

South East London People's Panel

Survey 1 results *(after stage 1 recruitment)*

April 2023



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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.



Recruitment methodologies - 590 panellists have been recruited in phase one

1) Core recruitment – face to face

- 54 face to face recruitment days have taken place between January and March 2023
 - A majority of these recruitment days have been **community days** in shopping centres, libraries, community centres and cafes
 - Along with individual interviewers conducting face to face **on-street shifts**, among local communities in busy high street locations and railway stations
- Recruitment locations **spread right across the SEL region**, including
 - Bexley, Bromley, Plumstead, Eltham, Woolwich, Brixton, Stockwell, Streatham, Deptford Broadway, Lewisham, East Street/ Walworth, Rotherhithe
- Face to face recruitment was used as the preferred core method: both to avoid self-selection of the sample and to enable specific targeting of a representative sample of citizens in many different geographic locations, a total of **540 panellists** have been recruited via this method
- 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, **member get member** activity and attendance at **roadshows/ events**
- An additional **50 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

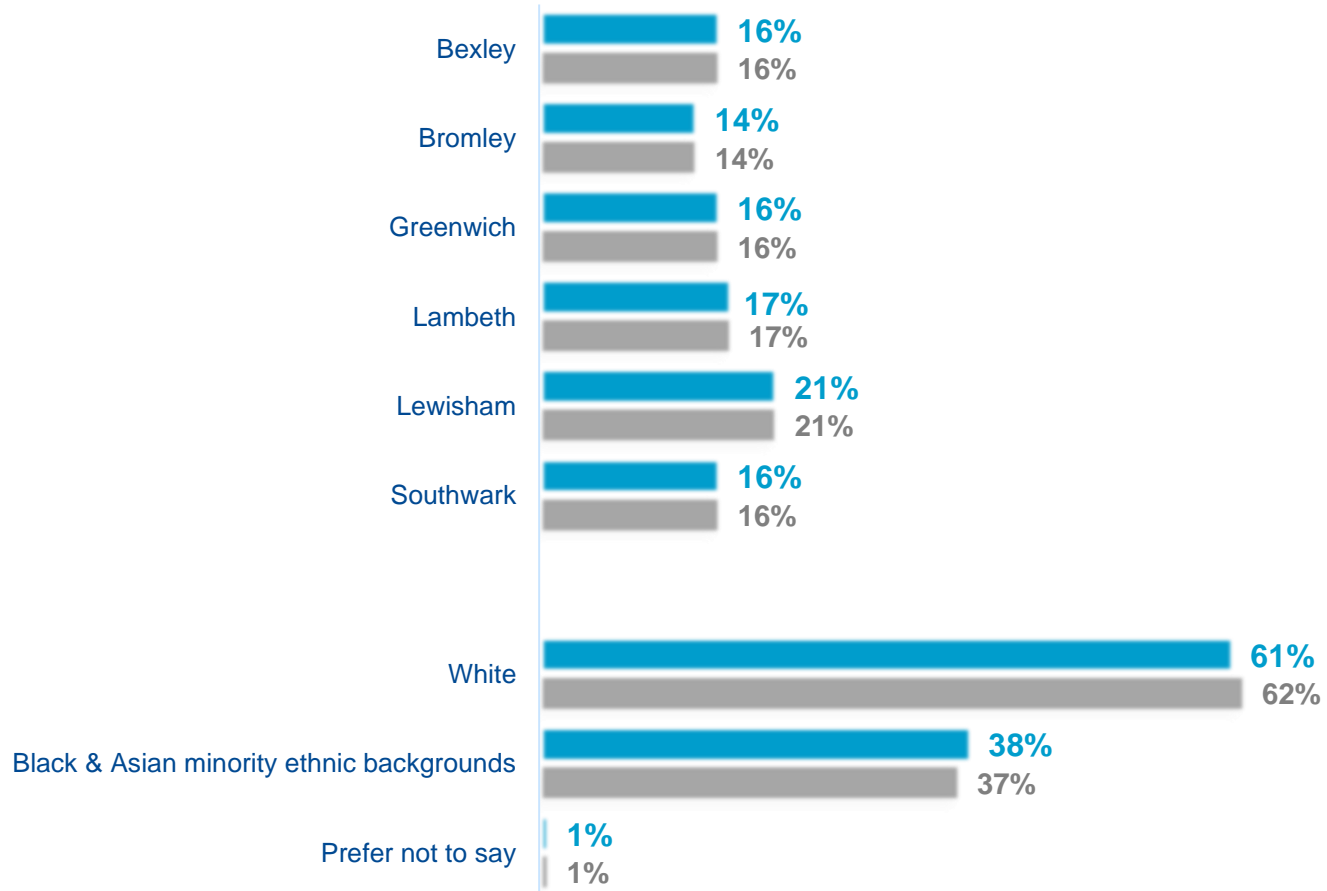
3) Phase 2 – April to June 2023

- Face to face community day recruitment will be carried out from April to June 2023. The target is to bring the total number of panel members to 1,000



We have a robust and representative sample to work from. The focus now is to increase the number of panellists to the 1,000 target

% of SEL entire population/survey 1 participant rim weighted profile (590) **% of our actual panellist profile as at April 2023 (590)**



NB:
 Survey 1 participants' responses have been rim weighted to reflect the exact profile of the SEL population (according to 2021 census data).

Rim weighting means that a combination of weights are applied to the sample, in this case: borough, gender, age and ethnicity

A more detailed panel profile is given in Section 4 of this report.



Section 2

Overview summary

South East London People's Panel



Keeping well / Top of mind important issues



81% of the sample of SEL residents report that they are currently **feeling healthy**



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



79% of the sample of SEL residents currently **feel happy**



27% report that they are currently **feeling lonely**



85% report that they currently **feel safe in their own environment**

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

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

A number of factors stood out as those currently at the forefront of SEL residents' minds *(Jan to Mar '23)*:

- ❖ **Cost of living crisis (22%)**
- ❖ **Keeping me (13%) / my family (10%) healthy**
- ❖ **NHS funding/ crisis/ long waits for GP/ A&E (31%)**
- ❖ **Mental health (9%)**
- ❖ **Government/ politics and global issues (6%)**



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
- **Eating more healthily** and **improved living/housing conditions** follow closely, along with **increased activity**, **more holidays** and **reduced stress**
- 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, particularly **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 **increased activity**

- **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, reducing stress and having more money*)
- Only **23%** feel the necessary changes are quite or very easy to make happen for themselves (*notably eating more healthily and being more active and sociable*)

- 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**, **accessible 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, an improved local housing situation and friends/family are cited as **the areas of support most needed by SEL residents** to live a happier and healthier life

