

# Early Engagement Report

## Updating Oxfordshire's Health and Wellbeing Strategy

### Overall approach

The views of people across Oxfordshire have closely informed our draft Health and Wellbeing Strategy 2024-2030. To make sure this is the case, we have engaged with residents at early stages of strategy development, including seldom heard communities, before conducting a consultation. To this end, we have:

1. Reviewed existing reports detailing residents' thoughts and opinions
2. Carried out in-depth focus groups with seldom heard communities
3. Spoken to residents across Oxfordshire on the streets and at events

To avoid repetition of comprehensive work elsewhere, this report outlines work towards (2) and (3).

### Healthwatch Oxfordshire

As an independent member of the Health and Wellbeing Board, Healthwatch Oxfordshire has undertaken extensive work speaking to residents to ensure their voices are brought into the development of the new Health and Wellbeing Strategy. They've heard from 'the people on the street', reaching over 1,124 people between July and September, the majority through face-to-face outreach – on the streets, at play days and events, and in shopping centres across the county, attending a total of nineteen community events. They also held a joint webinar with Oxford Community and Voluntary Association (OCVA) to listen to the views of voluntary and community sector. Outcomes from this work fed into the development of the draft strategy, and to a workshop for the Health and Wellbeing Board in early September.

A detailed report is available here: <https://healthwatchoxfordshire.co.uk/report/health-and-wellbeing-board-strategy-engagement-report-september-2023>

Initial analysis of feedback from 200 responses revealed the following themes:

Q1. What helps you stay healthy and well?

- Physical activity & exercise
- Infrastructure & environment
- Green spaces & nature
- Access to health care
- Family & relationships

- Access to healthy diet & food (See Appendix 1 summary at the end of the report)

Q2. What makes it difficult to stay healthy and well?

- Cost of living (food, rent, housing, and access to leisure facilities)
- Infrastructure & environment (green space, transport, built environment)
- Access to healthy diet & food (food environment)
- Access to health care (waiting times, GP and dental, and mental health)
- Work-life balance
- Mental health support

Q3. What is most important for health and wellbeing?

- Access to health care
- Infrastructure & environment (including transport, cycling routes)
- Access to healthy diet & food
- Psychosocial support
- Cost of living/financial support

Healthwatch Oxfordshire will bring people's voices to the draft Health and Wellbeing Strategy, and advocate for an accessible, easy read strategy which reflects residents' priorities.

## Focus Groups

### Summary

Early on in strategy development we spoke and listened to populations we don't listen to enough and who are at higher risk of poor health outcomes. This includes children in care, diverse multi-ethnic communities, people from areas of multiple deprivation, people with learning disabilities, asylum seekers & refugees, older people, and people with complex mental health needs. This has helped ensure that 1) we listen to seldom heard voices and 2) the strategy accurately reflects the needs and priorities of those whose health and wellbeing suffers most.

Between mid-July and mid-August 2023, Oxfordshire County Council ran 11 in-depth focus groups, engaging with and listening to 145 people across Oxfordshire. Groups had a good mix of children, adults, and older adults and good geographic coverage across Oxfordshire. You can find a full set of responses from these focus groups in the appendix at the bottom of this document.

- Asylum Welcome
- Banbury Mosque—men
- Banbury Mosque—women
- The Berin Centre

- Berinsfield Adult Day Centre
- Children in Care Council
- The ICE Centre
- Oxfordshire Mind
- My Life My Choice
- Witney Pride
- Youth Challenge

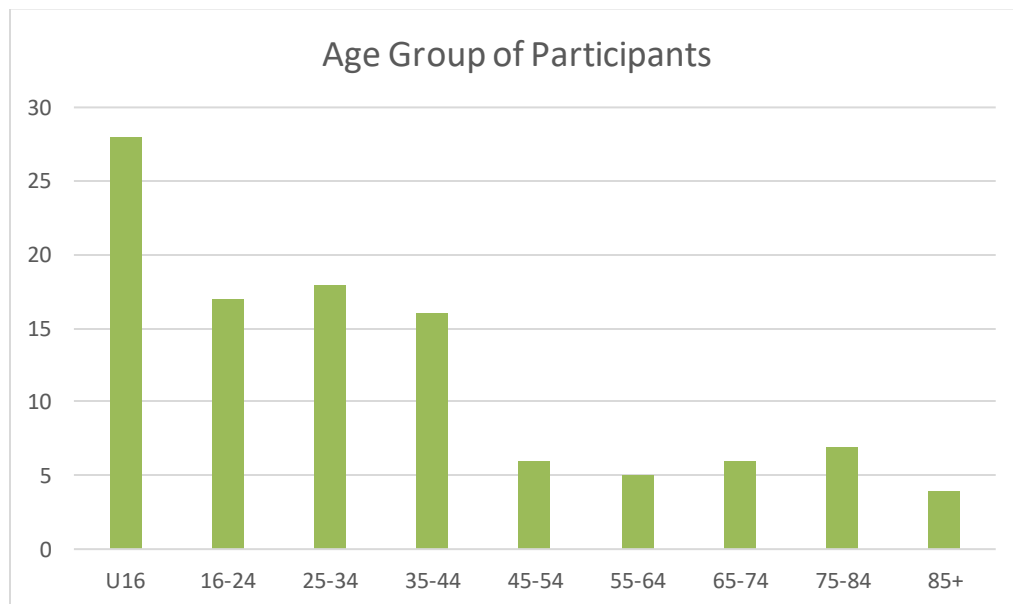
Further focus groups are planned between now and October to capture the voices of groups we've not yet heard from, including work at Abingdon Hub & a young mothers group.

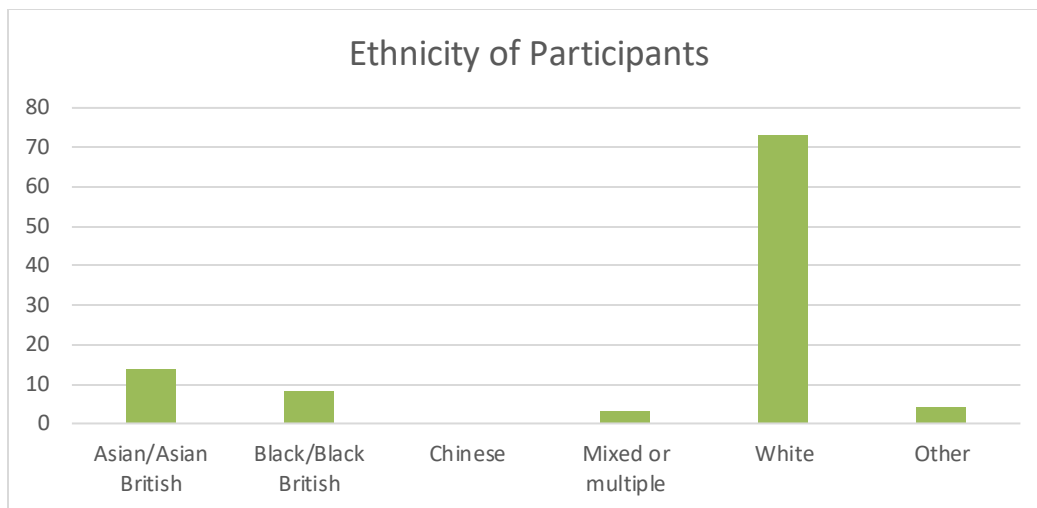
## Demographics

Total participants: 145

Please note not all participants completed the demographic collection form, so totals do not necessarily add up. No demographic data was collected for groups at Banbury Mosque (men) and My Life My Choice.

**N.B.** Both the data itself and reports from those running groups evidence that underserved communities were less likely to complete demographic forms and residents were less willing to record certain characteristics e.g., trans, non-heterosexual, ethnic minority, etc.





## Emerging themes

- Mental health and wellbeing is a clear priority
- The cost of living crisis continues to be a significant challenge for residents, impacting on their ability to afford healthy food, access physical activity, and pay bills
- Residents strongly value community events and organisations – including events for specific groups - as a way to get out and about, stay social and active, and share concerns among people like themselves
- Residents greatly value physical activity, from walking to gardening to exercise classes for people with limited hip mobility – but the biggest challenges are cost and needing someone to go with. Active travel, and the independence it brings, is also valued – but challenges exist, including different cultural norms, health conditions and disability, and lack of time or confidence
- Social isolation remains a concern for residents, who prize time spent with friends and family as a way to relax and enjoy themselves
- Residents regularly talked about the importance of taking time to care for oneself & the dignity it affords, e.g. following a routine, showering, getting a good night's sleep, cleaning and organising your room, or getting your hair done
- Residents highlighted how much they valued creative pursuits including singing, crafts, journalling, & print-making
- NHS organisations, GPs, local councils, and the general public has more to do to understand, respect, and respond to the holistic situations, strengths, and needs of a diverse range of residents e.g. the lived experience of transgender people & people living with depression or paranoia
- A lack of follow-up care: across a broad spectrum of issues, residents regularly brought up that the standard and attentiveness of healthcare was brilliant when they were being seen for a short period—but after that, they felt abandoned in the long-run

- Residents want better and more equal access to green spaces and nature to support their physical and mental wellbeing
- Transport, especially a lack of reliable buses, remains a barrier for people wanting to get out and about, see friends, stay independent, and access healthcare services
- Other priorities include housing, clean air & the impacts of climate change, healthy food & healthy weight

## Key quotes

- *“Since covid there’s a real shift that people want to be healthy and do exercise, people are more health conscious, but there’s a lack of opportunities and the cost is a big barrier.” (Banbury Mosque, Women)*
- *“Without money you can’t do things, can’t access things. Not being able to go out or do things I got very depressed” (Asylum Welcome)*
- *“Sometimes I tell people I’m an asylum seeker and I can see the change in their face. I just want people to see me as a human being... you even see people peeking through the hotel windows to see us like we aren’t humans, what are they expecting to see?” (Asylum Welcome)*
- *“[I’ve been] trying to change my mortgage and everything’s online and that’s not my generation – I have to rely on my kids to do simple things that once upon a time I could do by myself...the older generation is being left behind...I feel a bit embarrassed” (Banbury Mosque, men)*
- *“What is needed in Oxford isn’t the same as what’s needed in Banbury or Bloxham” (Banbury Mosque, men)*
- *“I loved cycling when I was young, I want to return, but I’m a bit uncertain. I used to cycle in Banbury but as you grow older you think you haven’t got the time anymore.” (Banbury Mosque, men)*
- *“A lot of our youth turn to more negative things because the gaps [in provision of activities for young people] allow them to go off track” (Banbury Mosque, women)*
- *“[it’s] difficult to balance spending time with my children with looking after myself” (The Berin Centre)*
- *“[It helps] to get about—it’s been harder since Covid, I’m a bit nervous to go out. It does make you more aware of what you’re doing”. (The Berin Centre)*
- *“getting out there and mixing makes a big difference... it makes you realise we’re in same boat” (The Berin Centre)*
- *“I wouldn’t have participated in the cake sale without the community outreach officer” (The Berin Centre)*
- *“not having people like me at activities is a challenge” (The Berin Centre)*
- *“[I] can’t attend [community] activities because I’m at work” (The Berin Centre)*
- *“You only tend to get angry or depressed when you’re on your own too much” (Cowley Mill, Oxfordshire Mind)*

