

Tell us about your health and what is important to you right now

Survey Feb – April 2023

The ‘**Tell us about your health and what is important to you right now**’ survey took place during the March and April 2023 and aimed to provide insight and information on:

- Keeping well tracker questions
- Top of mind important issues
- Measures to improve health & wellbeing

This report presents the results for south east Londoners who have responded and told us about things that matters to them right now.

The survey was shared with members of the public in south east London aiming to complement the survey responses that we have collected from newly recruited South East London People’s Panel. The response to the survey via members of the SEL People’s Panel were collected via over 52 outreach days in the community across south east London.

[Read more information about our People’s Panel, the outreach approach and the full report here.](#)

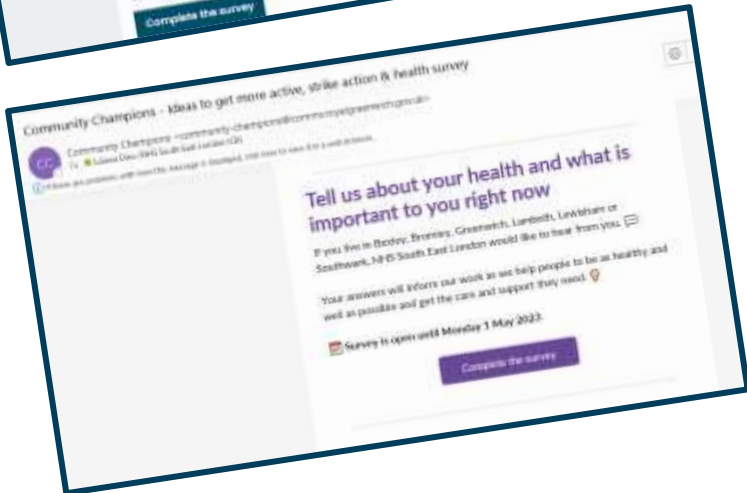
Promoting the survey

This online survey aimed to reach more people who were not targeted via South East London People's Panel. The survey was promoted widely with south east London people via our South East London Integrated Care Board channels as well as our ICS partners communications channels.

- [Let's talk health and care online community](#)
- #Get Involved newsletter
- South east London Voluntary Sector and Community organisations
- Community champions groups across different boroughs in south east London
- Social Media channels
- Integrated Care System newsletter

72 people responded to the survey and further information on the respondents' demographic profile is included in the second part of the report (slides 20 to 27)

How people were invited to get involved



Survey analysis

Summary



56% of survey respondents report that they are currently **feeling healthy**



57% of the sample of SEL residents currently **feel in control** of their lives



64% of the sample of SEL residents currently **feel happy**



29% report that they are currently **feeling lonely**



65% report that they currently **feel safe in their own environment**

A number of key factors were highlighted as at top of their minds from people responding to the survey (*Mar – April 23*)

- **NHS healthcare – 51%**
- **Access to primary care – 32%**
- **Cost of Living – 21%**
- **Environment – 21%**

Measures to improve health & wellbeing

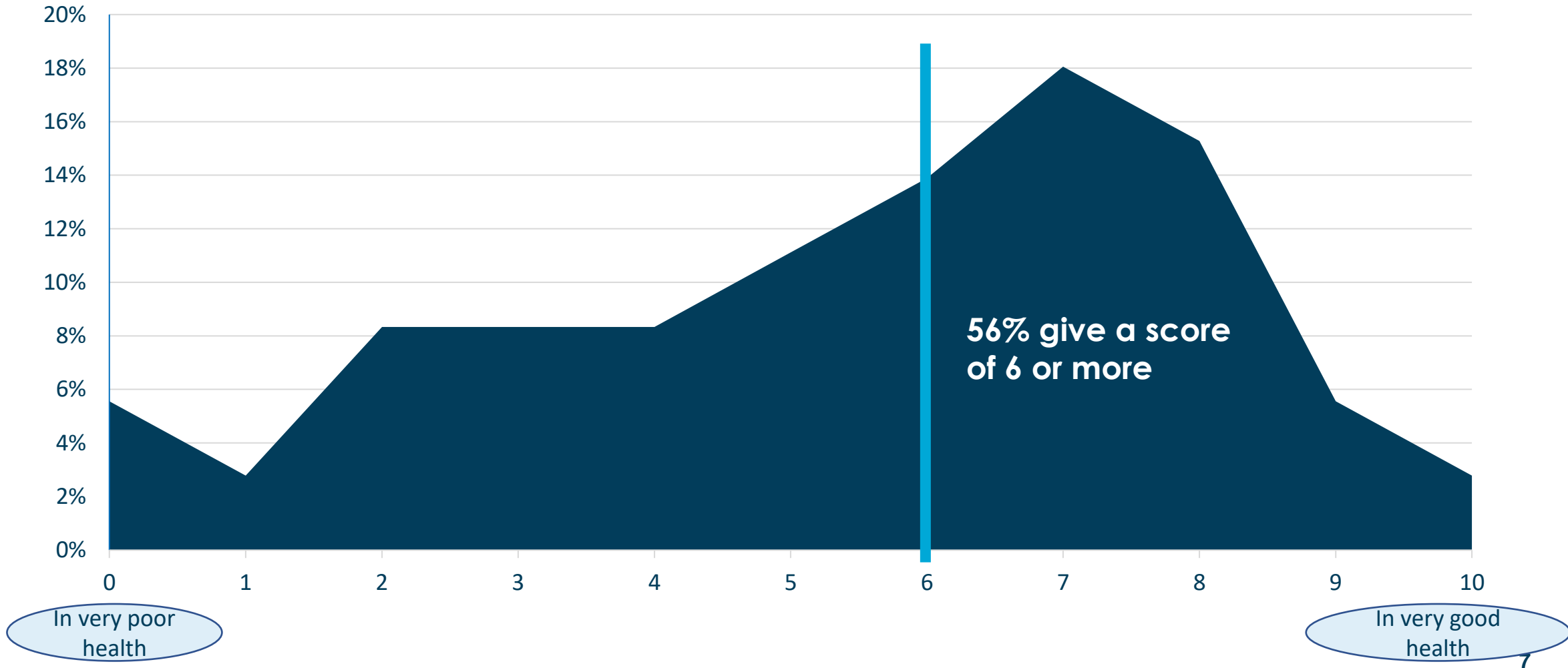
- **Access to healthcare – 22%**
- **Mindset behaviour change – 17%**
- **Employment – 13%**
- **Get active – 7%**