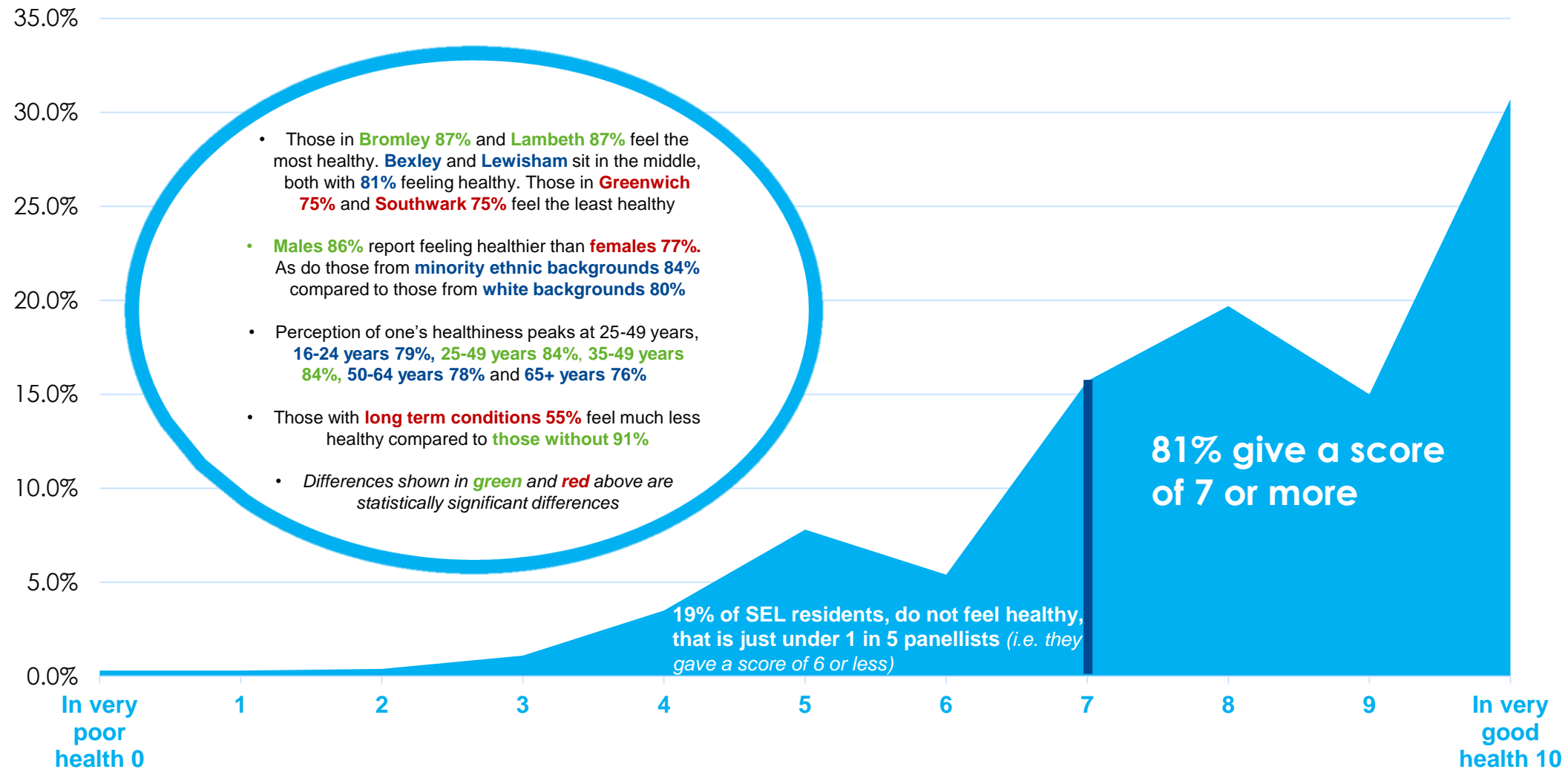


Section 3

Survey 1 results



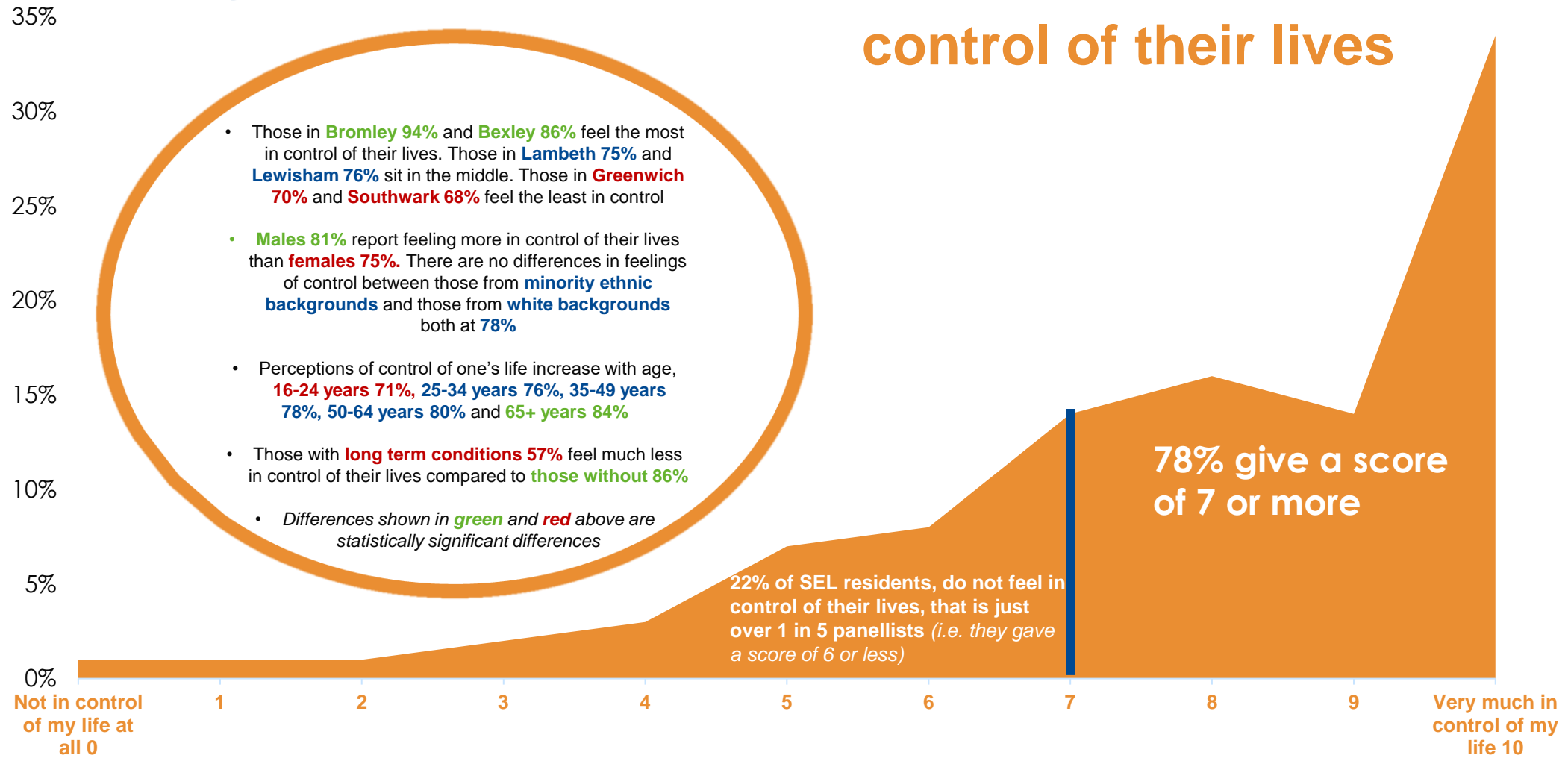
Keeping well trackers – 81% of SEL residents feel healthy



Q. Do you consider yourself to be.....Base: n=590



Keeping well trackers – 78% of SEL residents feel in control of their lives



- Those in **Bromley 94%** and **Bexley 86%** feel the most in control of their lives. Those in **Lambeth 75%** and **Lewisham 76%** sit in the middle. Those in **Greenwich 70%** and **Southwark 68%** feel the least in control
- **Males 81%** report feeling more in control of their lives than **females 75%**. There are no differences in feelings of control between those from **minority ethnic backgrounds** and those from **white backgrounds** both at **78%**
- Perceptions of control of one's life increase with age, **16-24 years 71%**, **25-34 years 76%**, **35-49 years 78%**, **50-64 years 80%** and **65+ years 84%**
- Those with **long term conditions 57%** feel much less in control of their lives compared to **those without 86%**
- Differences shown in **green** and **red** above are statistically significant differences



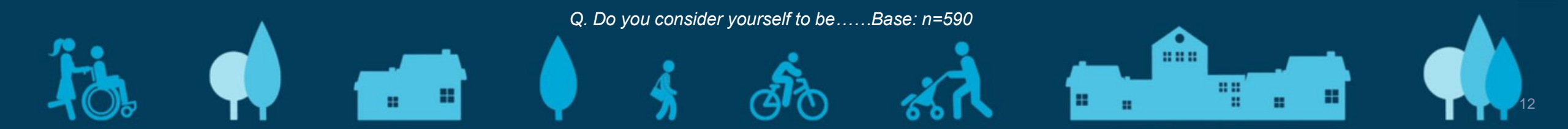
Q. Do you consider yourself to be.....Base: n=590