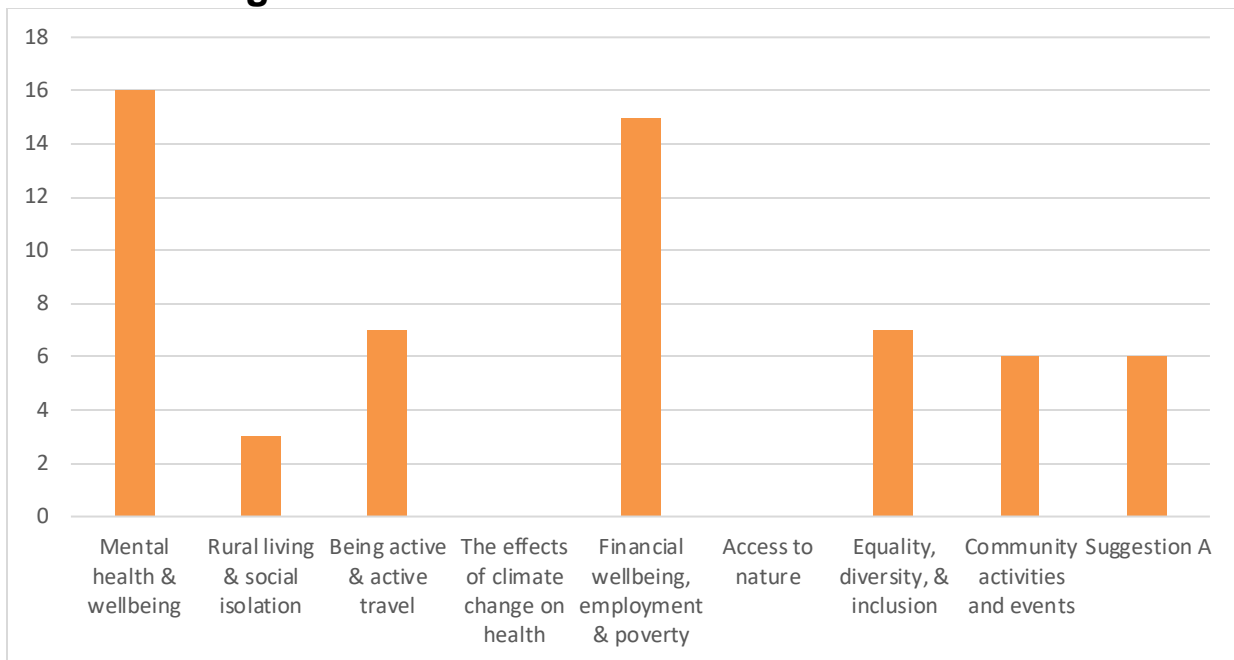
- *“it’s a big factor in my mental health, getting a good night’s sleep” (Cowley Mill, Oxfordshire Mind)*
- *“I love dogs—every time I see a dog I stroke it and it makes me smile—if I’m having a bad day, when I see a dog it doesn’t matter, it all goes away” (Cowley Mill, Oxfordshire Mind)*
- *“[I love Oxford printmakers cooperative because it’s...] almost a home away from home... it’s good because you’re always developing and learning new skills... I did it when I was psychotic, tackling little steps in a series” (Cowley Mill, Oxfordshire Mind)*
- *“if you’ve not got enough money, it affects your mental health and makes you deteriorate and get worse. Might even make you homeless which is really bad for your mental health” (Cowley Mill, Oxfordshire Mind)*
- *[The cost of buses means people are] “priced out of taking the green option” (Cowley Mill, Oxfordshire Mind)*
- *“when I ask for help independently, they don’t listen to me, they tell me I don’t need it. But then someone from Mind or Restore or a professional asks and I finally get their help... Advocacy’s great, but why am I not listened to in the first place?” (Cowley Mill, Oxfordshire Mind)*
- *[What helps is...] “Stingray disability nightclub... I met a partner there. I love it, I wish I could have it more.” (My Life My Choice)*
- *[What helps is...] “I go to the gym, I go through Move Together. Having someone to go to the gym with [helps]” (My Life My Choice)*
- *“It can be hard to find groups and activities to join, especially if you have social anxiety like me.” (My Life My Choice)*
- *“As part of pride month, Oxford Pride had an LGBT+ swim at the open air pool in Hinksey. It was the first time I’d been swimming in three years because I knew I’d be safe” (Witney Pride)*
- *“Being LGBT and disabled it’s even harder to join in with activities, but I need to be able to get there easily and I need to feel it’s a safe space for me.” (Witney Pride)*
- *“There’s a lot of options that could improve things that you can signpost to that wouldn’t cost you any money but would improve things a lot, but GPs don’t know about them” (Witney Pride)*

## **Priorities Listing**

Focus groups were provided a set of priorities to rank, with the option to suggest their own. The following represents their top three priorities across various categories, assigning 3, 2, and 1 points to their top three priorities respectively. Results are raw and unweighted by group or attendance at present, as below:

**N.B. This early analysis of data is crude and unweighted**

## Cross Cutting Themes

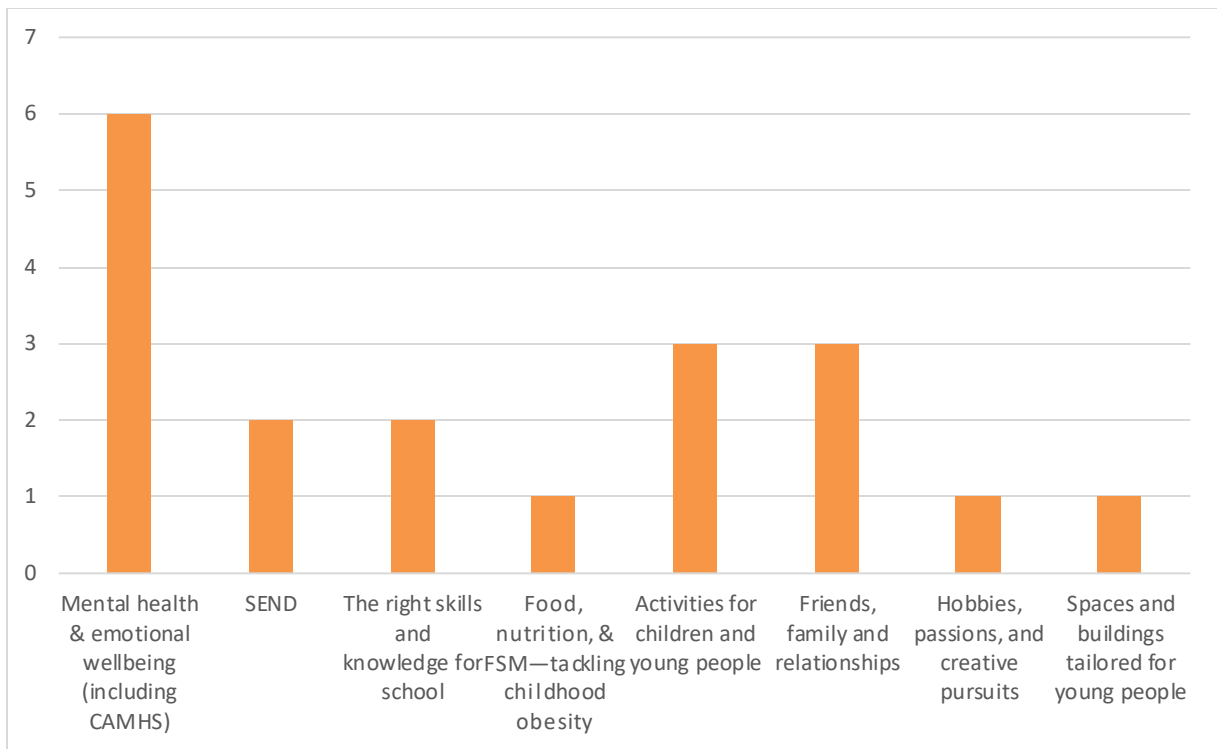


Both access to nature and the effects of climate change on health regularly made it to fourth or fifth place in the rankings.

Additional suggestions include:

- Public transport and travel
- Access to single sex activity spaces/sessions
- Using the mosque as a base for health and outreach services
- Facilities for disabled people and wheelchair users

## Start Well

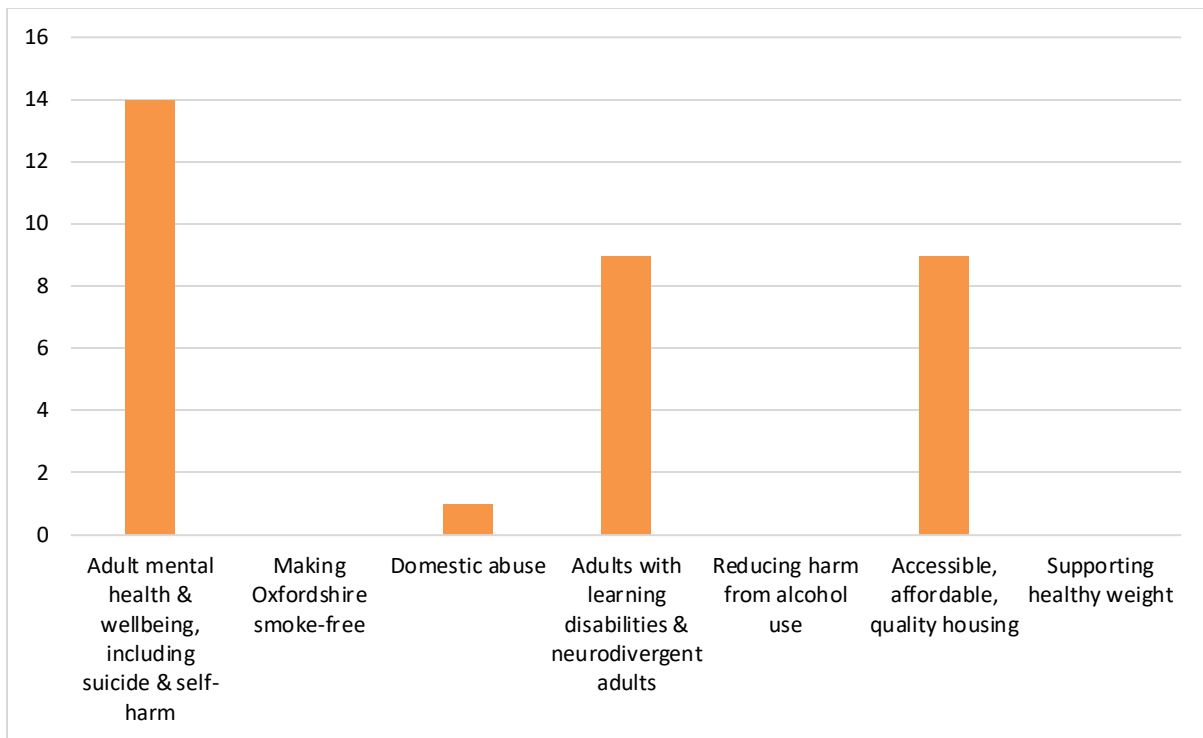


Suggestions from residents included:

- Friends, family, and relationships
- Hobbies, passions, and creative pursuits
- Extra-curricular activities
- Activities for teens during school holidays
- Specific spaces and buildings tailored for young people

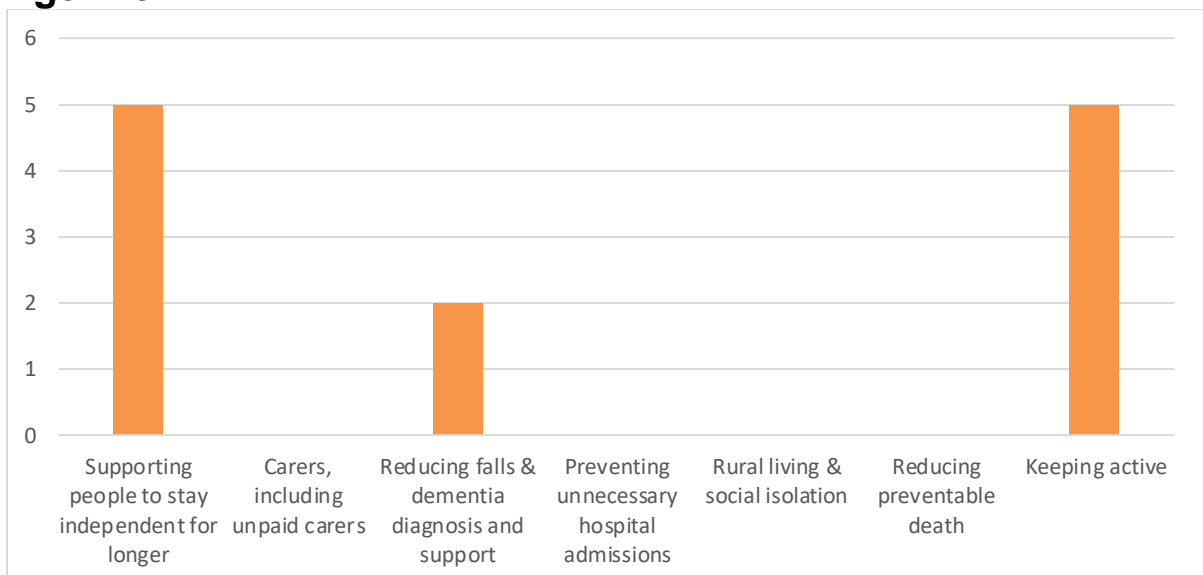


## Live Well



When residents asked about the “healthy weight” priority, they showed a lot more positivity about creating a healthy food environment than about “supporting healthy weight”. Nonetheless, that priority consistently came fourth and fifth in rankings although did not make it into the top three, with alcohol and smoking consistently at the bottom of rankings.

## Age Well



Residents felt that many of these priorities overlapped and found it difficult to rank priorities.

# Opportunities for Learning

## Learning for the consultation

This work was extremely valuable understanding how to approach the public consultation. For example, we know there is more to do to explain that some of our priorities are related to health, and how e.g. education, climate change. And we know there are some priorities where wording really matters: residents consistently rank “a healthy food environment” as more important than “healthy weight” or “reducing overweight and obesity”, which they consider stigmatising. Similarly, they want to see Oxfordshire’s residents supported to stop smoking, but do not consider “smokefree Oxfordshire” their top priority.

## How we engage with Communities and Residents

- **Residents and community groups clearly valued the opportunity** to talk and speak about health and wellbeing among themselves
  - Health and wellbeing is clearly a topic people care deeply about and know a lot about too
  - Covid has increased health and wellbeing consciousness
- **Residents and community groups clearly appreciated the council coming to listen to them**
  - Sessions ran better because we were engaging at an early stage—i.e., before any draft strategy had been written
  - Consequently, the focus groups felt genuine and not extractive
- **The health and care system can and should do more listening exercises like this**
  - Residents/community organisations felt this type of work had been neglected in the past few years
  - In many cases, residents were bursting at the seams with insights they had clearly stored up
- **More must be done to build trust with residents and communities**, especially from underserved communities
  - Officers experienced high levels of concern that providing poor/critical feedback would impact residents e.g., the care they receive, or their asylum applications
  - Residents were scared to speak out on issues they were concerned about
  - **We have a way to go on our journey to building trust and relationships with residents and communities in Oxfordshire**

## Running focus groups

- To realise genuine co-production, significantly more time must be dedicated to the development of strategy—at least another 3 months
- If done again, it would be worth contacting community organisations a couple months earlier to give them time to prepare and deliver focus groups on time
- Staff experienced significant challenges collecting good robust data on people’s priorities and demographics
- The wording of possible priorities matters a great deal & can influence outcomes e.g. much higher support for “supporting people to stop smoking” over “making Oxfordshire smoke free”
- Delivering focus groups via existing community groups and with the support of community leaders was very beneficial
- It was beneficial to send a member of staff to attend, either to help facilitate or note-take
- Demographic and expenses forms are needlessly complex, excluding the very people we want to include—we must support residents to complete them and, long-term, simplify them

## Word cloud

This is a word cloud based on comments and quotations from focus groups. The top three words were “health”, “mental”, and “activities”.



# Appendix: Focus Group Feedback

## Asylum Welcome

17.08.2023

14 attendees

### Thinking about health and wellbeing

What helps you to stay physically and mentally well?

*Ideas, suggestions, and discussion notes...*

- If the environment I'm living in is nice and healthy, both the physical environment and social environment
- Having things to do and keeping busy
- Feeling safe and secure

What are the barriers to staying physically and mentally well?

*Ideas, suggestions, and discussion notes...*

- The environment at the hotel I am being housed in
  - One person shared that there are mushrooms growing from the carpet
  - Another person is sharing a room with someone who does not want to share. They have received threats of physical violence and to their life, but hotel staff do not believe the roommate will act on them so they have not been moved. This has resulted in them being stressed and unable to sleep
  - Concerns that if they speak out about issues it will negatively affect their asylum applications
- Cost of food and activities when on a very limited income
- Lack of access to psychological support
- Having nothing to do (i.e. not permitted to work or study)

## Ranking exercises

Please complete one sheet per group, per ranking exercise

Ranking exercise (please circle): <b>All</b> / Start well / Live well / Age well	
1 <sup>st</sup> priority:  <b>Finance, employment and poverty</b>	Please explain why the 1 <sup>st</sup> priority was identified as the most important:  <ul style="list-style-type: none"> <li>• Ability to afford food and activities</li> <li>• Mental health benefits of having things to do and feeling useful</li> <li>• Ability to afford decent housing</li> <li>• Giving back to the community</li> </ul>
2 <sup>nd</sup> priority:  <b>Vocational training and education to prepare for employment</b>	
3 <sup>rd</sup> priority:  <b>Mental health and wellbeing</b>	
<p><i>Discussion notes...</i></p> <ul style="list-style-type: none"> <li>• Lack of employment affects people's mental and physical health <ul style="list-style-type: none"> <li>○ Being on a limited income is stressful as they have to worry about bills and their freedom to do activities is limited as they are often unaffordable <ul style="list-style-type: none"> <li>▪ <i>"Without money you can't do things, can't access things. Not being able to go out or do things I got very depressed"</i></li> </ul> </li> <li>○ People want to feel part of the community and to give back to the community, they do not want to be reliant on the government</li> <li>○ They have no 'second place' and so spend lots of time in their rooms with nothing to do</li> <li>○ Many people are living in poor conditions, with damp and mould a particular concern. People noted that some are experiencing breathing problems as a results, and that hotel windows cannot be opened properly</li> <li>○ Where the UK does not recognise your professional qualifications and experience it is very depressing</li> </ul> </li> </ul>	

- People want to take part in productive activities, and there is a particular desire for vocational volunteers to either use or develop their skills in preparation for when they will be permitted to work. Many highlighted that having something to do, feeling useful, and working towards something would have significant benefits to their mental health.
- It is difficult to access psychological support
  - Asylum seekers and refugees need specialist support and there isn't enough of it available
  - Waiting lists are very long and limited incomes mean they are unable to pay for private therapy
  - There can be language barriers in accessing support, a lot of free support is over the phone which makes this even more difficult
  - People spoke about it being even harder to talk about traumatic experiences, and their feelings about them, over the phone
  - People worry about anything they say being reported back to the home office and it affecting their asylum claim
- An individual shared that although they are now permitted to work, being a single parent to traumatised children makes this very difficult. The children are not welcome at job centre appointments, childcare is expensive and it is difficult to find someone to take care of them who speaks their language and is able to cope with their physical and mental health needs.

Additional comments on equality, diversity and inclusion centred on discrimination from the public for being an asylum seeker:

*“Opportunities aren't given to us because we are asylum seekers and some people don't like it and think we should be back in our own country. Sometimes our work experience isn't recognised in the UK. Sometimes I tell people I'm an asylum seeker and I can see the change in their face. I just want people to see me as a human being, you even see people peeking through the hotel windows to see us like we aren't humans, what are they expecting to see?”*

*Someone cut in front of my friend at the recycling centre and told him he didn't belong and the services weren't for him. The person got a metal bar out of his car and my friend left to be safe.”*

<p>Ranking exercise (please circle): All / <b>Start well</b> / Live well / Age well</p>	
<p>1<sup>st</sup> priority:</p> <p><b>Housing</b></p>	<p>Please explain why the 1<sup>st</sup> priority was identified as the most important:</p> <p>People had significant concerns about the condition of their housing impacting their children's health.</p>
<p>2<sup>nd</sup> priority:</p> <p><b>Schooling</b></p>	
<p>3<sup>rd</sup> priority:</p> <p><b>Extra curricular activities</b></p>	
<p><i>Discussion notes...</i></p> <ul style="list-style-type: none"> <li>• People shared that their provided housing is in poor condition and they are concerned about the impact this is having on their children's health. The key concerns were damp and mould causing breathing problems and asthma.</li> <li>• There is limited outdoor space at provided housing, meaning that children have little opportunity to engage in active play</li> <li>• People feel that schooling is overall positive. They noted that their children are also benefitting physically as they receive nutritious free school meals (which also helps the family's money to go further at home).</li> <li>• Some felt that the children would benefit from more support from the schools, particularly with English lessons and homework (e.g. children do not have computer/internet access at home)</li> <li>• It was felt that support with learning English was also related to equality, diversity and inclusion, as it would help to prevent discrimination and exclusion</li> <li>• People highlighted the benefits of extra curricular activities for children, including social inclusion, being physically active, learning new skills and having a 'third place'.</li> </ul>	

- Support in finding appropriate activities would be beneficial
- There are concerns about the costs of activities, including fees, kit and travel costs
- Many children are digitally excluded because they do not have access to computers/the internet at home

## Demographics

Number of participants	What is your age?
	Under 16
3	16 - 24
7	25 - 34
3	35 - 44
	45 - 54
	55 - 64
	65 – 74
	75 - 84
	85 or over
1	Prefer not to say

Number of participants	What is your sex?
6	Female
6	Male
2	Prefer not to say



	I use another term
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<b>Number of participants</b>	<b>What is your ethnic group or background?</b>
4	Asian or Asian British (Indian, Pakistani, Bangladeshi or any other Asian background)
3	Black or Black British (Caribbean, African, or any other Black background)
	Chinese
	Mixed or multiple ethnic groups (White and Black Caribbean, White and Black African, White and Asian, and any other mixed background)
	White (British, Irish, or any other white background)
3	Prefer not to say
4	Other ethnic group or background (please specify)

Please state any "other" responses here:

Kurdish-Iraqi Afghanistan Chin Asian-Afghan
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<b>Number of participants</b>	<b>What is your current religion, if any?</b>
	Buddhist

3	Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
	Hindu
	Jewish
7	Muslim
	Sikh
	No religion
4	Prefer not to say
	Any other religion (please state below)

<b>Number of participants</b>	<b>Are your day-to-day activities limited because of a long-term illness, health problem or disability which has lasted, or is expected to last, at least 12 months?</b>
	Yes - a lot
4	Yes – a little
7	No
3	Prefer not to say

## **Banbury Mosque Men**

This session was conducted as a set of informal discussions around prayer rather than a focus group.