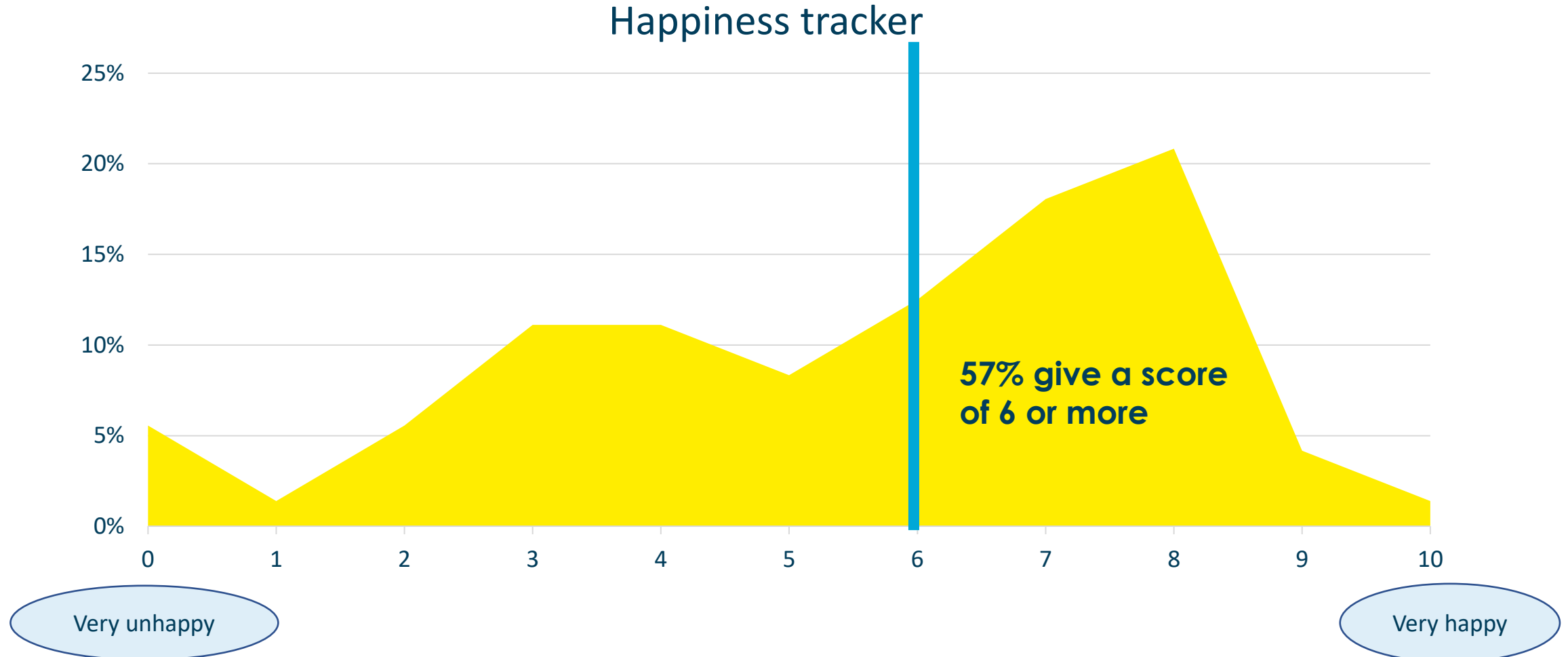
72% respondents said that would find it difficult to make this happen for themselves

Keeping well trackers – 56% of respondents feel healthy

Keeping well tracker

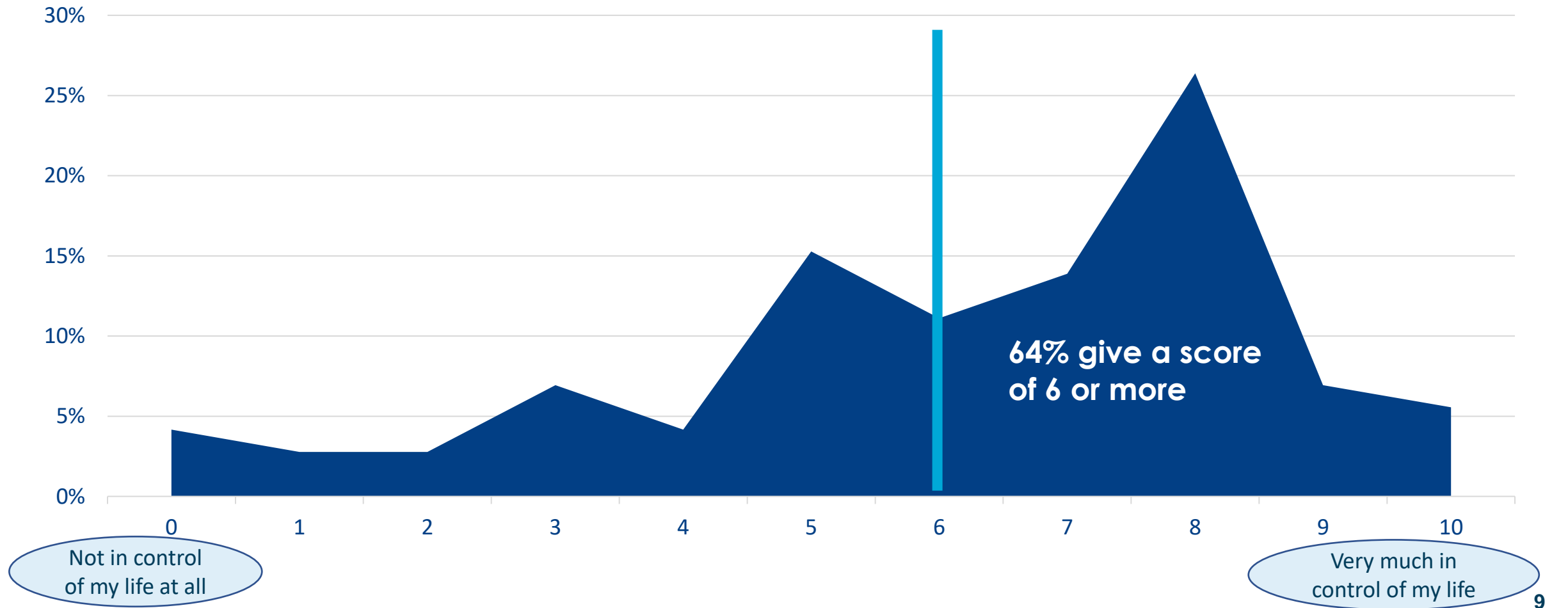


Keeping well trackers - 57% of respondents feel happy



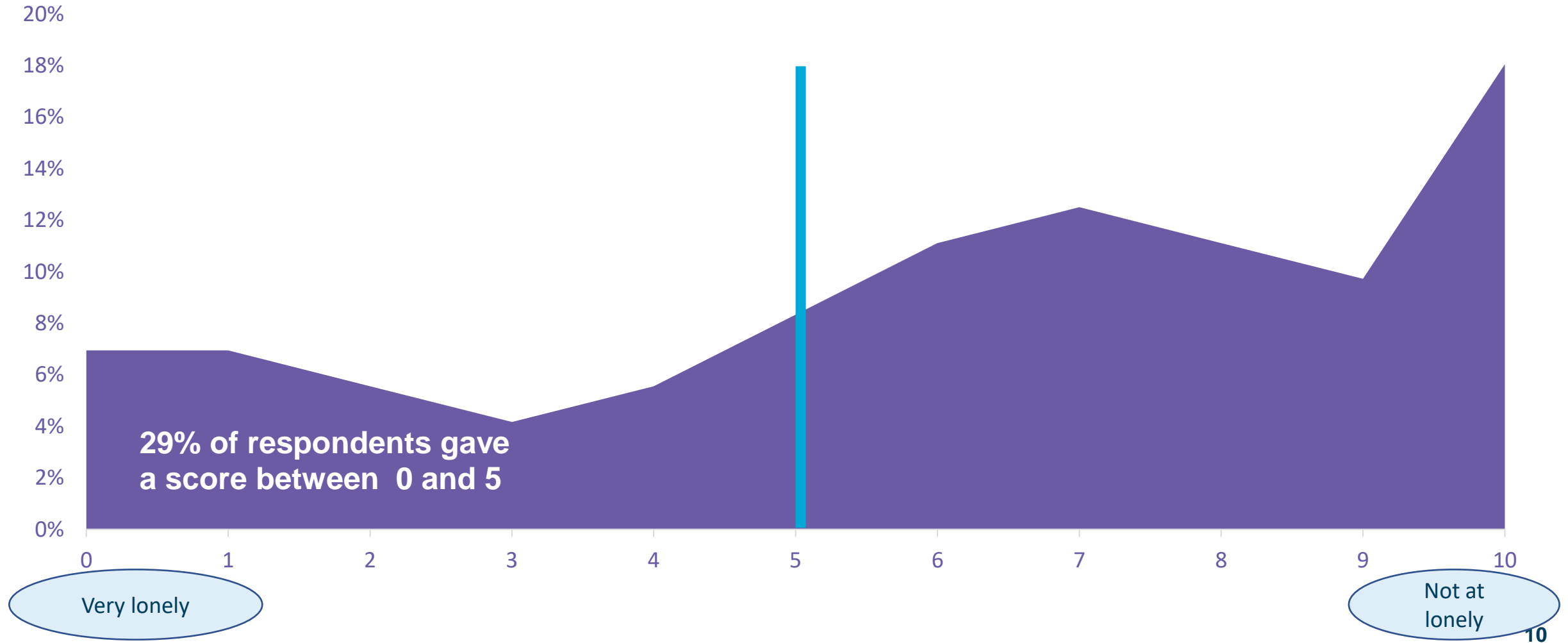
Keeping well trackers – 64% of respondents feel in control of their lives