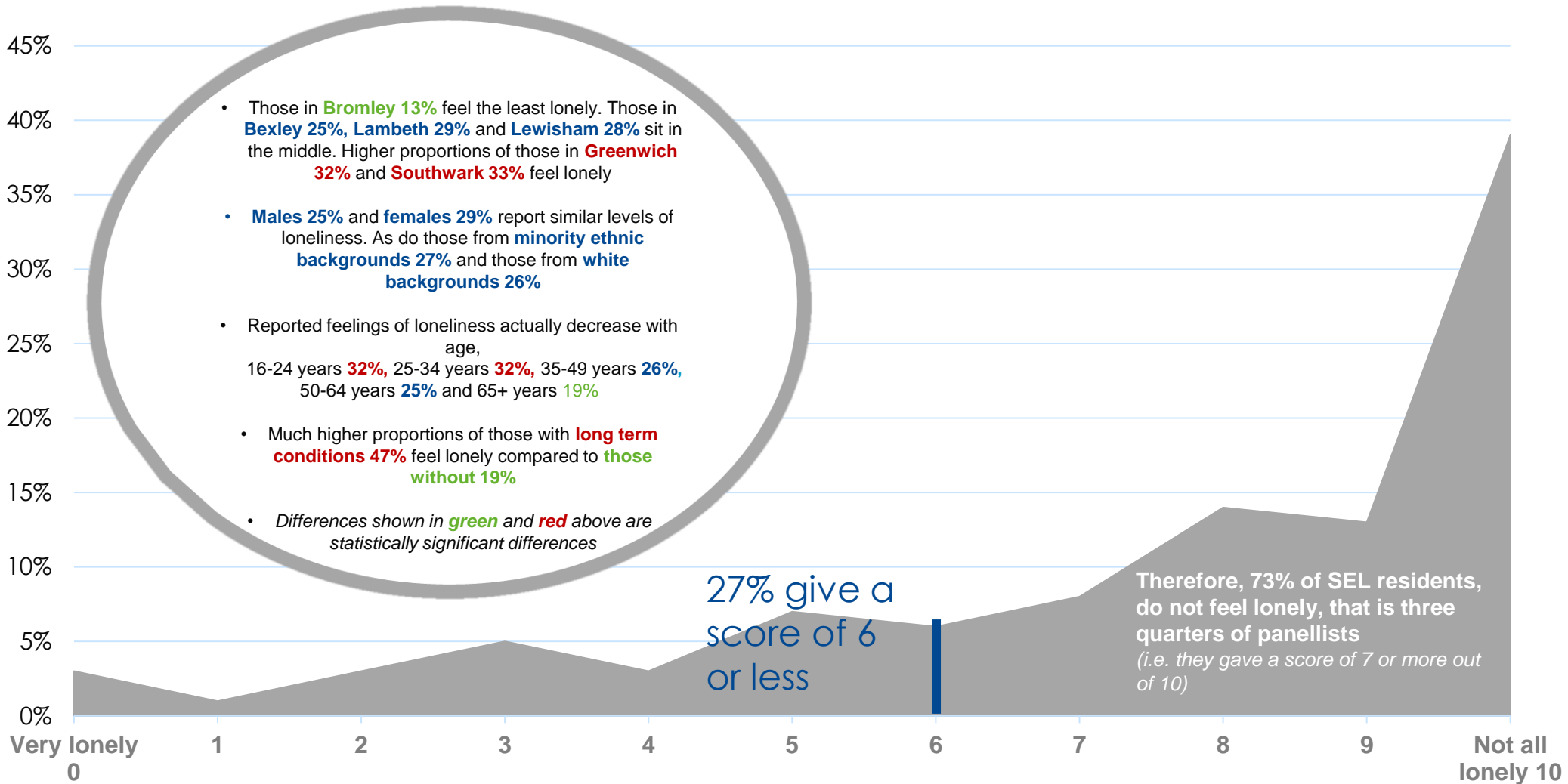
Keeping well trackers – 79% of SEL residents feel happy



Q. Do you consider yourself to be.....Base: n=590



Keeping well trackers – 27% of SEL residents feel lonely



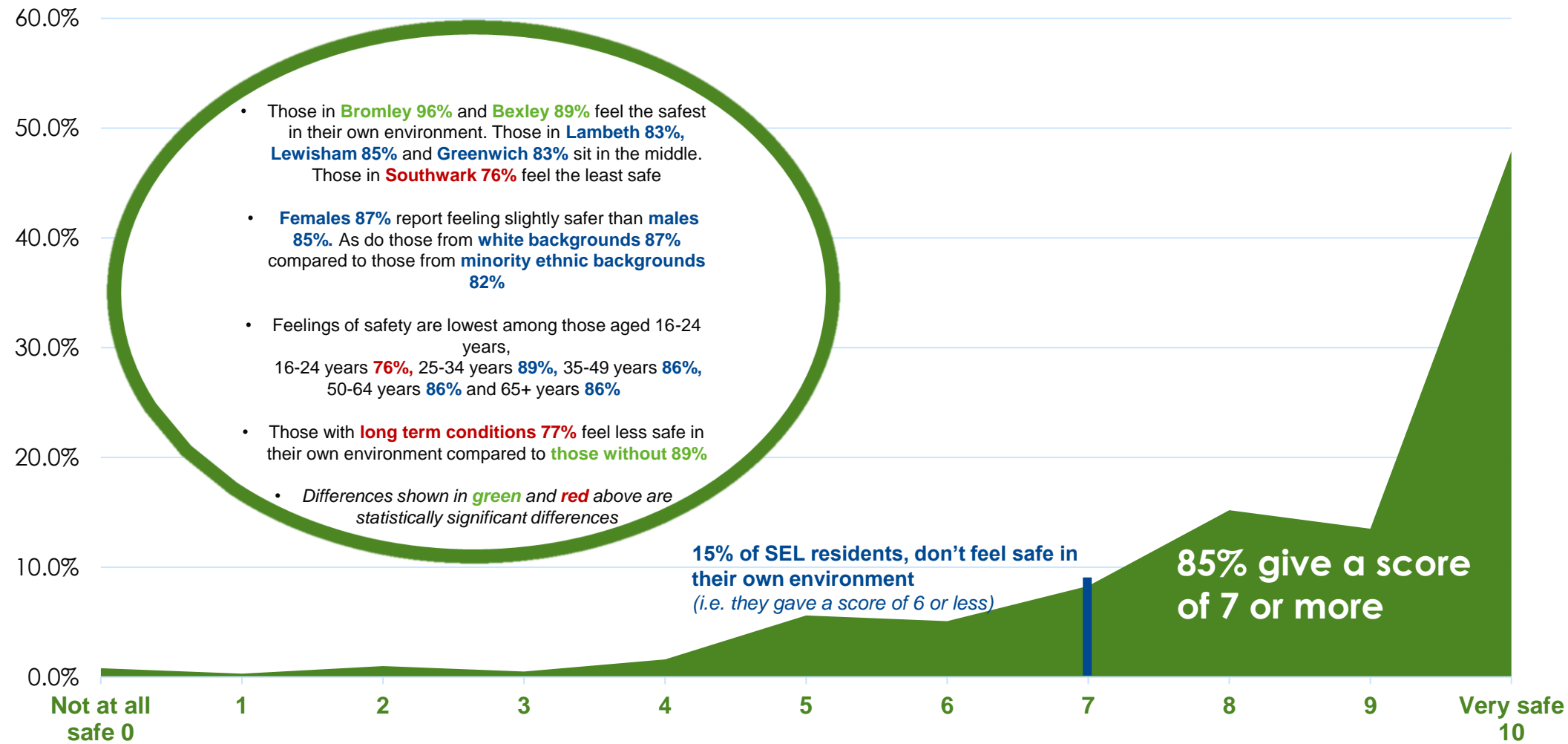
- Those in **Bromley 13%** feel the least lonely. Those in **Bexley 25%**, **Lambeth 29%** and **Lewisham 28%** sit in the middle. Higher proportions of those in **Greenwich 32%** and **Southwark 33%** feel lonely
- **Males 25%** and **females 29%** report similar levels of loneliness. As do those from **minority ethnic backgrounds 27%** and those from **white backgrounds 26%**
- Reported feelings of loneliness actually decrease with age, 16-24 years **32%**, 25-34 years **32%**, 35-49 years **26%**, 50-64 years **25%** and 65+ years **19%**
- Much higher proportions of those with **long term conditions 47%** feel lonely compared to **those without 19%**
- Differences shown in **green** and **red** above are statistically significant differences



Q. Do you consider yourself to be.....Base: n=590



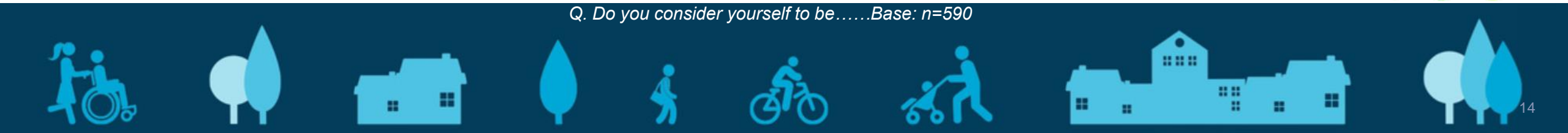
Keeping well trackers – 85% of SEL residents feel safe in their own environment



- Those in **Bromley 96%** and **Bexley 89%** feel the safest in their own environment. Those in **Lambeth 83%**, **Lewisham 85%** and **Greenwich 83%** sit in the middle. Those in **Southwark 76%** feel the least safe
- **Females 87%** report feeling slightly safer than **males 85%**. As do those from **white backgrounds 87%** compared to those from **minority ethnic backgrounds 82%**
- Feelings of safety are lowest among those aged 16-24 years, 16-24 years **76%**, 25-34 years **89%**, 35-49 years **86%**, 50-64 years **86%** and 65+ years **86%**
- Those with **long term conditions 77%** feel less safe in their own environment compared to **those without 89%**
- *Differences shown in green and red above are statistically significant differences*



Q. Do you consider yourself to be.....Base: n=590



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.....*



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?



