



South East London People's Panel

Survey 1 results (after both stages 1 and 2 of recruitment) September 2023



Report structure

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Section 1 Introduction







Mission of the South East London People's Panel

The South East London People's Panel provides the Integrated Care System (ICS) in south east London with an additional systematic approach to gathering insight and feedback on a range of health and care issues from a representative sample of the south east London population.

Section 1 - Introduction







Section 1 - Introduction

Recruitment methodologies - 1083 panellists have been recruited in total

1) Core recruitment – face to face

- **1046 panellists** have been recruited via face-to-face recruitment days, taking place between January and September 2023
 - A majority of this recruitment (692 panellists) has been via **community days** in shopping centres, libraries, community centres/halls and cafes
 - 165 panellists were recruited at events, roadshows and festivals
 - A further 171 were recruited by individual interviewers conducting face to face **on-street shifts**, among local communities in busy high street locations and railway stations. A final 18 were recruited door to door in targeted communities in areas of high deprivation
- Recruitment locations **spread right across the SEL region**, a full list of recruitment locations is given on the next chart
- Face to face recruitment was used as the preferred core method: both to avoid selfselection of the sample and to enable specific targeting of a representative sample of citizens in many different geographic locations
- The personal interaction with the professional recruitment team also provides an opportunity for a clear introduction to and explanation of the purpose of the SEL People's Panel

2) Additional recruitment methods

- A small amount of **social media** advertising on Facebook and **member get member** activity
- An additional **37 panellists** were recruited via these methods
- This additional recruitment allows an element of boosting of certain categories of residents, such as younger people and those who are online more often







Section 1 - Introduction

Recruitment locations across south east London



- ✓ Bromley Library
 ✓ Broadway Shopping Centre, Bexley
 ✓ Bromley Centre, Primark, TK Maxx
 ✓ Bromley High Street
 Maxx
 ✓ Bromley High Street
 ✓ Bromley Mencap
 ✓ Bromley Sports & Wellbeing Event
 ✓ Camberwell Green, Southwark
 - ✓ Cost of Living Support Roadshow, Southwark
 - ✓ Deptford Broadway
 - ✓ Deptford High Street
 - ✓ East Street Market, Southwark
 - ✓ Eltham Community Centre, Greenwich
 - ✓ Erith Shopping Centre, Bexley

- Glyndon Festival, Greenwich
- ✓ Gosling Way, Lambeth
- ✓ High Street, Elephant & Castle
- ✓ Hollydale Road, Southwark
- Lambeth Country Show
- ✓ Lewisham High Street
- ✓ Lewisham Shopping Centre
- ✓ Orpington Library, Bromley
- ✓ Penge Festival, Bromley
- Plumstead High Street, Greenwich
- ✓ Primark, High Street, Bromley
- Reach Out Event, Bromley
- Stockwell Station
- ✓ Streatham High Street
- ✓ Streatham Library
- Surrey Quays Shopping Centre, Southwark

 ✓ Together 2023, Charlton Park

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- ✓ Walworth Library, Southwark
- Woolwich Artix Café, Powis Street, Greenwich

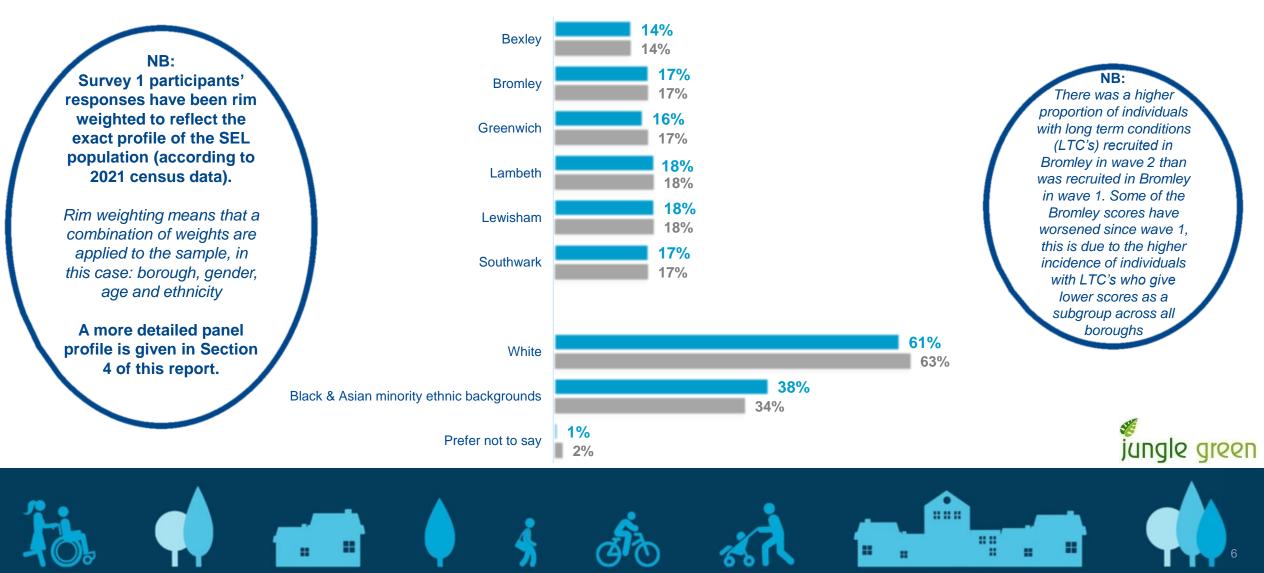


- Benton Lane, Lambeth
- Bexley Heath High Street
- ✓ Boys Brigade Hall, Broadway, Bexley
- ✓ Brixton Library
- ✓ Brixton Road
- Brixton Station

Section 1 - Introduction

A robust and representative sample has been recruited for SEL ICS to work with going forward

% of SEL entire population/survey 1 participant rim weighted profile (1083) % of our actual panellist profile as of September 2023 (1083)





Section 2

Overview summary

South East London People's Panel







Keeping well / Top of mind important issues





79% of the sample of SEL residents report that they are currently **feeling healthy**.

There has been a slight drop in 'feeling healthy' among SEL residents between wave 1 (81%) and wave 2 of panel recruitment (78%)



78% of the sample of SEL residents currently feel in control of their lives.

No change between wave 1 and wave 2 of panel recruitment



78% of the sample of SEL residents currently feel happy. No change between wave 1 and wave 2 of panel recruitment



31% report that they are currently feeling lonely.

There has been a **significant increase** in 'feeling lonely' among SEL residents between wave 1 (27%) and wave 2 of panel recruitment (36%)



84% report that they currently feel safe in their own environment.

No change between wave 1 and wave 2 of panel recruitment

This clearly means that around one sixth to one third of the sample of SEL residents are currently giving very poor scores for each of these keeping well factors (*Jan to Sept '23*).

Poor scores are more notable among those in **Greenwich** and **Southwark** and among those with **long term conditions**.