Spoke to 9 men at the mosque—4 children and 5 adults, of all ages. All Asian.

The men at the mosque spoke passionately and proudly about the mosque, both broadly, and in relation to health and wellbeing in the community.

### **What helps you to stay physically and mentally well?**

- Exercise!
  - Walking

- Football and cricket (child)
- “the most important thing in life”
- Exercise is really important—we’re all consuming more but not exercising more to burn it off
  - Work at gym in holidays (young person)
  - In gym everyday (young person)
  - Football (young person)
- We must encourage our people to go and use facilities – young children and middle ages to use facilities because of health
  - Subsidising the cost would encourage more use of facilities especially with cost of living crisis – football and cricket.
  - We need discounted facilities that are appropriate for our community e.g. women’s only.
  - Women need a women’s lifeguard.
- The lack of appropriate swimming facilities is “why very few Asians can swim—the older generations, many of them have never learned to swim”. If you fell in the canal, you’d drown
- Sometimes does cycling – fun, go to shops, play in the park. Proper safe to cycle. (child)
- Food
  - Healthy food, exercise
  - Food was healthy back in the day – we need more vegetables and fruit. Not eating so much unhealthy food e.g. Macdonalds, less fried food, less meat
- Religion
  - prayer is like exercise and keeps us clean. Guards against bad habits.
  - Islam is a peaceful religion, help each other and respect older people
- Banbury as a great place- the people, multicultural
- Community activities
  - Mosque engage with new people everyday – would know as many people – it’s my hub where I’m able to engage with people
  - Chairman engages with us a lot e.g. BMX riding, paintballing. Trip to Man U was everything – well-arranged, not boring
  - What activities should be run to attract the community?
    - For young people: more youth engagement activities... Mosque can’t do everything. Cricket, football, pool club – better off doing that than roaming streets and causing trouble
    - For the middle aged: sport, cricket, football – tournaments & get-togethers e.g. charity get-together tournament
    - For the elders: coffee gathering, cricket teams

- Stopping smoking
  - Smoking is going down because it's expensive and we've become more health conscious.
  - But there's always an alternative in the form of vaping and e-cigarettes— these are not totally safe just not proven to be harmful yet
- Ability to cycle would enable youngsters to get around the town

## What are the challenges you experience when trying to stay well?

- Higher rates of diabetes among Asian communities
- Not enough parks & green spaces around here – need more access to parks in banbury
- More asthma inhalers. More parks to play football in. More clubs.
- Nothing for the older generation to sit down, talk, have a chat
  - Stay home all the time → depressed
  - They wanted **more community spaces** to avoid loneliness
  - “nothing to attract them to come out & not stay at home”
- Covid
  - It's “fairly difficult to get people [to activities] at the moment after covid” – there's lingering fear of the disease
  - Lots of Asian habits have changed and habits aren't going back to normal— people don't gather unless there's a special occasion.
- Generation changes
  - The internet
    - The internet revolution has changed the habits of the next generation— everything's online, they don't seem to want to participate at events in person.
    - “It saddens me when I see people gathering and once upon a time when a guest came to you, you'd catch-up, nowadays everyone is sat on their phones”
    - “lost the art of conversation”
  - Technology
    - Addiction to texting – “prior to this, I thought that the addiction was accidental – but [the manufacturer] uses psychology to make the tech addictive”. E.g. the ping is designed to be addictive, like a present .
    - Children and kids should be running around playing and getting into mischief- it's not good for their health, mentally. We need balance – but don't have that anymore due to the over-availability of entertainment

- Business
  - We're moving from British to American ideals in business—we are squeezing for profit, not looking after our people
- Rurality – banbury used to be a market town—no market really anymore!
- Digital exclusion
  - I've been “trying to change my mortgage and everything's online and that's not my generation – I have to rely on my kids to do simple things that once upon a time I could do by myself” – “the older generation is being left behind”. “feel a bit embarrassed because normally [kids] rely on you, but for this, you rely on them – your loan payments are dependent on your kids pressing a few buttons”.
  - Digital skills training welcome.
  - Wants council to do things in-person & general help desk.
  - Community hub & general help desk in Banbury would help—if you listen to what people need, more effective policy.
  - “What is needed in Oxford isn't the same as what's needed in Banbury or Bloxham”
- Alcohol
  - The time limits on alcohol sales were abolished, this has caused problems and contributes to additions
- Housing
  - Oxford was too expensive so I moved to banbury.
  - Councils should have to build houses and not rely on the market. If we plan now and anticipate, we wont be caught short. Instead, we're relying on expensive private homes paid for by the council.
  - Old and new housing is poor quality and there's not enough parking
- Cars
  - The addiction to cars is so bad—“we used to walk around, but now people use cars”. “I loved cycling when I was young, I want to return, but I'm a bit uncertain. I used to cycle in Banbury but as you grow older you think you haven't got the time anymore.”
  - People are obsessed with 4x4s these days
- Other issues raised included over-reliance on cars rather than walking and cycling, a limited number of parks and other green spaces to get outside and play sports

## **Priorities**

Based on the above, it seems priorities are as follows:

### **1. Exercise and activity**

2. Community activities & events including those appropriate for Muslim women
3. A healthy environment that isn't too commercialised (i.e. food, internet, alcohol sales, cars)

### **Other comments**

Strengths include a community run fridge which primarily serves white populations, cycling lessons for children on a Friday

## **Banbury Mosque Women**

Date of meeting: 16.08.2023

Number of attendees: 9

### **Thinking about health and wellbeing**

What helps you to stay physically and mentally well?

*Ideas, suggestions, and discussion notes...*

- Access to a good mosque
  - In addition to spiritual and mental wellbeing benefits, the mosque runs a community fridge and hygiene bank for people in need
- The local gym does have ladies only sessions, but only twice a week for one hour

What are the barriers to staying physically and mentally well?

*Ideas, suggestions, and discussion notes...*

- People really want to be able to swim, but the local pool does not offer single sex sessions which makes it impossible for the women. To do this they need to hire it privately, which costs £495 per session so it is not a sustainable solution. When they have been able to do this before over 130 people attended
  - People highlighted the generational impact of not being able to swim. They have been unable to teach their children to swim and so there is increased risk of drowning and fear of water
- GP appointment booking systems make GP services inaccessible. It is not feasible for many people to call at 8am or take leave for appointments without notice so the inability to book routine appointments ahead is problematic

- Language barriers in health services make people hesitant to access them and often leads to poorer outcomes. This is particularly the case of older people and less-routine services (such as IVF) where other people in the community may not have the knowledge to explain in the individual's first language.
- The cost of sports activities is prohibitive, especially as the cost of living has increased and so money has to be prioritised elsewhere

## Ranking exercises

Ranking exercise (please circle): **All** / Start well / Live well / Age well

1<sup>st</sup> priority:

Access to single sex activity spaces / sessions

Please explain why the 1<sup>st</sup> priority was identified as the most important:

This is preventing half of their community from accessing sports and activity facilities.

2<sup>nd</sup> priority:

Activities for teens during school holidays

There is also concerned about the generational impact of this as their children are not learning to (for example) swim so there is an increased risk of drowning.

3<sup>rd</sup> priority:

Using the mosque as a base for health outreach services

*Discussion notes...*

- Swimming is the activity that most appeals to most people, and it was highlighted that it is a good exercise for older people, disabled people and people with sore joints due to the support from the water. However, due to

the nature of swimming outfits the women find it impossible for them to attend mixed-sex sessions

- There is significant concern about the generational impact of this as many have been unable to teach their children to swim
- The mosque has previously received funding to privately hire the local pool but this ran out after 6 weeks, regular access would be more regular exercise
- There are gaps in what is available to children (especially teens) during their social time and especially during breaks from school.
  - *“A lot of our youth turn to more negative things because the gaps allow them to go off track”*
  - With the rise in cost of living many families are struggling but unable to access free activities because their income is over the threshold for free school meals. Deciding who is eligible based on school meals is “outdated and ineffective”
  - Young people don’t have enough information about life after school, they need careers sessions, how to apply for jobs and write CVs, interview skills, apprenticeships, how to budget and pay bills etc.
- *“Don’t underestimate the important of hosting things at the mosque”*
  - People emphasised the value of health services working with the mosque and using them as an outreach space. *“We have 900 men come to prayers on Fridays, think how many families could be reached”*
  - People emphasised that their community would be more likely to access services at clinics held at the mosque because they would know that it would be culturally sensitive / as a safe space, and because they would see it as being endorsed by the mosque and therefore a positive thing
  - Engagement with the mosque could help health services to become aware of trends in the community. For example, a number of people have had difficulties with Vitamin D deficiencies and this could be picked up and addressed
  - This would also reduce language/cultural barriers as there would be people present who could assist, for example by translating or offering reassurance about medication being halal or being taken during Ramadan

*“Since covid there’s a real shift that people want to be healthy and do exercise, people are more health conscious, but there’s a lack of opportunities and the cost is a big barrier.”*

## Demographic monitoring data

Number of participants	
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	<b>What is your age?</b>
	Under 16
2	16 - 24
	25 - 34
3	35 - 44
2	45 - 54
	55 - 64
1	65 – 74
	75 - 84
	85 or over
1	Prefer not to say

<b>Number of participants</b>	<b>What is your sex?</b>
8	Female
	Male
1	Prefer not to say
	I use another term

<b>Number of participants</b>	<b>Is the gender you identify with the same as your sex registered at birth?</b>
7	Yes
	No
2	Prefer not to say

<b>Number of participants</b>	<b>What is your sexual orientation?</b>
6	Straight/Heterosexual
	Bisexual
	Gay or Lesbian
3	Prefer not to say
	Other sexual orientation

<b>Number of participants</b>	<b>What is your ethnic group or background?</b>
8	Asian or Asian British (Indian, Pakistani, Bangladeshi or any other Asian background)
	Black or Black British (Caribbean, African, or any other Black background)
	Chinese
	Mixed or multiple ethnic groups (White and Black Caribbean, White and Black African, White and Asian, and any other mixed background)
	White (British, Irish, or any other white background)
1	Prefer not to say
	Other ethnic group or background (please specify)

