 1.5 times for those who are generally unhappy (Keyes, 2004)
- Nearly one third of those going to GP’s have mental health problems and mental health problems occupy one third of GP time (ODPM, 2004)

Personal, social and economic cost:

- At an individual level, mental illness is one of the biggest causes of personal unhappiness in our society
- The wider cost of mental health problems are estimated to cost the country £77 billion a year, mainly due to people with stress related and mental health problems being unable to work. This compares with Treasury spending on the NHS as a whole of £76 billion in 2005-6. (ODPM, 2004)
- Approximately 850,000 people claim incapacity benefit for a mental health problem. This costs the economy 2% of GDP and the Exchequer 2% of GDP, (Layard, 2005)
- Work stress is responsible for 30% of staff sickness in the NHS, costing the service over £300m each year
In his Annual Report II in 2008, the Director of Public Health made mental well-being a priority for Oxfordshire. He requested a programme of work be developed to help measure mental well-being, as part of a well-being promotion strategy, and an action plan to deliver change in well-being for Oxfordshire’s residents. Through this work, we aim to:

• Promote positive mental well-being in general for all people in Oxfordshire
• Help people who are at risk improve their mental well-being and avoid developing mental health problems

What will happen next?
Throughout October we will be asking local residents what factors they feel affect their mental well-being and what they think could be done to improve people’s well-being in Oxfordshire. We will hold an event at the end of October with partner organisations, voluntary groups and those who work with vulnerable groups who are most at risk of poor mental well-being. We will be inviting them to work with us in more detail and identify any gaps or issues.

A Project Group has been formed, consisting of PCT staff, people who use mental health services and representatives from other relevant organisations. We will use the information obtained through this engagement process to help us chose the best ways to measure mental well-being in the county. These will then be used to develop a programme to promote mental well-being in Oxfordshire. The group will also use other findings and experience of national and international mental well-being programmes to inform their work.

We aim to complete this initial phase of the process by the end of 2008. The information will then be published in the Director of Public Health’s annual report in March 2009. Following this, a programme of promotion will be developed for the county.

Have your say – please get involved
Please fill in our survey and return it to the FREEPOST address shown below before Friday 24th October 2008.

Cathy Dyer, Portfolio Administrator
Freepost RRRK-BZBT-ASXU
2nd Floor Jubilee House
5510 John Smith Drive
Oxford Business Park South
Oxford OX4 2LH

You can also complete the survey online by visiting our website at www.oxfordshirepct.nhs.uk

If you would like more information, please call 01865 336790 or email mentalwellbeing@oxfordshirepct.nhs.uk

Please note – all your answers will be treated in the strictest confidence

Accessibility & other languages
Please let us know if you require this information in another language, audio or Braille by writing to us at Oxfordshire PCT at the FREEPOST address (above) or by calling: 01865 336 790.
Appendix 5 - Distribution

PCT
OCC
Health Advocates
Carers
Carers centres
Social Services
Pharmacies
GP practices
Schools
Parish Councillors & Town Councillors
Libraries
Asian Cultural Centre
Community Development Officer
Oxford Brookes University's Centre for Sport
Peers Sports Centre
Ferry Sports Centre
Blackbird Leys Leisure Centre
The Park Sport Centre
Citizens Advice Bureaux
Kraft
Rose Hill and Littlemore Baby Café
Abingdon Baby Café
Travellers sites
Business Link
OCVA
Youth Centres
Chambers of Commerce
## Mental Well-Being

<table>
<thead>
<tr>
<th>1. Are you...</th>
<th>Response</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Providing your own response</td>
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<td>703</td>
</tr>
<tr>
<td>Giving your response on behalf of an organization (if so, please go to Question 6)</td>
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answered question 709

skipped question -1

<table>
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<tr>
<th>2. How old are you?</th>
<th>Response</th>
<th>Response Count</th>
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</thead>
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<tr>
<td>Under 25</td>
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<td>55-64</td>
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<td>65 or over</td>
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<tr>
<td>Prefer not to say</td>
<td>0.3%</td>
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answered question 709

skipped question -1
3. Are you...

<table>
<thead>
<tr>
<th>Response</th>
<th>Percent</th>
<th>Count</th>
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<td>Female</td>
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<tr>
<td>Prefer not to say</td>
<td>0.8%</td>
<td>6</td>
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</table>

Answered question: 709
Skipped question: -1

4. Please give your full postcode. This will be used to assess whether we are receiving responses from across the Oxfordshire area.

