



Hindu Forum Britain

Aim of the Survey

This survey was designed to identify

- the number of people living with long term conditions (LTCs) which are known to increase the impact of health inequalities
- the extent to which participants had been affected by Covid-19 on all dimensions of wellbeing
- if Covid-19 had a greater impact on the individuals living with the most frequently occurring LTCs
- the experience of participants with Covid-19 infection and vaccination
- the likelihood that people would participate in a free health & wellbeing programme if it was made available
- evidence to support bids for funding to provide health and wellbeing initiatives

Methodology

The survey was distributed widely across the Hindu Communities in all 4 countries of the UK with the assistance of the Hindu Forum of Britain.

Distribution of the survey was by email, WhatsApp and Facebook

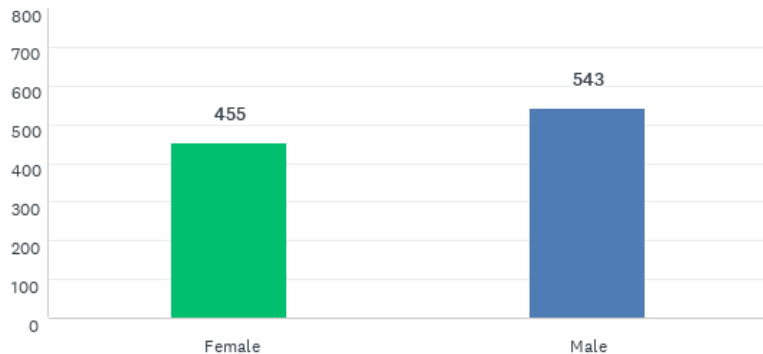
A total of 1293 responses were received

The survey was closed after 1004 **complete** responses had been received as 1000 is considered to be statistically significant, in other words representative of the whole population surveyed and not purely due to chance

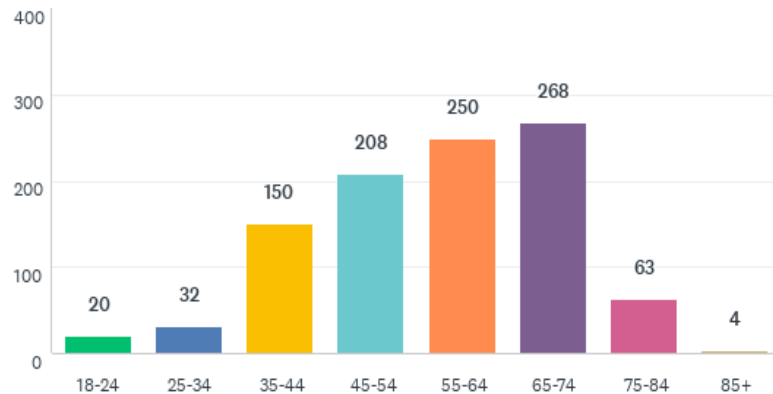
Respondents by gender and age

- More men (543) than women (455) responded to the survey – 6 skipped this question
- The majority of respondents were over 55 years – 9 skipped this question

Gender



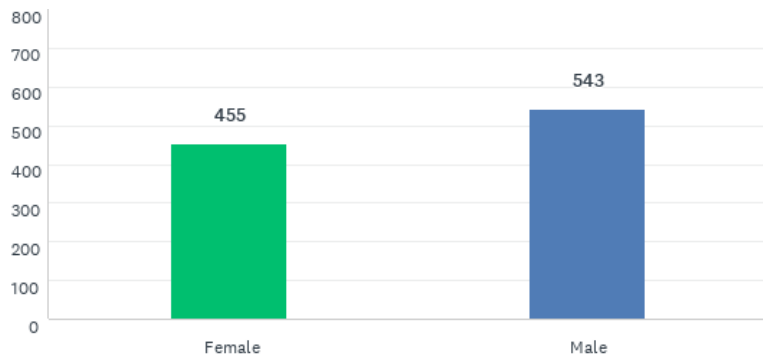
Age



Comparison of respondents by gender and age

- In the age groups under 44 there was little difference in the numbers of men and women responding
- In the age group 45-54 more women (107) than men responded (100)
- In the age groups over 55 more men than women responded, particularly in the age group 65-74

Gender

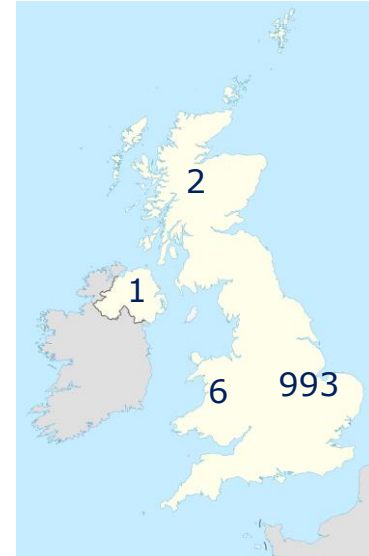
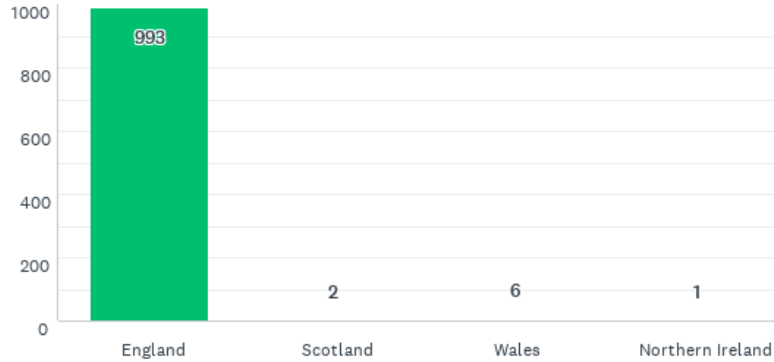


Gender by Age



Respondents by Country of the UK

- The majority of respondents live in England





Long Term Conditions

Long Term Conditions (LTCs)

General facts

About 26 million people in England have at least one LTC and 10 million have two or more LTCs:

- of the people who report that they live with LTCs, 24% have two LTCs
- of the people who report that they live with LTCs, 20% live with three or more LTCs
- the majority of people aged over 65 have two or more long-term conditions
- the majority of over 75s have three or more; and overall, the number of people with multiple conditions is rising.

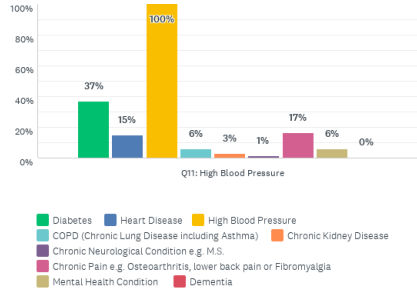
Long-term conditions account for:

- 50% of all GP appointments
- 64% of all hospital outpatient appointments
- 70% of all hospital bed days
- 70% of health and care spend as people living with a LTC are more likely to use health and care services with a three-fold increase in cost of health care for those with frailty.

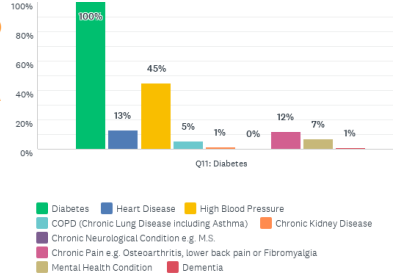
LTCs Co-morbidities (more than 1 LTC)

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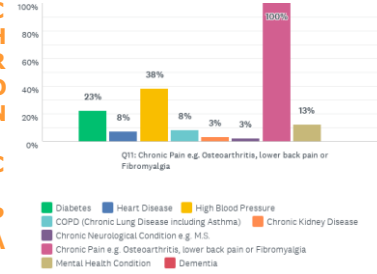


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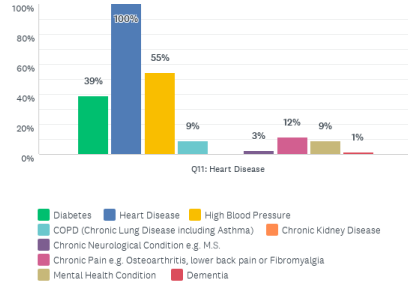
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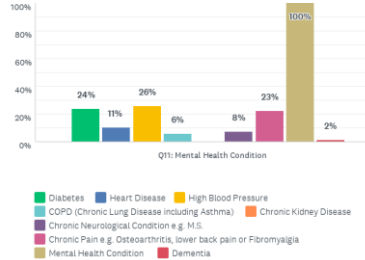
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Survey results supported the evidence that people living with LTCs are likely to have more than one LTC. The most common co-morbidities for respondents with

- **high blood pressure** are diabetes (37%), chronic pain (17%) and heart disease (15%)
- **diabetes** are high blood pressure (45%), heart disease (13%) and people experiencing mental health issues (13%)
- **chronic pain** are high blood pressure (38%) and diabetes (23%)
- **heart disease** are high blood pressure (55%), and diabetes (39%)
- **experiencing mental health issues** are high blood pressure (26%), diabetes (24%) and chronic pain (23%)



Summary of survey findings - Long Term Conditions

The most frequently occurring Long Term Conditions (LTCs) for all respondents were, in order of prevalence, high blood pressure (50%), diabetes (41%), chronic pain (22%), heart disease (14%) and people experiencing mental health issues (12%). However, there were some differences by gender and age group, (see following slides for details).

High blood pressure – slightly more prevalence in men (52%) than women (49%). There was variance across age groups with increasing prevalence by age – 20% of respondents aged 35-44, 45% aged 45-54, after this age prevalence increases to 52% aged 55-64, 57% aged 65-74 with **prevalence being highest at 67% aged 75-84.**

Diabetes – more men (48%) than women (31%). There was variance across age groups with prevalence being half the number in respondents aged 35-44 (20%) compared to 41% of all respondents. Prevalence then increases – 39% aged 45-55, 40% aged 55-64, 47% aged 65-74 with **prevalence being highest at 49% in those aged 75-84.**

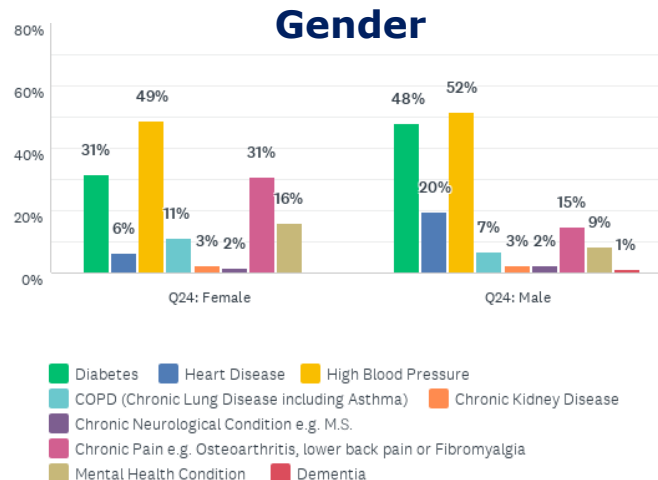
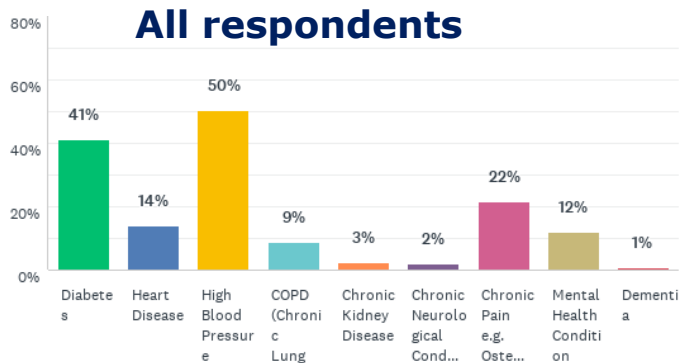
Chronic pain – twice as many women (31%) than men (15%). There was variance across age groups **with prevalence being highest at 30% in respondents aged 35-44**, after this age prevalence decreases to 16% aged 45-54 and then increases to 24% in respondents aged 55-64, before decreasing to 22% aged 65-74 and 20% aged 75-84.

Heart disease – more than three times as many men (20%) than women (6%). There was variance across age groups with 0% prevalence in those aged 35-44. There was then increasing prevalence by age – 8% aged 45-54, 15% aged 55-64, 18% aged 65-74 **with prevalence being highest at 22% in those aged 75-84.**

People experiencing mental health issues – nearly twice as many women (16%) than men (9%). There was variance across age groups with **prevalence being highest at almost twice as much in respondents aged 35-44 (20%)** compared to 12% of all respondents. Prevalence then decreases gradually – 15% aged 45-55, 13% aged 55-64, 7% aged 65-74 and 4% aged 75-84.

Chronic lung disease was the next most prevalent LTC at 9% of all respondents. However, in those **aged 35-44 prevalence is highest at 20%**, and higher than all respondents in those aged 45-54 (14%) and 75-84 (12%). In respondents aged 55-74 prevalence is lower at 5%.

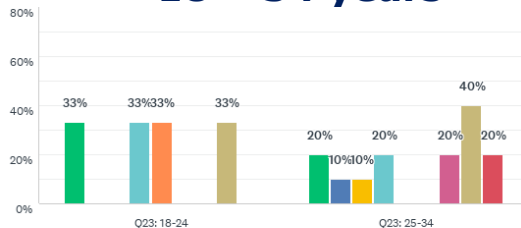
Long Term Conditions by gender



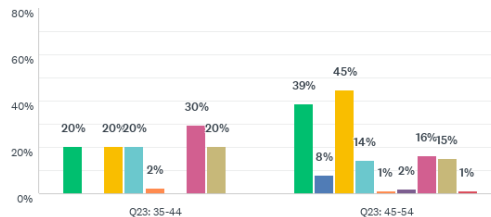
- **All Respondents:** 50% high blood pressure, 41% diabetes, 22% chronic pain, 14% heart disease, 12% experiencing mental health issues, 9% chronic lung conditions, 3% chronic kidney disease, 2% chronic neurological conditions, 1% dementia
- **Female:** 49% high blood pressure, 31% diabetes, 31% chronic pain, 16% experiencing mental health issues, 11% chronic lung condition, 6% heart disease, 3% chronic kidney disease, 2% chronic neurological condition
- **Male:** 52% high blood pressure, 48% diabetes, 20% heart disease, 15% chronic pain, 9% experiencing mental health issues, 7% chronic lung condition, 3% chronic kidney disease, 2% chronic neurological condition, 1% dementia

Long Term Conditions by Age

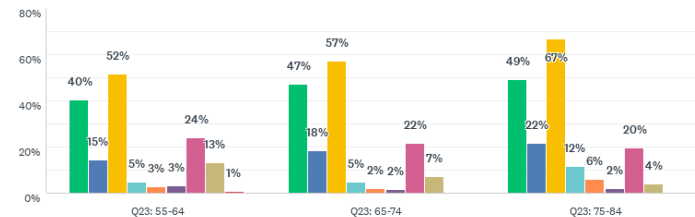
18 – 34 years



35 - 54 years



55 - 84 years



- **18-24:** 33% diabetes, 33% chronic lung disease, 33% chronic kidney disease, 33% experiencing mental health issues
- **25-34:** 40% experiencing mental health issues, 20% chronic lung conditions, 20% diabetes, 20% chronic pain, (20% dementia), 10% heart condition, 10% high blood pressure,
- **35-44:** 30% chronic pain, 20% diabetes, 20% high blood pressure, 20% experiencing mental health issues, 20% chronic lung condition, 2% chronic kidney disease
- **45-54:** 45% high blood pressure, 39% diabetes, 16% chronic pain, 15% experiencing mental health issues, 14% chronic lung disease, 8% heart disease, 2% chronic neurological condition, 1% chronic kidney disease
- **55-64:** 52% high blood pressure, 40% diabetes, 24% chronic pain, 15% heart disease, 13% experiencing mental health issues, 5% chronic lung condition,
- **65-74:** 57% high blood pressure, 47% diabetes, 22% chronic pain, 18% heart disease, 7% experiencing mental health issues, 5% chronic lung condition, 2% chronic kidney disease, 2% chronic neurological condition
- **75-84:** 67% high blood pressure, 49% diabetes, 22% heart disease, 20% chronic pain, 12% chronic lung condition, 6% chronic kidney disease, 4% experiencing mental health issues, 2% chronic neurological conditions



Why Don't We Just... talk more about loneliness?

Campaign to End Loneliness Scale

'Loneliness is a negative experience that involves painful feelings of not belonging and disconnectedness from others. It occurs when there is a discrepancy between the quantity and quality of social relationships that we want, and those that we have'

Goodman, A., Adams, A., and Swift, H.J. (2015) Hidden citizens: How can we identify the most lonely older adults?

Loneliness in the context of Covid-19

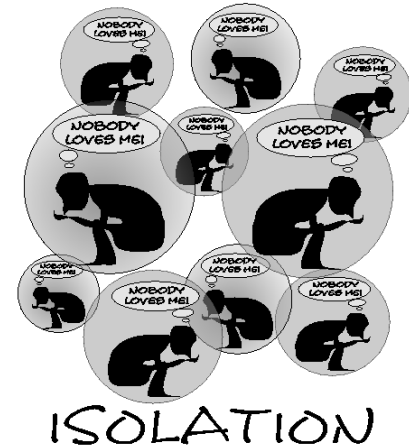
Loneliness is a feeling that the quantity and quality of our relationships are not as good as we would like them to be. This is different from being isolated or alone, which are more objective measures of how much time we spend with how many other people, or solitude, which can in fact be positive and restorative for wellbeing.

Loneliness can be

- social, where we feel a lack of social connections
- emotional, where we feel like we lack meaningful relationships to the extent that we don't belong, and/or
- existential, where we might feel entirely separate from other people

Social distancing guidance applied to everyone. In order to reduce the spread of the virus, people were told to avoid close physical contact with anyone they did not live with. People with suspected symptoms were told to 'self isolate', and people at severe risk of the virus to 'shield', staying at home as much as possible and not come into close contact with anyone outside of their household.

At the same time, non-essential shops, pubs and restaurants, faith and community venues and theatres were all closed. Sporting and music events were cancelled, and most aspects of social life put on hold. This has had a profound effect on our relationships and communities and how we engage with other people.