<b>Number of participants</b>	<b>What is your current religion, if any?</b>
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	Buddhist
	Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
	Hindu
	Jewish
8	Muslim
	Sikh
	No religion
1	Prefer not to say
	Any other religion (please state below)

<b>Number of participants</b>	<b>Are your day-to-day activities limited because of a long-term illness, health problem or disability which has lasted, or is expected to last, at least 12 months?</b>
1	Yes - a lot
3	Yes – a little
4	No
1	Prefer not to say

## The Berin Centre

We spoke to 6 Berinsfield residents at the Berin Centre on Friday 28 July. Their priorities were as follows:

	<b>Cross-Cutting</b>	<b>Start Well</b>	<b>Live Well</b>	<b>Age Well</b>
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1	Mental health and wellbeing	Mental health & emotional wellbeing	Adult mental health & wellbeing, including suicide and self-harm	Support people to stay independent for longer
2	Financial wellbeing, employment & poverty	SEND	Accessible, quality housing	Keeping active
3	Equality, diversity & inclusion	Food, nutrition, & free school meals	Activities for working people with wrap-around care and flexibility in work	Falls & dementia
4			Adults with learning disabilities/neurodivergency	Rurality & social isolation

### What helps you stay physically and mentally well?

- Reading the Bible—when I do this, it “feels like I’ve looked after myself”
- Craft group—I can meet people there: “we all have fun, we talk to each other—it helps us get out more”
- Good weather—it enables me to go “jogging and cycling with my children”—it is **“difficult to balance spending time with my children with looking after myself”**
- Re Berinsfield’s strengths
  - **“people want to be here—I think it’s a happy and healthy place”**
  - Berinsfield is small meaning there are plenty of people close by
- Community activities helped one stay active: seated exercise class; health walks around the village; the Merry Café, croquet & lawn games
- Other community activities suited another attendee: the local craft group as well as the computer class
- “Fresh air”
- On community activities and connection with other parents - “Spending time with others makes me realise it’s not just me looking after my children”. For example, recently “I met a friend and ranted while kids were playing in the park”
- Various attendees spoke about what helps them get out, including:
  - The need for purpose—it helps them get out and about and live healthier lifestyles: **“got to get about—it’s been harder since Covid, I’m a bit nervous to go out.** It does make you more aware of what you’re doing”.

- The need for connection and community—it enables healthier lifestyles. Participants agreed that it helps to have something arranged to push you out the door: **“getting out there and mixing makes a big difference... it makes you realise we’re in same boat”**
- The community outreach office has been a big help—**“I wouldn’t have participated in the cake sale without the community outreach officer”**—it was good **“and we had a laugh”**
- Free school meals help promote a balanced and healthy diet for me and my children

## **What are the challenges you experience when trying to stay well?**

- Follow-up care: one attended notes that they had plenty of access to health services and ops when they were being seen by a pain rehab centre for 3 weeks—but they didn’t see anyone after that!
- The health walks “have gone downhill”: one participant wanted another man to go on health walks with—“I walk too fast for the others... and you know, we’d talk to each other”—so now “I walk by myself”
  - **“not having people like me at activities is a challenge”**
  - A similar theme emerged re the memory café, where one participant noted a “stigma” around the group
- Work clashes with community activities: I **“can’t attend activities because I’m at work”**—this participant requested more activities for working people, including those with kids
- People can’t get out—there’s lots of social isolation
- One new resident noted a variety of challenges:
  - Their health was a challenge, having recently had a car crash, recently been diagnosed with fibromyalgia and continuing to experience anxiety. This can prevent them from attending activities even when they know that’s the best thing to do
  - **“Being a single parent, it’s hard looking after my kids”**
- Financial barriers - residents said that the pool and gym were too expensive for them to regularly access
  - With the cost of living, even Council-led cheaper swim activities are out of reach
  - One proposed a significant discount for Berinsfield residents to the swimming pool
  - One felt the gym was ‘cliquey’—it made a big difference to have someone to go with

- Residents also proposed an emergency drop in centre for instant support—hands on face-to-face mental health support
  - They felt that staff were willing to help & listen but weren't necessarily trained
- Residents felt that a lack of buses through the centre of Berinsfield's village—like in Blackbird leys—was a major challenge

During the priorities task, one resident noted how challenging it was to choose because he felt that many of the priorities related—"it's all interlinked".

## Demographics

The group included a carer, one person who had dyslexia and was partially sighted, and one older person with a stick.

Number of participants	What is your age?
	Under 16
	16 - 24
	25 - 34
3	35 - 44
	45 - 54
	55 - 64
2	65 - 74
1	75 - 84
	85 or over
3	Prefer not to say

Number of participants	What is your sex?
4	Female
2	Male

4	Prefer not to say
	I use another term

<b>Number of participants</b>	<b>Is the gender you identify with the same as your sex registered at birth?</b>
6	Yes
	No
0	Prefer not to say

<b>Number of participants</b>	<b>What is your sexual orientation?</b>
6	Straight/Heterosexual
	Bisexual
	Gay or Lesbian
	Prefer not to say
	Other sexual orientation

<b>Number of participants</b>	<b>What is your ethnic group or background?</b>
1	Asian or Asian British (Indian, Pakistani, Bangladeshi or any other Asian background)
	Black or Black British (Caribbean, African, or any other Black background)
	Chinese

	Mixed or multiple ethnic groups (White and Black Caribbean, White and Black African, White and Asian, and any other mixed background)
5	White (British, Irish, or any other white background)
	Prefer not to say
	Other ethnic group or background (please specify)

<b>Number of participants</b>	<b>What is your current religion, if any?</b>
	Buddhist
4	Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
	Hindu
	Jewish
	Muslim
	Sikh
2	No religion
	Prefer not to say
	Any other religion (please state below)

<b>Number of participants</b>	<b>Are your day-to-day activities limited because of a long-term illness, health problem or disability which has lasted, or is expected to last, at least 12 months?</b>
2	Yes - a lot
3	Yes – a little
1	No



3	Prefer not to say
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## Berinsfield Adult Day Centre

Date of meeting: 4<sup>th</sup> August 2023

Number of attendees: 19 people who attend the day centre and 3 staff/volunteers

Feedback—how did the session go? How could the Council have done more to support you?

The session went well, however we did not have enough time to discuss the reasons for their priorities on the living well and ageing well discussion questions, although some of the issues raised in the other parts of the focus group relate to these.

We received feedback from one attendee that visual aids were required and that the text on the PowerPoint was too small and in white which made it more challenging to see.

The support from OCC has been very good and welcome and thank you very much!

## Thinking about health and wellbeing

What helps you to stay physically and mentally well?

*Ideas, suggestions, and discussion notes...*

Comments centred around the themes of personal care, physical activity and health/wellbeing, mental health, socialising and combating loneliness/isolation, carers and care packages, independent living, being outside/nature and the importance of transport and access (including cost implications).

Comments received were:

- Attending the Day Centre and exercise class in Berinsfield (the Day Centre was seen as an important service)
- “Having a shower and going for a walk most days”
- “Walking 30 minutes each day”

- “Walking my dog”
- Doing chair exercises
- Having 2 walks per evening and taking medication
- “Putting my makeup on and having a good nights’ sleep!”
- “Having my hair done!”
- Being able to undertake my routine of getting breakfast, having a shower and walking the dog
- Having health checks
- Attending GPs for blood test
- Good care package and carers – carers are good company and “put your mind at rest”
- “Getting my own breakfast”
- Doing gardening and being outside
- Walked round the garden and being outside
- Growing my own tomatoes and eating them!
- “Being outside and people watching” the social contact involved make you feel good
- “Not being left out of the world”
- Going to Cowley on a Saturday (more than participant) – has public transport links (bus), lots of shops, café’s and you have social contact and you can hire a mobility scooter in the shopping centre
- Transport links are important

#### Staff/Volunteers

- NVQ work -personal/professional development
- A morning walk on my own, for headspace

What are the challenges you experience when trying to stay well?

#### *Ideas, suggestions, and discussion notes...*

- Transport, especially for those who are unable to the bus stop and have restricted access to public/private transport including to mobility scooters.
- Cost and lack of funding was an issue, including access to transport and services
- Physical/medical/psychological issues such as pain, low mood/poor mental health grief/bereavement can restrict access to service

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## Ranking exercises

Ranking exercise (please circle):    Live well	
1 <sup>st</sup> priority: Mental Health	Please explain why these were the groups' priorities:  We did not have enough time to discuss the reasons for their priorities although some of the issues raised in the other parts of the focus group relate to these.
2 <sup>nd</sup> priority: Being active and active travel	
3 <sup>rd</sup> priority: Financial wellbeing, employment and poverty	

Ranking exercise (please circle): Age well

*Discussion notes...*

There was a lack of consensus on the priorities and the following 4 were identified in the ranking exercise:

- Keeping active
- Preventing unnecessary hospital admissions
- Supporting people to stay independent for longer
- Reducing falls and dementia diagnosis and support

### Demographic monitoring data

Number of participants	What is your age?
	Under 16
	16 - 24
2	25 - 34
	35 - 44
1	45 - 54
3	55 - 64
3	65 – 74
6	75 - 84
4	85 or over
	Prefer not to say

<b>Number of participants</b>	<b>What is your sex?</b>
11	Female
7	Male
0	Prefer not to say
0	I use another term

<b>Number of participants</b>	<b>Is the gender you identify with the same as your sex registered at birth?</b>
18	Yes
	No
	Prefer not to say

<b>Number of participants</b>	<b>What is your sexual orientation?</b>
17	Straight/Heterosexual
	Bisexual
	Gay or Lesbian
1	Prefer not to say
	Other sexual orientation

<b>Number of participants</b>	

	<b>What is your ethnic group or background?</b>
	Asian or Asian British (Indian, Pakistani, Bangladeshi or any other Asian background)
	Black or Black British (Caribbean, African, or any other Black background)
	Chinese
	Mixed or multiple ethnic groups (White and Black Caribbean, White and Black African, White and Asian, and any other mixed background)
19	White (British, Irish, or any other white background)
	Prefer not to say
	Other ethnic group or background (please specify)

<b>Number of participants</b>	<b>What is your current religion, if any?</b>
	Buddhist
15	Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
	Hindu
	Jewish
	Muslim
	Sikh
4	No religion
	Prefer not to say
	Any other religion (please state below)

Number of participants	Are your day-to-day activities limited because of a long-term illness, health problem or disability which has lasted, or is expected to last, at least 12 months?
8	Yes - a lot
4	Yes – a little
7	No
	Prefer not to say

## Youth Challenge Oxfordshire – Berinsfield Group

19 July 2023

Number of attendees:

- 10 young people
- 3 volunteer youth workers

### Feedback

How did the session go? How could the Council have done more to support you?

The session went well, however, when working with young people there needs to be more consideration to ensure materials are relevant. I had to spend a lot of time defining and providing examples to some of the themes in activity sessions for 'cross cutting themes'.

The support from OCC has been very good and the instructions provided with the materials were very useful. It made picking up the request much easier.

### Thinking about health and wellbeing

What helps you to stay physically and mentally well?