Loneliness has increased the most among those aged **16-24 years** and those from **minority ethnic backgrounds** A number of factors stood out as those currently at the forefront of SEL residents' minds (*Jan to Sept '23*): Very similar in both waves

- * Cost of living crisis (23%)
- * Keeping me (14%) / my family (11%) healthy &well
- * NHS funding/ crisis/ long waits for GP/ A&E (27%)

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- * Mental health (9%) and elderly social care (4%)
- Government/ politics and global issues (5%)



Measures to improve health & wellbeing



- Improved personal finances top the list of all measures and changes that panellists feel would be most effective in keeping themselves healthy and well (29%)
- Eating more healthily (28%) and improved living/housing conditions (27%) follow closely, along with increased activity (22%), more holidays (24%) and reduced stress (21%) (mentions of the latter have increased between wave 1 and wave 2)
- Those in Southwark select almost all of the given health and wellbeing factors in greater numbers compared to the other boroughs. Greenwich, Lewisham and Lambeth sit in the middle. Bexley and Bromley select the least number of factors as being necessary to keep them healthy and well

- A very similar picture emerges when panellists highlight the **single most effective** thing they could do to keep themselves healthy and well. **Improved personal finances** top this list, along with **improved living/housing conditions**
- Eating more healthily follows, along with reduced stress and losing weight (increased mentions of the latter two items since wave 1)

- **51%** of SEL panellists report that they would find it difficult to make the changes they feel are necessary to keep themselves healthy and well (notably better living/ housing conditions, getting more professional help/ advice, losing weight, stopping smoking/ substance abuse, reducing stress, getting involved/ volunteering in the community, reducing loneliness and having more money)
- Only **24%** feel the necessary changes are quite or very easy to make happen for themselves (notably avoiding becoming overweight, connecting with the community and keeping busy)

- Many panellists mention the need to adopt a different and more positive mindset to enable themselves to make changes and take measures towards keeping themselves healthy and well
- However financial stability, access to healthcare, the local housing situation and, to a degree, their employment situations they feel are perhaps much less within their control

Financial stability, better access to healthcare, improved mental health services, an improved local housing situation and friends/family/community support are cited as the areas of support most needed by SEL residents to live a happier and healthier life

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South East London People's Panel





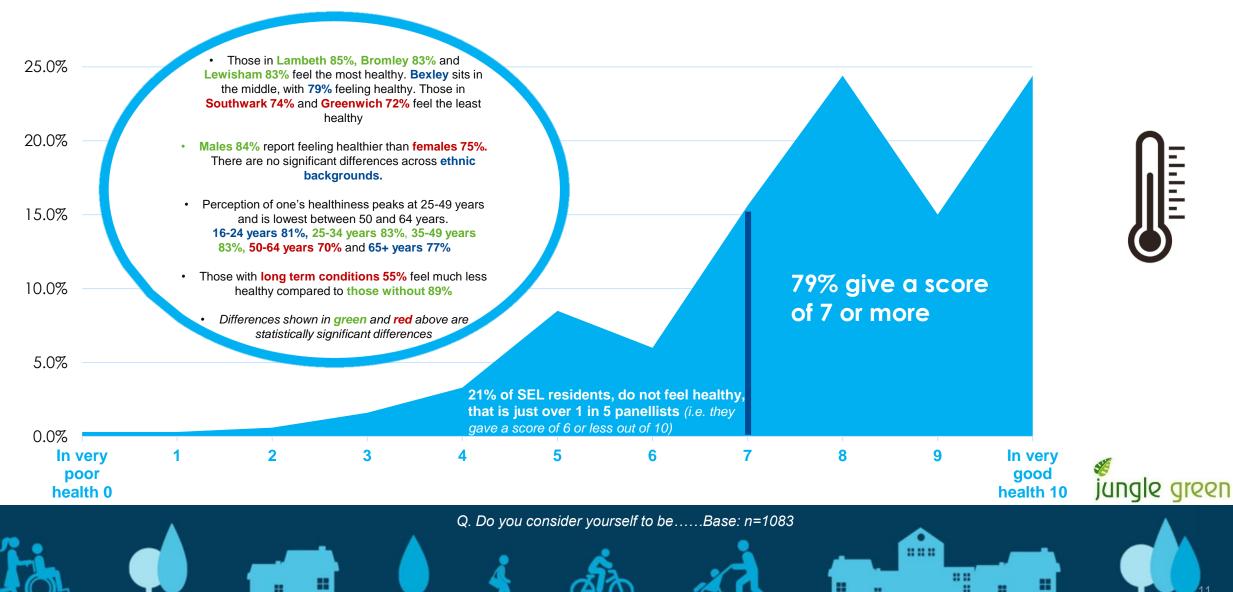


Keeping well trackers – 79% of SEL residents feel healthy

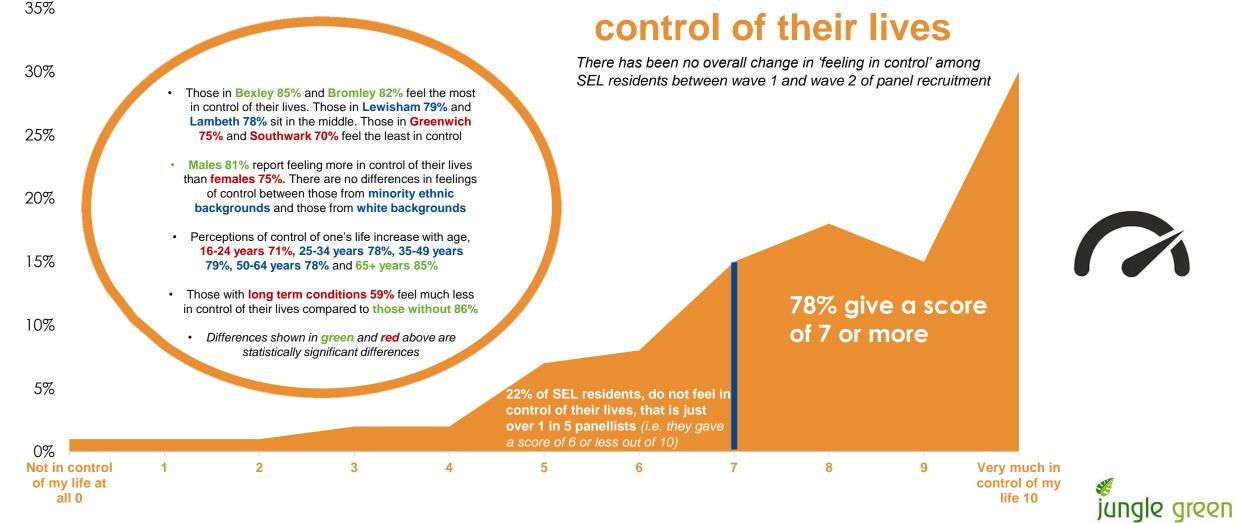


There has been a slight drop in 'feeling healthy' among SEL residents between wave 1 (81%) and wave 2 of panel recruitment (78%)