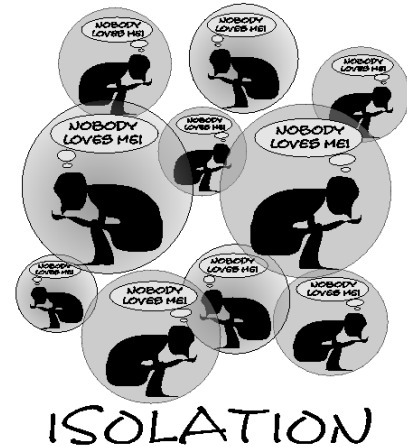
Campaign to End Loneliness Scale

The Campaign to End Loneliness scale was used in the survey to identify and evaluate current levels of loneliness experienced by respondents as loneliness causes real emotional pain and can impact on physical and mental health

The Campaign to End Loneliness believes that people of all ages need connections that matter. This scale asks respondents about the extent to which they agree with three statements:

1. I am content with my friendships and relationships
2. I have enough people I feel comfortable asking for help at any time
3. My relationships are as satisfying as I would want them to be

The questions on the scale are positively worded and they do not make explicit mention of loneliness, so as to be as inclusive and as widely useful as possible





Summary of survey findings - Campaign to End Loneliness Scale

The overall results for all respondents showed that the majority were not experiencing loneliness. However a breakdown by

Gender showed that compared to all respondents

- women were no more likely to experience loneliness than all respondents
- men were no more likely to experience loneliness than all respondents
- however men (69%) were slightly more likely to be content with their friendships and relationships than women

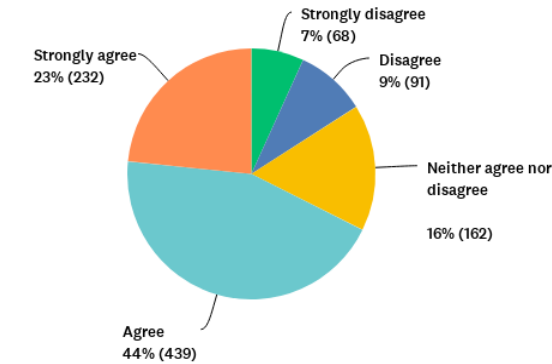
Age showed that compared to all respondents those aged

- 18-24 were more content with their friendships and relationships and had enough people they could ask for help but they were less satisfied with those relationships
- 25-34 were less content with their friendships and relationships and they didn't have enough people they felt comfortable asking for help at anytime, but the relationships they did have were just as satisfying as they would want them to be
- 35-44 were just as likely to be content with their friendships and relationships and had enough people they felt comfortable asking for help at anytime but they were less satisfied with those relationships
- 45-54 were just as likely to be content with their friendships and relationships, their relationships were as satisfying as they would want them to be and they had enough people they felt comfortable asking for help at anytime
- 55-64 were just as likely to be content with their friendships and relationships, their relationships were as satisfying as they would want them to be and they had enough people they felt comfortable asking for help at anytime
- 65-74 were just as likely to be content with their friendships and relationships, they had enough people they felt comfortable asking for help at anytime but they were more likely to feel their relationships were as satisfying as they would want them to be
- 75-84 were just as likely to feel they had enough people they could ask for help at anytime but were more likely to to be content with their friendships and relationships and much more likely to feel their relationships were as satisfying as they would want them to be

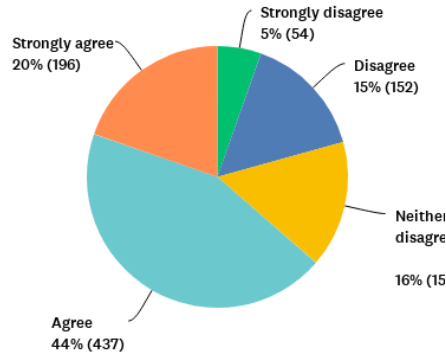
Long-term conditions showed that respondents

- *experiencing mental health issues* were the most likely to experience loneliness compared to all respondents
- with *chronic pain* and *heart disease* showed they were more likely to experience loneliness than all respondents
- with *high blood pressure* and *diabetes* showed they were no more likely to experience loneliness than all respondents

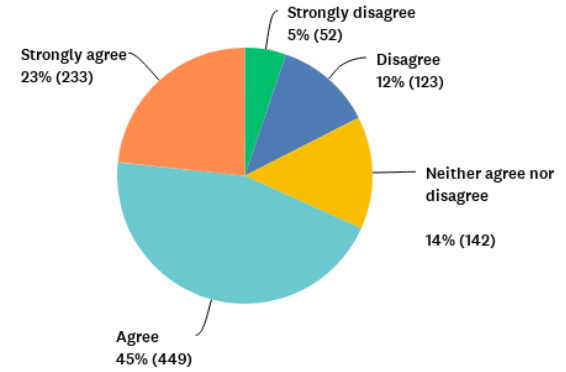
Results: Campaign to End Loneliness Scale – All Respondents



Q1. I am content with my friendships and relationships



Q2. My relationships are as satisfying as I would want them to be



Q3. I have enough people I feel comfortable asking for help at any time

The majority of all respondents agreed /strongly agreed that

- they were content with their friendships and relationships (67%)
- their relationships were as satisfying as they wanted them to be (64%)
- they had enough people they felt comfortable asking for help at anytime (68%)

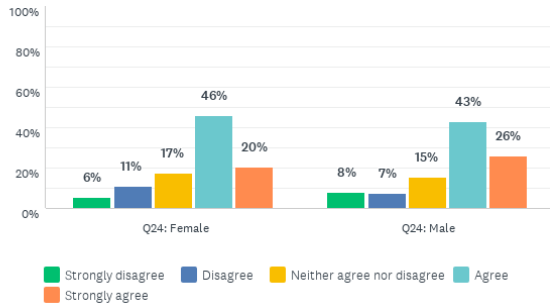
Some disagreed/strongly disagreed that

- they were content with their friendships and relationships (16%)
- their relationships were as satisfying as they wanted them to be (20%)
- they had enough people they felt comfortable asking for help at anytime (17%)

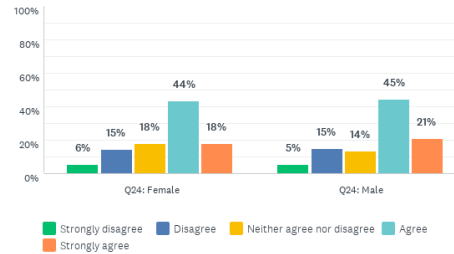
A minority neither agreed or disagreed that

- they were content with their friendships and relationships (16%)
- their relationships were as satisfying as they wanted them to be (16%)
- they had enough people they felt comfortable asking for help at anytime (14%)

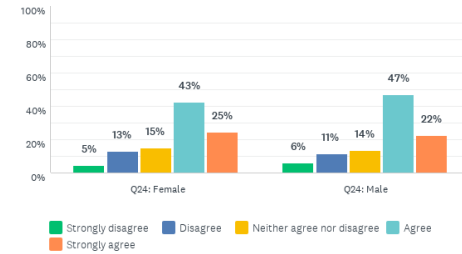
Results: Campaign to End Loneliness Scale – Gender



Q1. I am content with my friendships and relationships



Q2. My relationships are as satisfying as I would want them to be



Q3. I have enough people I feel comfortable asking for help at any time

The majority of female respondents agreed /strongly agreed that

- they were content with their friendships and relationships (66%) – comparable to all respondents (67%)
- their relationships were as satisfying as they wanted them to be (62%) – comparable to all respondents (64%)
- they had enough people they felt comfortable asking for help at anytime (68%) – same as all respondents (68%)

A minority of female respondents disagreed/strongly disagreed that

- they were content with their friendships and relationships (17%) – comparable to all respondents (16%)
- their relationships were as satisfying as they wanted them to be (21%) – comparable to all respondents (20%)
- they had enough people they felt comfortable asking for help at anytime (18%) – comparable to all respondents (17%)

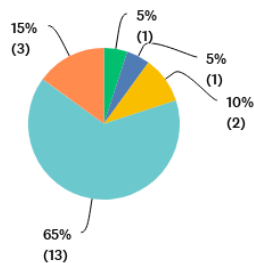
The majority of male respondents agreed /strongly agreed that

- they were content with their friendships and relationships (69%) – comparable to all respondents (67%)
- their relationships were as satisfying as they wanted them to be (66%) – comparable to all respondents (64%)
- they had enough people they felt comfortable asking for help at anytime (69%) – comparable to all respondents (68%)

A minority of male respondents disagreed/strongly disagreed that

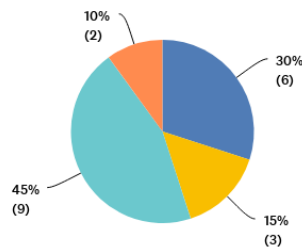
- they were content with their friendships and relationships (15%) - comparable to all respondents (16%)
- their relationships were as satisfying as they wanted them to be (20%) – same as all respondents (20%)
- they had enough people they felt comfortable asking for help at anytime (17%) – same as all respondents (17%)

Results: Campaign to End Loneliness Scale – Age 18-24



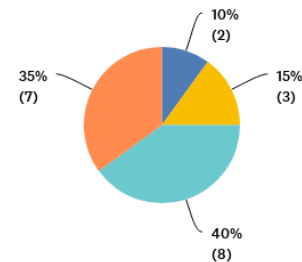
Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q1. I am content with my friendships and relationships



Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q2. My relationships are as satisfying as I would want them to be



Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q3. I have enough people I feel comfortable asking for help at any time

The majority of respondents aged 18-24 agreed /strongly agreed that

- they were content with their friendships and relationships (80%) – 13% more than all respondents (67%)
- their relationships were as satisfying as they wanted them to be (55%) – 9% less than all respondents (64%)
- they had enough people they felt comfortable asking for help at anytime (75%) – 9% more than all respondents (68%)

Some neither agreed or disagreed

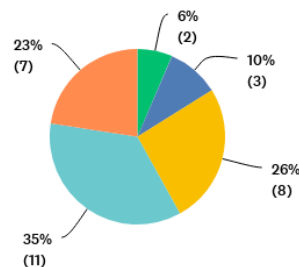
- they were content with their friendships and relationships (10%) – 6% less than all respondents 16%
- their relationships were as satisfying as they wanted them to be (15%) – comparable to all respondents (16%)
- they had enough people they felt comfortable asking for help at anytime (15%) – comparable to all respondents (14%)

A minority of respondents aged 18-24 disagreed/strongly disagreed that

- they were content with their friendships and relationships (10%) – 6% less than all respondents (16%)
- their relationships were as satisfying as they wanted them to be (30%) – 10% more than all respondents (20%)
- they had enough people they felt comfortable asking for help at anytime (10%) – 7% less than all respondents (17%)

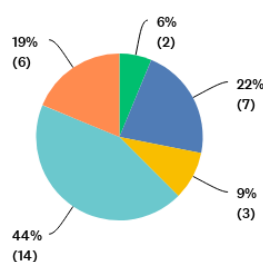
NB. No-one in this age group strongly disagreed that 'their relationships were as satisfying as they would want them to be' and 'they have enough people they feel comfortable asking for help at any time'

Results: Campaign to End Loneliness Scale – Age 25-34



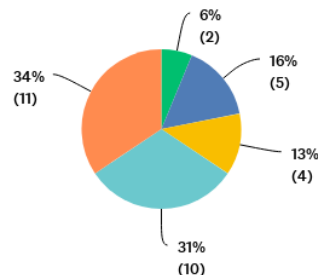
Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q1. I am content with my friendships and relationships



Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q2. My relationships are as satisfying as I would want them to be



Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q3. I have enough people I feel comfortable asking for help at any time

The majority of respondents aged 25-34 agreed /strongly agreed that

- they were content with their friendships and relationships (58%) – 9% less than all respondents (67%)
- their relationships were as satisfying as they wanted them to be (63%) – comparable to all respondents (64%)
- they had enough people they felt comfortable asking for help at anytime (65%) – 3% less than all respondents (68%)

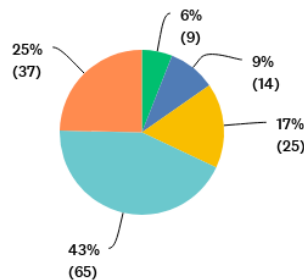
A minority of respondents aged 25-34 disagreed/strongly disagreed that

- they were content with their friendships and relationships (16%) – same as all respondents (16%)
- their relationships were as satisfying as they wanted them to be (28%) – 8% more than all respondents (20%)
- they had enough people they felt comfortable asking for help at anytime (22%) – 5% more than all respondents (17%)

Some respondents aged 25-34 neither agreed or disagreed that

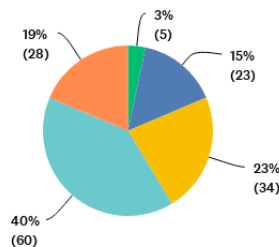
- they were content with their friendships and relationships (26%) – 10% more than all respondents 16%
- their relationships were as satisfying as they wanted them to be (9%) – 7% less than all respondents (16%)
- they had enough people they felt comfortable asking for help at anytime (13%) – comparable to all respondents (14%)

Results: Campaign to End Loneliness Scale – Age 35-44



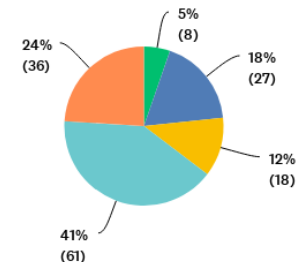
Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q1. I am content with my friendships and relationships



Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q2. My relationships are as satisfying as I would want them to be



Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q3. I have enough people I feel comfortable asking for help at any time

The majority of respondents aged 35-44 agreed /strongly agreed that

- they were content with their friendships and relationships (68%) – comparable to all respondents (67%)
- their relationships were as satisfying as they wanted them to be (59%) – 5% less than all respondents (64%)
- they had enough people they felt comfortable asking for help at anytime (65%) – 3% more than all respondents (68%)

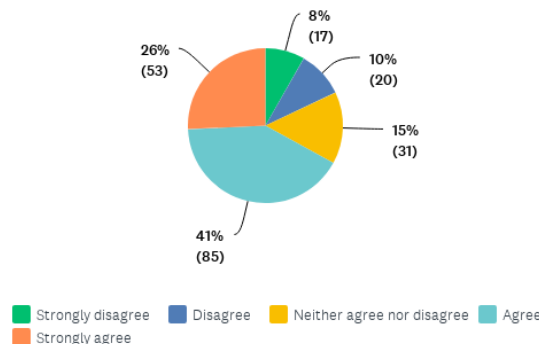
A minority of respondents aged 35-44 disagreed/strongly disagreed that

- they were content with their friendships and relationships (15%) – 6% less than all respondents (16%)
- their relationships were as satisfying as they wanted them to be (18%) – 10% more than all respondents (20%)
- they had enough people they felt comfortable asking for help at anytime (23%) – 7% less than all respondents (17%)

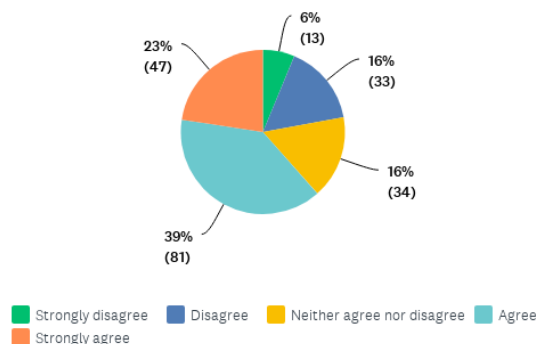
Some respondents aged 35-44 neither agreed or disagreed that

- they were content with their friendships and relationships (17%) – comparable to all respondents (16%)
- their relationships were as satisfying as they wanted them to be (23%) – 7% more than all respondents (16%)
- they had enough people they felt comfortable asking for help at anytime (12%) – comparable to all respondents (14%)

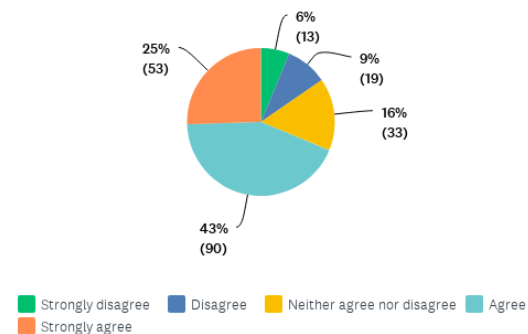
Results: Campaign to End Loneliness Scale – Age 45-54



Q1. I am content with my friendships and relationships



Q2. My relationships are as satisfying as I would want them to be



Q3. I have enough people I feel comfortable asking for help at any time

The majority of respondents aged 45-54 agreed /strongly agreed that

- they were content with their friendships and relationships (67%) – the same as all respondents (67%)
- their relationships were as satisfying as they wanted them to be (62%) – comparable to all respondents (64%)
- they had enough people they felt comfortable asking for help at anytime (68%) – the same as all respondents (68%)

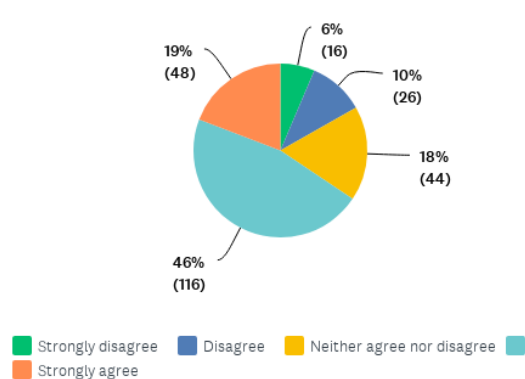
A minority of respondents aged 45-54 disagreed/strongly disagreed that

- they were content with their friendships and relationships (18%) – comparable to all respondents (16%)
- their relationships were as satisfying as they wanted them to be (22%) – comparable to all respondents (20%)
- they had enough people they felt comfortable asking for help at anytime (15%) – comparable to all respondents (17%)

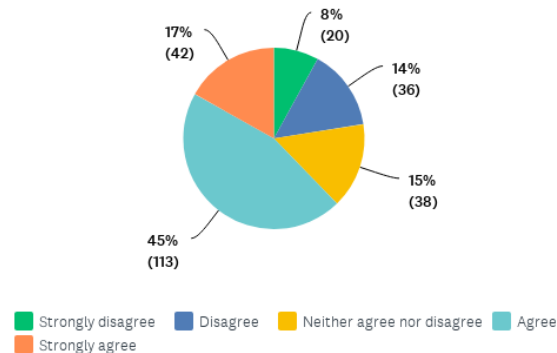
Some respondents aged 45-54 neither agreed or disagreed

- they were content with their friendships and relationships (15%) – comparable to all respondents 16%
- their relationships were as satisfying as they wanted them to be (16%) – same as e to all respondents (16%)
- they had enough people they felt comfortable asking for help at anytime (16%) – comparable to all respondents (14%)

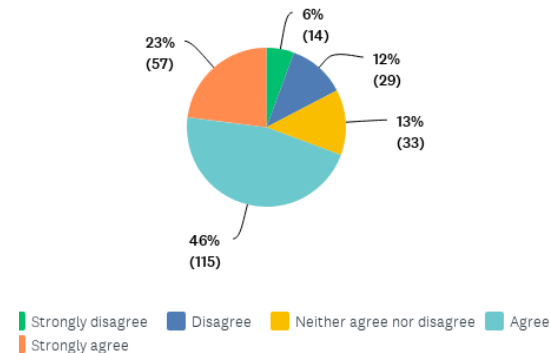
Results: Campaign to End Loneliness Scale – Age 55-64