*Ideas, suggestions, and discussion notes...*

1. Football
2. Sleeping

3. Music
4. Shopping
5. Vapes
6. Working
7. Socialising
8. Facetime with friends
9. Spending time with partner
10. Lunch time
11. Pets
12. FIFA
13. Skipping school (school is stressful)
14. Swimming
15. Social media
16. Watching MUFC
17. Chatting

What are the challenges you experience when trying to stay well?

*Ideas, suggestions, and discussion notes...*

1. Anxiety and afraid to go out.
2. Food – a lot of junk food is advertised and marketed towards us so hard to resist.
3. No friends
4. Clubs outside of school are hard to get to if you do not have parents with transport or cannot get the bus there.
5. Too lazy
6. No motivation
7. Insecure about myself (image/eating)
8. Not enough sleep
9. People judging you.
10. Not having money

## **Ranking exercises**

Please complete one sheet per group, per ranking exercise



Ranking exercise (please circle): Cross cutting themes	
1 <sup>st</sup> priority: <b>Mental Health and Wellbeing</b>	Please explain why these were the groups' priorities:  We did not have enough time to discuss the reasons for their priorities although some of the issues raised in the other parts of the focus group relate to these.
2 <sup>nd</sup> priority: <b>Financial wellbeing, employment, and poverty</b>	
3 <sup>rd</sup> priority: <b>SUGGESTION – own space and buildings (infrastructure tailored for young people)</b>	
<p><i>Discussion notes...</i></p> <p>Due to the session time being shorter, we only focussed on the more general exercise of cross cutting themes. Please note the young people's suggestion for the open resident suggestion opportunity. They felt this was very important but did not out way mental health or money. Discussion picked up about many of the young people being on the spectrum (ADHD/Autism) or waiting for an assessment or diagnosis. Comments picked up about being frustrating on how they are sometimes treating despite having a diagnosis/sometimes people do not understand them. General comments was apart from the youth club, there was a lack of both informal and formal places/spaces for young people. Potential lack of understanding on how climate change can affect health and also links between mental health and nature. Young people very aware of effects of having no money on being able to access opportunities/experiences. Point raised about identity crisis and links with mental health when discussion occurred regarding equality and diversity. Some controversial opinions and debates regarding depression vs people being lazy.</p>	

There full priorities breakdown follow:

1. Mental health & wellbeing
2. Financial wellbeing, employment, and poverty
3. ? RESIDENT SUGGESTION – own space and buildings (infrastructure tailored for young people, outdoor or indoor)
4. Being active and active travel
5. Equality, diversity, and inclusion
6. Rurality and social isolation
7. Access to nature
8. The effects of climate change on health

## Demographic monitoring data

<b>Number of participants</b>	<b>What is your age?</b>
10	Under 16
1	16 - 24
	25 - 34
1	35 - 44
1	45 - 54
	55 - 64
	65 – 74
	75 - 84
	85 or over
	Prefer not to say

<b>Number of participants</b>	<b>What is your sex?</b>
11	Female
2	Male
0	Prefer not to say
0	I use another term

<b>Number of participants</b>	<b>Is the gender you identify with the same as your sex registered at birth?</b>
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18	Yes
	No
	Prefer not to say

<b>Number of participants</b>	<b>What is your sexual orientation?</b>
10	Straight/Heterosexual
1	Bisexual
	Gay or Lesbian
2	Prefer not to say
	Other sexual orientation

<b>Number of participants</b>	<b>What is your ethnic group or background?</b>
	Asian or Asian British (Indian, Pakistani, Bangladeshi or any other Asian background)
	Black or Black British (Caribbean, African, or any other Black background)
	Chinese
2	Mixed or multiple ethnic groups (White and Black Caribbean, White and Black African, White and Asian, and any other mixed background)
11	White (British, Irish, or any other white background)
	Prefer not to say
	Other ethnic group or background (please specify)

<b>Number of participants</b>	<b>What is your current religion, if any?</b>
	Buddhist
2	Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
	Hindu
	Jewish
	Muslim
	Sikh
3	No religion
8	Prefer not to say
	Any other religion (please state below)

<b>Number of participants</b>	<b>Are your day-to-day activities limited because of a long-term illness, health problem or disability which has lasted, or is expected to last, at least 12 months?</b>
	Yes - a lot
5	Yes – a little
5	No
3	Prefer not to say

## **Children in Care Council**

Date of meeting: 15<sup>th</sup> & 16<sup>th</sup> July, 2023

Number of attendees: 23

### **Feedback**

How did the session go? How could the Council have done more to support you?

The session went well under the circumstances, sailing drew their attention, but all questions were answered by children present. Two older young people facilitated the session, our Chairs of CiCC, which was excellent because everyone participated for them.

As said, focusing a group when they are there for an exciting activity is always tricky, our original intentions were to have discussion at our residential and let them sail, but the residential was cancelled, so they have done well. It just meant we was not able to go into detail on some comments made.

What is always valuable is the discussions when not in a room, but walking in a one-to-one situation, or in groups, they may not realise they are talking about health and wellbeing, but they were. So, we have included some comments which do relate to their health and wellbeing, how they feel being in care. There was one safeguarding issue which came out a discussion, which we have followed up.

A member of your staff would have been good at the workshop, I assumed someone would attend but realised when we done the prep-workshop that we were doing the workshop, which turned out fine. It was just a big group of children, excitable and difficult to focus at times, so the more staff the merrier and the more we can capture, have those in-depth discussions. The pre-workshop could have been shorter, it seemed to be aimed at officers who have not done participation before but going through the PowerPoint was very useful.

The signing of finance forms was tricky, but everyone signed a form, some were very young. Same with a demographic form, it was tricky homing in on this activity, so we have entered details we know, but please note the children may have said different to their demographics.

## **Thinking about health and wellbeing**

What helps you to stay physically and mentally well?

***Thinking about health and wellbeing What helps you to stay physically and mentally well?***

- Doing things you like
- Books
- Rain sounds
- Smiling
- Spending time with family
- Honesty

- Walking
- Music x 3
- Animals
- Sleep
- Journalling
- Meds
- Food
- Exercise x 3
- Kind people
- Helping
- Go to the gym
- Singing
- Cleaning my room
- Running and sports
- My phone
- Friends
- Podcasts
- Monster drinks
- Vapes
- Family
- Mates
- Football / sports
- foster family
- shopping
- free times
- getting help (I was dropped by Oxford United)
- Writing my emotions and how I feel

What are the challenges you experience when trying to stay well?

**What are the challenges you experience when trying to stay well?**

- Lack of support
- Lack of determination
- Judgmental people
- Physically and mentally sit and strong
- Lack of access to help
- Illness

- Emotions
- Sports
- Misunderstanding
- Lack of staff care
- Trying not to think of the negatives
- Crying
- Worrying about other things
- Carers not getting the health support (doctor, hospital)
- Talking to people (social anxiety)
- People not believing me
- Dehydration, not drinking enough water
- Not having someone that listens
- Thoughts
- Not being listened too
- (Sad face)
- Not having good relationships with family, friends, teachers
- People bring me down constantly
- (Happy face)
- People not believing in me and pretending to be my friends
- Not knowing what to say

## Ranking exercises

Please complete one sheet per group, per ranking exercise

Ranking exercise (please circle): All / <b>Start well</b> / Live well / Age well	
1 <sup>st</sup> priority:  <b>Friends, family and relationships</b>	<b>Please explain why these were the groups' priorities:</b>  <i>I looked at the comments said and tried to categorize them as best as I could. Please feel free to put the comments into a category that fits in with one of your themes Jamie.</i>
2 <sup>nd</sup> priority:  <b>Physical activity and exercise</b>	



<p>3<sup>rd</sup> priority:</p> <p><b>Hobbies, passions, and creative pursuits</b></p>	<p><b>Some comments over the weekend, affecting children's; health and wellbeing:</b></p> <p>I had young people telling me about their passion for football, one telling me all about her brothers and sisters, one telling me that I share the same name as her Mum – both spelled the Irish way, a group of young people telling each other and me that they have Autism and ADHD, two young people saying that they are connected by a respite foster carer...</p> <p>A 13 yr. old girl told me her mum was having a baby, any day', but she only has contact twice a year. I said to her contact is called 'family time' now, she said we call it 'contact'.</p> <p>I had a 15 yr. old girl tell me she doesn't understand why she's in care, that she spends time with her dad and he's ok now. She was confused.</p> <p>A 15 years old girl said she does taekwondo at Rose Hill and that keeps her fit</p> <p>A boy of 16 told us he was in the TA and he does physical activity all the time. This was the boy dropped by Oxford Unt after many years in their academy.</p>
<p><b>What are your priorities in health and wellbeing?</b></p> <ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• Switch</li> <li>• PlayStation</li> <li>• Xbox x 2</li> </ul>	

- School relationships
- Friends x 4
- Gaming
- Sleeping x 2
- Bikes x 3
- Mates
- Scouts x 2
- Loving
- Music x 2
- Living x 2
- Disney
- Running
- Food
- Happiness
- Go on my phone
- Singing
- Laughing
- Vapes
- (Smiley face)
- crying
- YouTube
- exercise
- family
- dog
- staying alive
- school relationships
- talking to trusted adults, family, teachers

### Demographic monitoring data

Number of participants	What is your sex?
16	Female
7	Male

0	Prefer not to say
0	I use another term

<b>Number of participants</b>	<b>What is your age?</b>
18	Under 16
5	16 – 24
	25 – 34
	35 – 44
	45 – 54
	55 – 64
	65 – 74
	75 – 84
	85 or over
	Prefer not to say

These results are based on OCC knowledge, the young people may see themselves as other, we didn't have time for them to complete their own forms.

Gender identity & sexual orientation not completed.

<b>Number of participants</b>	<b>What is your ethnic group or background?</b>
	Asian or Asian British (Indian, Pakistani, Bangladeshi or any other Asian background)

1	Black or Black British (Caribbean, African, or any other Black background)
	Chinese
	Mixed or multiple ethnic groups (White and Black Caribbean, White and Black African, White and Asian, and any other mixed background)
22	White (British, Irish, or any other white background)
	Prefer not to say
	Other ethnic group or background (please specify)

These results are based on OCC knowledge, the young people may see themselves as other.

Religion & limitation not completed.

## The ICE Centre

02.08.2023

Number of attendees: 13

## Thinking about health and wellbeing

What helps you to stay physically and mentally well?

*Ideas, suggestions, and discussion notes...*

- Taking my medication
- Support workers helping me
- Groups and activities to go to
- Support workers helping me to make good choices
- The doctors knowing I have a learning disability (i.e. the learning disability register)

What are the barriers to staying physically and mentally well?