Control of their lives



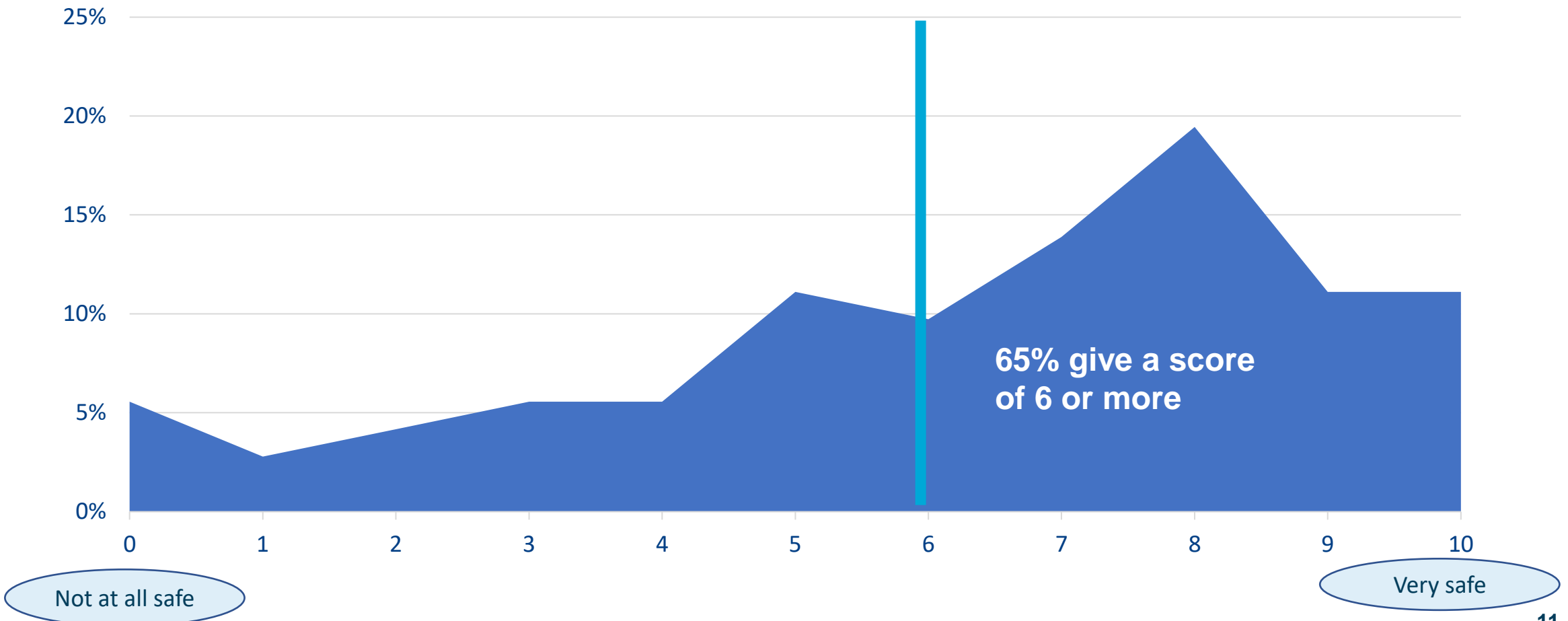
Keeping well trackers – 29% respondents feel lonely

Loneliness chart



Keeping well trackers – 65% of respondents feel safe in their own environment

Feeling safe in your own environment



Thinking about you and those close to you, what is really important to you right now? What is currently at the forefront of your mind?



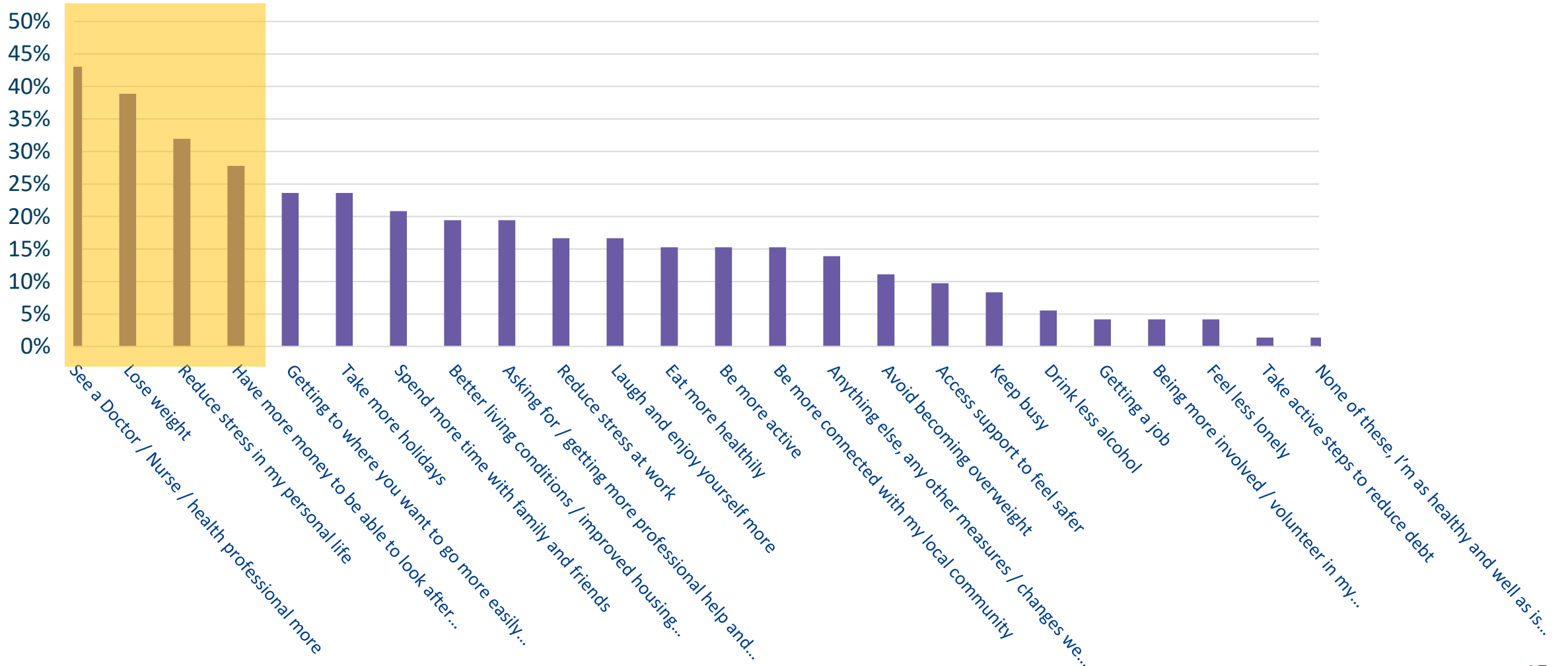
Thinking about you and those close to you, what is really important to you right now? What is currently at the forefront of your mind? (1/2)