30.0%



Keeping well trackers – 78% of SEL residents feel in



Q. Do you consider yourself to be.....Base: n=1083

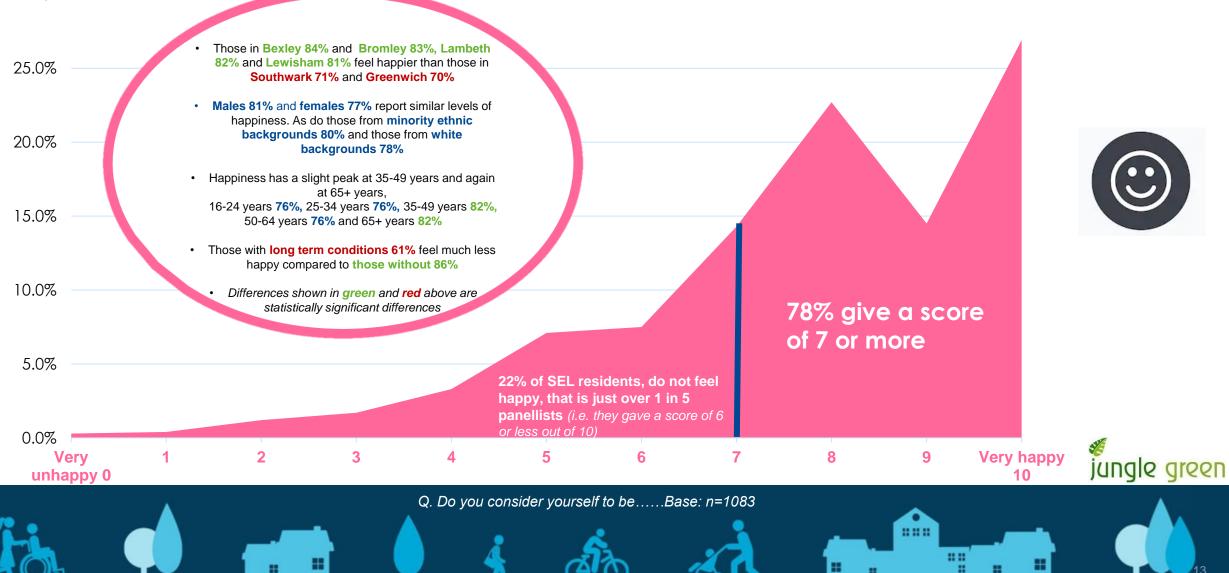




Keeping well trackers – 78% of SEL residents feel happy

There has been no overall change in 'feeling happy' among SEL residents between wave 1 and wave 2 of panel recruitment

30.0%

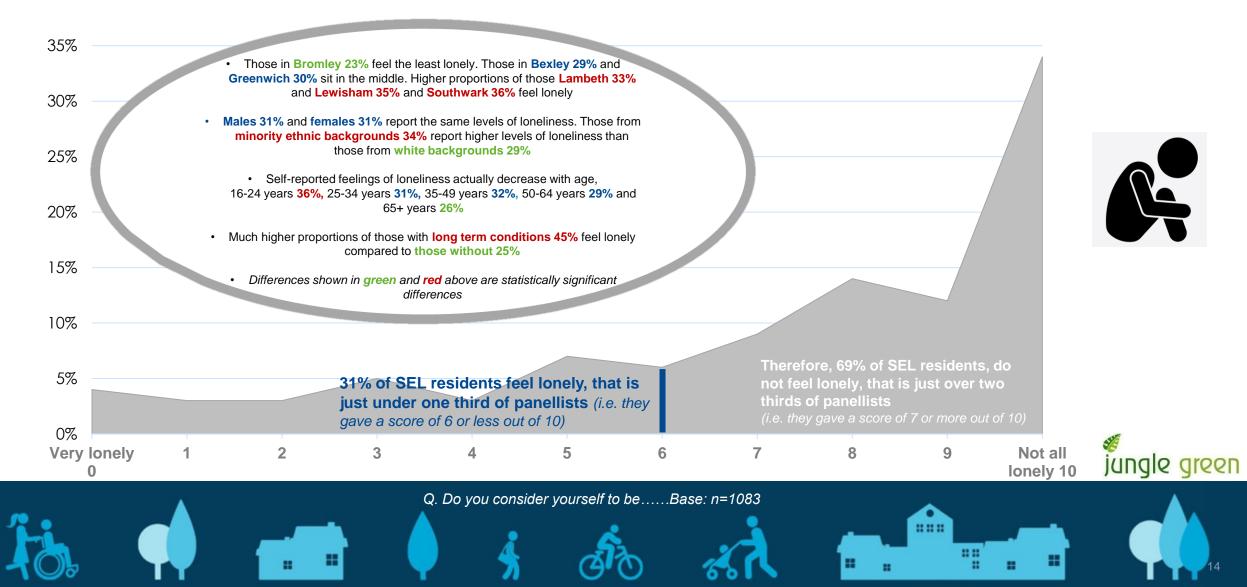




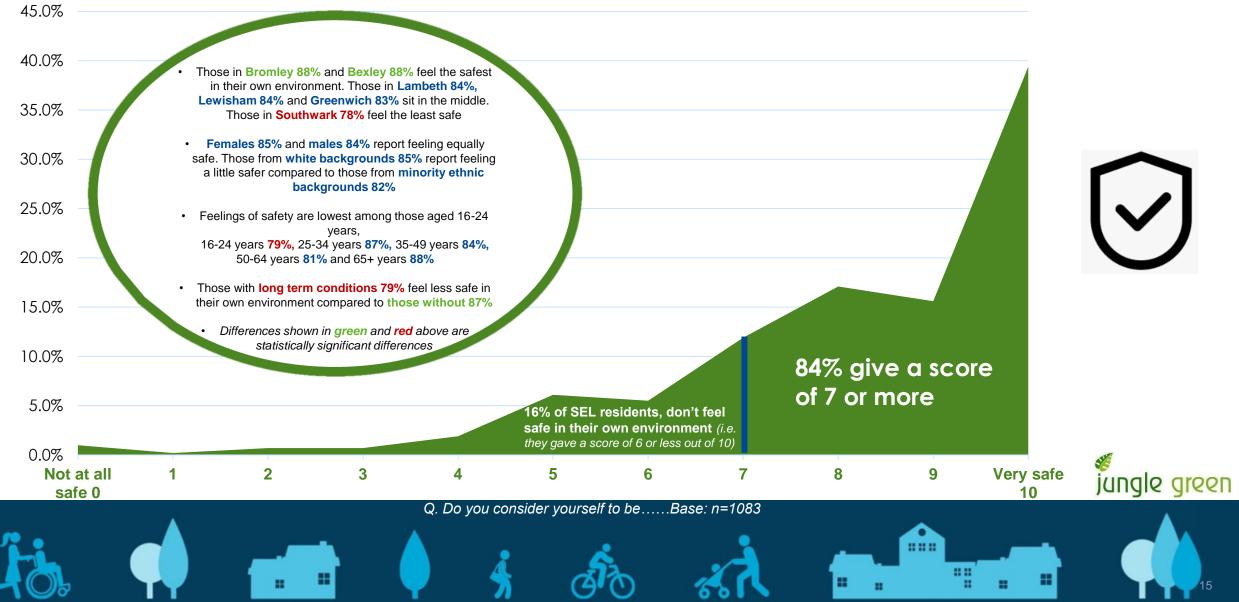
Keeping well trackers – 31% of SEL residents feel lonely

There has been a **significant increase** in 'feeling lonely' among SEL residents between wave 1 (27%) and wave 2 of panel recruitment (36%), aparticularly among 16-24 year olds (up from 33% to 37%) and those from minority ethnic backgrounds (up from 27% to 36%)

South East



South East **Keeping well trackers – 84% of SEL residents feel safe in** their own environment There has been no overall change in 'feeling safe' among SEL residents between wave 1 and wave 2 of panel recruitment





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? *Qualitatively analysed.....*

There has been a **significant decrease** in mentions of NHS struggling (from 12% down to 8%) among SEL residents between waves 1 and 2 of panel recruitment. Mentions of cost of living have remained largely the same between the 2 waves (23% in both waves)





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Q: 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?