*Ideas, suggestions, and discussion notes...*

- Social care staffing – not enough staff and turnover of staff
- The cost is going up and I have to pay for staff to come with me too
- No dentists with NHS spaces

- Travel isn't accessible and accessible taxis are expensive

## Ranking exercises

Ranking exercise (please circle): All / Start well / **Live well** / Age well

1<sup>st</sup> priority:

**Adults with learning disabilities and neurodivergent adults**

Please explain why the 1<sup>st</sup> priority was identified as the most important:

- As a day centre for adults with learning disabilities and/or autism this was the most relevant topic to them

2<sup>nd</sup> priority:

**Adult mental health and wellbeing, including self harm and suicide**

3<sup>rd</sup> priority:

**Domestic abuse**

*Discussion notes...*

- Lots of places (i.e. venues/activities) no longer let carers in for free so it is more expensive for us to do them, they feel it is unfair that people with disabilities have to pay more because they need support
- Some of the medication people need to take has side effects
- People with learning disabilities are less likely to maintain a healthy weight
- People with learning disabilities and/or autism are more likely to struggle with their mental health too
- Everybody feels it is very important to protect vulnerable people from being hurt

- People with learning disabilities often have less experience of romantic relationship so might not understand that what is happening is wrong

Ranking exercise (please circle): **All** / Start well / Live well / Age well

1<sup>st</sup> priority:

**Mental health and wellbeing**

Please explain why the 1<sup>st</sup> priority was identified as the most important:

- The group felt that all of the other categories affected people's mental health so it made sense to put that at the top

2<sup>nd</sup> priority:

**Financial wellbeing, employment and poverty**

3<sup>rd</sup> priority:

**Equality, diversity and inclusion**

*Discussion notes...*

- Mental health is very important and not everybody has somebody to talk to
- If you are depressed it makes it harder to do other things that are good for you, like seeing friends and making good food choices and going swimming
- Everything is getting more expensive and it is very hard
  - People can't afford to do all the activities they used to do
  - Many venues now offer concession rates instead of free tickets for carers, so it costs even more for people to go if they need support
  - People are happy that bus fares are cheaper at the moment
- People are worried about employment because there are not enough support workers

- Sometimes people are treated differently or bullied because they are different and have disabilities and that is very bad
- Everybody should be treated equally

## Demographic monitoring data

Number of participants	What is your age?
	Under 16
3	16 - 24
4	25 - 34
3	35 - 44
	45 - 54
	55 - 64
	65 – 74
	75 - 84
	85 or over
3	Prefer not to say

Number of participants	What is your sex?
5	Female
4	Male
4	Prefer not to say
	I use another term

<b>Number of participants</b>	<b>Is the gender you identify with the same as your sex registered at birth?</b>
9	Yes
	No
4	Prefer not to say

<b>Number of participants</b>	<b>What is your sexual orientation?</b>
6	Straight/Heterosexual
	Bisexual
	Gay or Lesbian
7	Prefer not to say
	Other sexual orientation

<b>Number of participants</b>	<b>What is your ethnic group or background?</b>
	Asian or Asian British (Indian, Pakistani, Bangladeshi or any other Asian background)
	Black or Black British (Caribbean, African, or any other Black background)
	Chinese
	Mixed or multiple ethnic groups (White and Black Caribbean, White and Black African, White and Asian, and any other mixed background)
7	White (British, Irish, or any other white background)



6	Prefer not to say
	Other ethnic group or background (please specify)

<b>Number of participants</b>	<b>What is your current religion, if any?</b>
	Buddhist
4	Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
	Hindu
	Jewish
	Muslim
	Sikh
2	No religion
7	Prefer not to say
	Any other religion (please state below)

<b>Number of participants</b>	<b>Are your day-to-day activities limited because of a long-term illness, health problem or disability which has lasted, or is expected to last, at least 12 months?</b>
7	Yes - a lot
3	Yes – a little
	No
3	Prefer not to say

## Oxfordshire Mind – Cowley Mill

Date of meeting: 17.08.2023

Number of attendees: 7

Carer x2

## Thinking about health and wellbeing

What helps you to stay physically and mentally well?

*Ideas, suggestions, and discussion notes...*

- Board games with friends to chill out
- Bowling with friends
- Family came up to stay – we had a party and met a new member of the family
- I go swimming – “I try to mix as much as possible. Personally, I suffer from paranoid schizophrenia and bipolar and I think it’s important to mix with people, to put aside any negativity. **You only tend to get angry or depressed when you’re on your own too much**”
- I listen to old comedy programs on the radio when I get down—lifts my spirits
- I listen to music to chill myself out—I play lawn green bowls. Meet people on Friday, have a chat to them
- Take down blinds in my room—helps with my sleep – **“it’s a big factor in my mental health, getting a good night’s sleep”**
- Try to get things done, do the right things – visit family, keep busy but not overdo it, live a balanced lifestyle
- Podcasts with noise cancelling headphones – I like to bake
- Coming in today—struggle to get out
- Try to follow a daily routine
- I talk to a lot of people—helps my mental health keep level. Sit down on my own and relax and sort out my thoughts and feelings and get them together
- “If I’m having a particularly bad day, I’ll sit quietly—no noise, no television, no radio, nothing—look out the window. Occasionally go for a walk.”
- Try to join loads of different social groups and walking groups—meditate quite a lot. Short courses with Oxfordshire Mind’s & Recovery College’s short courses
- Animals & nature
  - I love dogs—every time I see a dog I stroke it and it makes me smile—if I’m having a bad day, when I see a dog it doesn’t matter, it all goes away
  - I love animals—horses, cats, dogs, better than humans at times.
  - Animals help because you have to look after them – it teaches you about unconditional love and caring. It teaches you how to care for and look after someone. Helps you look after yourself—you know you’ve got to go out to walk the dog even when you don’t want to.
  - A living being that isn’t going to judge you.

- I've got a little sausage dog who I love
- Renters' ability to have e.g. cats will make a difference
- Fish helpful as a meditative thing
- Volunteering in a wood place—Oxford Wood Recycling
- Doing things but not necessarily in the sense of a conventional job
- Drawing and polygraphy. Oxford printmakers cooperative—"almost a home from home. They know when you're having a difficult time and you don't have to step up, but it's good because you're always developing & learning new skills". It's a skill, it's a process and I did it while I was psychotic—because it was a process, "taking little steps in a series"

What are the challenges you experience when trying to stay well?

- I get worried about running out of money—I never do, but it is a worry. "Always watching what I've got to double check so I don't go bankrupt"
- I'm waiting for a hip operation and I find moving really painful—but hopefully when I've had the operation it will get better. "I know the NHS is struggling but it's a long process and it's only getting worse and worse right now"
- Stigma, racial discrimination & racism, financial difficulty, poor mental health
- Transport
  - Lack of free bus pass at my age—cost barriers to getting out and about
  - Different to London, Scotland—feels unfair
  - Bus services cut back, longer queues
  - Even £2 now, it mounts up over the course of the week
  - [The cost of buses means people are] **"Priced out of taking the green option"**
- Difficulties of negotiating PIP and benefits—now I need taxis most places because I can't walk to the bus stop even. The benefits system is too challenging, they don't necessarily even listen to the doctor
- Barriers of discrimination around hidden disability
- When community groups get cancelled or don't run e.g. art groups
- Anxiety prevents me from going to places and joining in—amount of people & social interaction. I prefer things to be more structured. Very busy/crowds gets my anxiety up—drop-in services are not necessarily very autism friendly
  - "The more you're exposed to life, the happier you are"
  - Positive attitude and happy thoughts
- Paranoia can get scary sometimes

- Lack of access to crisis services—Safe Haven are a brilliant service but they've had to be closed face-to-face for a little while
  - AMHT extremely stretched—can struggle to reach care coordinators or emergency/crisis services
- I get ignored—when I ask for help and do it independently, “they don't listen to me, they tell me I don't need it. But then someone from Mind or Restore or professional asks and I finally get their help”. **“Advocacy's great, but why am I not listened to in the first place?”**
- People insulting you, taking the mickey out of you—even if they don't mean anything by it and joke, it can make you feel down, especially if you have no one to talk to. It's not easy at all. What would make it easier: having more confidence in yourself; places like Oxfordshire Mind Cowley Mill where we all got on, where we accept that everyone has mental health
- Very few people in the community really understand psychosis or depression—even your doctor doesn't properly understand it, it's quite complex. There's still an attitude that you have to control yourself but when you're having a psychotic episode you're totally gone, you need someone to actually manage the situation
- “It was a struggle accessing care—how much do our professionals really consider the patient's day-to-day situation?” –honest conversations between patient and NHS, esp about mental health conditions
- Even family can let you down—you don't blame them, but they really don't understand what you've gone through

**Ranking exercises**

Ranking exercise (please circle): All / Start well / <b>Live well</b> / Age well	
1 <sup>st</sup> priority:  <b>Mental health, wellbeing &amp; SSH</b>	Please explain why these were the groups' priorities:
2 <sup>nd</sup> priority:	

<p>Adults with learning disabilities, disabilities, &amp; neurodivergencies</p>	
<p>3<sup>rd</sup> priority:</p> <p>Affordable, quality housing</p> <p>4<sup>th</sup>: DA/alcohol</p> <p>5<sup>th</sup>: healthy weight</p> <p>6<sup>th</sup>: making Oxfordshire smoke-free</p>	
<p>20-30% people accessing Oxfordshire Mind are likely neurodivergent.</p> <p>Follow-up care—after you’ve had help for healthy weight, you feel like you’ve been abandoned. Once you’ve addressed healthy weight, it helps access with other things. But cant be negative, got to live a natural happy life.</p> <p>Really challenging to order them and choose priorities</p> <p>Interlinked</p> <p>Additional suggestions: Family helping, Transport</p>	
<p>Ranking exercise (please circle): <b>All</b> / Start well / Live well / Age well</p>	
<p>1<sup>st</sup> priority:</p>	<p>Please explain why these were the groups’ priorities:</p>

Mental health and wellbeing	
<p>2<sup>nd</sup> priority:</p> <p>Financial wellbeing, employment &amp; poverty</p>	
<p>3<sup>rd</sup> priority:</p> <p>Equality, diversity &amp; inclusion – housing</p> <p>Other important things include: access to nature, effects of climate change, rurality, social isolation, active travel &amp; activity</p>	
<ul style="list-style-type: none"> <li>• Really tough exercise, we changed our minds a few times</li> <li>• Should this reflect philosophy &amp; principles or practicality &amp; money?</li> <li>• Climate change is a problem for national government—another person felt Oxfordshire can set a good example</li> <li>• There’s nothing without mental health</li> <li>• “It’s essential that MH services are accessible to everyone across the County”</li> <li>• The more socially isolated people become, the more it impacts mental health</li> <li>• If you’re financial situation is bad it’s going to affect your mental health. “if you’ve not got enough money, it affects your mental health and makes you deteriorate and get worse. Might even make you homeless which is really bad for your mental health”</li> <li>• One felt that EDI should extent to animals</li> <li>• Access to nature can help you feel better. One felt strongly that climate change &amp; nature should be number 1—“we’ve got to make a world for our future”</li> <li>• Relation between activity and green spaces</li> <li>• Housing is crucial to EDI</li> </ul>	

- “Racism isn’t a reality. It shouldn’t be about race, it should be about ability and qualification. Everyone should have a fair job. Education is important as well”

## Demographic monitoring data

<b>Number of participants</b>	<b>What is your age?</b>
	Under 16
	16 - 24
3	25 - 34
3	35 - 44
	45 - 54
2	55 - 64
	65 – 74
	75 - 84
	85 or over
	Prefer not to say