Q1. I am content with my friendships and relationships



Q2. My relationships are as satisfying as I would want them to be



Q3. I have enough people I feel comfortable asking for help at any time

The majority of respondents aged 55-64 agreed /strongly agreed that

- they were content with their friendships and relationships (65%) – comparable to all respondents (67%)
- their relationships were as satisfying as they wanted them to be (62%) – comparable to all respondents (64%)
- they had enough people they felt comfortable asking for help at anytime (69%) – comparable to all respondents (68%)

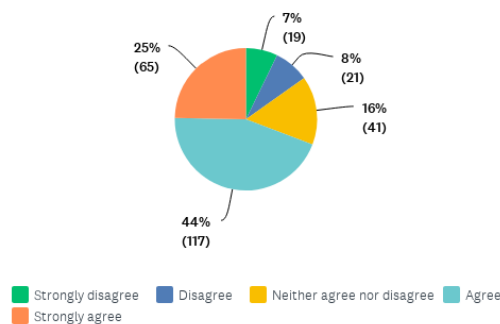
A minority of respondents aged 55-64 disagreed/strongly disagreed that

- they were content with their friendships and relationships (16%) – the same as all respondents (16%)
- their relationships were as satisfying as they wanted them to be (22%) – comparable to all respondents (20%)
- they had enough people they felt comfortable asking for help at anytime (18%) – comparable to all respondents (17%)

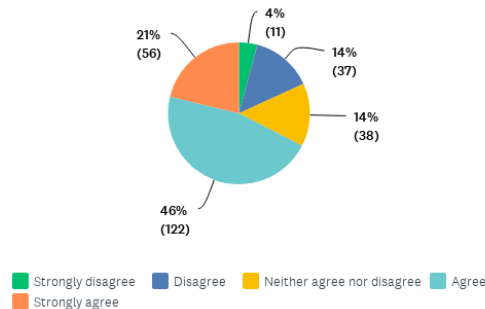
Some respondents aged 55-64 neither agreed or disagreed

- they were content with their friendships and relationships (18%) – comparable to all respondents 16%
- their relationships were as satisfying as they wanted them to be (15%) – comparable to all respondents (16%)
- they had enough people they felt comfortable asking for help at anytime (13%) – comparable to all respondents (14%)

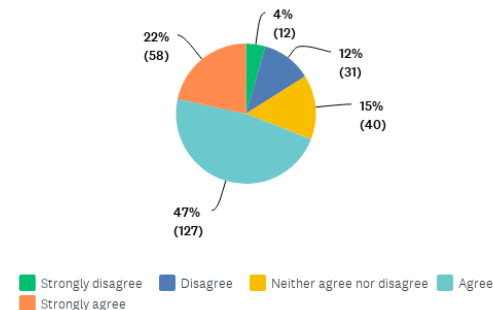
Results: Campaign to End Loneliness Scale – Age 65-74



Q1. I am content with my friendships and relationships



Q2. My relationships are as satisfying as I would want them to be



Q3. I have enough people I feel comfortable asking for help at any time

The majority of respondents aged 65-74 agreed /strongly agreed that

- they were content with their friendships and relationships (69%) – comparable to all respondents (67%)
- their relationships were as satisfying as they wanted them to be (67%) – 3% more than all respondents (64%)
- they had enough people they felt comfortable asking for help at anytime (69%) – comparable to all respondents (68%)

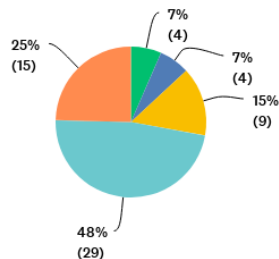
A minority of respondents aged 65-74 disagreed/strongly disagreed that

- they were content with their friendships and relationships (15%) – comparable to all respondents (16%)
- their relationships were as satisfying as they wanted them to be (18%) – comparable to all respondents (20%)
- they had enough people they felt comfortable asking for help at anytime (16%) – comparable to all respondents (17%)

Some respondents aged 65-74 neither agreed or disagreed

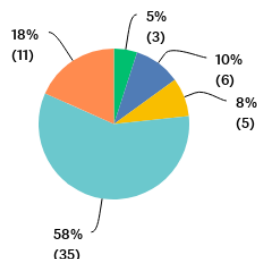
- they were content with their friendships and relationships (16%) – the same as all respondents 16%
- their relationships were as satisfying as they wanted them to be (14%) – comparable to all respondents (16%)
- they had enough people they felt comfortable asking for help at anytime (13%) – comparable to all respondents (14%)

Results: Campaign to End Loneliness Scale – Age 75-84



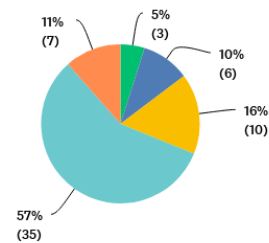
Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q1. I am content with my friendships and relationships



Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q2. My relationships are as satisfying as I would want them to be



Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q3. I have enough people I feel comfortable asking for help at any time

The majority of respondents aged 75-84 agreed /strongly agreed that

- they were content with their friendships and relationships (73%) – 6% more than all respondents (67%)
- their relationships were as satisfying as they wanted them to be (76%) – 12% more than all respondents (64%)
- they had enough people they felt comfortable asking for help at anytime (68%) – the same as all respondents (68%)

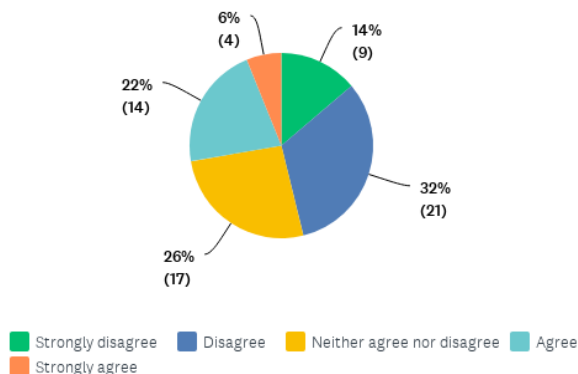
A minority of respondents aged 75-84 disagreed/strongly disagreed that

- they were content with their friendships and relationships (14%) – comparable to all respondents (16%)
- their relationships were as satisfying as they wanted them to be (15%) – comparable to all respondents (20%)
- they had enough people they felt comfortable asking for help at anytime (15%) – comparable to all respondents (17%)

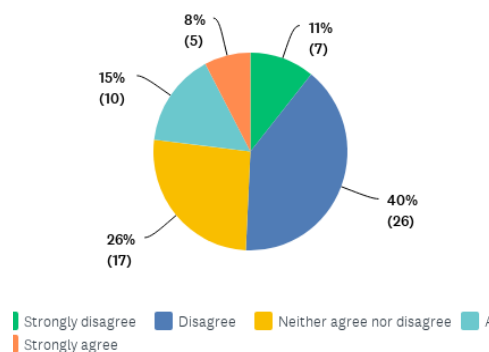
Some respondents aged 75-84 neither agreed or disagreed

- they were content with their friendships and relationships (15%) – comparable to all respondents 16%
- their relationships were as satisfying as they wanted them to be (8%) – half the number of all respondents (16%)
- they had enough people they felt comfortable asking for help at anytime (16%) – comparable to all respondents (14%)

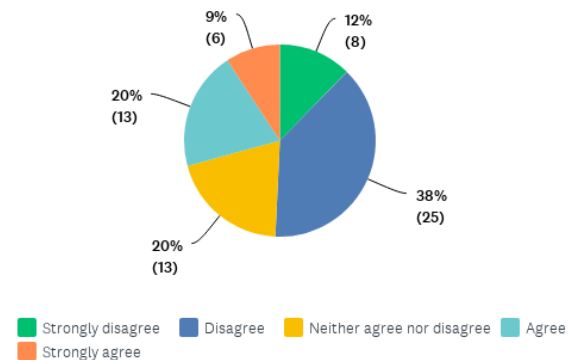
Results: Campaign to End Loneliness Scale – Experiencing mental health issues



Q1. I am content with my friendships and relationships



Q2. My relationships are as satisfying as I would want them to be



Q3. I have enough people I feel comfortable asking for help at any time

Results for respondents who were experiencing mental health issues showed that they were the most likely to experience loneliness compared to all respondents -

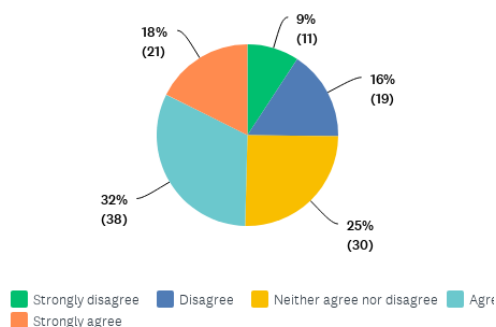
A lesser number of respondents who were experiencing mental health issues agreed /strongly agreed that

- they were content with their friendships and relationships (48%) – 19% less than all respondents (67%)
- their relationships were as satisfying as they wanted them to be (41%) – 23% less than all respondents (64%)
- they had enough people they felt comfortable asking for help at anytime (40%) – 28% less than all respondents (68%)

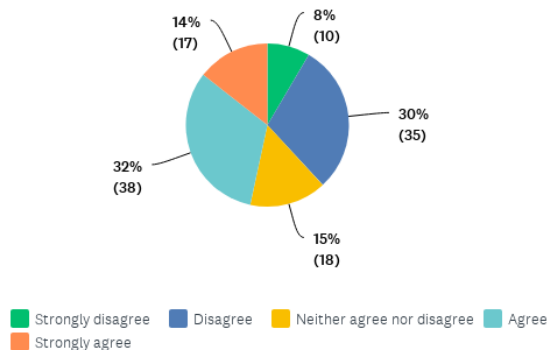
A greater number of respondents who were experiencing mental health issues disagreed/strongly disagreed that

- they were content with their friendships and relationships (46%) – 30% more than all respondents (16%)
- their relationships were as satisfying as they wanted them to be (51%) – 31% more than all respondents (20%)
- they had enough people they felt comfortable asking for help at anytime (50%) – 33% more than all respondents (17%)

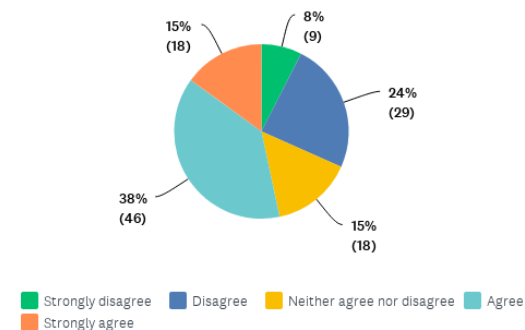
Results: Campaign to End Loneliness Scale – Chronic Pain



Q1. I am content with my friendships and relationships



Q2. My relationships are as satisfying as I would want them to be



Q3. I have enough people I feel comfortable asking for help at any time

Results for respondents with chronic pain showed they were more likely to experience loneliness compared to all respondents -

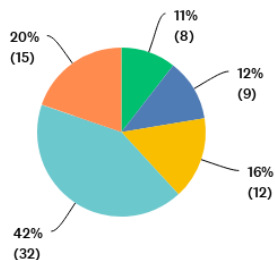
A lesser number of respondents with chronic pain agreed /strongly agreed that

- they were content with their friendships and relationships (58%) – 9% less than all respondents (67%)
- their relationships were as satisfying as they wanted them to be (46%) – 18% less than all respondents (64%)
- they had enough people they felt comfortable asking for help at anytime (53%) – 15% less than all respondents (68%)

A greater number of respondents with chronic pain disagreed/strongly disagreed that

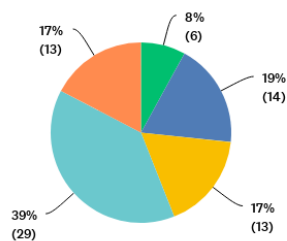
- they were content with their friendships and relationships (25%) – 9% more than all respondents (16%)
- their relationships were as satisfying as they wanted them to be (38%) – 18% more than all respondents (20%)
- they had enough people they felt comfortable asking for help at anytime (32%) – 15% more than all respondents (17%)

Results: Campaign to End Loneliness Scale – Heart Disease



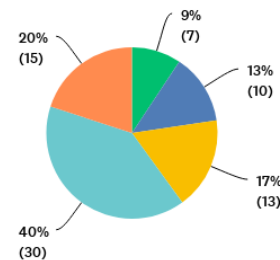
Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

1. I am content with my friendships and relationships



Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

My relationships are as satisfying as I would want them to be



Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I have enough people I feel comfortable asking for help at any time

Results for respondents with heart disease showed they were more likely to experience loneliness than all respondents -

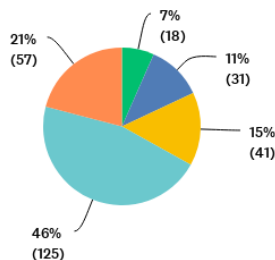
A lesser number of respondents with heart disease agreed /strongly agreed that

- they were content with their friendships and relationships (62%) – 5% less than all respondents (67%)
- their relationships were as satisfying as they wanted them to be (56%) – 8% less than all respondents (64%)
- they had enough people they felt comfortable asking for help at anytime (60%) – 8% less than all respondents (68%)

A greater number of respondents with heart disease disagreed/strongly disagreed that

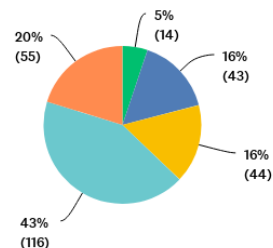
- they were content with their friendships and relationships (23%) – 7% more than all respondents (16%)
- their relationships were as satisfying as they wanted them to be (27%) – 7% more than all respondents (20%)
- they had enough people they felt comfortable asking for help at anytime (22%) – 5% more than all respondents (17%)

Results: Campaign to End Loneliness Scale – High Blood Pressure



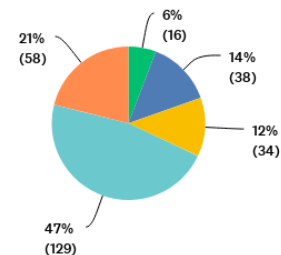
Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q1. I am content with my friendships and relationships



Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q2. My relationships are as satisfying as I would want them to be



Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q3. I have enough people I feel comfortable asking for help at any time

Results for respondents with high blood pressure showed they were no more likely to experience loneliness than all respondents -

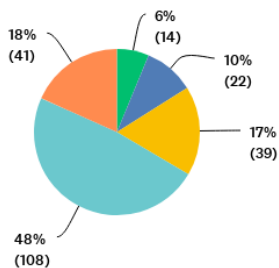
A comparable number of respondents with high blood pressure agreed /strongly agreed that

- they were content with their friendships and relationships (67%) – same as all respondents (67%)
- their relationships were as satisfying as they wanted them to be (64%) – comparable to all respondents (64%)
- they had enough people they felt comfortable asking for help at anytime (68%) – same as all respondents (68%)

A comparable number of respondents with high blood pressure disagreed/strongly disagreed that

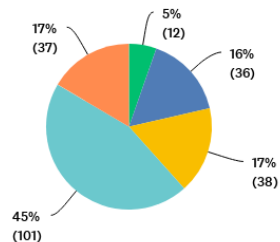
- they were content with their friendships and relationships (18%) – comparable to all respondents (16%)
- their relationships were as satisfying as they wanted them to be (21%) – comparable to all respondents (20%)
- they had enough people they felt comfortable asking for help at anytime (20%) – slightly higher than all respondents (17%)

Results: Campaign to End Loneliness Scale – Diabetes



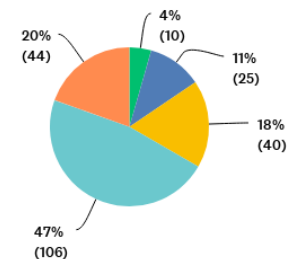
Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q1. I am content with my friendships and relationships



Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q2. My relationships are as satisfying as I would want them to be



Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Q3. I have enough people I feel comfortable asking for help at any time

Results for respondents with diabetes showed they were no more likely to experience loneliness than all respondents

A comparable number of respondents with diabetes agreed /strongly agreed that

- they were content with their friendships and relationships (68%) – comparable to all respondents (67%)
- their relationships were as satisfying as they wanted them to be (62%) – comparable to all respondents (64%)
- they had enough people they felt comfortable asking for help at anytime (67%) – comparable to all respondents (68%)

A comparable number of respondents with diabetes disagreed/strongly disagreed that

- they were content with their friendships and relationships (16%) – same as all respondents (16%)
- their relationships were as satisfying as they wanted them to be (21%) – comparable to all respondents (20%)
- they had enough people they felt comfortable asking for help at anytime (15%) – comparable to all respondents (17%)



Warwick-Edinburgh Mental Wellbeing Scale (Short)

This scale is widely used nationally and internationally for monitoring and evaluating the mental wellbeing of individuals as well as projects and programmes and investigating the determinants of mental wellbeing.

Warwick-Edinburgh Mental Wellbeing Scale (Short)

This scale was used in the survey to identify and evaluate the mental wellbeing of respondents

The 7-item scale Warwick-Edinburgh Mental Wellbeing Scale (Short) has 5 response categories, which when added together provide a single score

Respondents were asked to choose an option that best described their experience over the past 2 weeks

The items are all worded positively and cover both feeling and functioning aspects of mental wellbeing, thereby making the concept more accessible





Summary of findings - Warwick-Edinburgh Mental Wellbeing Scale (Short)

Analysis showed that the mental wellbeing of some respondents was average or below and they could benefit from interventions to help them cope. Some groups were affected to a greater degree e.g. age group 18-34years and those with long-term conditions.