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? *Quantitatively analysed.....*

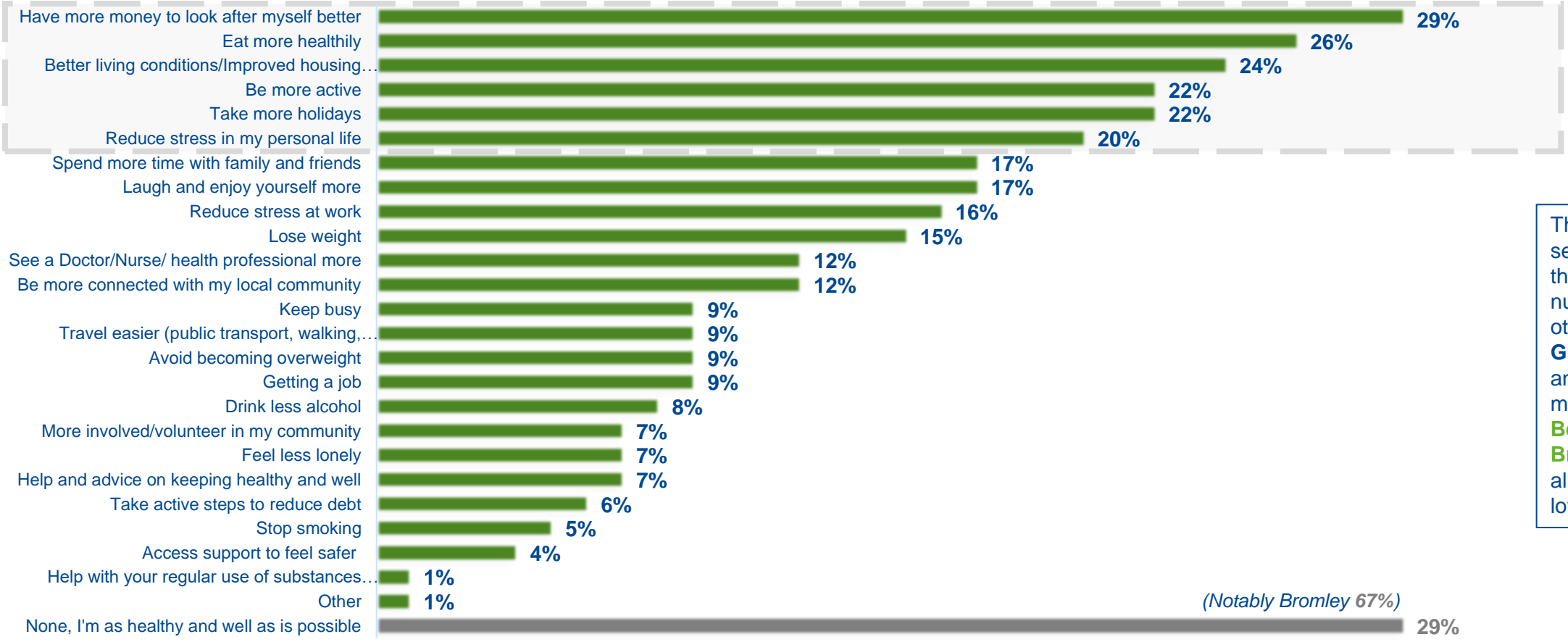
Cost of living 22%	My health & wellbeing 13%	NHS healthcare 13%	Access to Primary Care 12%	My family's health & wellbeing 10%	Mental health 9%	Support for the NHS 6%	Social care for elderly 4%	Government 4%
<ul style="list-style-type: none"> Lack of money Inflation Cost of utilities Food banks Living standards reduced <p><i>(Rising to 30% in Lambeth, Lewisham and Southwark)</i></p>	<ul style="list-style-type: none"> Staying fit and healthy My mental health Stress levels Work life balance Happiness <p><i>(Rising to 18% in Greenwich and Lambeth)</i></p>	<ul style="list-style-type: none"> Waiting times Demand for services Lack of funding A&E waiting Worries about levels of care (diagnosis/ treatment/ cancer care/ maternity care) Prevention 	<ul style="list-style-type: none"> Availability of GP services Waiting times Dental service availability Overstretched <p><i>(Rising to 16% of those with long term conditions)</i></p>	<ul style="list-style-type: none"> Looking after my family Their health and happiness 	<ul style="list-style-type: none"> Under resourced Accessibility Discrimination Autism Drug and alcohol addictions <p><i>(Rising to 16% of those aged 16-24 years and 17% of those with long term conditions)</i></p>	<ul style="list-style-type: none"> Pay and conditions for staff Crisis Save the NHS NHS not to go private <p><i>(Rising to 16% in Bromley)</i></p>	<ul style="list-style-type: none"> Long term care Residential care Costs of care Independent living Taking care of elderly parents Dementia care 	<ul style="list-style-type: none"> State of the country Get rid of the current government Uncertain economy Recession Transparency
Environment 3%	Employment 3%	Education 3%	Community/ safety 3%	Housing 2%	Transport 2%	Global issues 2%	Diversity, equality & inclusion 1%	No comment/ no concerns 12%
<ul style="list-style-type: none"> Climate change Pollution Litter in the streets Lack of recycling 	<ul style="list-style-type: none"> Job security Career progression Better pay Finding a job 	<ul style="list-style-type: none"> School College Further education Exams <p><i>(Rising to 8% in Lambeth)</i></p>	<ul style="list-style-type: none"> Lack of local facilities Green spaces Social events LA budget cuts Unsafe Anti social behaviour Crime/ knives Drugs 	<ul style="list-style-type: none"> More affordable Cheaper rentals Social housing standards <p><i>(Rising to 7% in Southwark)</i></p>	<ul style="list-style-type: none"> Need reliable public transport Improved transport links Traffic congestion Speed limits Cycle scheme 	<ul style="list-style-type: none"> Ukraine China Geo political situation Refugees Asylum seekers 	<ul style="list-style-type: none"> Equality for all Support needed Disadvantaged and vulnerable 	<p><i>(Notably in Bromley 27% and Bexley 19%)</i></p>

Base: n=590



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



Those in **Southwark** select almost all of these factors in greater numbers compared to other boroughs. **Greenwich, Lewisham** and **Lambeth** sit in the middle. **Bexley** and, particularly **Bromley** select almost all of these factors in lower proportions.

(Notably Bromley 67%)

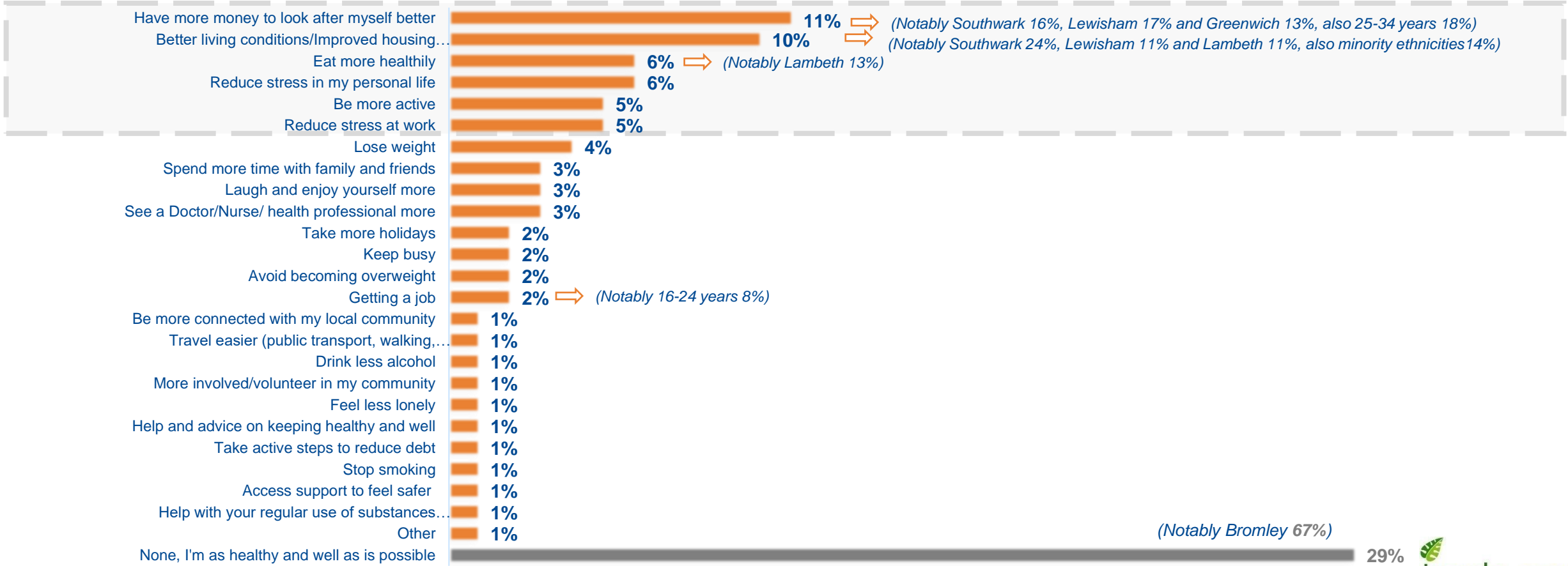


Q: Which, if any, of the following measures or changes do you feel would be most effective in keeping you personally healthy and well? Base: n=590