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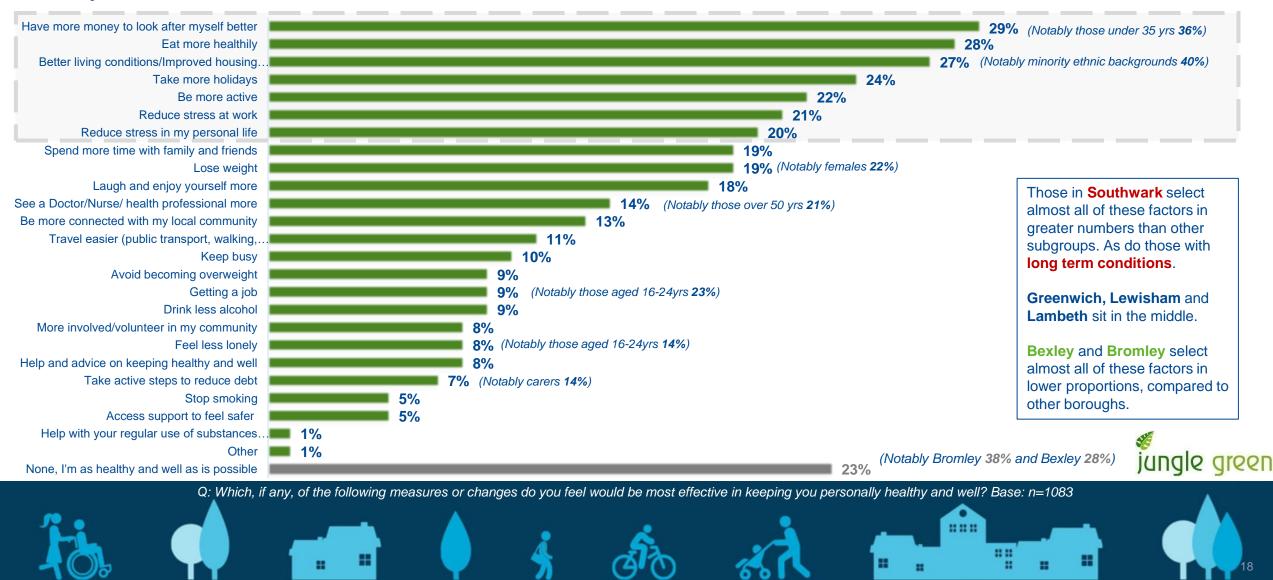


now: what is currently at the forenone of your minu: suantitatively analysed								
Cost of living 23%	My health & wellbeing 14%	My family's health & wellbeing 11%	Access to Primary Care 10%	NHS healthcare struggling 10%	Mental health 9%	Support for the NHS 7%	Social care for elderly 4%	Government 4%
 Lack of money Mortgage rates Inflation Cost of utilities Food banks Living standards reduced Low income (Rising to 28% in Lambeth and Lewisham. Rising to 28% among minority ethnic backgrounds) 	 Staying fit and healthy My mental health Being happy Dealing with stress levels Work life balance Self-care Dealing with conditions (Rising to 18% in Greenwich and Lambeth. Rising to 20% among those 50-64 yrs)	 Looking after my family Their health & happiness Relationships (<i>Rising to 17% of those with dependent children at home</i>) 	 Availability of GP services Waiting times Getting an appointment Dental service availability Overstretched Face to face availability (Rising to 14% of those with long term conditions and those aged 50+ yrs) 	 Waiting times Demand for services Lack of funding A&E waiting times Worries about levels of care (diagnosis/ treatment/ cancer care/ maternity care) Prevention 	 Under resourced Accessibility Discrimination Autism Drug and alcohol addictions Eating disorders 	 Pay and conditions for staff Crisis funding needed Save the NHS NHS not to go private 	 Long term care Residential care Costs of care Independent living Taking care of elderly parents Dementia care 	 Political environment State of the country Get rid of the current government Uncertain economy Recession Transparency Inflation Strikes Public services, underfunded
Environment 3%	Employment 3%	Education 3%	Community/ safety 3%	Housing 3%	Transport 1%	Global issues 1%	Diversity, equality & inclusion 1%	No comment/ no concerns 13%
 Climate change Pollution Litter in the streets Lack of recycling Need cleaner streets (Rising to 6% in Lambeth) 	 Job security Career progression Better pay Finding a job 	 Early years School College/ further education Uni costs Exams (Rising to 6% of those aged 24 and under) 	 Lack of local facilities Green spaces Social events LA cuts Unsafe Antisocial behaviour Crime/ knives Drugs 	 More affordable Cheaper rentals Social housing standards House prices (Rising to 6% in Southwark) 	 Need reliable public transport Improved transport links Traffic congestion Speed limits Cycle scheme 	 Ukraine China Geo political situation Refugees Asylum seekers 	 Equality for all Support needed Disadvantaged and vulnerable Learning disabilities Homelessness 	(Notably in Bromley 19% and Bexley 16%)
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Healthier personal finances top the list of all measures and changes that panellists feel would be most effective in keeping themselves healthy and well



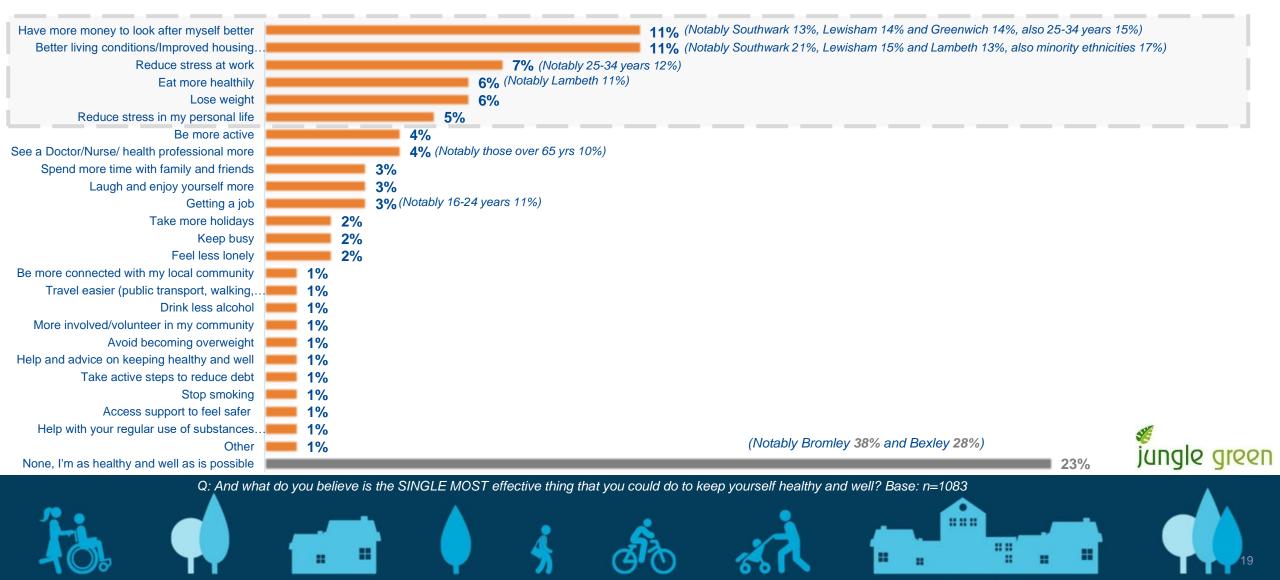
Eating more healthily and improved living/housing conditions follow closely, along with increased activity, more holidays and reduced stress (mentions of reducing stress have increased from wave 1 to wave 2, as has the need to lose weight)



A very similar picture emerges when panellists highlight the single most effective thing they could do to keep themselves healthy and well. Healthier personal finances top this list along with improved living/housing conditions