Gender:

- women showed that overall, they were much less likely than all respondents to feel relaxed
- men showed that overall, they were less likely than all respondents to feel relaxed

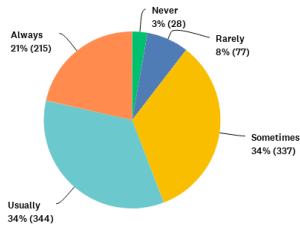
Age

- **18-24** showed that overall, they were much less likely than all respondents to feel optimistic about the future, feel relaxed, deal with problems well, think clearly, feel close to other people, able to make their own mind up about things
- **25-34** showed that overall, they were less likely than all respondents to feel optimistic about the future, feel useful, feel relaxed, think clearly
- **35-44** showed that overall, they were less likely than all respondents to feel relaxed
- **45-54** showed that overall, they were less likely than all respondents to feel relaxed
- **55-64** showed that overall, they were less likely than all respondents to feel relaxed
- **65-74** showed that overall, they were less likely than all respondents to feel relaxed
- **75-84** showed that overall, there was no indication of poor wellbeing

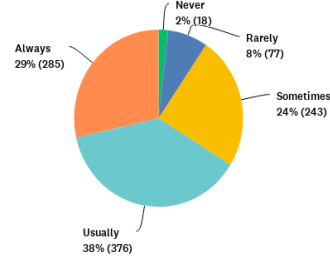
Long-term conditions

- Results for respondents experiencing **mental health issues** showed that overall, they were much less likely than all respondents to feel optimistic about their future, feel useful, feel relaxed, deal with problems well or think clearly
- Results for respondents with **high blood pressure** showed that overall, they were less likely than all respondents to feel optimistic about their future, feel useful, feel relaxed, or make up their own mind about things
- Results for respondents with **diabetes** showed that overall, they were less likely than all respondents to feel useful or feel relaxed
- Results for respondents with **chronic pain** showed that overall, they were less likely than all respondents to feel optimistic about their future, feel useful, feel relaxed, deal with problems well or think clearly
- Results for respondents with **heart disease** showed that overall, they were less likely than all respondents to feel optimistic about their future, feel useful, feel relaxed, deal with problems well or think clearly

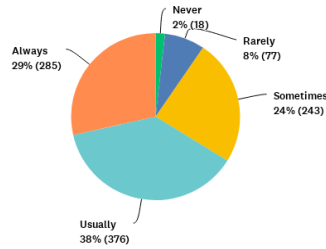
Warwick-Edinburgh Mental Wellbeing Scale (Short)



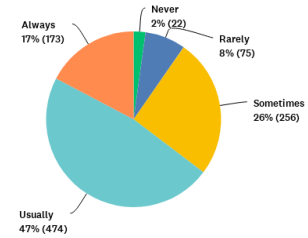
Q1. I've been feeling optimistic about the future



Q2. I've been feeling useful



Q3. I've been feeling relaxed



Q4. I've been dealing with problems well

The majority of all respondents stated that they usually/always had been

- feeling optimistic about the future (55%)
- feeling useful (67%)
- feeling relaxed (67%)
- dealing with problems well (64%)

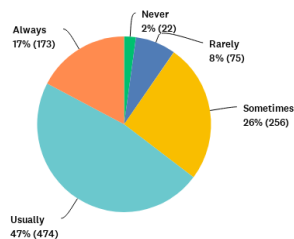
Some of all respondents stated that sometimes they had been

- feeling optimistic about the future (34%)
- feeling useful (24%)
- feeling relaxed (24%)
- dealing with problems well (26%)

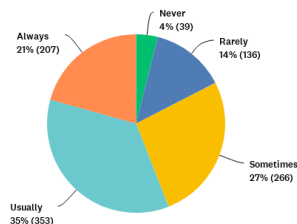
A minority of all respondents stated that they rarely/never had been

- feeling optimistic about the future (11%)
- feeling useful (10%)
- feeling relaxed (10%)
- dealing with problems well (10%)

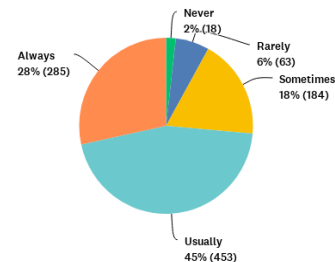
Warwick-Edinburgh Mental Wellbeing Scale (Short)



Q5. I've been thinking clearly



Q6. I've been feeling close to other people



Q7. I've been able to make up my own mind about things

The majority of all respondents stated that they usually/always had been

- thinking clearly (64%)
- feeling close to other people (56%)
- able to make their own mind up about things (73%)

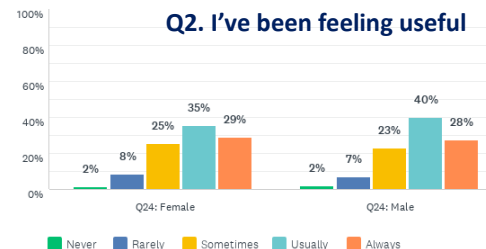
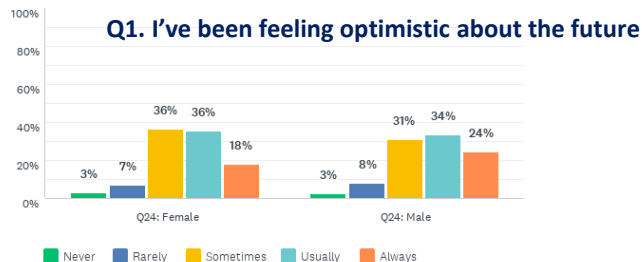
Some of all respondents stated that sometimes they had been

- thinking clearly (26%)
- feeling close to other people (27%)
- able to make their own mind up about things (18%)

A minority of all respondents stated they rarely/never had been

- thinking clearly (10%)
- feeling close to other people (18%)
- able to make their own mind up about things (8%)

Warwick-Edinburgh Mental Wellbeing Scale (Short) - gender



Female respondents stated that they usually/always had been

- feeling optimistic about the future (54%) – comparable to all respondents (55%)
- feeling useful (64%) – 3% less than all respondents (67%)

Female respondents stated that sometimes they had been

- feeling optimistic about the future (36%) – comparable to all respondents (34%)
- feeling useful (25%) – comparable to all respondents (24%)

Female respondents stated that they rarely/never had been

- feeling optimistic about the future (10%) – comparable to all respondents (11%)
- feeling useful (10%) – the same as all respondents (10%)

Male respondents stated that they usually/always had been

- feeling optimistic about the future (58%) – 3% more than all respondents (55%)
- feeling useful (68%) – comparable to all respondents (67%)

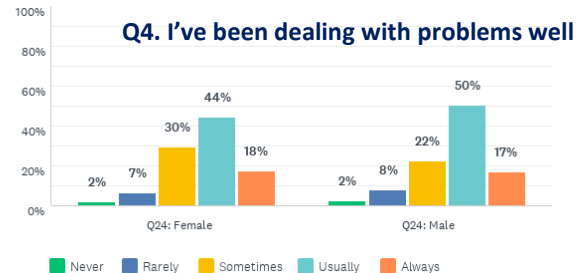
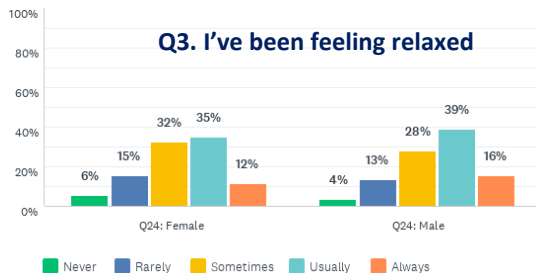
Male respondents stated that sometimes they had been

- feeling optimistic about the future (31%) – 3% less than all respondents (34%)
- feeling useful (23%) – comparable to all respondents (24%)

Male respondents stated that they rarely/never had been

- feeling optimistic about the future (11%) – the same as all respondents (11%)
- feeling useful (9%) – comparable to all respondents (10%)

Warwick-Edinburgh Mental Wellbeing Scale (Short) - gender



Female respondents stated that they usually/always had been

- feeling relaxed (47%) – 20% less than all respondents (67%)
- dealing with problems well (62%) – comparable to all respondents (64%)

Female respondents stated that sometimes they had been

- feeling relaxed (32%) – 8% more than all respondents (24%)
- Dealing with problems well (30%) – 4% more than all respondents (26%)

Female respondents stated that they rarely/never had been

- feeling relaxed (21%) – twice as many as all respondents (10%)
- dealing with problems well (9%) – comparable to all respondents (10%)

Male respondents stated that they usually/always had been

- feeling relaxed (55%) – 12% less than all respondents (67%)
- dealing with problems well (67%) – 3% more than all respondents (64%)

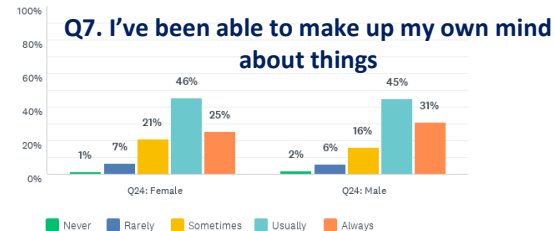
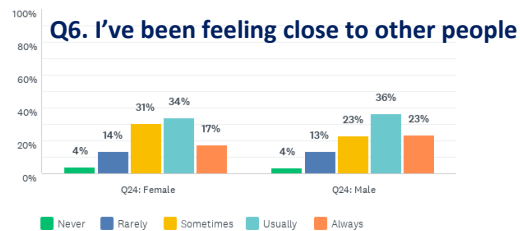
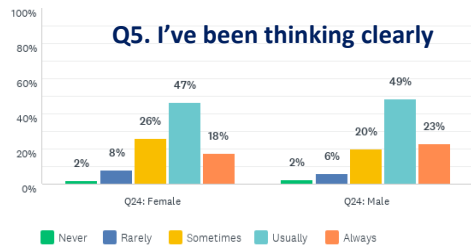
Male respondents stated that sometimes they had been

- feeling relaxed (28%) – 4% more than all respondents (24%)
- dealing with problems well (22%) – 4% less than all respondents (26%)

Male respondents stated that they rarely/never had been

- feeling relaxed (17%) – 7% more than all respondents (10%)
- dealing with problems well (10%) – the same as all respondents (10%)

Warwick-Edinburgh Mental Wellbeing Scale (Short) - gender



Female respondents stated that they usually/always had been

- thinking clearly (65%) – comparable to all respondents (64%)
- feeling close to other people (51%) – 5% less than all respondents (56%)
- able to make up their own mind up about things (71%) – comparable to all respondents (73%)

Female respondents stated that sometimes they had been

- thinking clearly (26%) – the same as all respondents (26%)
- feeling close to other people (31%) – 4% more than all respondents (27%)
- able to make up their own mind up about things (21%) – 3% more than all respondents (18%)

Female respondents stated that they rarely/never had been

- thinking clearly (10%) – the same as all respondents (10%)
- feeling close to other people (18%) – the same as all respondents (18%)
- able to make up their own mind up about things (8%) – the same as all respondents (8%)

Male respondents stated that they usually/always had been

- thinking clearly (72%) – 8% more than all respondents (64%)
- feeling close to other people (59%) – 3% more than all respondents (56%)
- able to make up their own mind up about things (76%) – 3% more than all respondents (73%)

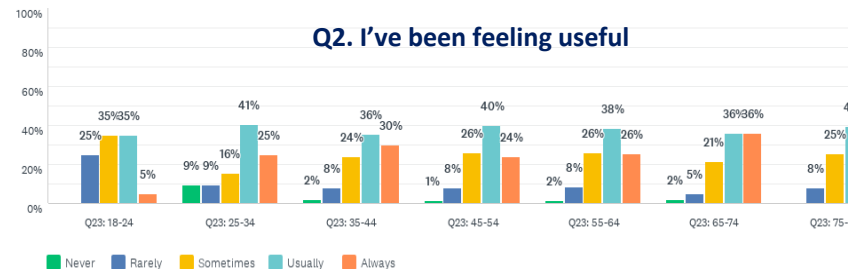
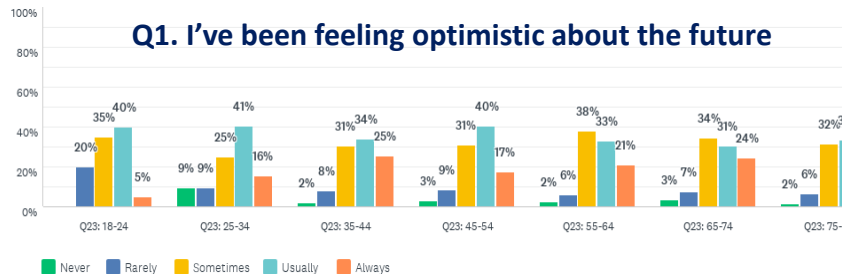
Male respondents stated that sometimes they had been

- thinking clearly (20%) – 6% less than all respondents (26%)
- feeling close to other people (23%) – 4% less than all respondents (27%)
- able to make up their own mind up about things (16%) – comparable to all respondents (18%)

Male respondents stated that they rarely/never had been

- thinking clearly (8%) – comparable to all respondents (10%)
- feeling close to other people (17%) – comparable to all respondents (18%)
- able to make up their own mind up about things (8%) – the same as all respondents (8%)

Warwick-Edinburgh Mental Wellbeing Scale (Short)



I've been feeling optimistic about the future (all respondents - 55% usually/always, sometimes 34%, 8% rarely/ 3% never)

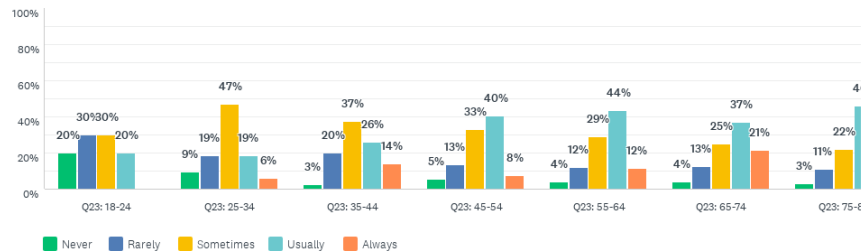
- **18-24:** 45% usually/always, 35% sometimes, 20% rarely
- **25-34:** 47% usually/always, 25% sometimes, 18% rarely/never
- **35-44:** 59% usually/always, 31% sometimes, 10% rarely/never
- **45-54:** 57% usually/always, 31% sometimes, 12% rarely/never
- **55-64:** 55% usually/always, 38% sometimes, 8% rarely/never
- **65-74:** 55% usually/always, 38% sometimes, 10% rarely/never
- **75-84:** 60% usually/always, 32% sometimes, 8% rarely/never

I've been feeling useful (all respondents - 55% usually/always, sometimes 34%, 8% rarely/ 2% never)

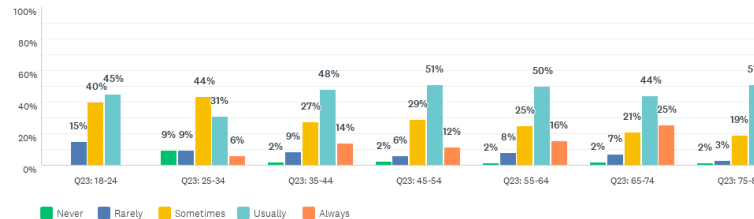
- **18-24:** 40% usually/always, 35% sometimes, 25% rarely
- **25-34:** 66% usually/always, 16% sometimes, 18% rarely/never
- **35-44:** 66% usually/always, 24% sometimes, 10% rarely/never
- **45-54:** 64% usually/always, 26% sometimes, 9% rarely/never
- **55-64:** 64% usually/always, 26% sometimes, 10% rarely/never
- **65-74:** 72% usually/always, 21% sometimes, 7% rarely/never
- **75-84:** 67% usually/always, 25% sometimes, 8% rarely

Warwick-Edinburgh Mental Wellbeing Scale (Short)

Q3. I've been feeling relaxed



Q4. I've been dealing with problems well



I've been feeling relaxed (all respondents 67% usually/always, sometimes 24%, 8% rarely/ 2% never)

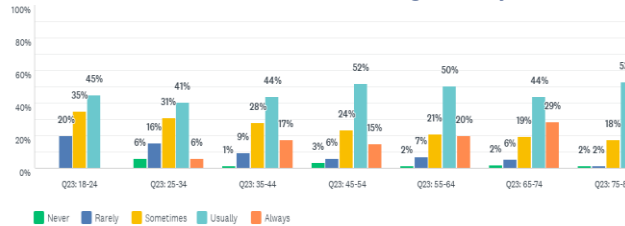
- **18-24:** 0% always, 20% usually, 30% sometimes, 50% rarely/never
- **25-34:** 25% usually/always, 47% sometimes, 28% rarely/never
- **35-44:** 40% usually/always, 37% sometimes, 23% rarely/never
- **45-54:** 48% usually/always, 33% sometimes, 12% rarely/never
- **55-64:** 56% usually/always, 29% sometimes, 16% rarely/never
- **65-74:** 58% usually/always, 25% sometimes, 17% rarely/never
- **75-84:** 76% usually/always, 19% sometimes, 8% rarely/never

I've been dealing with problems well (all respondents 64% usually/always, sometimes 26%, 8% rarely/ 2% never)

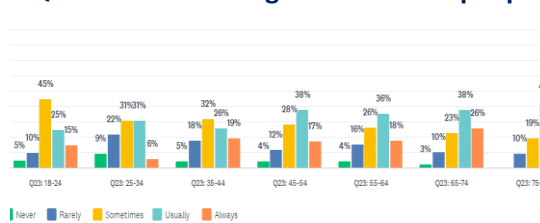
- **18-24:** 40% usually/always, 35% sometimes, 25% rarely
- **25-34:** 66% usually/always, 16% sometimes, 18% rarely/never
- **35-44:** 66% usually/always, 24% sometimes, 10% rarely/never
- **45-54:** 64% usually/always, 26% sometimes, 9% rarely/never
- **55-64:** 64% usually/always, 26% sometimes, 10% rarely/never
- **65-74:** 72% usually/always, 21% sometimes, 7% rarely/never
- **75-84:** 67% usually/always, 25% sometimes, 5% rarely/never

Warwick-Edinburgh Mental Wellbeing Scale (Short)

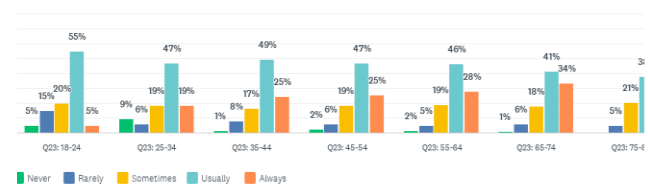
Q5. I've been thinking clearly



Q6. I've been feeling close to other people



Q7. I've been able to make up my own mind about things



I've been thinking clearly (all respondents - 64% usually/always, sometimes 26%, 8% rarely/ 2% never)

- **18-24:** 45% usually/always, 30% sometimes, 20% rarely, 0% never
- **25-34:** 47% usually/always, 31% sometimes, 22% rarely/never
- **35-44:** 61% usually/always, 28% sometimes, 10% rarely/never
- **45-54:** 67% usually/always, 24% sometimes, 9% rarely/never
- **55-64:** 70% usually/always, 21% sometimes, 9% rarely/never
- **65-74:** 73% usually/always, 19% sometimes, 10% rarely/never
- **75-84:** 79% usually/always, 18% sometimes, 4% rarely/never

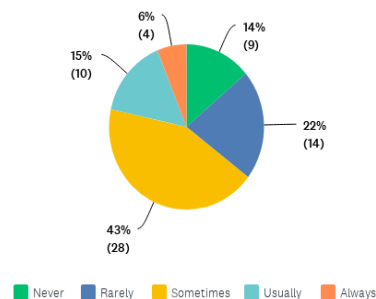
I've been feeling close to other people (all respondents 56% usually/always, sometimes 27%, 14% rarely/ 4% never)

- **18-24:** % usually/always, 35% sometimes, 25% rarely
- **25-34:** 66% usually/always, 16% sometimes, 18% rarely/never
- **35-44:** 66% usually/always, 24% sometimes, 10% rarely/never
- **45-54:** 64% usually/always, 26% sometimes, 9% rarely/never
- **55-64:** 64% usually/always, 26% sometimes, 10% rarely/never
- **65-74:** 72% usually/always, 21% sometimes, 7% rarely/never
- **75-84:** 71% usually/always, 25% sometimes, 8% rarely