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

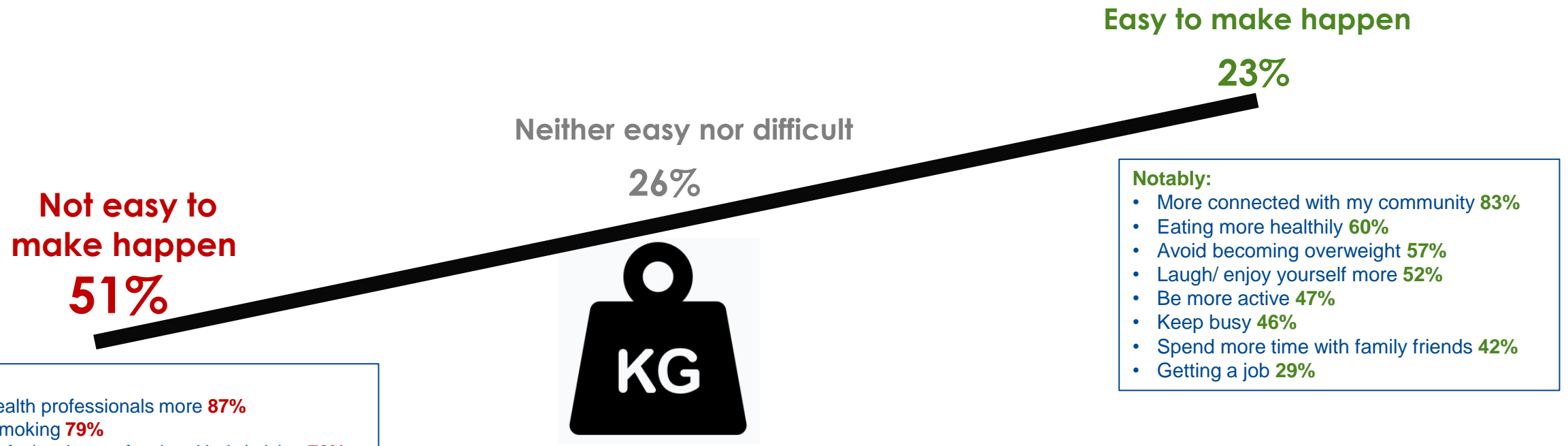
Eating more healthily follows, along with reduced stress and increased activity



Q: And what do you believe is the SINGLE MOST effective thing that you could do to keep yourself healthy and well? Base: n=590



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



- Notably:**
- See health professionals more **87%**
 - Stop smoking **79%**
 - Asking for/getting professional help/advice **72%**
 - Better living/ housing conditions **70%**
 - Volunteer/ involved with community **68%**
 - Feel less lonely **62%**
 - Losing weight **64%**
 - Having more money **63%**
 - Reduce stress at work **62%**
 - Reduce stress in personal life **57%**

- Notably:**
- More connected with my community **83%**
 - Eating more healthily **60%**
 - Avoid becoming overweight **57%**
 - Laugh/ enjoy yourself more **52%**
 - Be more active **47%**
 - Keep busy **46%**
 - Spend more time with family friends **42%**
 - Getting a job **29%**

Q: Thinking about your answer before (i.e. answer at last question), how easy would you find it to make this happen for yourself? Base: n=422, all those who gave an answer at last question



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



Q: What do you think needs to happen or change to make this easier for you? Base: n=422, all those who gave an answer at last question



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



Notably:

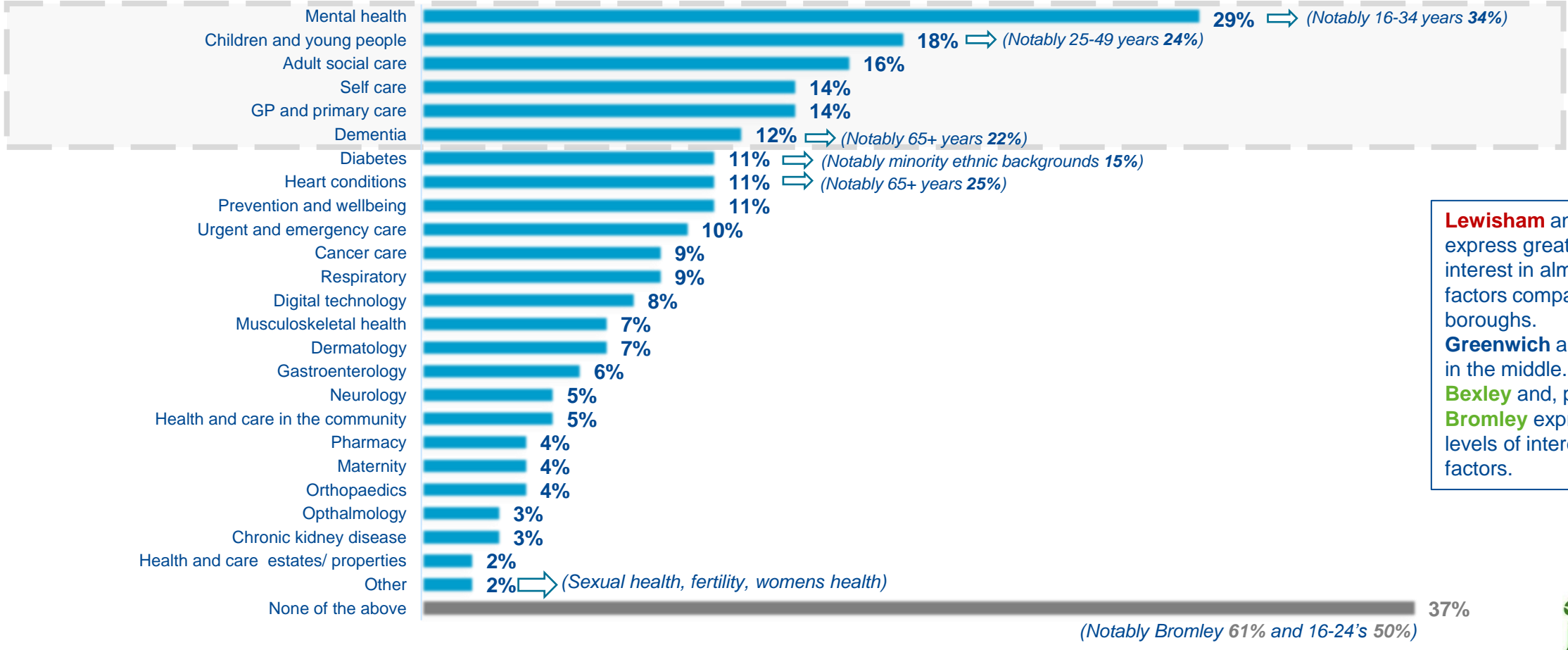
- Bexley/Bromley 72%
- Greenwich 52%
- Lambeth 46%
- Lewisham 43%
- Southwark 20%

Q: What support do you need to help you to live a happier and healthier life? Base: n=590



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

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



Lewisham and **Southwark** express greater levels of interest in almost all of these factors compared to other boroughs. **Greenwich** and **Lambeth** sit in the middle. **Bexley** and, particularly **Bromley** express the lowest levels of interest in these factors.



Q: Are any of the following areas of particular interest to you? By that we mean things that you are already particularly interested in and also things that you would like to know more about. Base: n=590