NHS healthcare	Access to primary care	Cost of Living	Environment	My healthcare and wellbeing
51%	32%	21%	21%	14%
<ul style="list-style-type: none"> • Good healthcare • Book appointments via the NHS app • See doctor in person • Easy access to services • Good cancer care • Follow up hospital outpatient • Hospital waiting time • Integrated joined up care • Urgent care centre • Health care closer to home • Covid prevention • Access to A&E 	<ul style="list-style-type: none"> • Face to face GP appointments • Easy access to GP no queues on the phone • Repeat prescriptions • Blood tests at the GP surgery • Health care workers are listening to you • Telephone consultation • Easy access to dentist • Timely access to GP services 	<ul style="list-style-type: none"> • Paying bills • Rising food and energy bills • How families can afford bills especially utilities • Enough money to be able to pay bills • Cost of childcare 	<ul style="list-style-type: none"> • Protection of all green spaces in London • Litter and graffiti • Noise • Traffic • Pollution • Dirty streets and pavements • Air quality • Poor management of the natural environment 	<ul style="list-style-type: none"> • My plans, my wishes, my decisions for my care • I need more access to the gym and sports facilities • Help with managing my long term conditions, • Improving self care and well-being
Support for the NHS	Transport	Government	Community Safety	Diversity, Equality and Inclusion
10%	8%	8%	7%	6%
<ul style="list-style-type: none"> • So grateful to the NHS • The protection by law of the NHS • Future of the NHS and social care • Enough trained doctors, nurses, professions allied to medicine • Doctor strikes • Underfunded services • Securing the future quantity and quality of NHS workforce 	<ul style="list-style-type: none"> • Free transport for seniors to get to places with support workers • Cheap transport • Trains new timetable which has cut direct trains • Public transport 	<ul style="list-style-type: none"> • Government politicians you can trust • Concern about politics • Political environment • Immigration • Protests • Make government accountable 	<ul style="list-style-type: none"> • Safety at home • Antisocial behaviour • Being safe in my neighbourhood • Concern for wider community 	<ul style="list-style-type: none"> • Disparities and inequalities both locally and globally • Attitudes towards trans people in particular health care • Vulnerable people struggling to meet their basic needs • Discrimination and inequality in healthcare • Discrimination and inequality faced by Asian people and learning disabled people • Lack of social and cultural resources for learning disabled and nonverbal autistic people • Creating an equitable society

Thinking about you and those close to you, what is really important to you right now? What is currently at the forefront of your mind? (2/2)

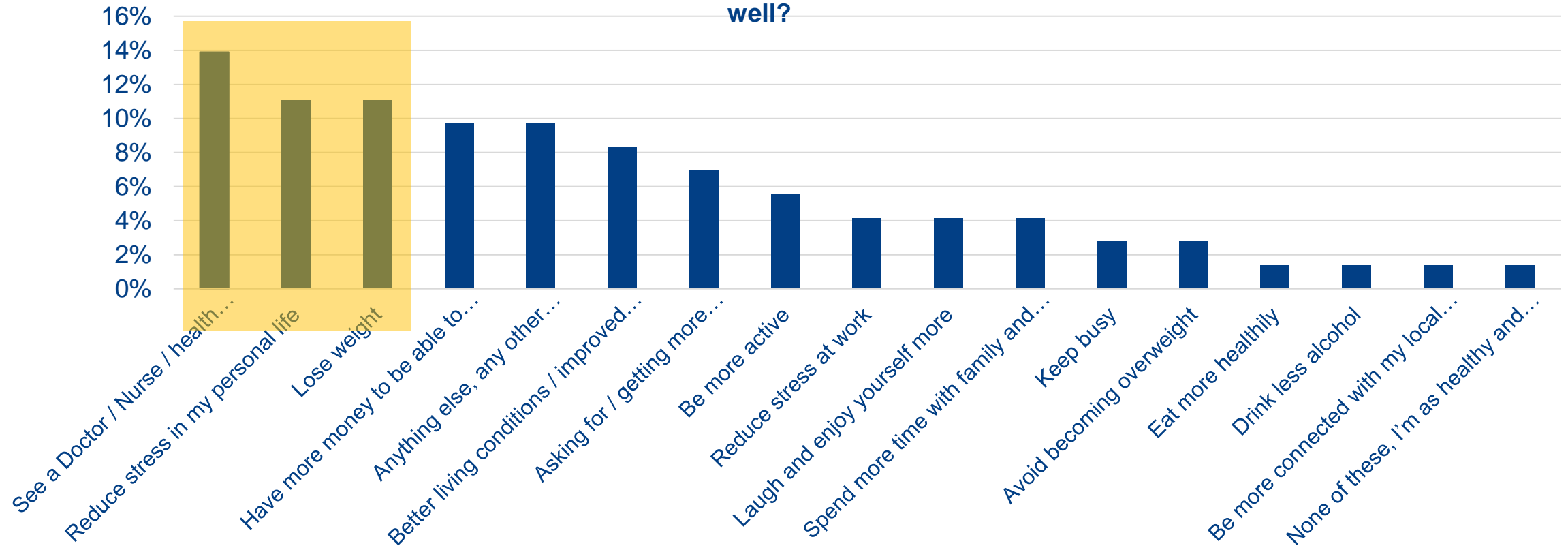
Employment	Mental Health	Schools / Education	Social care	Support in the community
6%	4%	4%	4%	4%
<ul style="list-style-type: none"> • Being able to work • Worklessness • Employment • Work • Work/life balance 	<ul style="list-style-type: none"> • Mental health support for young people in schools • More mental health help for those isolated at home • Mental health sufferers should be supported to live independently whilst their disability is taken into account 	<ul style="list-style-type: none"> • Indoor air quality in schools • Activities for children in schools • Concerned about our local school 	<ul style="list-style-type: none"> • Domiciliary care • Care home placement when discharged 	<ul style="list-style-type: none"> • Lack of places to socialise • Activities for adult, a hub for those suffering loneliness to go to • Bring the services to the community smears breast checks, bowel cancer checks • more care in the community
Housing	Loneliness / relationship	Global issues	carers support	<i>No comment/ no concerns</i>
3%	2%	1%	1%	1%
<ul style="list-style-type: none"> • The impact of poor social housing on health • mould free home 	<ul style="list-style-type: none"> • Support for people who are isolated at home 	<ul style="list-style-type: none"> • War • Climate change 	<ul style="list-style-type: none"> • Support and recognition of family carers 	

Seeing a health care professional more, losing weight and reducing stress are the three top changes that respondents feel would be most effective in keeping themselves healthy and well