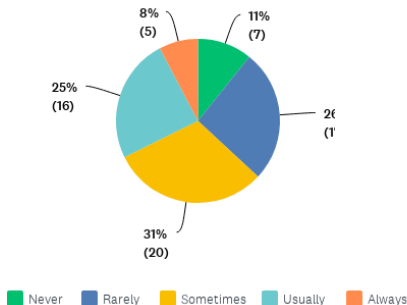
I've been able to make up my own mind up about things (all respondents 73% usually/always, sometimes 18%, 6% rarely/ 2% never)

- **18-24:** % usually/always, 35% sometimes, 25% rarely
- **25-34:** 66% usually/always, 16% sometimes, 18% rarely/never
- **35-44:** 66% usually/always, 24% sometimes, 10% rarely/never
- **45-54:** 64% usually/always, 26% sometimes, 9% rarely/never
- **55-64:** 64% usually/always, 26% sometimes, 10% rarely/never
- **65-74:** 72% usually/always, 21% sometimes, 7% rarely/never
- **75-84:** 75% usually/always, 25% sometimes, 8% rarely

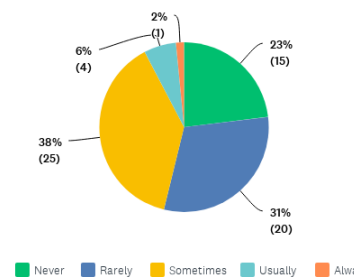
Results Warwick-Edinburgh Mental Wellbeing Scale (Short) – Experiencing mental health issues



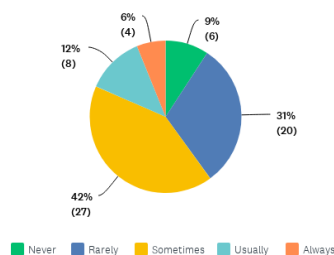
Q1. I've been feeling optimistic about the future



Q2. I've been feeling useful



Q3. I've been feeling relaxed



Q4. I've been dealing with problems well

*Respondents **experiencing mental health issues** stated that they usually/always had been*

- feeling optimistic about the future (21%) – 34% less than all respondents (55%)
- feeling useful (33%) – 34% less than all respondents (67%)
- feeling relaxed (8%) – 59% less than all respondents (67%)
- dealing with problems well (18%) – 46% less than all respondents (64%)

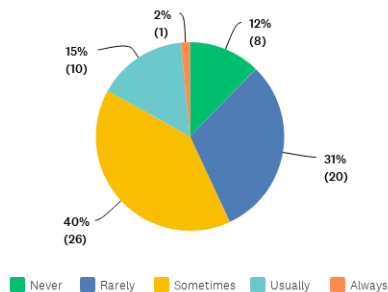
*Respondents **experiencing mental health issues** stated that sometimes they had been*

- feeling optimistic about the future (43%) – 9% more than all respondents (34%)
- feeling useful (31%) – 7% more than all respondents (24%)
- feeling relaxed (38%) – 14% more than all respondents (24%)
- dealing with problems well (42%) – 16% more than all respondents (26%)

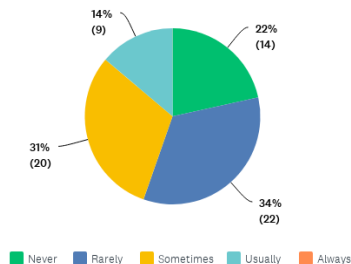
*Respondents **experiencing mental health issues** stated that they rarely/never had been*

- feeling optimistic about the future (36%) – 25% more than all respondents (11%)
- feeling useful (37%) – 27% more than all respondents (10%)
- feeling relaxed (54%) – 44% more than all respondents (10%)
- dealing with problems well (40%) – 30% more than all respondents (10%)

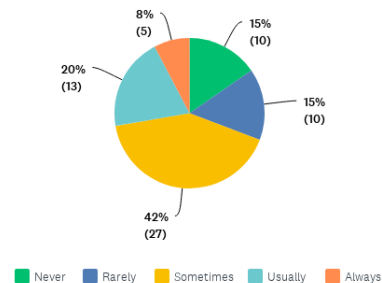
Results Warwick-Edinburgh Mental Wellbeing Scale (Short) – Experiencing Mental Health Issues



Q5. I've been thinking clearly



Q6. I've been feeling close to other people



Q7. I've been able to make up my own mind about things

Respondents **experiencing mental health issues** stated that they usually/always had been

- thinking clearly (%) – 21% less than all respondents (64%)
- feeling close to other people (%) – comparable to all respondents (56%)
- able to make their own mind up about things (%) – comparable to all respondents (73%)

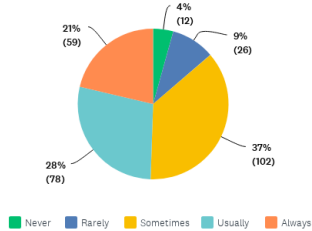
Respondents **experiencing mental health issues** stated that sometimes they had been

- thinking clearly (%) – 18% more than all respondents (26%)
- feeling close to other people (%) – 4% less than all respondents (27%)
- able to make their own mind up about things (%) – comparable to all respondents (18%)

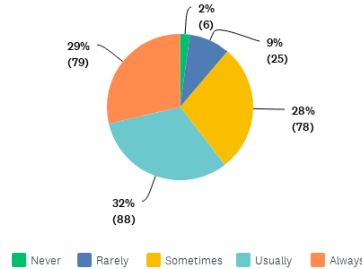
Respondents **experiencing mental health issues** stated that they rarely/never had been

- thinking clearly (%) – 4% more than all respondents (10%)
- feeling close to other people (%) – comparable to all respondents (18%)
- able to make their own mind up about things (%) – comparable to all respondents (8%)

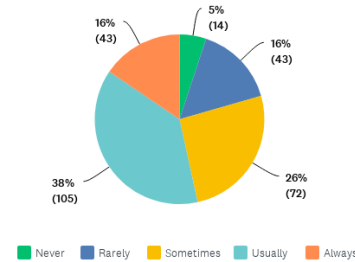
Results Warwick-Edinburgh Mental Wellbeing Scale (Short) – High Blood Pressure



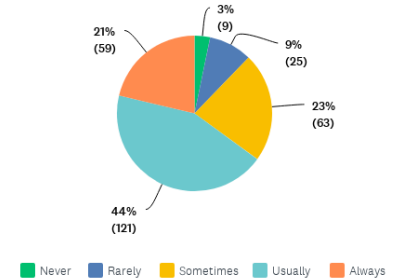
Q1. I've been feeling optimistic about the future



Q2. I've been feeling useful



Q3. I've been feeling relaxed



Q4. I've been dealing with problems well

*Respondents with **high blood pressure** stated that they usually/always had been*

- feeling optimistic about the future (49%) – 6% less than all respondents (55%)
- feeling useful (61%) – 6% less than all respondents (67%)
- feeling relaxed (54%) – 13% less than all respondents (67%)
- dealing with problems well (65%) – comparable to all respondents (64%)

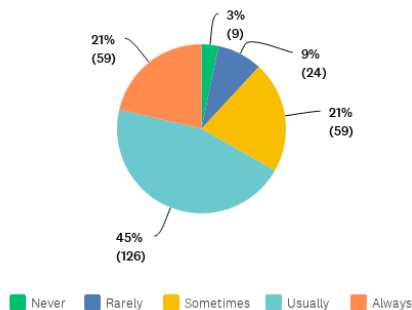
*Respondents with **high blood pressure** stated that sometimes they had been*

- feeling optimistic about the future (37%) – slightly more than all respondents (34%)
- feeling useful (28%) – 4% more than all respondents (24%)
- feeling relaxed 26% - comparable to all respondents (24%)
- dealing with problems well 23% - 3% less than all respondents (26%)

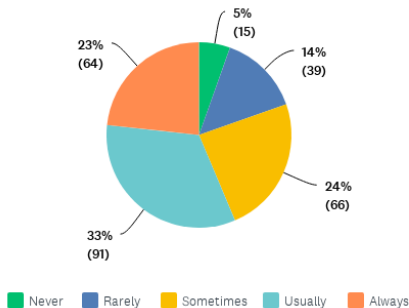
*Respondents with **high blood pressure** stated that they rarely/never had been*

- feeling optimistic about the future (13%) – comparable to all respondents (11%)
- feeling useful (11%) – comparable to all respondents (10%)
- feeling relaxed (15%) – 5% more than all respondents (10%)
- dealing with problems well (12%) – comparable to all respondents (10%)

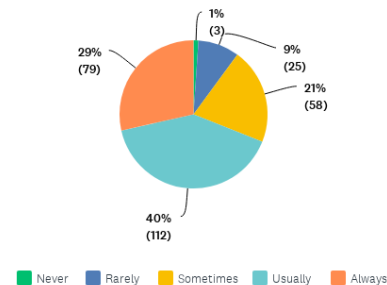
Results Warwick-Edinburgh Mental Wellbeing Scale (Short) – High Blood Pressure



Q5. I've been thinking clearly



Q6. I've been feeling close to other people



Q7. I've been able to make up my own mind about things

*Respondents with **high blood pressure** stated that they usually/always had been*

- thinking clearly (66%) – comparable to all respondents (64%)
- feeling close to other people (56%) – same as all respondents (56%)
- able to make their own mind up about things (69%) – 4% less than all respondents (73%)

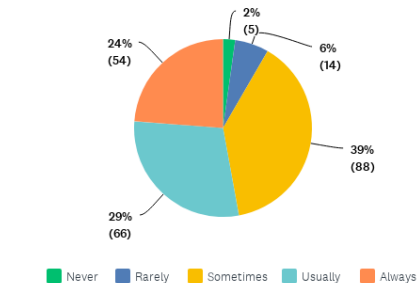
*Respondents with **high blood pressure** stated that sometimes they had been*

- thinking clearly (21%) – 5% less than all respondents (26%)
- feeling close to other people (24%) – 3% less than all respondents (27%)
- able to make their own mind up about things (21%) – 3% more than all respondents (18%)

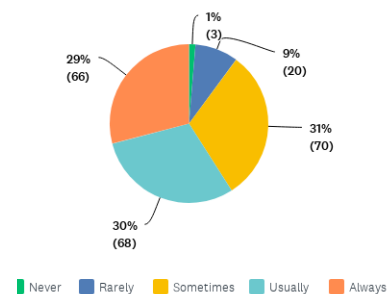
*Respondents with **high blood pressure** stated that they rarely/never had been*

- thinking clearly (12%) – comparable to all respondents (10%)
- feeling close to other people (19%) – comparable to all respondents (18%)
- able to make their own mind up about things (10%) – comparable to all respondents (8%)

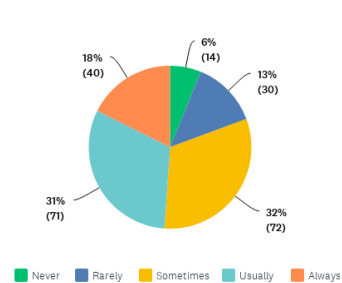
Results Warwick-Edinburgh Mental Wellbeing Scale (Short) – Diabetes



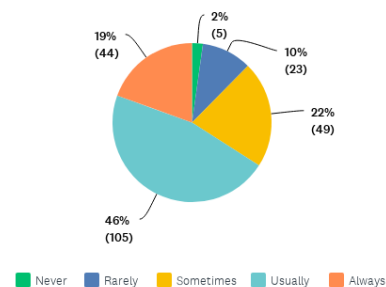
Q1. I've been feeling optimistic about the future



Q2. I've been feeling useful



Q3. I've been feeling relaxed



Q4. I've been dealing with problems well

*Respondents with **diabetes** stated that they usually/always had been*

- feeling optimistic about the future (53%) – comparable to all respondents (55%)
- feeling useful (59%) – 8% less than all respondents (67%)
- feeling relaxed (49%) – 18% less than all respondents (67%)
- dealing with problems well (65%) – comparable to all respondents (64%)

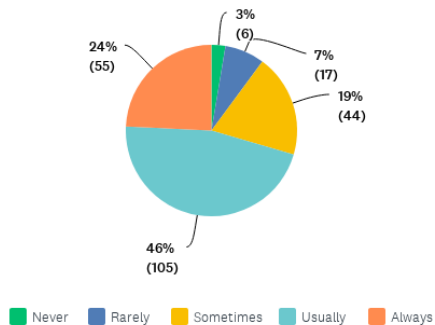
*Respondents with **diabetes** stated that sometimes they had been*

- feeling optimistic about the future (39%) – 5% more than all respondents (34%)
- feeling useful (31%) – 7% more than all respondents (24%)
- feeling relaxed (32%) – 8% more than all respondents (24%)
- dealing with problems well (22%) – 4% less than all respondents (26%)

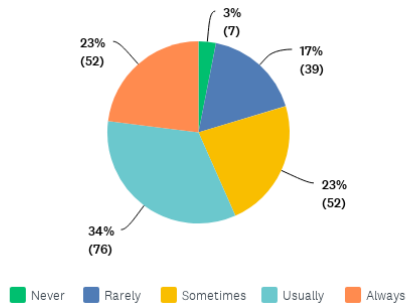
*Respondents with **diabetes** stated that they rarely/never had been*

- feeling optimistic about the future (13%) – comparable to all respondents (11%)
- feeling useful (11%) – comparable to all respondents (10%)
- feeling relaxed (15%) – 5% more than all respondents (10%)
- dealing with problems well (12%) – comparable to all respondents (10%)

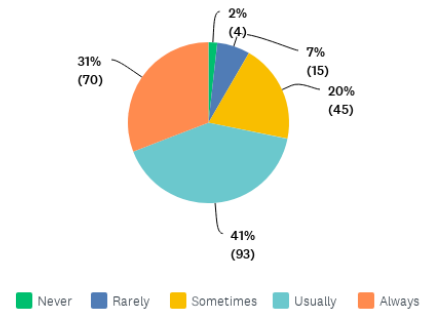
Results Warwick-Edinburgh Mental Wellbeing Scale (Short) – Diabetes



Q5. I've been thinking clearly



Q6. I've been feeling close to other people



Q7. I've been able to make up my own mind about things

*Respondents with **diabetes** stated they usually/always had been*

- thinking clearly (70%) – 6% more than all respondents (64%)
- feeling close to other people (57%) – comparable to all respondents (56%)
- able to make their own mind up about things (72%) – comparable to all respondents (73%)

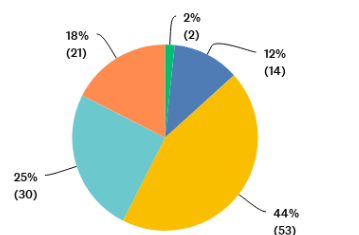
*Respondents with **diabetes** stated that sometimes they had been*

- thinking clearly (19%) – 7% less than all respondents (26%)
- feeling close to other people (23%) – 4% less than all respondents (27%)
- able to make their own mind up about things (20%) – comparable to all respondents (18%)

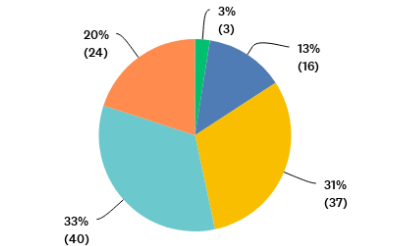
*Respondents with **diabetes** stated they rarely/never had been*

- thinking clearly (10%) – same as all respondents (10%)
- feeling close to other people (20%) – comparable to all respondents (18%)
- able to make their own mind up about things (9%) – comparable to all respondents (8%)

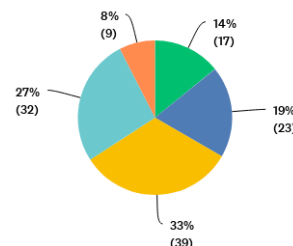
Results Warwick-Edinburgh Mental Wellbeing Scale (Short) – Chronic Pain



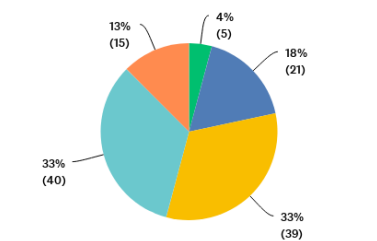
Q1. I've been feeling optimistic about the future



Q2. I've been feeling useful



Q3. I've been feeling relaxed



Q4. I've been dealing with problems well

*Respondents with **chronic pain** who stated that they usually/always had been*

- feeling optimistic about the future (43%) – 12% less than all respondents (55%)
- feeling useful (53%) – 14% less than all respondents (67%)
- feeling relaxed (60%) – 17% less than all respondents (67%)
- dealing with problems well (46%) – comparable to all respondents (64%)

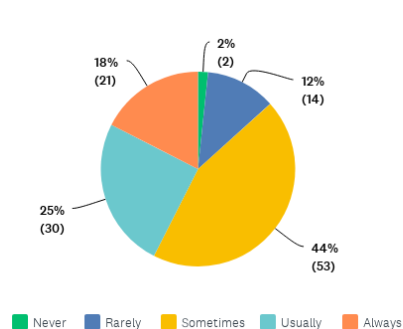
*Respondents with **chronic pain** stated that sometimes they had been*

- feeling optimistic about the future (44%) – 10% more than all respondents (34%)
- feeling useful (31%) – 7% more than all respondents (24%)
- feeling relaxed (33%) – 9% more than all respondents (24%)
- dealing with problems well (32%) – 6% more than all respondents (26%)

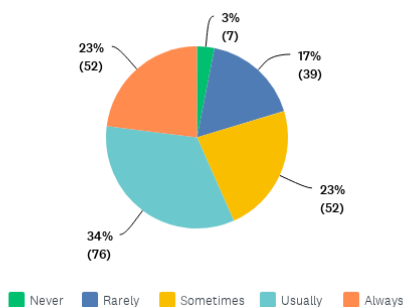
*Respondents with **chronic pain** who stated that they rarely/never had been*

- feeling optimistic about the future (14%) – 3% more than all respondents (11%)
- feeling useful (16%) – 6% more than all respondents (10%)
- feeling relaxed (22%) – 12% more than all respondents (10%)
- dealing with problems well (12%) – comparable to all respondents (10%)

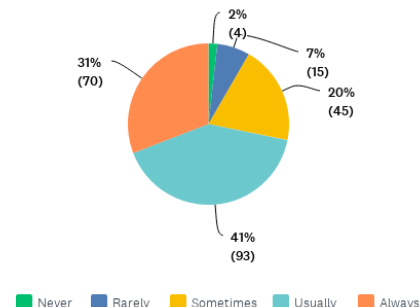
Results Warwick-Edinburgh Mental Wellbeing Scale (Short) – Chronic Pain



Q5. I've been thinking clearly



Q6. I've been feeling close to other people



Q7. I've been able to make up my own mind about things

*Respondents with **chronic pain** stated that they usually/always had been*

- thinking clearly (43%) – 21% less than all respondents (64%)
- feeling close to other people (57%) – comparable to all respondents (56%)
- able to make their own mind up about things (72%) – comparable to all respondents (73%)