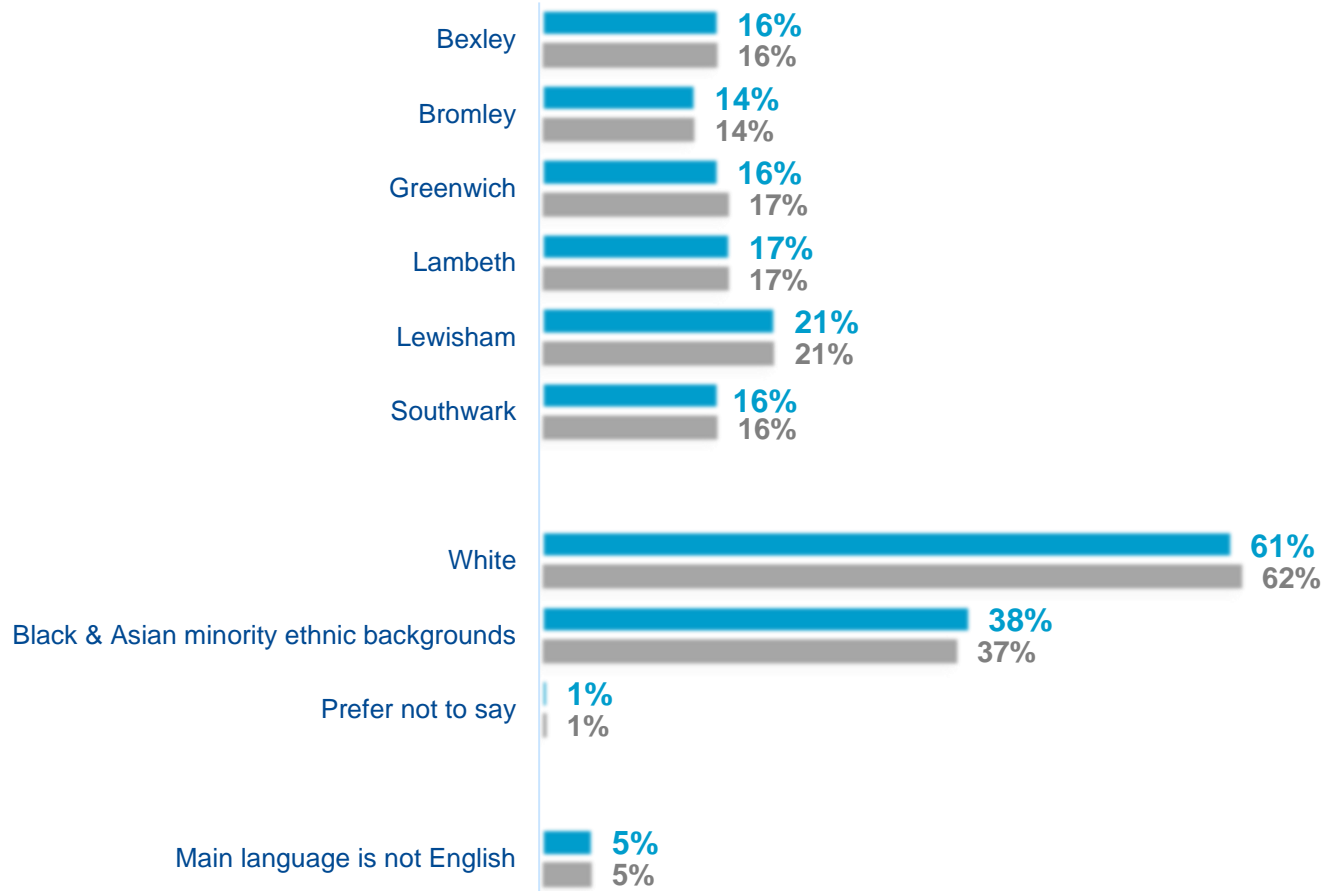
Section 4

Appendices – Panel profile



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 April 2023

% of SEL entire population/survey 1 participant rim weighted profile (590) % of our actual panellist profile as at April 2023 (590)



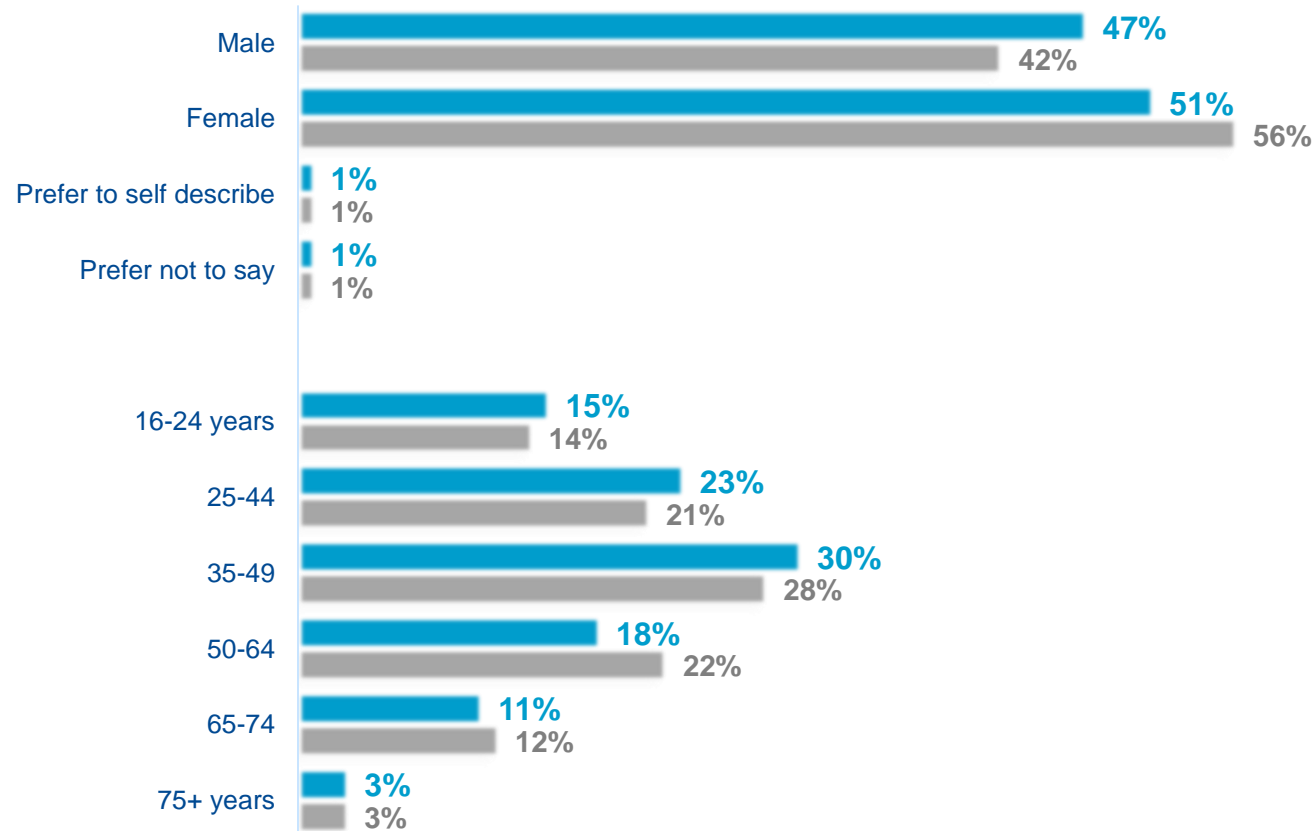
The only individual ethnic origins not recruited in stage 1 are Bangladeshi and Vietnamese..

NB:
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 Rim weighting means that a combination of weights are applied to the sample, in this case: borough, gender, age and ethnicity



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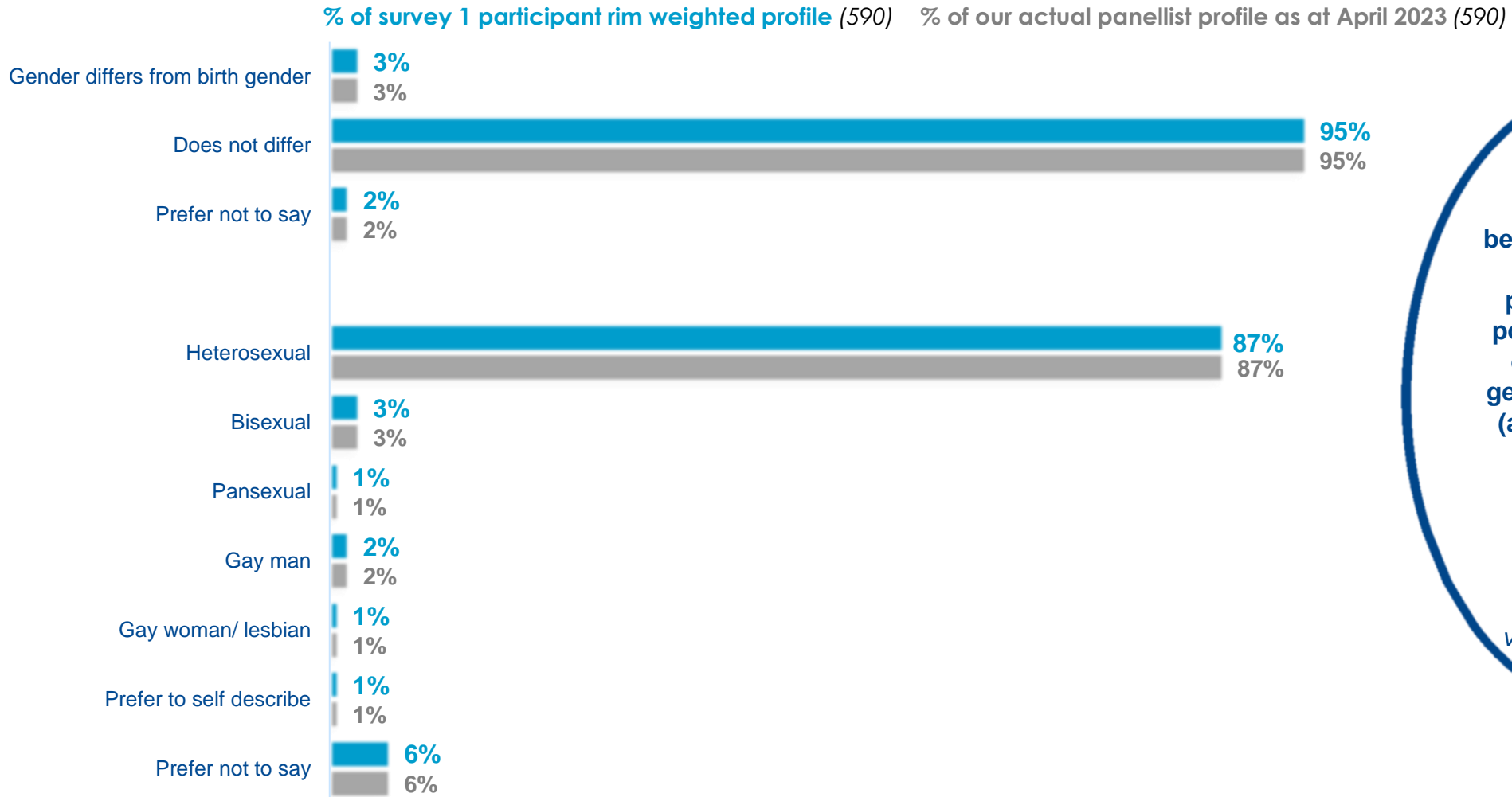
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Comparison of the profile of the rim weighted panel profile and the actual panel profile recruited as of April 2023