<b>Number of participants</b>	<b>What is your sex?</b>
2	Female
6	Male
	Prefer not to say

	I use another term
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Please state any other terms used here:

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<b>Number of participants</b>	<b>Is the gender you identify with the same as your sex registered at birth?</b>
6	Yes
1	No
1	Prefer not to say

<b>Number of participants</b>	<b>What is your sexual orientation?</b>
5	Straight/Heterosexual
1	Bisexual
	Gay or Lesbian
	Prefer not to say
2	Other sexual orientation

Please state any "other" responses here:

Trans  Pansexual
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<b>Number of participants</b>	<b>What is your ethnic group or background?</b>
	Asian or Asian British (Indian, Pakistani, Bangladeshi or any other Asian background)
1	Black or Black British (Caribbean, African, or any other Black background)
	Chinese
1	Mixed or multiple ethnic groups (White and Black Caribbean, White and Black African, White and Asian, and any other mixed background)
6	White (British, Irish, or any other white background)
	Prefer not to say
	Other ethnic group or background (please specify)

Please state any “other” responses here:

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<b>Number of participants</b>	<b>What is your current religion, if any?</b>
1	Buddhist
3	Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
	Hindu
	Jewish

	Muslim
	Sikh
2	No religion
1	Prefer not to say
1 (nature)	Any other religion (please state below)

<b>Number of participants</b>	<b>Are your day-to-day activities limited because of a long-term illness, health problem or disability which has lasted, or is expected to last, at least 12 months?</b>
2	Yes - a lot
4	Yes – a little
2	No
	Prefer not to say

## **My Life My Choice Women’s Group**

21st of August

### **Thinking about health and wellbeing**

**What helps you to stay physically and mentally healthy?**

- Disability groups, helps us get out more and enjoy their life
- MLMC gets people involved in things like the Stingray nightclub, so we can enjoy ourselves—a place for people with learning disabilities and/or in a wheelchair to dance, drink, party—other nightclubs don’t allow/enable this
- Theatre
- Walking club
- The wheelchair swing
- Spending time with family - shopping, going out, national trust properties, meals, getting out and about
- Take the dog out walking, keeps me company
- I've got a cat, she keeps me company

- I am looking at getting an assistance dog, it will help me with my mental health and epilepsy.
  - Pets “are therapeutic for people with disabilities”
- Groups and day centres, I like going to yellow submarine
- MLMC self-advocacy group: it “helps you get out more and enjoy your life”
- Stingray disability nightclub, once a month, it’s in a bar, and I met my partner there. I love it, I wish I could have it more.
- OXRAD- I am starting it up, I want to keep fit—I want to start trampolining
- I go to the gym, I go through Move Together. It helps to have someone to go to the gym with. But can I bring my carer with me?
- Eating healthy, salad, veg, when you’re diabetic you can’t eat a lot.
- Eating slowly, cutting out carbs, my favourite is drinking milk. Eating small portions.
- I am on a chewing diet to prevent me from choking—I am enjoying and tasting my food more, the textures in my mouth—it’s helped me lose weight
- I eat pasta salad
- Doing art, digital pattern design, its relaxing
- I do colouring and painting by numbers
- Diamond art, I am doing the wolf and I have done the Harry Potter one. I like lots of arts and crafts, it keeps your mind off thinking about bad thoughts
- I like pottery, arts and crafts, sewing and making patchwork blankets
- Music, I like Christian music.
- I like 80’s and 90’s
- I can’t move my bottom half, but I can my top half and I like the sensation—“I’ve got complex needs but I love to keep active”—it helps me and is calming
- Sensory room (blackout), very relaxing
- Wheels for all - all sorts of bikes, it’s on a Friday.
- Money management helps- they sort out my bills

**What are the challenges you experience when staying well?**

- Transport
- Understanding and awareness of disability
- Taxis or businesses “try to scam you” because you’re in a wheelchair- charged more, for example in taxi due to wheelchair
- travelling is an issue- getting in from Witney
- I eat all the wrong stuff, because of my depression, I reach for the wrong things.
- Food allergy, nuts and citrus, finding the balance
- Understanding- in shops and taxis

- Wheelchair hoist toilets—there is one in the Westgate, but it has broken down.
  - Not having this is embarrassing and undermines dignity
- Disabled equipment in the park, fair rides that you can put the wheelchair, swings that wheelchairs can get on—otherwise “feel left out”
- Parking for disabilities badges
- They took my disbelief badge away
- Admin and managing household can be stressful, it would be good to receive help with phone calls e.g. for gas, money, even NHS and social care
- Social services and NHS need to understand us, not push us away—they felt this was worse for people with learning disabilities and physical disabilities
- Accessible homes—e.g. having a hoist: I need to have it put in because right now it’s dangerous, my carers are having to lift me up. I want to see things acted on in a reasonable timeframe rather than dragging on, things done quickly.
  - “can’t shower in my own home”
  - I need a bungalow
  - But I want to be in my own home, there’s a “better quality of life in my own home”→ independence
- Pavements, so bumpy....loads of potholes on the pavement, it can damage wheelchairs and cost a fortune + Dangerous for those not on steady feet
- Talk to people who will listen and understand, who doesn’t push you away
- Will listen, mental health workers. Understand people with disabilities and mental health. Locking themselves away because they don’t listen to you.
- Don’t offer support/say they can’t help you because we have learning disabilities.

## **Ranking Live Well**

- Adults mental health and wellbeing, including SSH and suicide.
- Adults with learning disabilities and neurodivergent adults
- Accessible, affordable, quality housing

## **Cross Cutting**

- [removed MH because already covered]
- Loneliness and isolation
- Equality, diversity and inclusion including facilities for disabled people and wheelchair users.
- Public transport and travel
- Climate change

“It can be hard to find groups and activities to join, especially if you have social anxiety like me.”

## Demographics

Not completed

5 Women: two staff plus Jamie

## Witney Pride

Date of meeting: 10/08/2023

Number of attendees: 26

## Thinking about health and wellbeing

What helps you to stay physically and mentally well?

*Ideas, suggestions, and discussion notes...*

- Receiving the referrals I need, e.g. to a gender clinic
- LGBTQ activity sessions, as I know it will be a safe space for me.
  - “As part of pride month, Oxford Pride had an LGBT+ swim at the open air pool in Hinksey. It was the first time I'd been swimming in three years because I knew I'd be safe”
- LGBTQ spaces and groups, where I can get advice and information relevant to me

What are the challenges you experience when trying to stay well?

*Ideas, suggestions, and discussion notes...*

- “The ultimate issue is this: Am I going to be safe if I go to this activity/venue/event?”
- GPs not knowing about or understanding trans issues/services. Either through lack of resources for them, apathy or wilfully because of transphobia.
- The lack of support available while we wait for services. For example, the wait for gender clinics can be years.

- This in turn can lead to LGBTQ people self-medicating, which comes with its own health risks.
- Smoking cessation help is insufficient. I am unable to get help from my GP surgery because they consider me to have already 'quit', but addiction doesn't just go away. There is also no 'stop vaping' help.

## Ranking exercises

Ranking exercise (please circle): <b>All</b> / Start well / Live well / Age well	
1 <sup>st</sup> priority:  Mental health and wellbeing	Please explain why these were the groups' priorities:  The group felt that these were the priorities that had the greatest impact on the greatest proportion of the population.
2 <sup>nd</sup> priority:  Equality, diversity and inclusion	
3 <sup>rd</sup> priority:  Financial wellbeing, employment and poverty	
<i>Discussion notes...</i>	

<ul style="list-style-type: none"> <li>• If you need more mental health support after an initial intervention (e.g. CBT) then you have to chase to get it, but that's not easy to do if you're struggling with your mental health.</li> <li>• The group highlighted intersectionality. "Being LGBT and disabled it's even harder to join in with activities, but I need to be able to get there easily and I need to feel it's a safe space for me."</li> <li>• GP's don't have the skills or systems to deal with non-conforming genders, or even trans men's health. "I need to be offered routine breast screening nowadays but my gender marker on my NHS record is not F, so I'm not being picked up and invited"</li> <li>• Cost of living is making everything harder. It's harder to afford healthy activities and foods, and the stress of not having enough money affects your health. <ul style="list-style-type: none"> <li>○ People also smoke or drink more when they're stressed</li> </ul> </li> </ul>	
Ranking exercise (please circle): All / Start well / <b>Live well</b> / Age well	
1 <sup>st</sup> priority:  Mental health and wellbeing, including suicide and self harm	Please explain why these were the groups' priorities:  The group felt that these were the highest priority issues for LGBTQ adults because of the degree of impact on a large amount of people
2 <sup>nd</sup> priority:  Housing that is accessible, affordable, and good quality	
3 <sup>rd</sup> priority:  Neurodiverse adults and adult with learning disabilities	
<i>Discussion notes...</i>	

- LGBTQ people’s mental health is in real decline and we, as a community, are worried
- There are long waits for services, and little support in the interim which leads to people using unhealthy coping mechanisms. “We need mental health support locally for LGBTQ people who are struggling”
- On top of the cost of living there can be other housing issues for LGBTQ people, such as being kicked out by unaccepting families, finding accepting housemates, living in areas where I’ll be safe to be myself, if I’ve found a supportive doctor I don’t want to move GP to someone to might not be.
- LGBTQ people have higher rates of neurodiversity, so these are important topics for us both individually and intersectionally
- “There’s a lot of options that could improve things that you can signpost to that wouldn’t cost you any money but would improve things a lot, but GPs don’t know about them”

**Demographic monitoring data**

<b>Number of participants</b>	<b>What is your age?</b>
	Under 16
3	16 - 24
2	25 - 34
	35 - 44
2	45 - 54
	55 - 64
	65 – 74
	75 - 84
	85 or over
19	Prefer not to say

<b>Number of participants</b>	



	<b>What is your sex?</b>
4	Female
1	Male
20	Prefer not to say
1	I use another term

non-binary trans femme

<b>Number of participants</b>	<b>Is the gender you identify with the same as your sex registered at birth?</b>
5	Yes
2	No
19	Prefer not to say

<b>Number of participants</b>	<b>What is your sexual orientation?</b>
1	Straight/Heterosexual
2	Bisexual
2	Gay or Lesbian
19	Prefer not to say
2	Other sexual orientation

pan- and demi-sexual

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<b>Number of participants</b>	<b>What is your ethnic group or background?</b>
	Asian or Asian British (Indian, Pakistani, Bangladeshi or any other Asian background)
4	Black or Black British (Caribbean, African, or any other Black background)
	Chinese
	Mixed or multiple ethnic groups (White and Black Caribbean, White and Black African, White and Asian, and any other mixed background)
3	White (British, Irish, or any other white background)
19	Prefer not to say
	Other ethnic group or background (please specify)

<b>Number of participants</b>	<b>What is your current religion, if any?</b>
	Buddhist
3	Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
	Hindu
	Jewish
	Muslim
	Sikh
2	No religion

19	Prefer not to say
	Any other religion (please state below)

<b>Number of participants</b>	<b>Are your day-to-day activities limited because of a long-term illness, health problem or disability which has lasted, or is expected to last, at least 12 months?</b>
2	Yes - a lot
3	Yes – a little
2	No
19	Prefer not to say