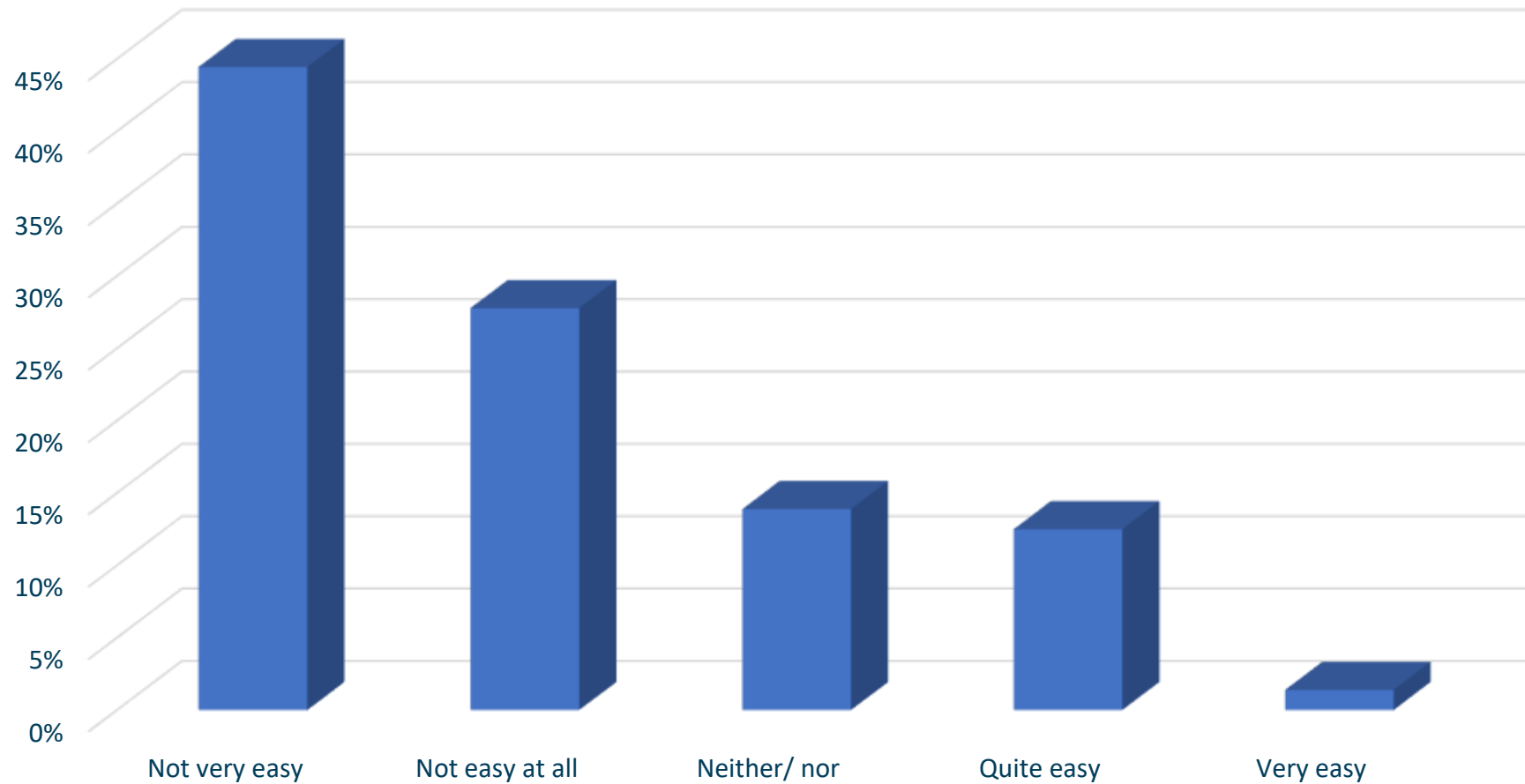


Similar key actions emerged when the participants were asked to **highlight the single most effective thing**, they could do to keep themselves healthy and well. Reduces stress and seeing and health professional as well as financial, losing weight and better living conditions.

What do you believe is the SINGLE MOST effective thing that you could do to keep yourself healthy and well?



72% of respondents report that they would find it difficult to make these changes happen for themselves



Access to healthcare

- Easy access to GP
- Regular contact with a professionals to talk about all my health problems
- improved use on online access to GP services
- Less waiting time for appointments
- healthcare professional with a more holistic approach
- joined up care
- groups support for people with similar conditions

22%

Mindset behaviour change

- Make life less stressful,
- Be positive,
- Be more confident and happier,
- Better motivation,
- More willpower,
- Timetable setting to ensure I attend,
- Mindset and habit change,
- More encouragement,
- I am trying to build more activity into my day, but it's hard to motivate myself at times. The most effective intervention historically is when I've had someone 'tapping me on the shoulder' to check I'm doing what I should

17%

Employment

- My company needs to consider your age and health conditions ...
- A less stressful job
- Retirement
- Better paid work that matches inflation
- Get a job that ensure after paying bills I have money left over to look after myself
- Cost Of living reduced so don't have to spend extra hours working to manage my workload
- ...Little/no staffing support. Now off with stress and high blood pressure ...

13%

Get active

- Get more active
- Join a seated exercise class
- Going to exercise class on a regular basis or group activity e.g walking for a purpose.
- Exercises
- Access to affordable exercise facilities

7%

Relationships

- I would need to make more friends closer to where I live
- Being able to pair up with others with similar interests
- I am still shielding due to being immunocompromised. I miss mixing with people
- It is harder to get to know people when you're not part of a couple, and have left work

7%

Financial support

- Pensions
- Carer to support
- Down the energy prices
- Benefits

6%

Housing, support in the community and, changing behavior actions where also mentioned as important measures to take to improve health and wellbeing

Get support with my caring responsibilities

- Less caring responsibility
- Need a lot of support with disabled and elderly family I'm caring for

4%

Housing

- Affordable homes
- Priority housing due to health conditions

4%

Change habitual behaviour

- Start diet
- Eat and drink less

3%

Community hubs Information and activities in the community

- Being able to have access to a service where you can ask questions and get answers at the same time.
- More information and open days on community organisations
- Attend groups support for with similar conditions