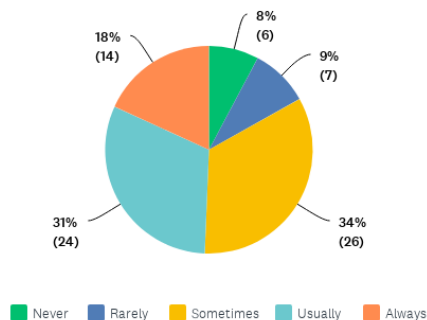
*Respondents with **chronic pain** who stated that sometimes they had been*

- thinking clearly (44%) – 18% more than all respondents (26%)
- feeling close to other people (23%) – 4% less than all respondents (27%)
- able to make their own mind up about things (20%) – comparable to all respondents 18%)

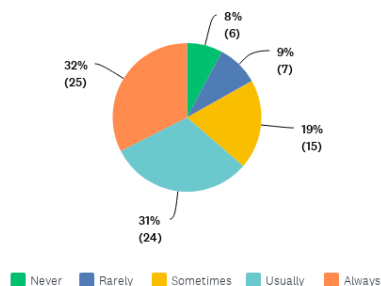
*Respondents with **chronic pain** who stated that they rarely/never had been*

- thinking clearly (14%) – 4% more than all respondents (10%)
- feeling close to other people (20%) – comparable to all respondents (18%)
- able to make their own mind up about things (9%) – comparable to all respondents (8%)

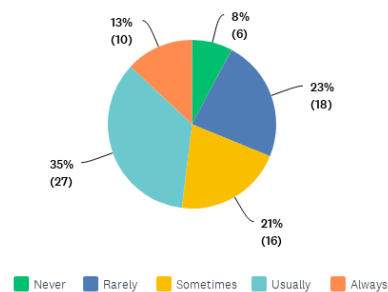
Results Warwick-Edinburgh Mental Wellbeing Scale (Short) – Heart Disease



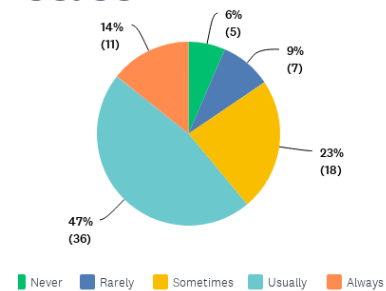
Q1. I've been feeling optimistic about the future



Q2. I've been feeling useful



Q3. I've been feeling relaxed



Q4. I've been dealing with problems well

*Respondents with **heart disease** who stated that they usually/always had been*

- feeling optimistic about the future (49%) – 6% less than all respondents (55%)
- feeling useful (63%) – 4% less than all respondents (67%)
- feeling relaxed (48%) – 19% less than all respondents (67%)
- dealing with problems well (61%) – 3% less than all respondents (64%)

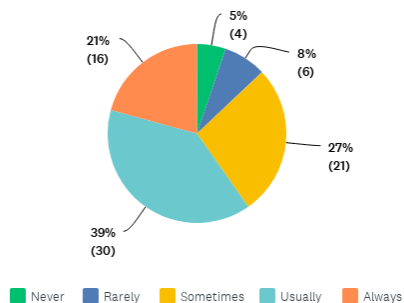
*Respondents with **heart disease** stated that sometimes they had been*

- feeling optimistic about the future (34%) – the same as all respondents (34%)
- feeling useful (19%) – 5% less than all respondents (24%)
- feeling relaxed (21%) – 3% less than all respondents (24%)
- dealing with problems well (23%) – 3% less than all respondents (26%)

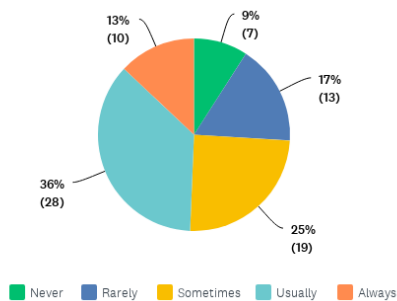
*Respondents with **heart disease** who stated that they rarely/never had been*

- feeling optimistic about the future (17%) – 6% more than all respondents (11%)
- feeling useful (17%) – 7% more than all respondents (10%)
- feeling relaxed (31%) – 21% more than all respondents (10%)
- dealing with problems well (15%) – 5% more than all respondents (10%)

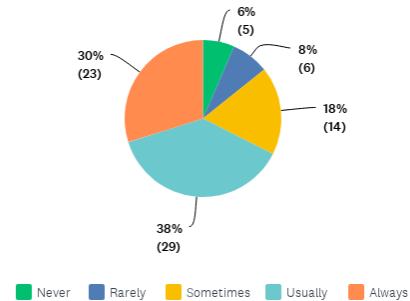
Results Warwick-Edinburgh Mental Wellbeing Scale (Short) – Heart Disease



Q5. I've been thinking clearly



Q6. I've been feeling close to other people



Q7. I've been able to make up my own mind about things

*Respondents with **heart disease** stated that they usually/always had been*

- thinking clearly (60%) – 4% less than all respondents (64%)
- feeling close to other people (49%) – 7% less than all respondents (56%)
- able to make their own mind up about things (68%) – 5% less than all respondents (73%)

*Respondents with **heart disease** who stated that sometimes they had been*

- thinking clearly (27%) – comparable to all respondents (26%)
- feeling close to other people (25%) – comparable to all respondents (27%)
- able to make their own mind up about things (18%) – the same as all respondents (18%)

*Respondents with **heart disease** who stated that they rarely/never had been*

- thinking clearly (13%) – 3% more than all respondents (10%)
- feeling close to other people (26%) – 8% more than all respondents (18%)
- able to make their own mind up about things (14%) – 6% more than all respondents (8%)



Impact of Covid-19 on all dimensions of wellbeing



Summary of findings - impact of Covid-19 on all dimensions of wellbeing

Analysis showed that the greatest impact of Covid-19 was on leisure (59%) e.g. access to physical activity, spiritual (57%) e.g. access to the temple and emotional/mental health issues (46%). However, there were some differences by gender, age group and long-term condition.

All Respondents: spiritual (59%), leisure (57%), emotional/mental Health (46%), physical (37%), support & Socialisation (36%), work (31%), finances/money (30%), none (14%)

By gender Covid-19

- had more impact on men's spiritual wellbeing than women (5% more)
- had more impact on women's emotional/mental wellbeing than men (10% more)
- had more impact on men's work than women (3%)
- had more impact on men's finances/money than women (13%)

Details by gender

- Comparison of responses by **women** showed there was most impact on their leisure (58%) – comparable to all respondents, spiritual (54%) – 5% less than all respondents, emotional/mental Health (52%) – 6% more than all respondents, physical (37%) – the same as all respondents, support & socialisation (35%) – comparable to all respondents, work (30%) – comparable to all respondents, finances/money (20%) – 10% less than all respondents, none (13%) – comparable to all respondents
- Comparison of responses by **men** showed there was most impact on their leisure (59%) – comparable to all respondents and spiritual (59%) – the same as all respondents, emotional/mental Health (42%) – 4% less than all respondents, physical (37%) – the same as all respondents, support & socialisation (36%) – comparable to all respondents, work (33%) – comparable to all respondents, finances/money (33%) – 3% more than all respondents, none (14%) – the same as all respondents



Summary of findings - impact of Covid-19 on all dimensions of wellbeing (cont'd)

All Respondents: spiritual (59%), leisure (57%), emotional/mental Health (46%), physical (37%), support & Socialisation (36%), work (31%), finances/money (30%), none (14%)

Details by age (top 4 dimensions of wellbeing)

- 18-24: comparison of responses showed there was most impact on their leisure (78%) – 19% more than all respondents, emotional/mental Health (72%) – 26% more than all respondents, physical (67%) – 30% more than all respondents, spiritual (61%) – comparable to all respondents
- 25-34: comparison of responses showed there was most impact on their emotional/mental Health (75%) – 29% more than all respondents, leisure (69%) – 12% more than all respondents, physical (66%) – 29% more than all respondents, spiritual (59%) – same as all respondents
- 35-44: comparison of responses showed there was most impact on their leisure (68%) – 11% more than all respondents, emotional/mental Health (65%) – 19% more than all respondents, spiritual (63%) – 4% more than all respondents, physical (48%) – 11% more than all respondents
- 45-54: comparison of responses showed there was most impact on their leisure (61%) – 4% more than all respondents, emotional/mental Health (59%) – same as all respondents, spiritual (55%) – 4% less than all respondents, work (39%) – 8% more than all respondents
- 55-64: comparison of responses showed there was most impact on their leisure (57%) – same as all respondents, spiritual (57%) – comparable to all respondents, emotional/mental Health (42%) – 4% less than all respondents, finances/money (39%) – 9% more than all respondents, work (39%) – 8% more than all respondents
- 65-74: comparison of responses showed there was most impact on their spiritual (54%) – 5% less than all respondents, leisure (53%) – 4% less than all respondents, support and socialisation (38%) – comparable to all respondents, emotional/mental health (30%) – 16% less than all respondents
- 75-84: comparison of responses showed there was most impact on their spiritual (54%) – 5% less than all respondents, leisure (51%) – 6% less than all respondents, support and socialisation (48%) – 12% more than all respondents, physical health (30%) – 8% less than all respondents

By age Covid-19

- had the most impact on the emotional/mental wellbeing of respondents aged between 18-44 and then decreased in older age groups
- had the most impact on the leisure of respondents aged between 18-54 and then decreased in older age groups
- had the most impact on respondents' spiritual wellbeing in the 35-44 age group and decreased in older age groups
- had most impact on the physical wellbeing of respondents in the 18-44 age group
- had most impact on the work of respondents aged 45-64
- had most impact on the finances/money of respondents aged 55-64



Summary of findings - impact of Covid-19 on all dimensions of wellbeing (cont'd)

Those **experiencing mental health issues** were affected more and to a higher degree across all dimensions of wellbeing, with the greatest impact being on their emotional/mental wellbeing (91%), followed by spiritual (73%), physical health (71%), Leisure (61%), support and socialisation (52%), then Finance/money and work (48%). Only 3% reported that Covid-19 had not impacted on any element of their wellbeing.

Those with **chronic pain** were the next most affected across all dimensions of wellbeing, with the greatest impact being on their spiritual and leisure (67%), emotional/mental wellbeing (63%), support and socialisation (55%), followed by physical health (49%), work (37%) and then finance/money (35%). Only 7% reported that Covid-19 had not impacted on any element of their wellbeing.

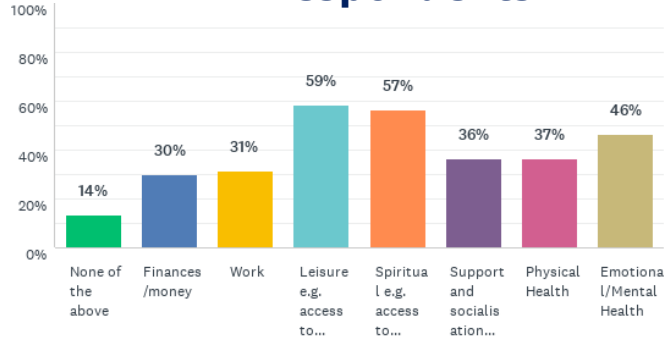
Those with **heart disease** were the next most affected across all dimensions of wellbeing, with the greatest impact being on their spiritual (63%), followed by leisure (62%), emotional/mental wellbeing and physical health (49%), support and socialisation (43%), followed by finance/money (33%), support and socialisation (43%) and then work (30%). 12% reported that Covid-19 had not impacted on any element of their wellbeing.

Those with **diabetes** were the next most affected across all dimensions of wellbeing, with the greatest impact on their Spiritual (58%), Leisure (56%), Emotional/Mental Health (45%), Support & Socialisation (38%), Finances/Money (36%). 14% reported that Covid-19 had not impacted on any element of their wellbeing.

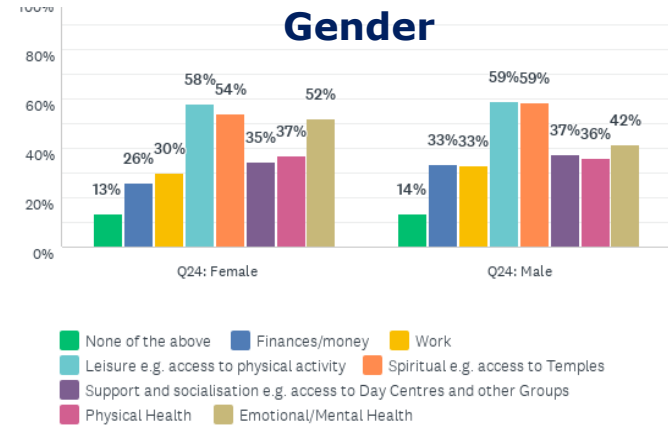
Those with **high blood pressure** were the next most affected across all dimensions of wellbeing, with the greatest impact being on their spiritual (58%), followed by leisure (57%), emotional/mental wellbeing and support and socialisation (41%), physical health (33%), followed by finance/money (32%) and then work (27%). 16% reported that Covid-19 had not impacted on any element of their wellbeing.

Impact of Covid-19 on all dimensions of wellbeing

All respondents



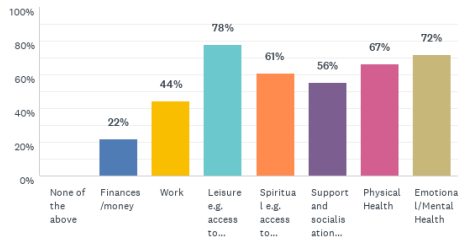
Gender



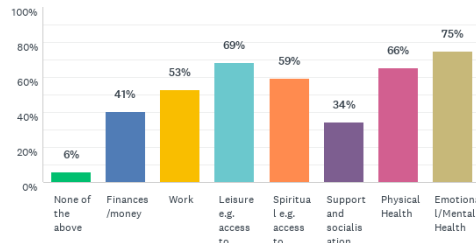
- **All Respondents:** spiritual (59%), leisure (57%), emotional/mental Health (46%), physical (37%), support & Socialisation (36%), work (31%), finances/money (30%), none (14%)
- **Female:** leisure (58%), spiritual (54%), emotional/mental Health (52%), physical (37%), support & socialisation (35%), work 30%, finances/money (20%), none (13%)
- **Males:** leisure (59%), spiritual (59%), emotional/mental Health (42%), support & socialisation (37%), physical (36%), work (33%), finances/money (33%), none (14%)

Impact of Covid-19 on all aspects of life by age

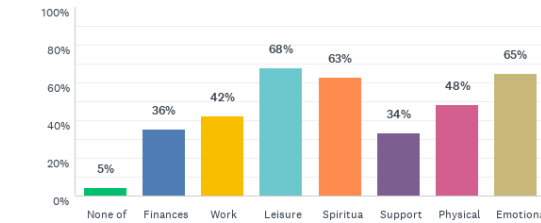
18 – 24 years



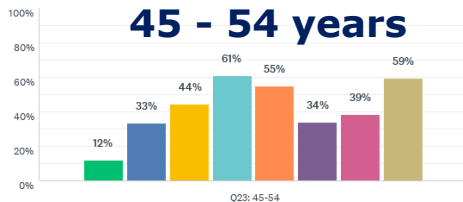
25 - 34 years



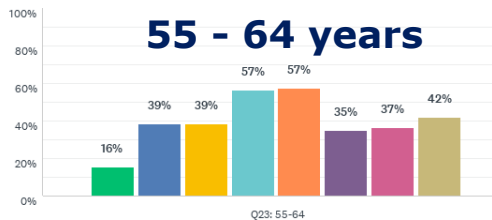
35 - 44 years



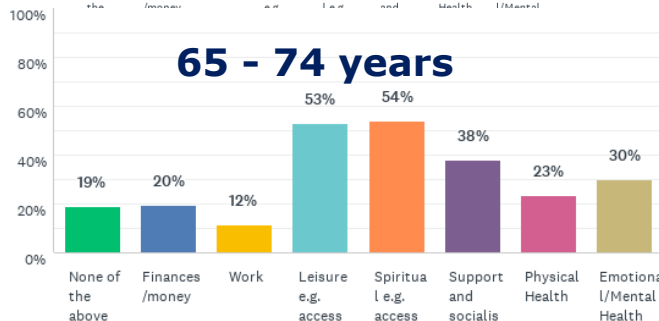
45 - 54 years



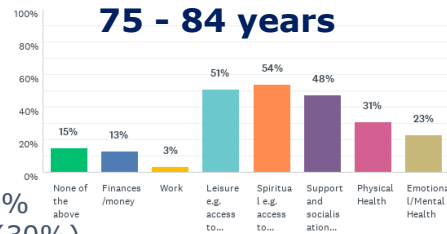
55 - 64 years



65 - 74 years



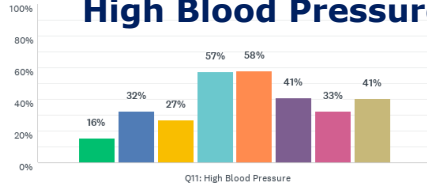
75 - 84 years



- **18-24:** Leisure (78%), Emotional/Mental Health (72%), Physical Health (67%) and Spiritual (61%)
- **25-34:** Emotional/Mental Health (75%), Leisure (69%), Physical Health (66%) and Spiritual (59%)
- **35-44:** Leisure (68%), Emotional/Mental Health (65%), Spiritual (63%) and Physical Health (48%)
- **45-54:** Leisure (61%), Emotional/Mental Health (59%), Spiritual (55%), and Work (44%)
- **55-64:** Leisure (57%), Spiritual (57%), Emotional/Mental Health (42%), Finances/Money and Work (39%)
- **65-74:** Spiritual (54%), Leisure (53%), Support and Socialisation (38%) and Emotional/Mental Health (30%)
- **75-84:** Spiritual (54%), Leisure (51%), Support and Socialisation (48%) and Physical Health (31%)

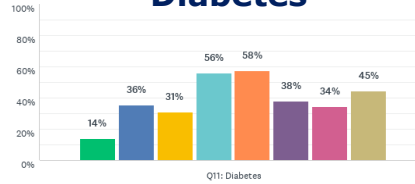
Impact of Covid-19 on all aspects of life by LTC

High Blood Pressure



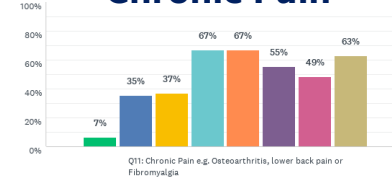
None of the above
Finances/money
Work
Leisure e.g. access to physical activity
Spiritual e.g. access to Temples
Support and socialisation e.g. access to Day Centres and other Groups
Physical Health
Emotional/Mental Health