Answered question: 709
Skipped question: 0

5. Which ethnic group do you consider yourself to belong to?

<table>
<thead>
<tr>
<th>Response</th>
<th>Percent</th>
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</thead>
<tbody>
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</tr>
<tr>
<td>Asian or Asian British</td>
<td>1.8%</td>
<td>13</td>
</tr>
<tr>
<td>Black or Black British</td>
<td>0.6%</td>
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</tr>
<tr>
<td>Chinese</td>
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<td>22</td>
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</tbody>
</table>

Other (please specify): 10

Answered question: 709
Skipped question: -1
6. Using the Disability Discrimination Act definition below, do you consider yourself to have a disability? *A physical or mental impairment which has a substantial and long term adverse effect on your ability to carry out normal day to day activities*.

<table>
<thead>
<tr>
<th>Response</th>
<th>Percent</th>
<th>Count</th>
</tr>
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<tbody>
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answered question 799

skipped question 1

7. Do you work for the NHS?

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<th>Response</th>
<th>Percent</th>
<th>Count</th>
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<tbody>
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<td>19.3%</td>
<td>141</td>
</tr>
<tr>
<td>No</td>
<td>80.7%</td>
<td>566</td>
</tr>
</tbody>
</table>

answered question 700

skipped question 1

8. What is the name of the organisation you are submitting this response on behalf of?

| Response Count | 107 |

answered question 197

skipped question 301

9. Please tell us who the organisation represents and, where applicable, how you gathered the views of members:

| Response Count | 05 |

answered question 95

skipped question 342
10. Where did you find out about this survey?

<table>
<thead>
<tr>
<th>Response</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>798</td>
<td></td>
</tr>
<tr>
<td>708</td>
<td></td>
</tr>
<tr>
<td>answered question</td>
<td>798</td>
</tr>
<tr>
<td>skipped question</td>
<td>0</td>
</tr>
</tbody>
</table>

11. Which of these factors do you think have the most negative influence on the mental well-being of people like you in Oxfordshire? (Please tick up to three that you think are most significant)

<table>
<thead>
<tr>
<th>Factor</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unemployment</td>
<td>42.2%</td>
<td>202</td>
</tr>
<tr>
<td>Long-term illness</td>
<td>53.9%</td>
<td>354</td>
</tr>
<tr>
<td>Poor quality environment</td>
<td>13.2%</td>
<td>120</td>
</tr>
<tr>
<td>Being isolated</td>
<td>43.0%</td>
<td>203</td>
</tr>
<tr>
<td>Being dependent on others for your daily needs</td>
<td>17.2%</td>
<td>115</td>
</tr>
<tr>
<td>Addictive behaviour (e.g., drugs, gambling, alcohol)</td>
<td>30.1%</td>
<td>201</td>
</tr>
<tr>
<td>Crime and disorder</td>
<td>18.1%</td>
<td>121</td>
</tr>
<tr>
<td>Anti-social behaviour</td>
<td>25.6%</td>
<td>171</td>
</tr>
<tr>
<td>Fear or worries (e.g., old age or about money)</td>
<td>51.8%</td>
<td>348</td>
</tr>
<tr>
<td>Comment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>answered question</td>
<td>558</td>
<td></td>
</tr>
<tr>
<td>skipped question</td>
<td>40</td>
<td></td>
</tr>
</tbody>
</table>
12. Which of these factors do you think have the most positive influence on the mental well-being of people like you living in Oxfordshire? (Please tick up to three that you think will have the most significant impact)

<table>
<thead>
<tr>
<th>Factor</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living in a neighbourhood that you like</td>
<td>37.1%</td>
<td>248</td>
</tr>
<tr>
<td>Having a stable home environment</td>
<td>51.3%</td>
<td>343</td>
</tr>
<tr>
<td>Having paid or unpaid occupation/employment</td>
<td>35.3%</td>
<td>236</td>
</tr>
<tr>
<td>Being free from long-term illness</td>
<td>35.0%</td>
<td>254</td>
</tr>
<tr>
<td>Being involved in community activities</td>
<td>11.4%</td>
<td>76</td>
</tr>
<tr>
<td>Being able to spend some time in a park or other green space</td>
<td>20.2%</td>
<td>135</td>
</tr>
<tr>
<td>Being physically active</td>
<td>30.2%</td>
<td>202</td>
</tr>
<tr>
<td>Being actively involved in religion or a religious group</td>
<td>8.2%</td>
<td>55</td>
</tr>
<tr>
<td>Having people around who can support you when needed</td>
<td>30.4%</td>
<td>203</td>
</tr>
<tr>
<td>Having friends and family who you enjoy spending time with</td>
<td>44.9%</td>
<td>300</td>
</tr>
<tr>
<td>Having neighbours who you are ‘on good terms’ with</td>
<td>15.5%</td>
<td>104</td>
</tr>
<tr>
<td>Having the opportunity to learn new skills and gain new knowledge</td>
<td>13.3%</td>
<td>80</td>
</tr>
<tr>
<td>Having qualifications which make it easier for you to get a job</td>
<td>7.5%</td>
<td>50</td>
</tr>
<tr>
<td>Feeling safe from crime</td>
<td>21.0%</td>
<td>140</td>
</tr>
</tbody>
</table>

Comments: 78

Answered question: 968

Skipped question: 40
13. What ONE THING do you think could most improve your personal feeling/sense of mental well-being?