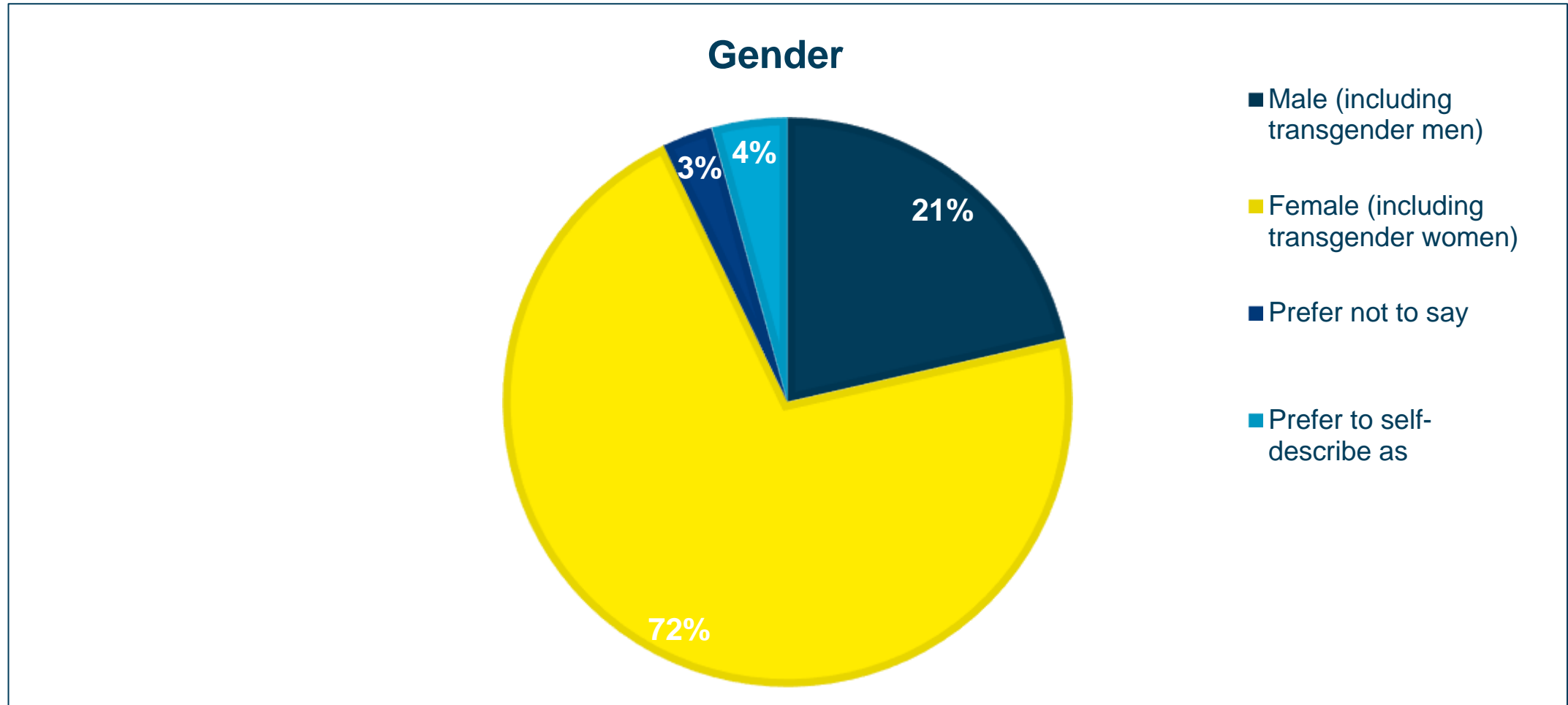
3%

Don't know

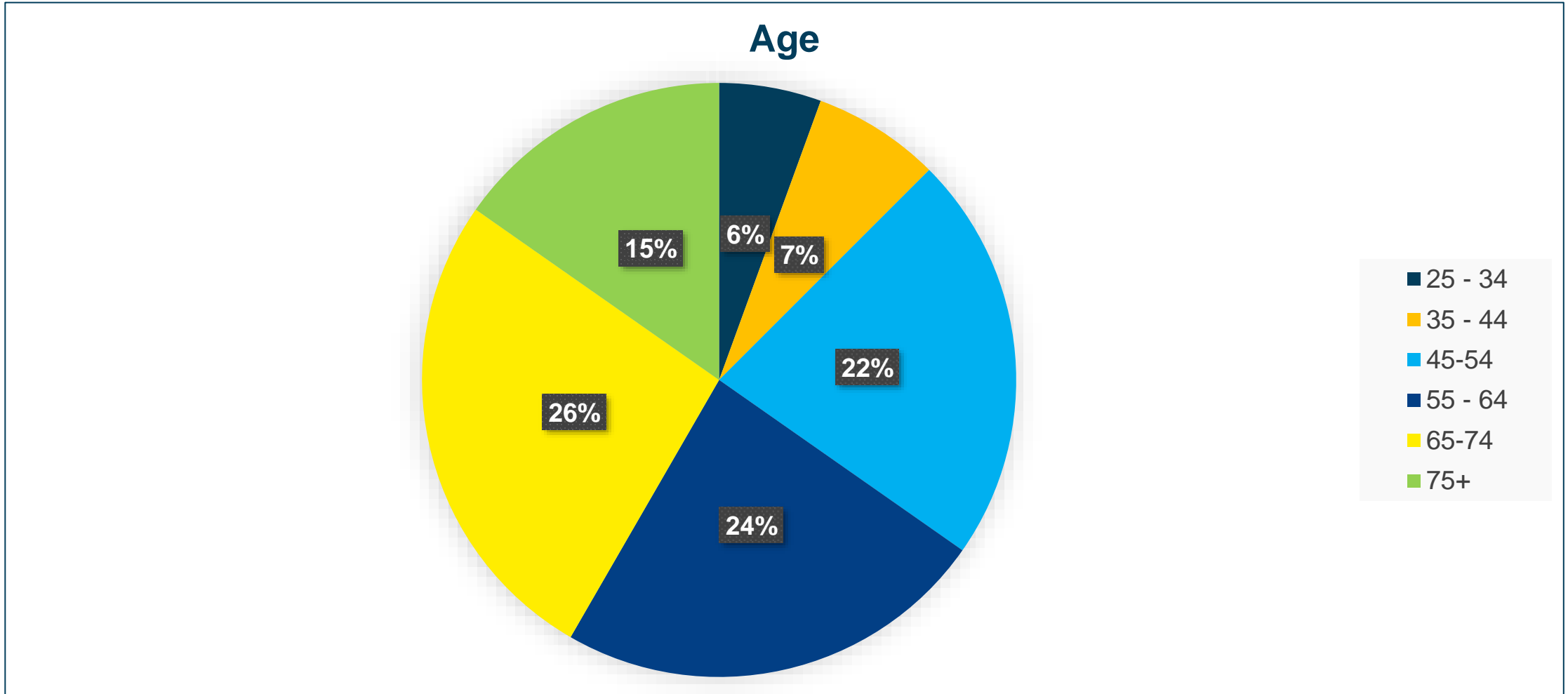
4%

Survey respondents' demographic profile

Survey respondents' demographic profile

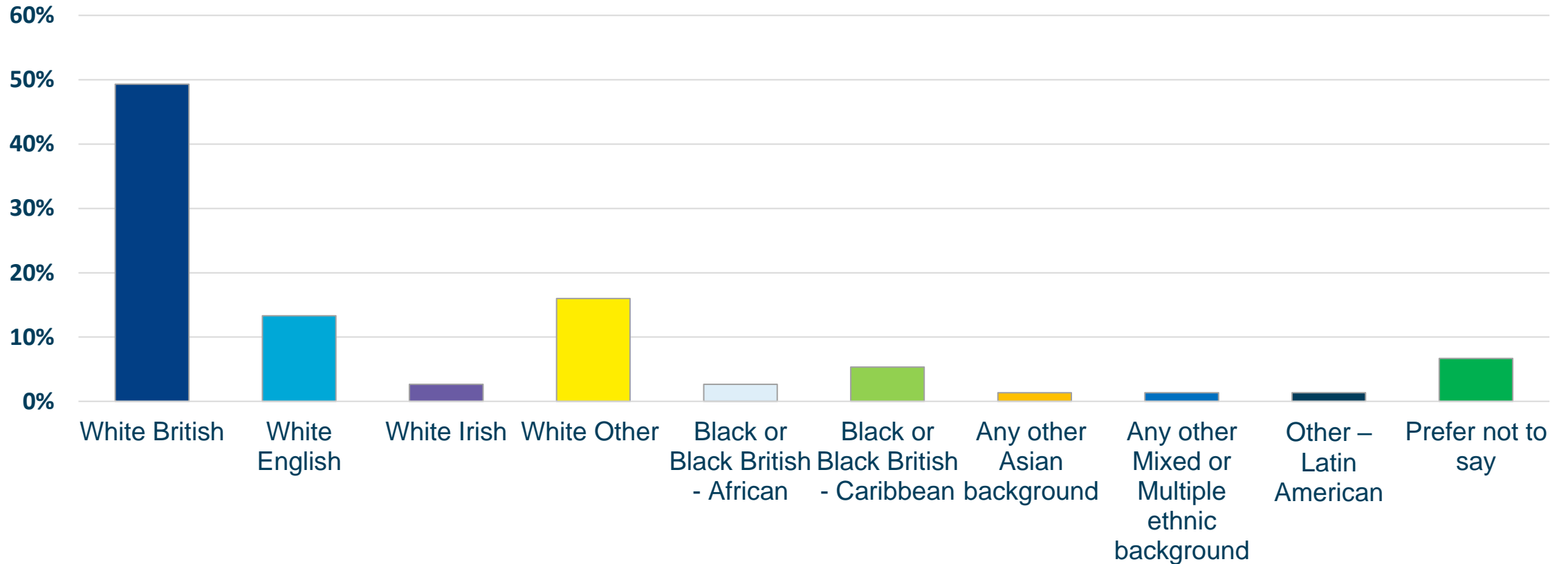


Survey respondents' demographic profile

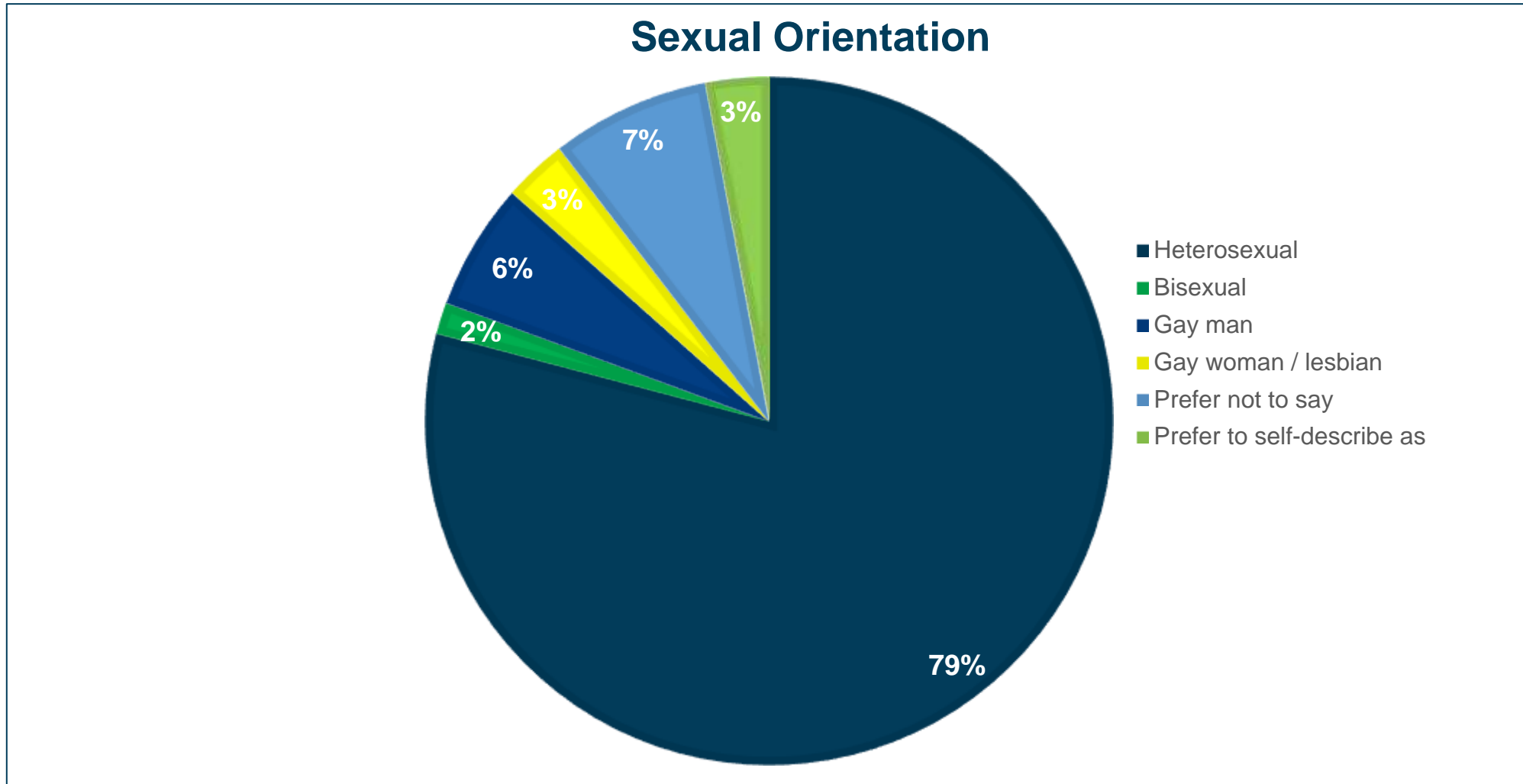


Survey respondents' demographic profile

Ethnicity

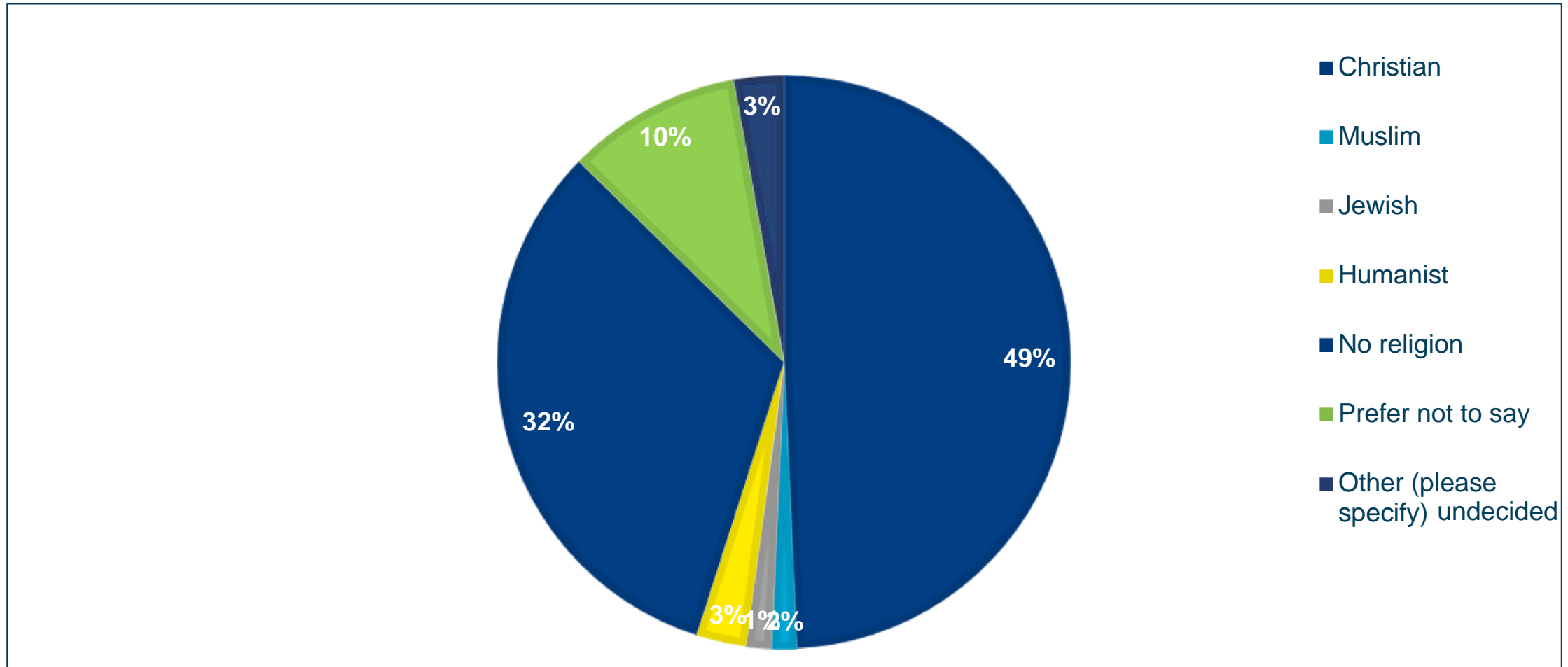


Survey respondents' demographic profile



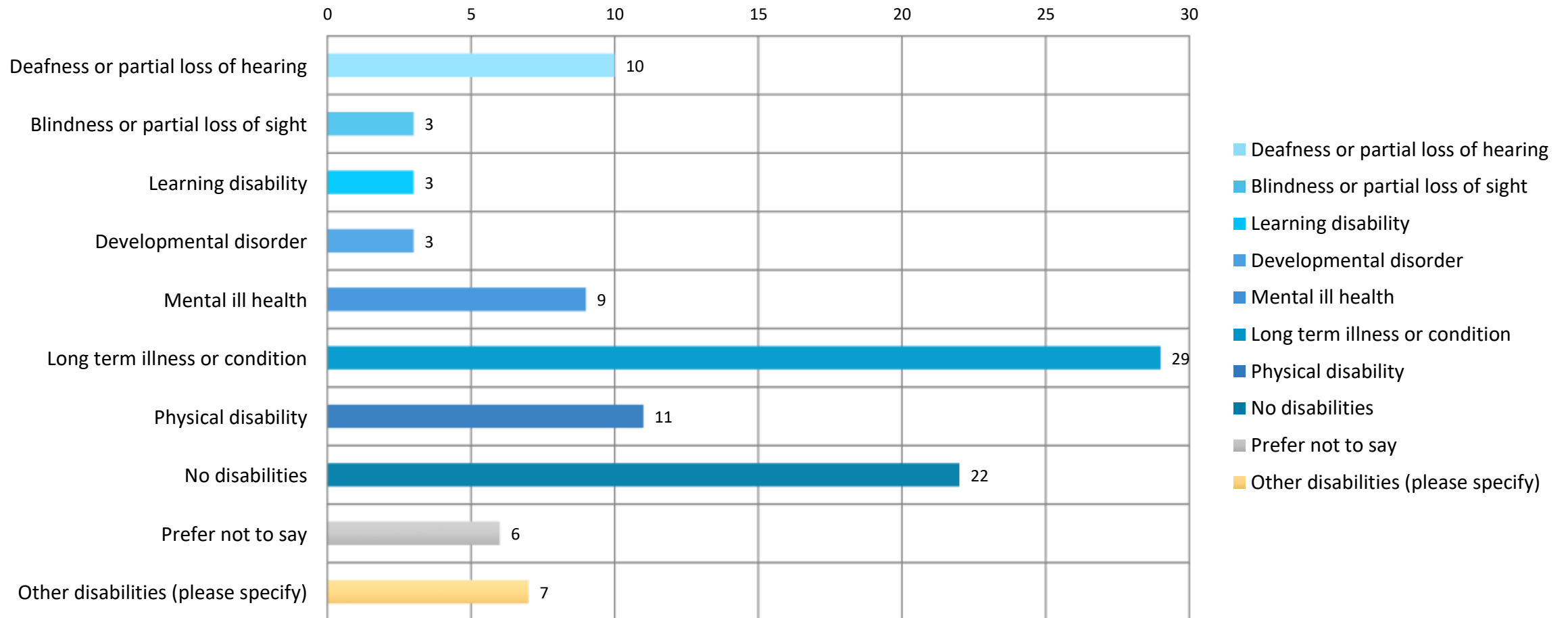
Survey respondents' demographic profile

Religion or belief



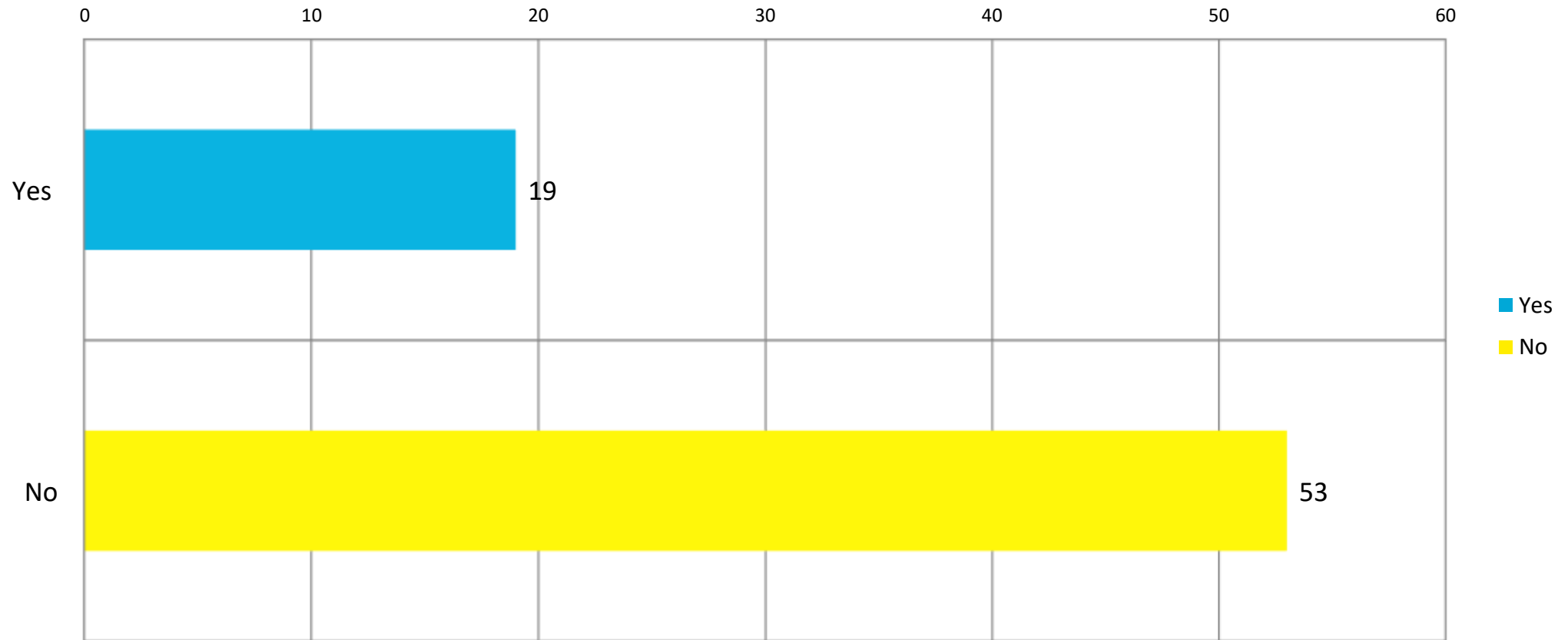
Survey respondents' demographic profile

Disability - Do you have any of the following conditions that have lasted or are expected to last for at least 12 months?



Survey respondents' demographic profile

Are you a carer?



Impact and next steps

- The feedback collected via the survey from people from South East London Panel and wider community helps us to have a better understanding the issues that are in people's mind and any actions that people want to take to improve their health and wellbeing.
- As well as learning more about the types of measures and activities that people believe can help them to improve their health and wellbeing along with their perceptions about kinds of issues and motivations which can have an influence on their health and wellbeing.

Impact and next steps

- Over the summer of 2023 we will be building on the insights from this survey and the insights from our People's Panel, working with organisations across south east London, including NHS hospitals universities, local councils and voluntary and community sector organisations, to co-design solutions to the issues communities are facing that affect their wellbeing.
- In partnership with the charity Citizens UK, we will be hosting listening workshops with many communities across south east London to better understand what action institutions can take to support people with challenges such as the cost of living, social isolation, and access to secure and healthy work.

Thank you to everyone taking part in our survey.

**We hope you will find the evidence in this report useful,
and you will be involved to continue discussion about
health and wellbeing.**

Engagement team: engagement@selondonics.nhs.uk