Diabetes



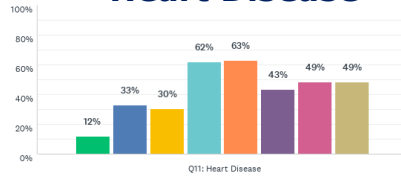
None of the above
Finances/money
Work
Leisure e.g. access to physical activity
Spiritual e.g. access to Temples
Support and socialisation e.g. access to Day Centres and other Groups
Physical Health
Emotional/Mental Health

Chronic Pain



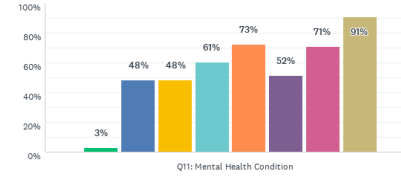
None of the above
Finances/money
Work
Leisure e.g. access to physical activity
Spiritual e.g. access to Temples
Support and socialisation e.g. access to Day Centres and other Groups
Physical Health
Emotional/Mental Health

Heart Disease



None of the above
Finances/money
Work
Leisure e.g. access to physical activity
Spiritual e.g. access to Temples
Support and socialisation e.g. access to Day Centres and other Groups
Physical Health
Emotional/Mental Health

Experiencing Mental Health Issues



None of the above
Finances/money
Work
Leisure e.g. access to physical activity
Spiritual e.g. access to Temples
Support and socialisation e.g. access to Day Centres and other Groups
Physical Health
Emotional/Mental Health

- **High Blood pressure:** Spiritual (58%), Leisure (57%), Emotional/Mental Health (41%), Support & Socialisation (41%), physical (33%)
- **Diabetes:** Spiritual (58%), Leisure (56%), Emotional/Mental Health (45%), Support & Socialisation (38%), Finances/Money (36%)
- **Chronic Pain:** Spiritual (67%), leisure (67%), Emotional/Mental Health (63%), support & socialisation (55%), physical health (49%)
- **Heart Disease:** Spiritual (63%), Leisure (62%), Emotional/Mental Health (49%), physical health (49%), support & socialisation (43%)
- **Experiencing Mental Health Issues:** emotional/mental health (91%), spiritual (73%), physical health (71%), leisure (61%), support & socialisation (52%)



Covid-19 – infection and vaccination

Tested positive for COVID-19 - all respondents

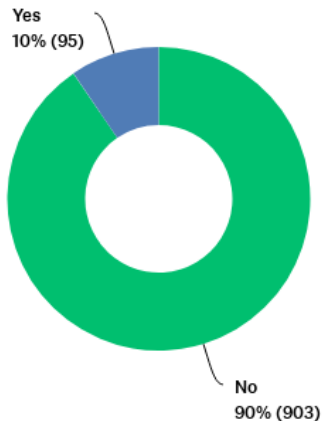


Fig.1 Respondents who tested positive for Covid-19

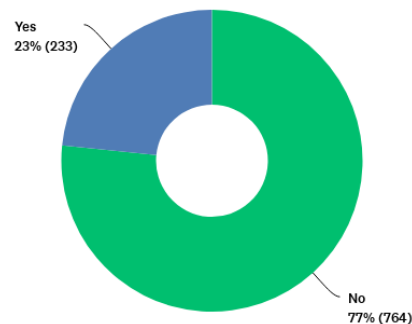


Fig.2 Relative tested positive for Covid-19

➤ **Fig.1 - 95 (10%) of all respondents tested positive for Covid-19**

Source of infection of those who stated the source – 24 not sure; 12 Family member; 8 clinical work; 8 non-clinical work; 5 Shop; 4 hospital/care home visit; 3 hospital in-patient; 3 work in school; 2 London Underground; 1 overseas

➤ **Fig.2 - 233 (23%) of all respondents had relatives who had tested positive for Covid-19**

Source of infection of those who stated the source – 20 nursery/school; 19 relative clinical work; 17 don't know; 15 non-clinical work; 10 hospital/GP visit; 7 relative non-clinical; 7 shops/supermarket; 6 college/university; 3 India; 2 London; 2 visit to Nursing Home; 2 public transport; 1 contact non-relative; 1 restaurant (the remainder did not state the source)

The next slide gives details of the 53 respondents who stated they come into close contact with people/patients and also stated they had been inappropriately placed in a work environment where there was a high Covid-19 risk.

10 of these personally tested positive for Covid-19 and 17 of their relatives tested positive

High risk work environment COVID-19 all respondents

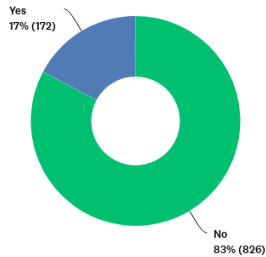


Fig.1 Close contact with people/ patients in work where there is a high risk

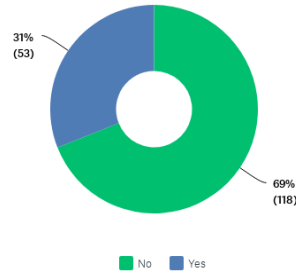


Fig.2 Inappropriately placed to work in an environment where there is a high risk

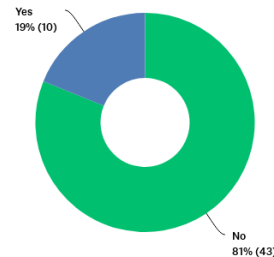


Fig.3 Tested positive for Covid-19

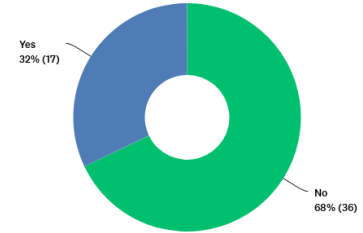


Fig.4 Family member tested positive for Covid-19

- **Fig.1 - 172 (17%) of all respondents stated they came into close contact with people/patients at work**
Details of those who had stated their occupation - 27 Doctors (different grades), 13 Teachers; 10 Pharmacists/Assistants; 6 Retail; 7 Nurses/Midwives; 6 Social Workers/Care Workers; 6 Teaching Assistants; 3 Care Professionals; 3 Customer Services Assistants; 2 Doctors/Clinic Receptionists; 2 NHS Managers; 1 Optometrist; 1 Police Officer; 1 Funeral Director; 1 Airport Employee; 1 Beautician; 1 Civil Servant; 1 Advocacy; 1 Security Officer; 1 Welder
- **Fig. 2 - 53 (31%) respondents who stated they come into close contact with people/patients, also stated they had been inappropriately placed in a work environment where there was a high Covid-19 risk**
Details of those who had stated their occupation - 16 Doctors; 10 Teachers/Teaching Assistants; 5 Pharmacists; 2 Retail; 4 Social Workers/ Care Workers; 1 Funeral Director; 1 Medical Engineer; 2 Doctors Receptionist; 1 Civil Servant; 1 Welder
- **Fig.3 - 10 (19%) of the 53 respondents who stated they come into close contact with people/patients and also stated they had been inappropriately placed in a work environment where there was a high Covid-19 risk, had tested positive for Covid-19**
Details of those who had stated their occupation - 3 Doctors; 1 Teachers/Teaching Assistants; 1 Pharmacists; 1 Social Workers/ Care Workers; 1 Medical Engineer; 1 Civil Servant
- **Fig. 4 - 17 (32%) relatives of the 53 respondents who stated they come into close contact with people/patients and also stated they had been inappropriately placed in a work environment where there was a high Covid-19 risk, had tested positive for Covid-19**
Details of those who had stated their occupation - 14 Doctors; 8 Teachers/Teaching Assistants; 4 Pharmacists; 2 Nurses; 2 Retail; 2 Social Workers/ Care Workers; 1 Funeral Director; 1 Medical Engineer; 2 Doctors/Clinic Receptionist; 2 Customer Services Assistant; 1 Civil Servant; 1 Welder

Support when infected with Covid-19- all respondents

Q18. If you or a relative tested positive for Covid-19 did you or your family receive support?

52 said Yes

Family/friends/neighbours – 24

NHS calls etc. – 9

Hospital - 8

Employer – 5

Doctor – 2

Government – 2

Food delivery – 2

Home Carers - 1

17 said No – they would have liked

‘Better advice from hospital’

‘Phased return to work for my daughter. She finds it difficult to look at screen for long periods and a good checkup by a health professional may help’

‘Financial’ x 2

‘Moral support, someone to speak to, health care professional like Pharmacist or Dr. Or nurse who can help with advice and prescription’ x 2

‘food, advice on ensuring covid safety for rest of the family whilst one family member came back positive and ensuring the rest of the family didn't catch covid.’

‘Community team helping food and emotional support during isolation and illness’

‘Quick and fast Professional treatment from Doctors.’

‘Diwali got sacrificed. No support from community’

Long Covid - all respondents

Q19: 15 people who had tested positive for Covid-19 stated that they had Long Covid.

'Achy, tired, cough'

'daughter-in-law has it'

'I still have weakness'

'I was Hospitalised and after 6 weeks I was discharged still having definitely.'

'Long Covid symptoms'

'Me, still get out of breath'

'Mum has had long covid for several months included disturbed sleep, a frequent cough and increased tiredness.'

'My younger sister. Struggling to breathe'

'My daughter Struggling to look at screen for long time'

'Sleep issues'

'Sleep issues, tiredness'

'Struggle breathing at times get breathless'

'Tired'

'Weak'

'Rashes'

'Sleep distance'`

Reasons given by respondents for not having the COVID-19 vaccinations

97% of respondents had received the Covid-19 vaccine

Comments from the 3% who stated they had not had the vaccine and were not going to:

'waiting for more info re: allergies'

'Worried about blood clots and allergic reaction'

'Against my beliefs'

'Not enough clear research'

'Not sure x 2'

'Not sure how safe it is'

'not really sure'

'Don't want it'

'Got a bad genetic skin condition unaware of how it will react'

'I want to see how other people's health is affected'

'I am perfectly healthy and have an immune system that works as it should without medical intervention. This vaccine is being rolled out to the vast majority that do not need it- that's if it is for this virus . The pharma lobby is worth billions, hence the vaccine being unnecessarily pushed. Any professional going against the narrative is being de- registered and falsely discredited'

'I am pregnant and have been told not to take it until I stop breastfeeding'

'Currently, I do not have much information regarding the vaccine. As the vaccine has just been rolled out few months, we do not know the long term effects, as of yet.'

'I believe our body has it's own mechanism to get over the illness provided you listen to your body and look after yourself.'

I think in the long term there are going to be more side effect of the vaccine . I think the vaccine will supress the illness'

'as a key worker status, I have been offered numerous time by my employer for vaccine. I have a few trust issues. I'll wait for few months and may consider again.'

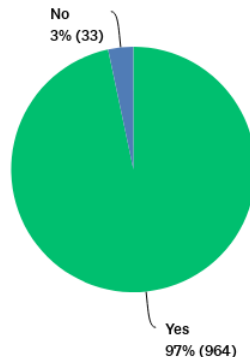
'My sister in law is in hospital due to the Oxford vaccine, so I am reluctant at the moment.'

'I am away to India. I will take the vaccine on my return to UK''

'I'm in good health with no underlying health issues, and rarely even take a painkiller, also feel vaccine hasn't been out long enough'

'I have had the Pfizer vaccine and had an allergic reaction 10 hours later. Very little support and went to A&E at time to get steroids. No advice what to do in leaflet. Still not sure what I should do about 2nd vaccine. There is no guidance or help on what caused allergic reaction.'

'I am not clear about the protection it completely provides nor the full side effects in time to come'



Behaviour & Attitudes to Health & Wellbeing Choices





Summary of findings - Behaviour & Attitude to Health & Wellbeing Choices

At AmbaCare Solutions we use the transtheoretical model of behavioural change which assesses an individual's readiness to act on a new healthier behaviour, and provides strategies, or processes of change to help the individual make the changes. All behavioural change models explain and predict health behaviour. This model of change links a person's beliefs and behaviour, stating that there are 3 elements that together shape an individual's behavioural intentions and ultimately their behaviour

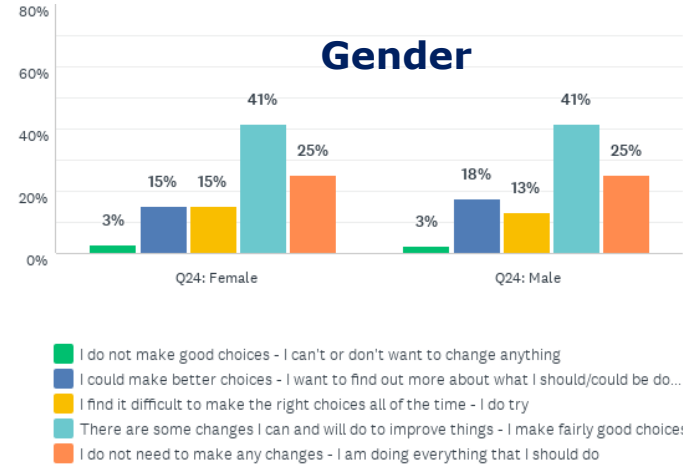
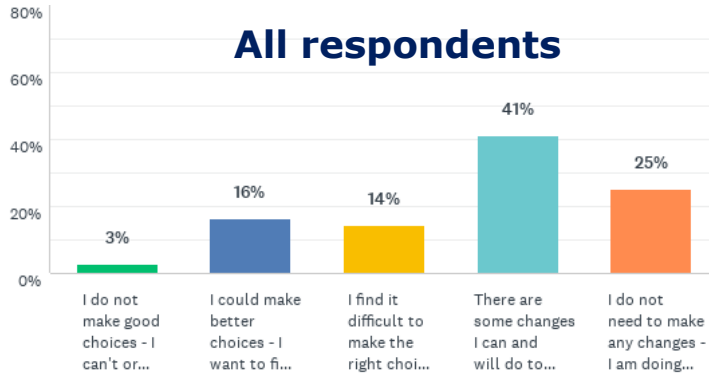
1. their attitude or how they feel about any change
2. subjective norms i.e. what they think about other people's expectations of them in relation to their behaviour
3. perceived behavioural control i.e. how much control they have over their own behaviour and therefore their ability to make change

Before any change can take place, a person needs to believe there's an advantage to changing and must be willing to put an effort into making this happen by deciding when, what and how to do it. It is really important that the person must have confidence in their ability to change and not depend on someone else to make the changes on their behalf. We test an individual's confidence by using a scaling technique consisting of 5 change statements.

1. I do not make good choices - I can't and/or don't want to change anything
2. I could make better choices - I want to find out more about what I should /could be doing
3. I find it difficult to make the right choices all of the time - I do try
4. There are some changes I can and will do to improve things - I make fairly good choices
5. I do not need to make any changes - I am doing everything that I should do

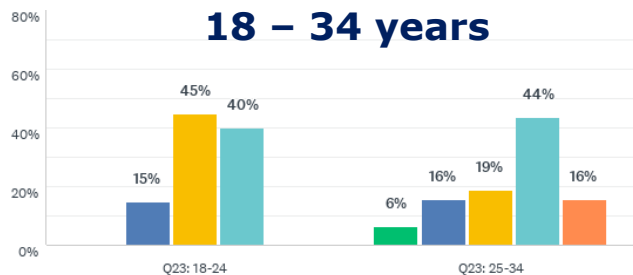
This scale was used in the survey to assess how confident respondents were in terms managing their health and wellbeing and whether they were willing to make changes to address any issues.

Behaviour & Attitude to Health & Wellbeing Choices

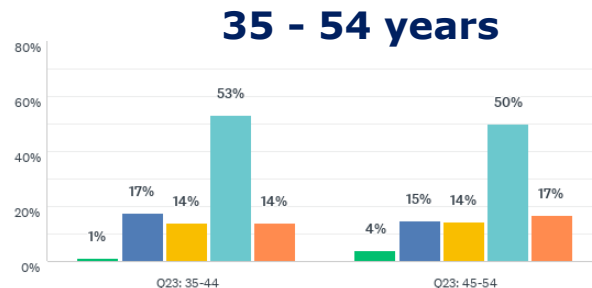


- **All Respondents:** some changes they can and will do to improve things, make fairly good choices (47%), no need to make any changes, doing everything I should do (25%), could make better choices want to find out more about what should/could be done (16%), difficult to make the right choices but does try (14%), doesn't make good choices and can't or don't want to change anything (3%)
- **Female:** some changes they can and will do to improve things, make fairly good choices (41%), no need to make any changes, doing everything I should do (25%), could make better choices want to find out more about what should/could be done (15%), difficult to make the right choices but does try (15%), doesn't make good choices and can't or don't want to change anything (3%)
- **Male:** some changes they can and will do to improve things, make fairly good choices (41%), no need to make any changes, doing everything I should do (25%), could make better choices want to find out more about what should/could be done (18%), difficult to make the right choices but does try (13%), doesn't make good choices and can't or don't want to change anything (3%)

Behaviour & Attitudes to Health & Wellbeing Choices By Age



■ I do not make good choices - I can't or don't want to change anything
■ I could make better choices - I want to find out more about what I should/could be do...
■ I find it difficult to make the right choices all of the time - I do try
■ There are some changes I can and will do to improve things - I make fairly good choices
■ I do not need to make any changes - I am doing everything that I should do



■ I do not make good choices - I can't or don't want to change anything
■ I could make better choices - I want to find out more about what I should/could be do...
■ I find it difficult to make the right choices all of the time - I do try
■ There are some changes I can and will do to improve things - I make fairly good choices
■ I do not need to make any changes - I am doing everything that I should do

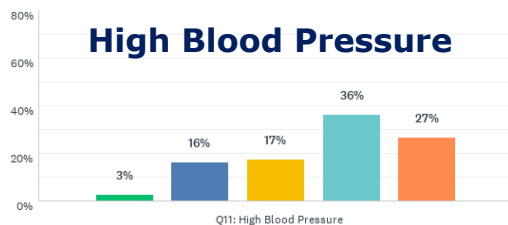
- **18 -24:** Finds it difficult to make the right choices but does try (45%), Some changes they can and will do to improve things, makes fairly good choices (40%), Could make better choices, want to find out more about what should/could be done (15%)
- **25-34:** Some changes they can and will do to improve things, makes fairly good choices (44%), difficulty making the right choices but does try (19%), could make better choices, want to find out more about what should/could be done 16%, no need to make any changes , doing everything I should do (16%), doesn't make good choices and can't or don't want to change anything (6%)
- **35-44:** Some changes they can and will do to improve things, makes fairly good choices (53%), could make better choices, want to find out more about what should/could be done (17%), difficult to make the right choices but does try (14%), no need to change anything , doing everything I should do (14%), doesn't make good choices and can't or don't want to change anything (1%)
- **45-54:** Some changes they can and will do to improve things, makes fairly good choices (50%), doesn't need to make any changes , doing everything I should do (17%), could make better choices want to find out more about what should/could be done (15%), difficult to make the right choices but does try (14%), doesn't make good choices and can't or don't want to change anything (4%)