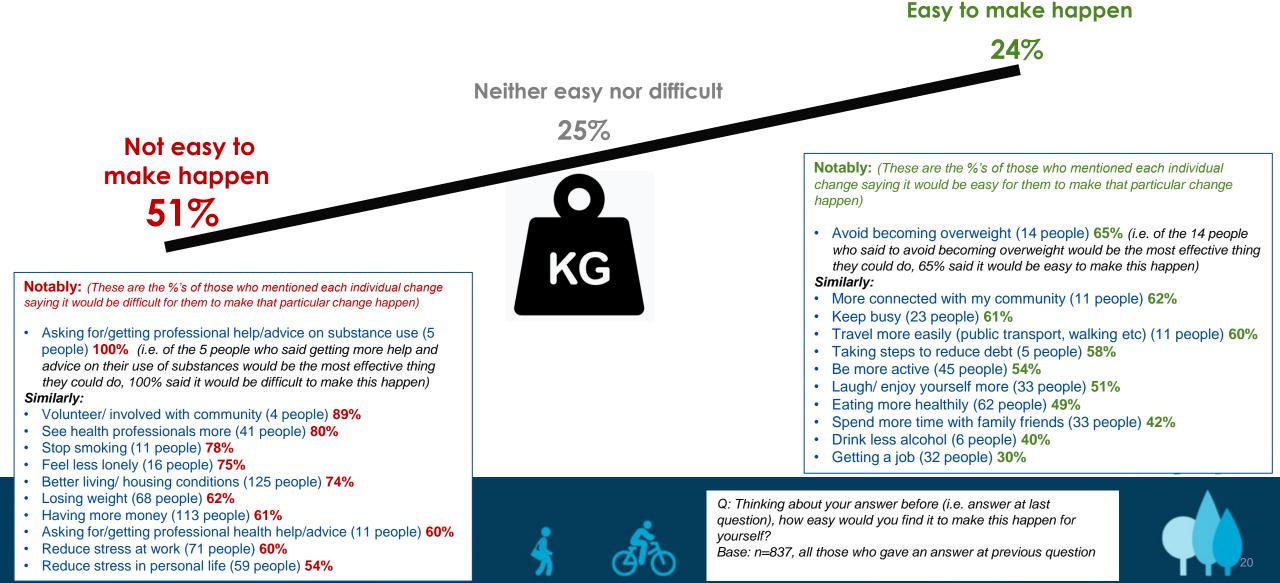
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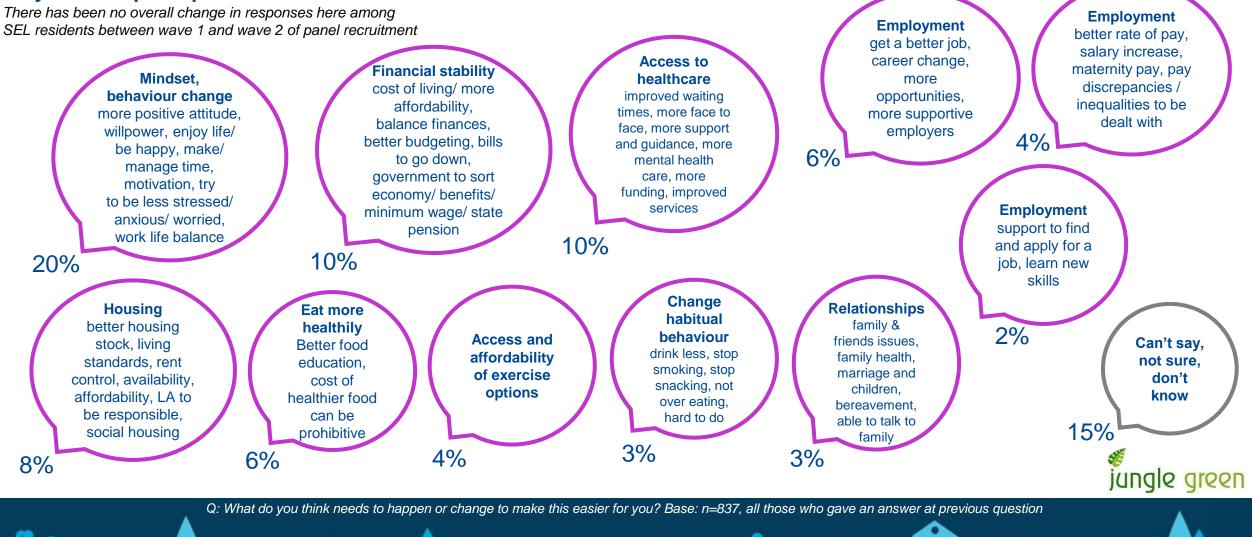


Overall, just over 50% of SEL residents report that they would find it difficult to make these health and lifestyle changes happen for themselves

There has been no overall change in responses here among SEL residents between wave 1 and wave 2 of panel recruitment



Many panellists mention the need to adopt a different and more positive mindset to enable themselves to make changes and take measures towards keeping themselves healthy and well. However financial stability, access to healthcare, the local housing situation and, to a degree, their employment situations they feel are perhaps much less within their control



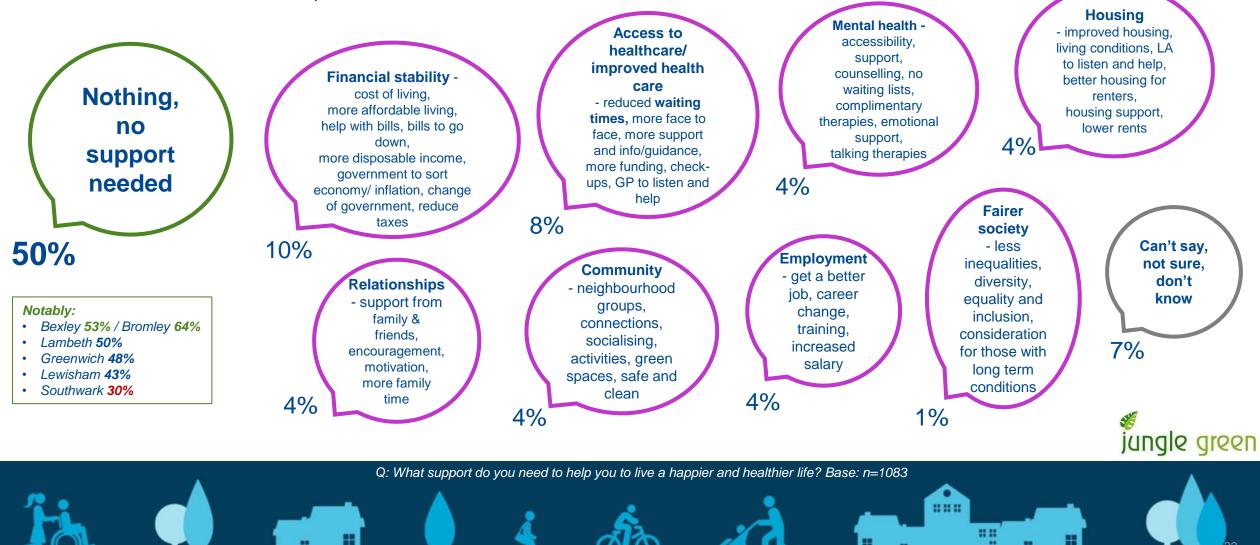
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Financial stability, better access to healthcare, improved mental health services, an improved local housing situation and friends/family/community are the areas of support most needed by SEL residents to live a happier and healthier life

There has been no overall change in responses here among SEL residents between wave 1 and wave 2 of panel recruitment