<table>
<thead>
<tr>
<th>Answer</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Answered Question</td>
<td>629</td>
</tr>
<tr>
<td>Skipped Question</td>
<td>79</td>
</tr>
</tbody>
</table>

14. What ONE THING do you think could most negatively impact on your personal feeling/sense of mental well-being?

<table>
<thead>
<tr>
<th>Answer</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Answered Question</td>
<td>629</td>
</tr>
<tr>
<td>Skipped Question</td>
<td>79</td>
</tr>
</tbody>
</table>

16. If you have any other comments or suggestions, please write them here:

<table>
<thead>
<tr>
<th>Answer</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Answered Question</td>
<td>100</td>
</tr>
<tr>
<td>Skipped Question</td>
<td>5098</td>
</tr>
</tbody>
</table>

16. Please provide your contact details if you wish to hear the outcome of this survey:

<table>
<thead>
<tr>
<th>Field</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
<td>90.8%</td>
<td>127</td>
</tr>
<tr>
<td>Address</td>
<td>99.4%</td>
<td>129</td>
</tr>
<tr>
<td>Email</td>
<td>93.9%</td>
<td>152</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Answer</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Answered Question</td>
<td>247</td>
</tr>
<tr>
<td>Skipped Question</td>
<td>431</td>
</tr>
</tbody>
</table>
### Appendix 7 - Data as numbers

#### Table 1 - Select three positive factors

<table>
<thead>
<tr>
<th>Factor</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Having a stable home environment</td>
<td>342</td>
</tr>
<tr>
<td>Having friends and family who you enjoy spending time with</td>
<td>300</td>
</tr>
<tr>
<td>Being free from long-term illness</td>
<td>253</td>
</tr>
<tr>
<td>Living in a neighbourhood that you like</td>
<td>248</td>
</tr>
<tr>
<td>Having paid or unpaid occupation/employment</td>
<td>236</td>
</tr>
<tr>
<td>Having people around who can support you when needed</td>
<td>203</td>
</tr>
<tr>
<td>Being physically active</td>
<td>202</td>
</tr>
<tr>
<td>Feeling safe from crime</td>
<td>199</td>
</tr>
<tr>
<td>Being able to spend some time in a park or other green space</td>
<td>135</td>
</tr>
<tr>
<td>Having neighbours you are ‘on good terms’ with</td>
<td>104</td>
</tr>
<tr>
<td>Having the opportunity to learn new skills and gain new knowledge</td>
<td>99</td>
</tr>
<tr>
<td>Being involved in community activities</td>
<td>76</td>
</tr>
<tr>
<td>Being actively involved in religion or a religious group</td>
<td>55</td>
</tr>
<tr>
<td>Having qualifications which make it easier for you to get a job</td>
<td>50</td>
</tr>
</tbody>
</table>

#### Table 2 - Single positive factor

<table>
<thead>
<tr>
<th>Category</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment/Occupation</td>
<td>115</td>
</tr>
<tr>
<td>Support &amp; support networks</td>
<td>97</td>
</tr>
<tr>
<td>Good health</td>
<td>92</td>
</tr>
<tr>
<td>Financial stability</td>
<td>74</td>
</tr>
<tr>
<td>Self</td>
<td>56</td>
</tr>
<tr>
<td>Community &amp; environment</td>
<td>48</td>
</tr>
<tr>
<td>Stable family/home life</td>
<td>33</td>
</tr>
<tr>
<td>Feeling safe</td>
<td>23</td>
</tr>
<tr>
<td>Housing</td>
<td>21</td>
</tr>
<tr>
<td>Reduced stress/worries</td>
<td>15</td>
</tr>
<tr>
<td>Improved NHS &amp; OCC services</td>
<td>11</td>
</tr>
<tr>
<td>Improved transport</td>
<td>6</td>
</tr>
</tbody>
</table>

Which of these factors do you think have the most negative influence on the mental well-being of people like you living in Oxfordshire? (please tick up to three that you think are most significant)
Table 3

What one thing do you think could most negatively impact your personal feeling/sense of mental well-being?

Table 4