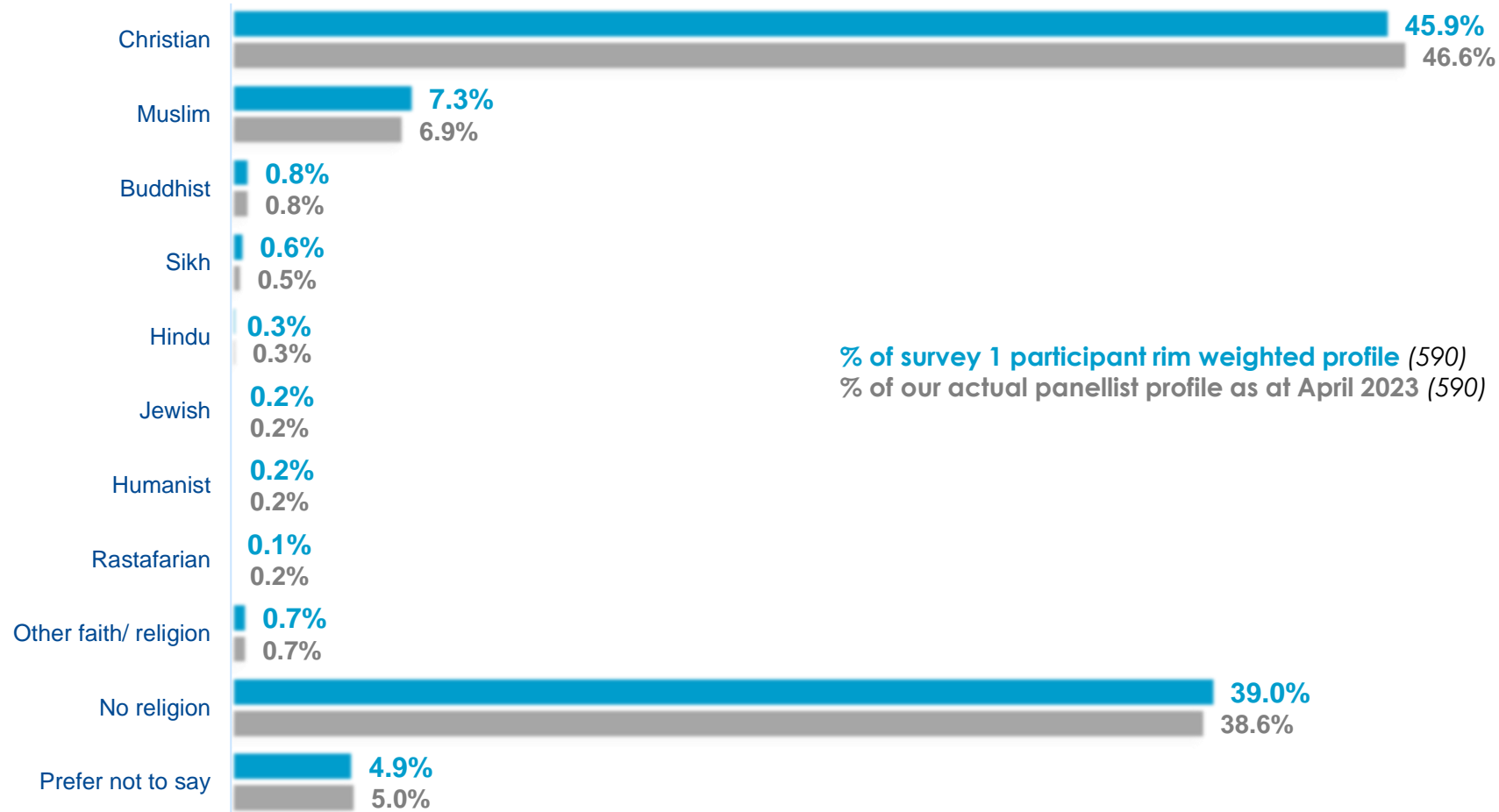


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It is clear that rim weighting has not skewed other descriptive variables shown on this chart



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

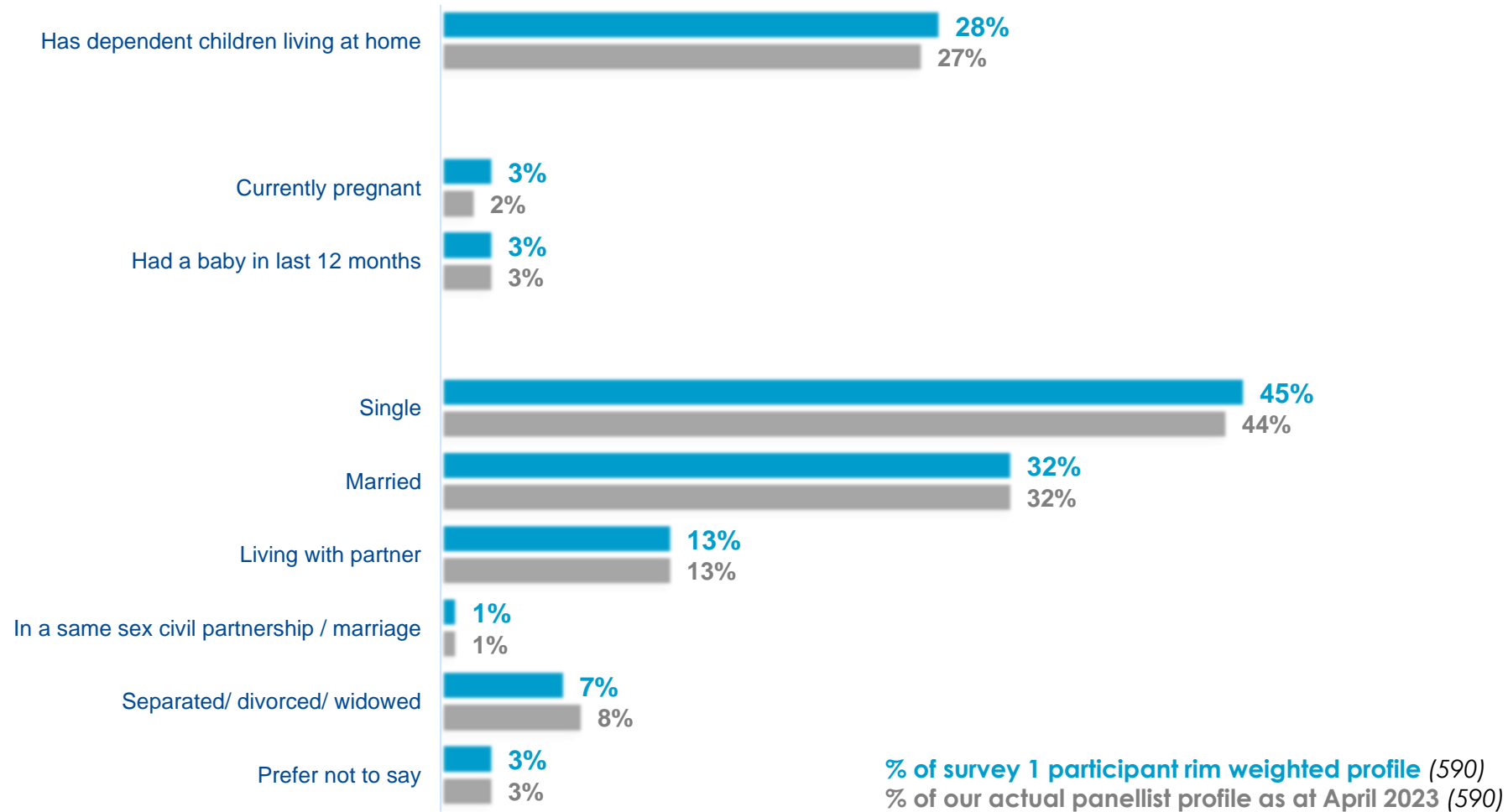


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Comparison of the profile of the rim weighted panel profile and the actual panel profile recruited as of April 2023