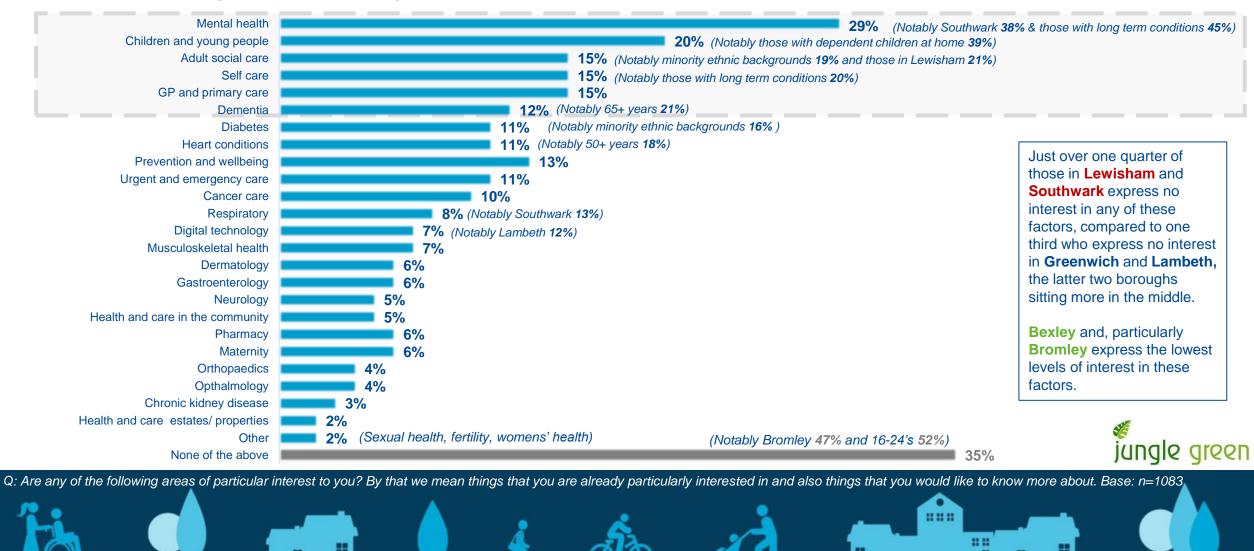




Mental health tops the list of areas of particular interest to panellists (either as an existing interest or an area they would like to know more about)

Children and young people come next, along with adult social care, self care, primary care and dementia

There has been no overall change in responses here among SEL residents between wave 1 and wave 2 of panel recruitment



Section 4

Appendices – Panel profile & notes for the future

South East London People's Panel



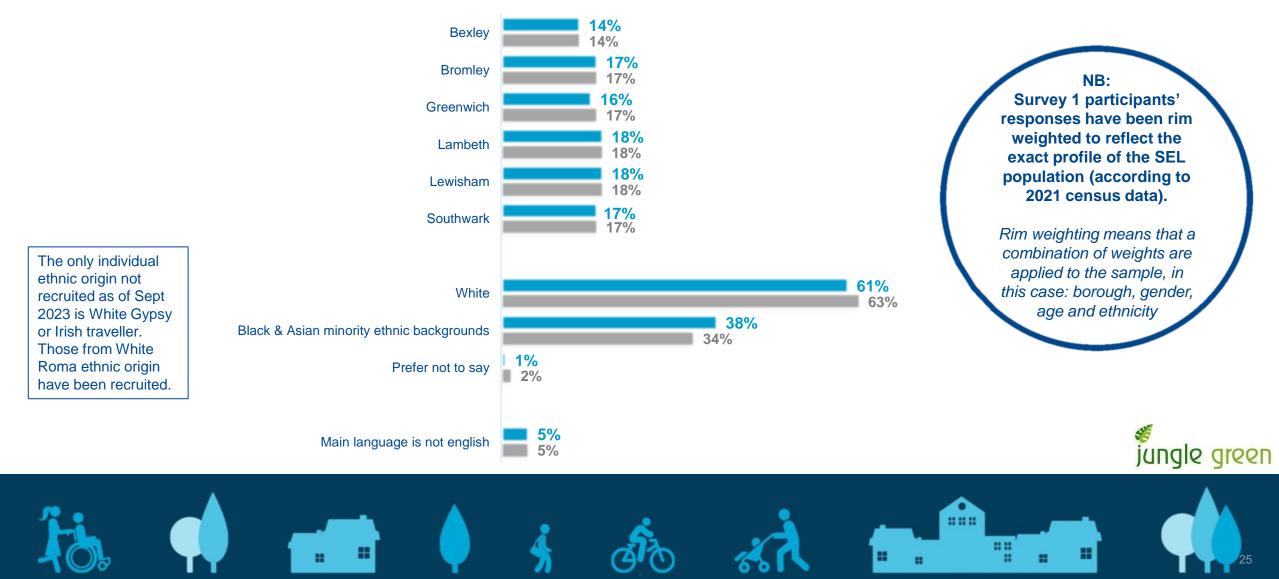




Comparison of the profile of the entire SEL region population (according to census data)/ our rim weighted panel profile and the actual panel profile recruited as of Sept 2023



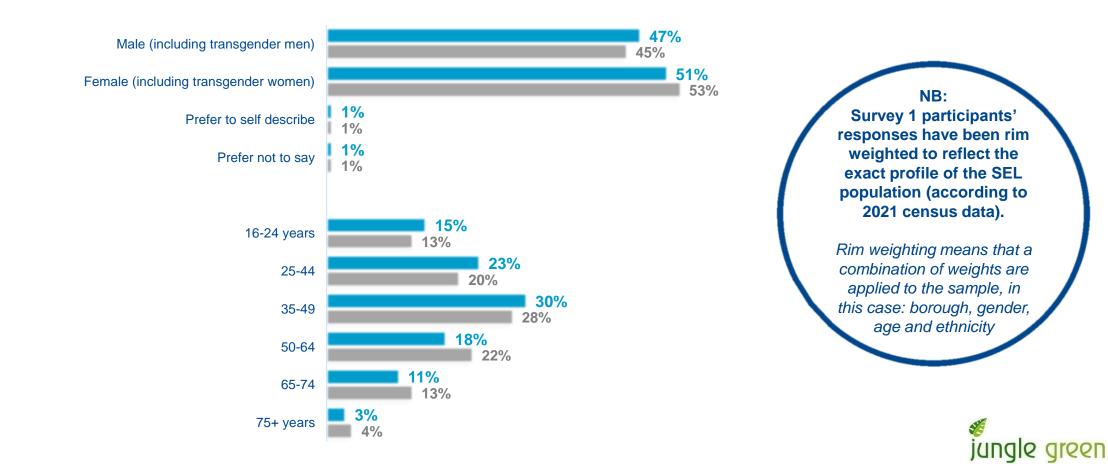
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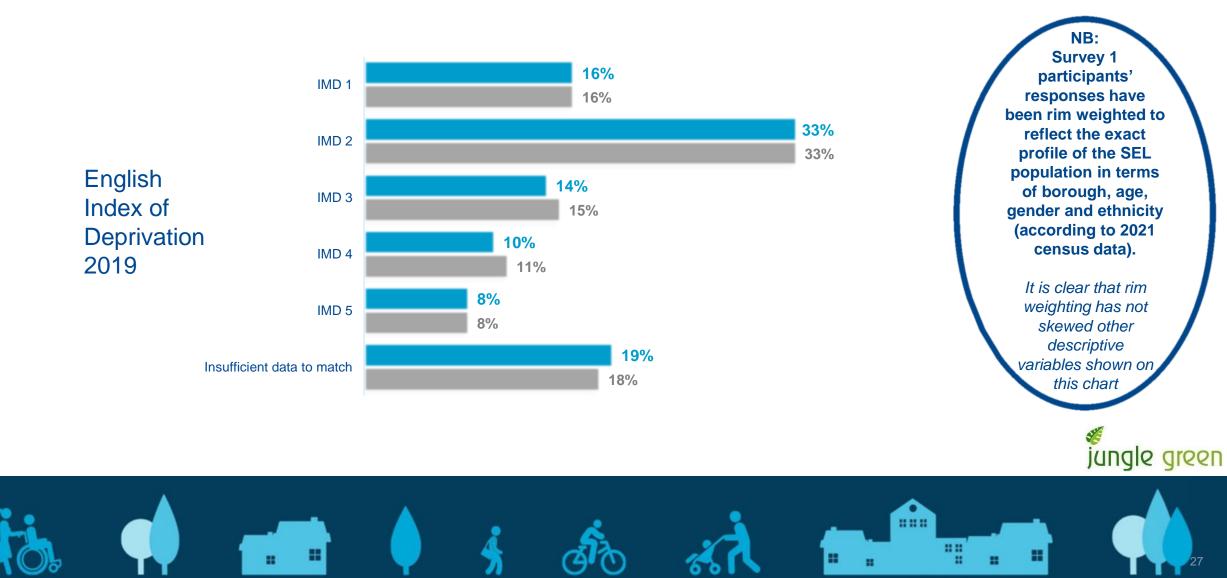
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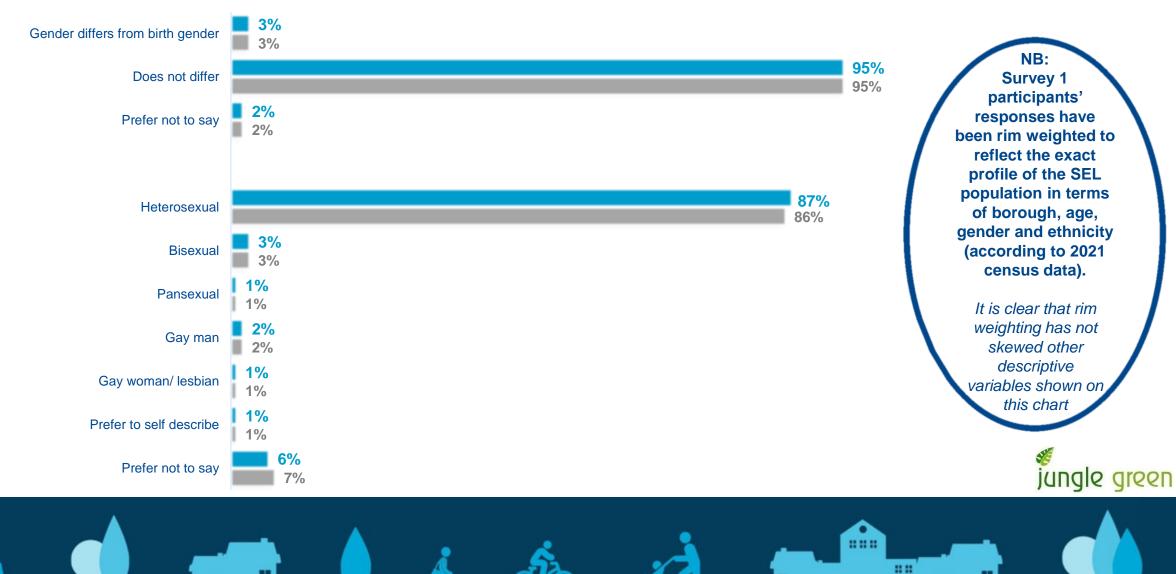




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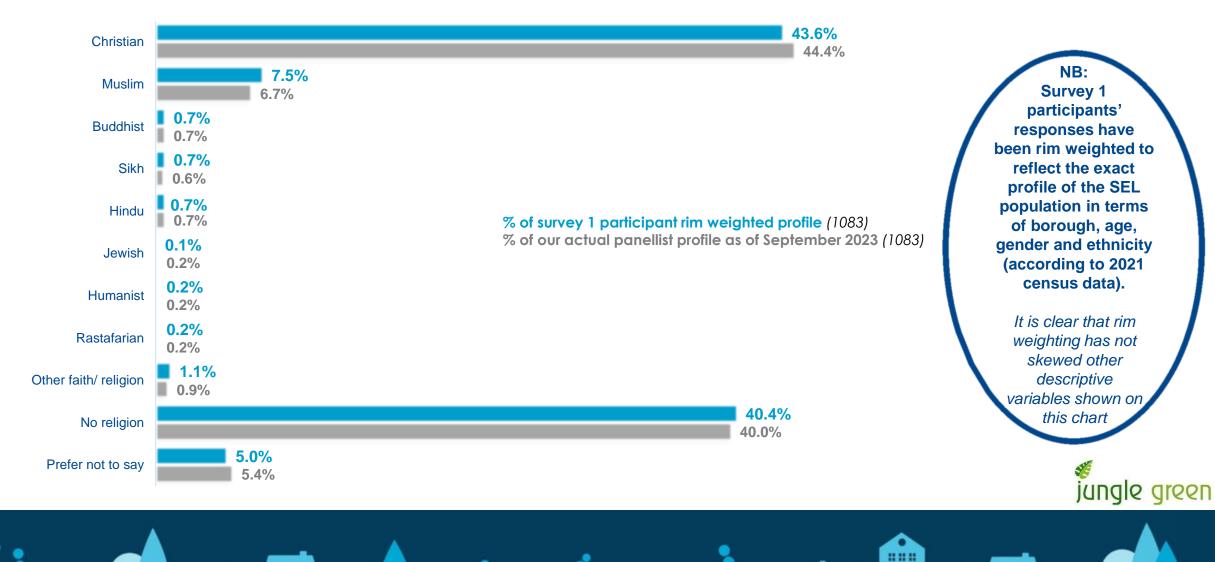


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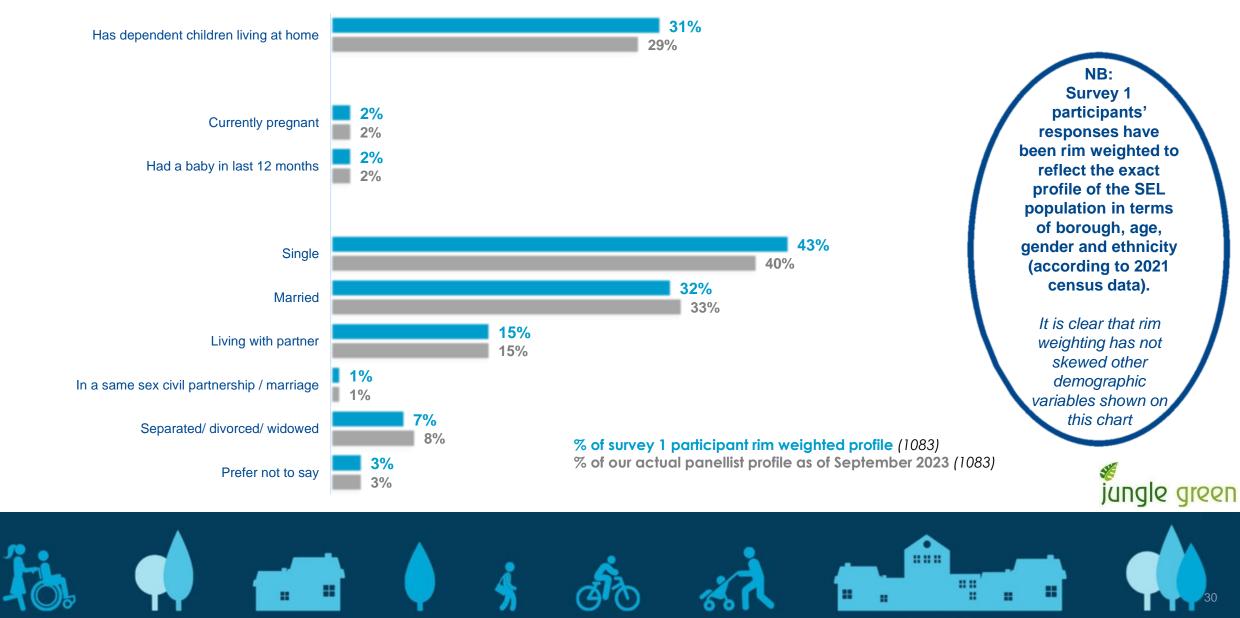