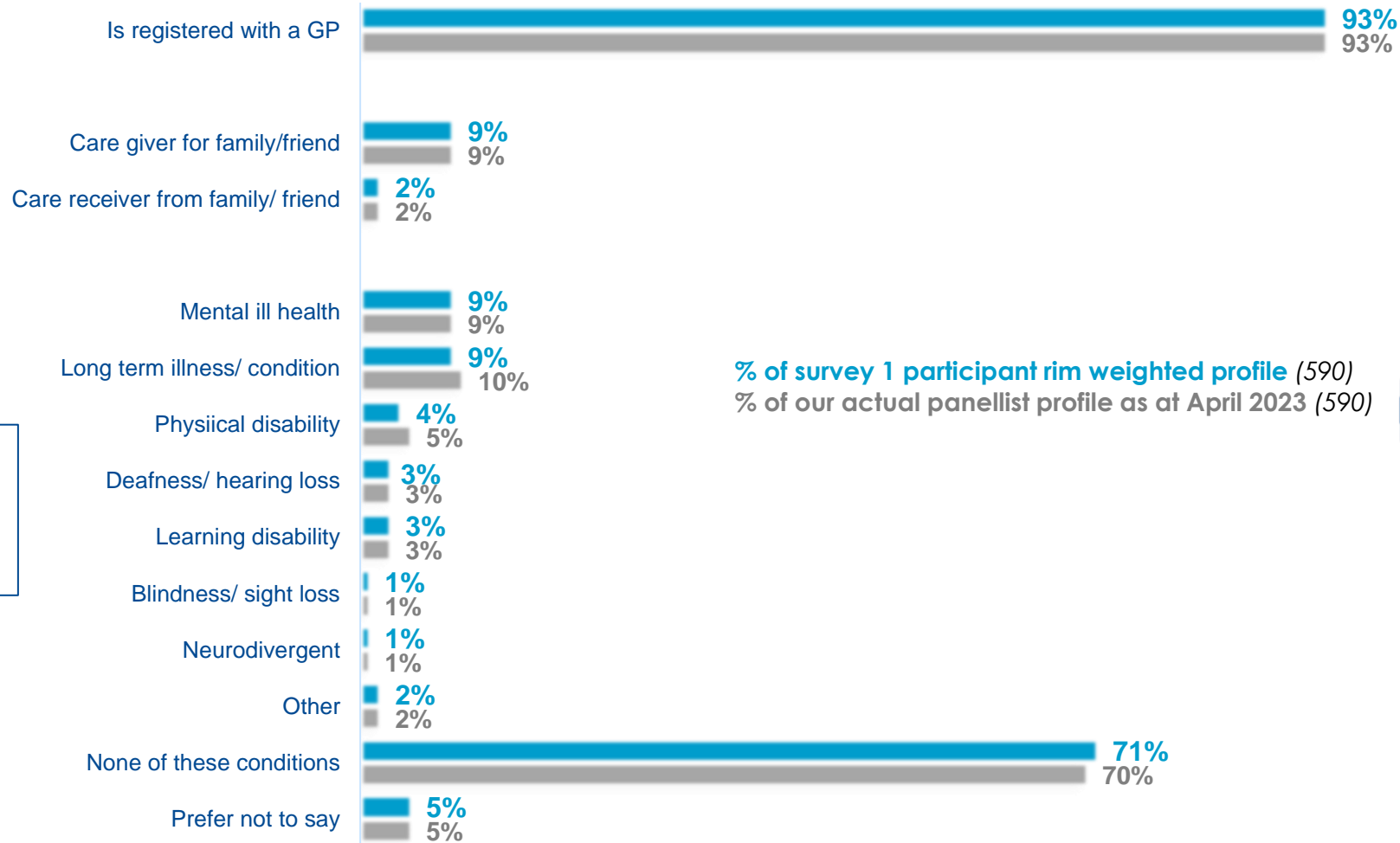
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Comparison of the profile of the rim weighted panel profile and the actual panel profile recruited as of April 2023

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



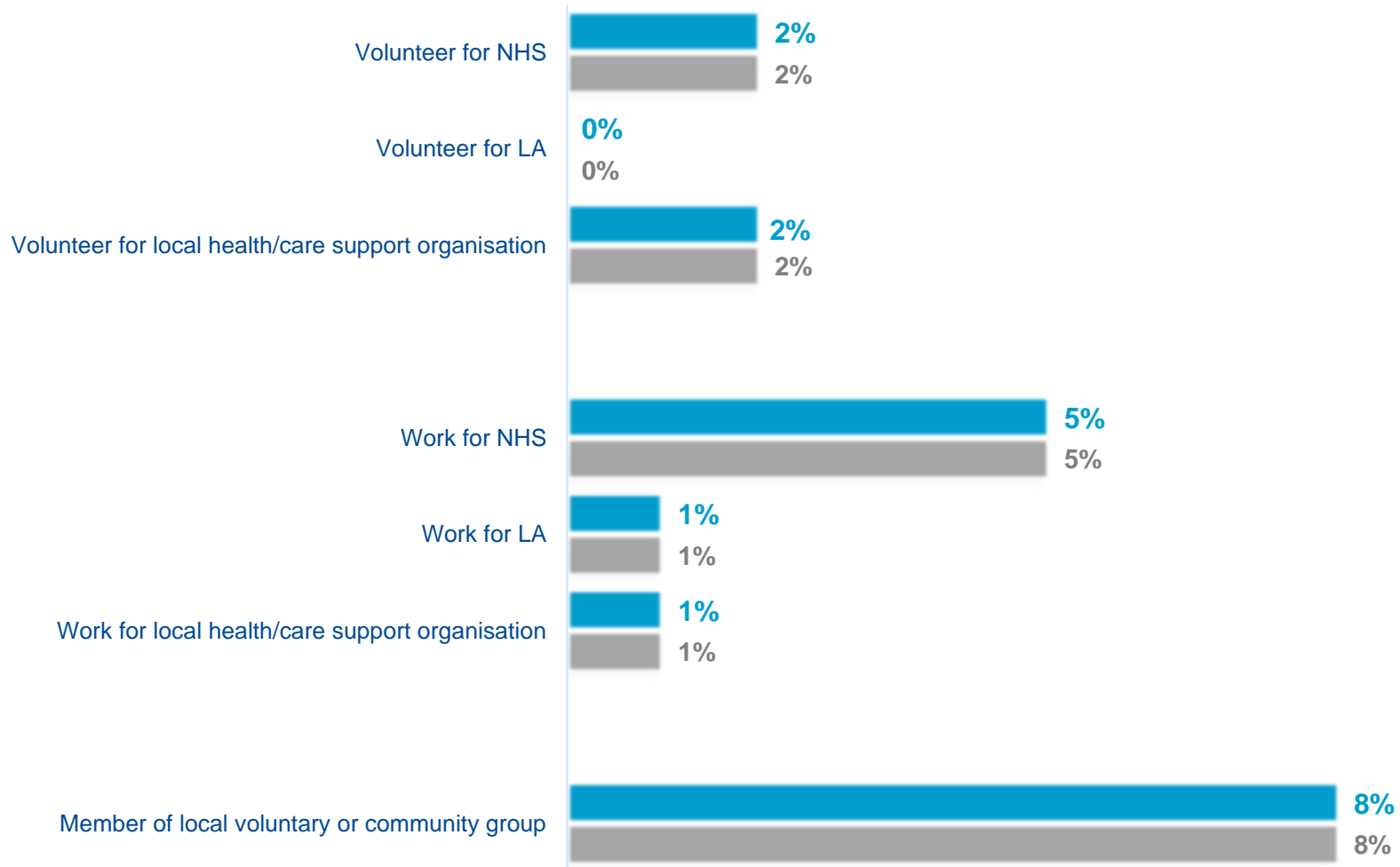
% of survey 1 participant rim weighted profile (590)
% of our actual panellist profile as at April 2023 (590)

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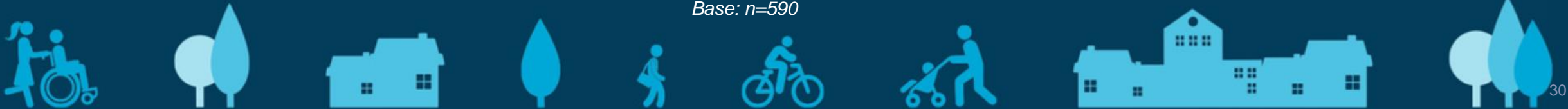
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These include: Age UK, Scout movement, nature and culture related groups, Samaritans, homelessness, various child related groups, various elderly related groups, various community groups.

Base: n=590





Any questions please contact us:

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