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Comparison of the profile of the rim weighted panel profile and the actual panel profile recruited as of Sept 2023



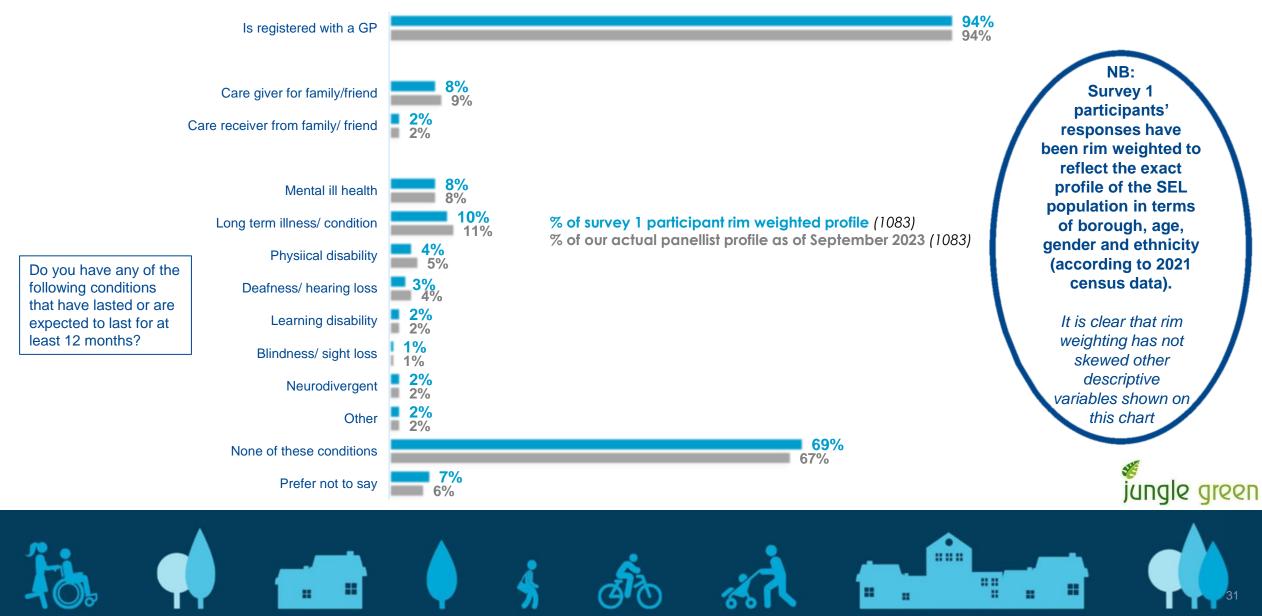
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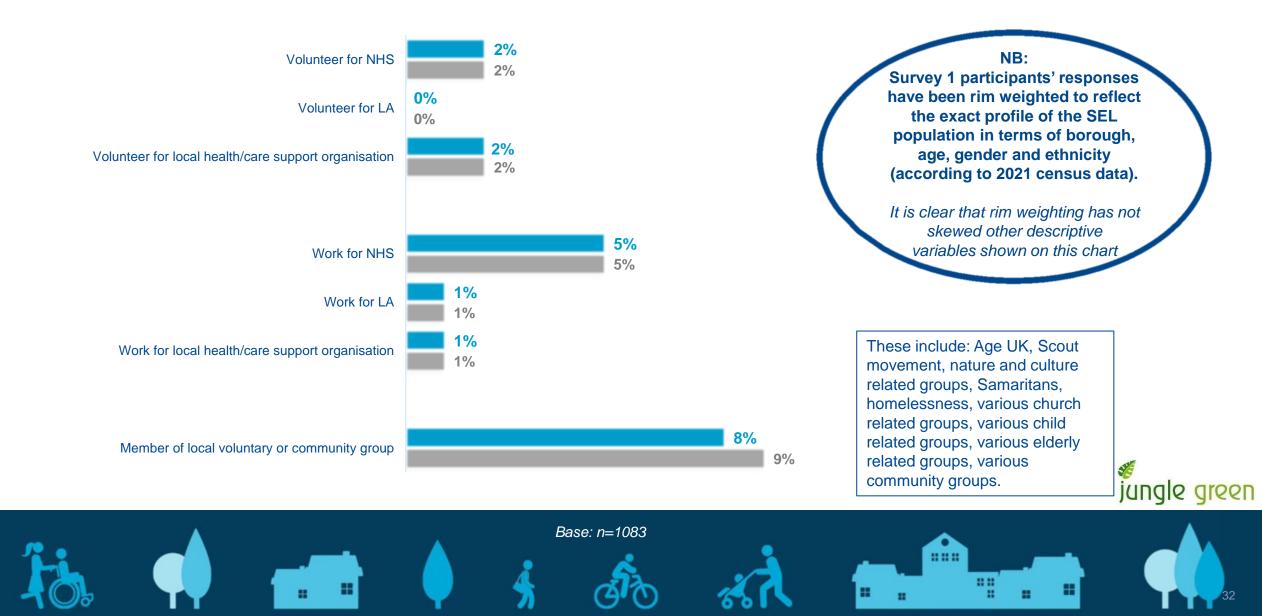
South East London

Comparison of the profile of the rim weighted panel profile and the actual panel profile recruited as of Sept 2023



Comparison of the profile of the rim weighted panel profile (1083 panellists) and the actual

panel profile (1083 panellists) recruited as of Sept 2023



South East

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Integrated Care System

Section 4 – Appendices - Notes for the future

South East London ICS People's Panel - Notes for the future

- Recruitment of the South East London People's Panel is now complete. The panel is made up of a robust and representative sample (1,083 panellists) of the population of south east London. Jungle Green is now handing entire control of the panel over to SEL ICS as agreed at the outset of the project
- In future, as is the case with all survey panels, only a sub sample of the total number of panellists will respond to any online surveys conducted by SEL ICS
 - Based on the results of this first survey and comparing those recruited in wave 1 with those in wave 2, the vast majority of responses did not vary significantly between the two waves (n.b. Both wave 1 and wave 2 samples were recruited to quota and were representative of the known profile of the SEL population according to the 2021 census).
 - It is important to also think about the subgroups of the survey sample when analysing research results e.g. borough, gender, age, ethnicity etc. We would not recommend relying strongly on any differences noted in a subgroup of less than 50 respondents in total. If the subgroup has between 30 and 50 respondents any differences could be viewed as indications rather than statistically significant results. Subgroups of less than 30 respondents in total would not yield reliable differences in survey findings
 - We would recommend including the 'keeping well' tracker questions in all surveys conducted by SEL ICS with the panel. This not only provides a useful comparison of the population over time but also provides familiarisation for potential respondents and enables them to answer the first few questions easily and quickly, encouraging them to continue with the rest of the survey
 - Panellists have been informed that they will have the chance to opt out of the panel at the end of each year of activity











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Any questions please contact us:

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