Behaviour & Attitudes to Health & Wellbeing Choices By Age

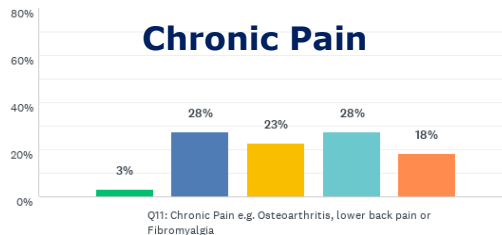


- **55-64:** Some changes they can and will do to improve things, makes fairly good choices (35%), no need to make any changes, doing everything I should do (29%), could make better choices want to find out more about what should/could be done (20%), difficult to make the right choices but does try (16%), doesn't make good choices and can't or don't want to change anything (1%)
- **65-74:** Some changes they can and will do to improve things, makes fairly good choices (38%), no need to make any changes, doing everything I should do (34%), could make better choices want to find out more about what should/could be done (14%), difficult to make the right choices but does try (11%), doesn't make good choices and can't or don't want to change anything (3%)
- **75-84:** no need to make any changes , doing everything I should do (41%), Some changes they can and will do to improve things, makes fairly good choices (21%), could make better choices, want to find out more about what should/could be done (16%), difficult to make the right choices but does try (11%), doesn't make good choices and can't or don't want to change anything (10%)

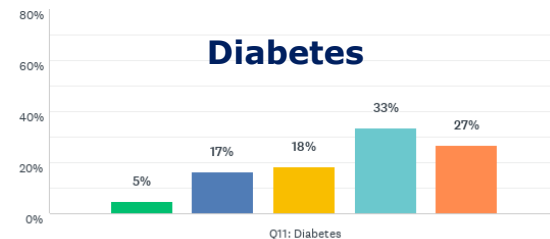
Behaviour & Attitudes to Health & Wellbeing Choices By LTC



■ I do not make good choices - I can't or don't want to change anything
■ I could make better choices - I want to find out more about what I should/could be do.
■ I find it difficult to make the right choices all of the time - I do try
■ There are some changes I can and will do to improve things - I make fairly good choice
■ I do not need to make any changes - I am doing everything that I should do



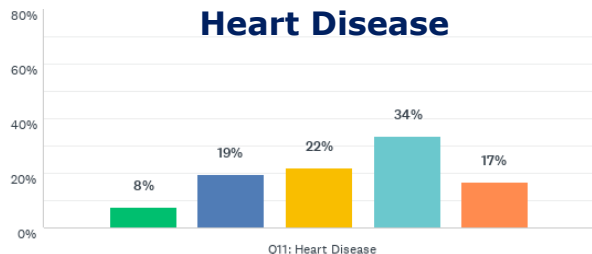
■ I do not make good choices - I can't or don't want to change anything
■ I could make better choices - I want to find out more about what I should/could be do.
■ I find it difficult to make the right choices all of the time - I do try
■ There are some changes I can and will do to improve things - I make fairly good choice
■ I do not need to make any changes - I am doing everything that I should do



■ I do not make good choices - I can't or don't want to change anything
■ I could make better choices - I want to find out more about what I should/could be do..
■ I find it difficult to make the right choices all of the time - I do try
■ There are some changes I can and will do to improve things - I make fairly good choice
■ I do not need to make any changes - I am doing everything that I should do

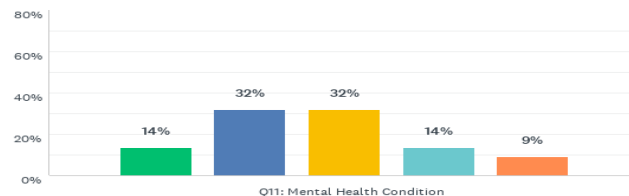
- **High Blood pressure:** some changes they can and will do to improve things, make fairly good choices (36%), no need to make any changes, doing everything I should do (27%), difficult to make the right choices but does try (17%), could make better choices want to find out more about what should/could be done (16%), doesn't make good choices and can't or don't want to change anything (3%)
- **Chronic Pain:** could make better choices want to find out more about what should/could be done (28%), some changes they can and will do to improve things, make fairly good choices (28%), difficult to make the right choices but does try (23%), no need to make any changes, doing everything I should do (18%), doesn't make good choices and can't or don't want to change anything (3%)
- **Diabetes:** Some changes they can and will do to improve things, make fairly good choices (33%), no need to make any changes , doing everything I should do (27%), difficult to make the right choices but does try (18%), could make better choices want to find out more about what should/could be done (17%), doesn't make good choices and can't or don't want to change anything (5%)

Behaviour & Attitudes to Health & Wellbeing Choices By LTC



■ I do not make good choices - I can't or don't want to change anything
■ I could make better choices - I want to find out more about what I should/could be do..
■ I find it difficult to make the right choices all of the time - I do try
■ There are some changes I can and will do to improve things - I make fairly good choice
■ I do not need to make any changes - I am doing everything that I should do

Experiencing Mental Health Issues



■ I do not make good choices - I can't or don't want to change anything
■ I could make better choices - I want to find out more about what I should/could be do..
■ I find it difficult to make the right choices all of the time - I do try
■ There are some changes I can and will do to improve things - I make fairly good choice
■ I do not need to make any changes - I am doing everything that I should do

- **Heart Disease:** some changes they can and will do to improve things, make fairly good choices (34%), difficult to make the right choices but does try (22%), could make better choices want to find out more about what should/could be done (19%), no need to make any changes , doing everything I should do (17%), doesn't make good choices and can't or don't want to change anything (8%)
- **Experiencing Mental Health Issue:** difficult to make the right choices but does try (32%), could make better choices want to find out more about what should/could be done (32%), some changes they can and will do to improve things, make fairly good choices (14%), doesn't make good choices and can't or don't want to change anything (14%), no need to make any changes, doing everything I should do (9%),

**Uptake of
free
programme
of advice and
support to
help improve
health &
wellbeing**





Summary of survey findings – uptake of free programme of advice and support

The overall results for all respondents showed that 66% would be likely/very likely to participate in a free programme of advice and support. Only 15% stated they were unlikely/very unlikely to participate.

A breakdown by

Gender showed that

- women were likely/very likely to participate (66%)
- men were also likely/very likely to participate (65%)

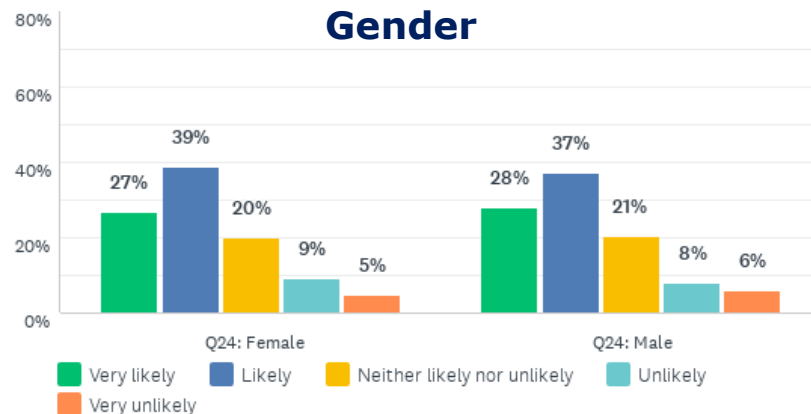
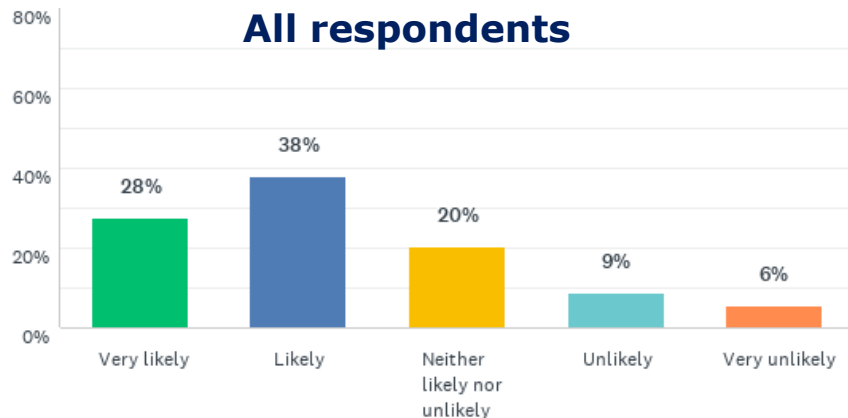
Age showed that compared to all respondents (66%) those aged

- 25-34 were the most likely (75%) to participate
- 75-84 were the next most likely (69%) to participate
- 65-74 were the next most likely (68%) to participate
- 35-44 were likely (65%) to participate
- 45-54 were slightly less likely (63%) to participate
- 55-64 were slightly less likely (63%) to participate
- 18-24 were the least likely (45%) to participate

Long-term conditions showed that respondents

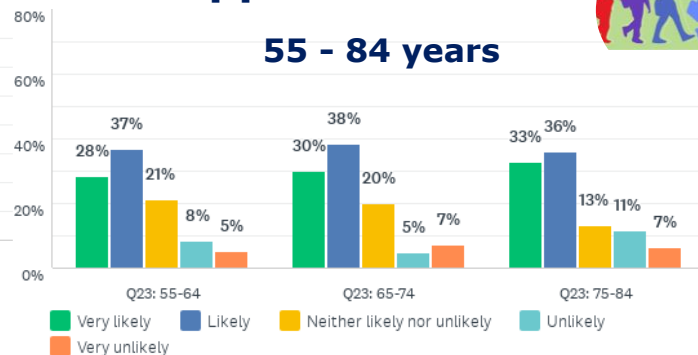
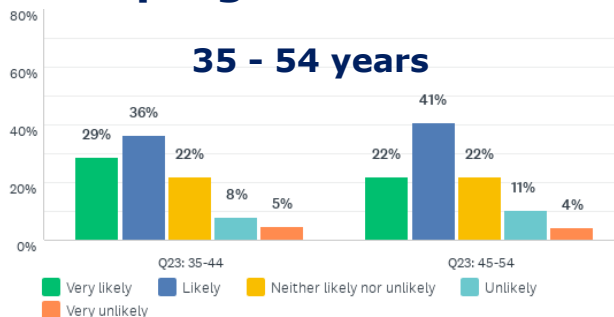
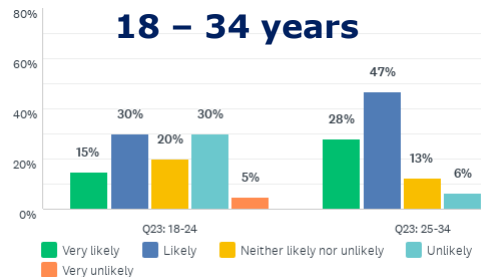
- *with heart disease* were the most likely (75%) to participate
- *experiencing mental health issues* were the next most likely (74%) to participate
- *with chronic pain* were next most likely (73%) to participate
- *with high blood pressure* were likely (71%) to participate
- *with diabetes* were the least likely but still likely (67%) to participate

Uptake of free programme of advice and support



- **All Respondents:** 38% were likely to participate in a free programme, 28% were very likely to, 20% neither likely or unlikely, 9% unlikely, 6% very unlikely
- **Female:** 39% were likely to participate in a free programme, 27% were very likely to, 20% neither likely or unlikely, 9% unlikely, 5% very unlikely
- **Male:** 37% were likely to participate in a free programme, 28% were very likely to, 21% neither likely or unlikely, 8% unlikely, 6% very unlikely

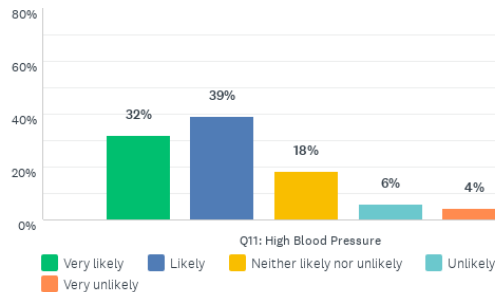
Uptake of free programme of advice and support



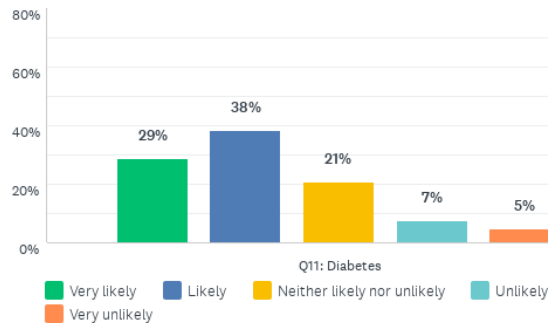
- **18-24:** 30% were likely to participate in a free programme, 30% were unlikely to, 20% neither likely or unlikely, 15% very likely, unlikely, 5% very unlikely
- **25-34:** 47% were likely to participate in a free programme, 28% were very likely to, 13% neither likely or unlikely, 6% unlikely, 6% very unlikely
- **35-44:** 36% were likely to participate in a free programme, 29% were very likely to, 22% neither likely or unlikely, 8% unlikely, 5% very unlikely
- **45-54:** 41% were likely to participate in a free programme, 22% were very likely to, 22% neither likely or unlikely, 11% unlikely, 4% very unlikely
- **55-64:** 37% were likely to participate in a free programme, 28% were very likely to, 21% neither likely or unlikely, 8% unlikely, 5% very unlikely
- **65-74:** 38% were likely to participate in a free programme, 30% were very likely to, 20% neither likely or unlikely, 7% very unlikely, 5% unlikely
- **75-84:** 36% were likely to participate in a free programme, 33% were very likely to, 13% neither likely or unlikely, 11% unlikely, 7% very unlikely

Uptake of free programme of advice and support

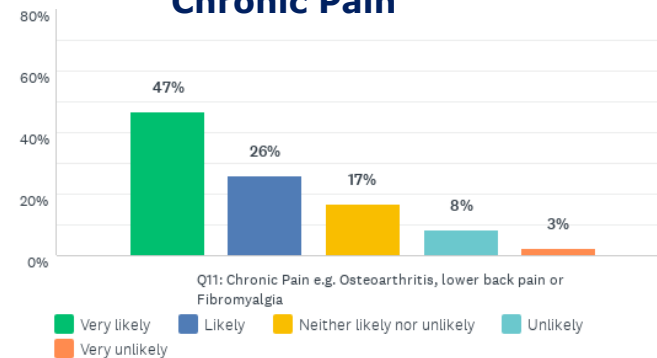
High Blood Pressure



Diabetes



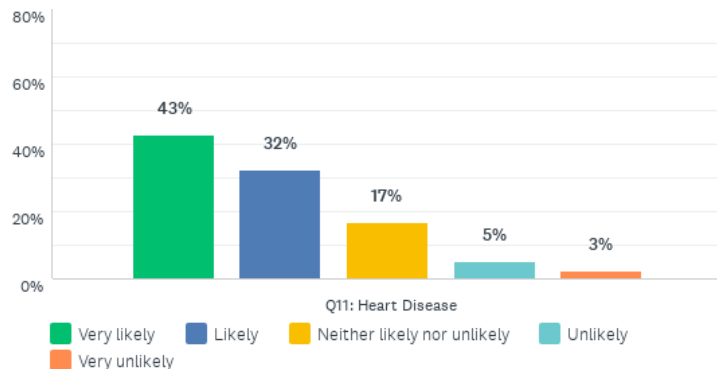
Chronic Pain



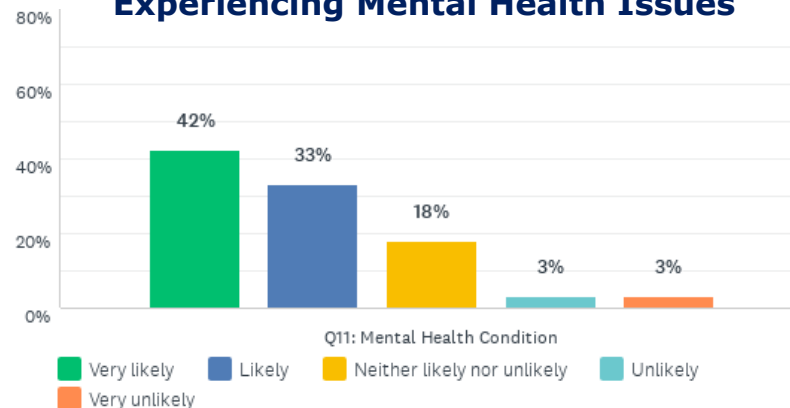
- **High Blood Pressure:** 39% were likely to participate in a free programme, 32% were very likely to, 18% neither likely or unlikely, 6% unlikely, 4% very unlikely
- **Diabetes:** 38% were likely to participate in a free programme, 29% were very likely to, 21% neither likely or unlikely, 7% unlikely, 5% very unlikely
- **Chronic Pain:** 47% were very likely to participate in a free programme, 26% were likely to, 17% neither likely or unlikely, 8% unlikely, 3% very unlikely

Uptake of free programme of advice and support

Heart Disease



Experiencing Mental Health Issues



- **Heart Disease:** 43% were very likely to participate in a free programme, 32% were likely to, 17% neither likely or unlikely, 5% unlikely, 3% very unlikely
- **Experiencing Mental Health Issues:** 42% were very likely to participate in a free programme, 32% were likely to, 18% neither likely or unlikely, 3% unlikely, 3% very unlikely



What's Next?

The Way Forward

The way forward

This survey has shown that Covid-19 has had an impact on the wellbeing of members of the Hindu community. Numbers participating in the survey i.e. 1004 are statistically significant i.e. the results have not occurred randomly or by chance but are likely to ensure confidence that they reflect the experience of all members of the community. Covid-19 has had an impact on all dimensions of wellbeing in different age groups and in particular a greater impact on respondents with long-term conditions

There is a willingness to participate in a free programme of advice and support. The results show there is a need for support in helping people to deal with the emotional, physical, psychological, social and other challenging aspects of their lives that have been adversely affected.

Going forward there is a need for a wellbeing programme that can support organisations such as temples and community halls in meeting the challenges of health inequalities that have been exacerbated by the Covid-19 pandemic. A great deal of work has already been done by the Hindu Forum Britain and individual temples and community groups to address some of the issues raised in the survey through activities and information sessions delivered across Zoom.

However, any initiatives need to go a step further from providing easily understood information, which over the past year and currently is being done well by the Hindu Forum Britain and local Hindu organisations. Any programme needs to reach people at an individual level and must provide ongoing 1 to 1 support and advice to help people address their own challenges on a day-to-day basis.

It is more important than ever to stress the importance of individuals taking responsibility for their own health and wellbeing. This includes for example, adopting a healthier lifestyle, staying active, eating healthily, only using alcohol in moderation and not smoking. It is widely accepted that by keeping active, eating healthily and keeping your mind active it is possible to reduce the risk of developing Long Term Conditions including Type 2 diabetes and dementia.

Taking responsibility for their own health and wellbeing can also help individuals to self-manage their long-term conditions. Self-management does not mean they have to do it alone but enables people to be at the heart of decision making. Self management offers a way for people with long-term conditions to create a more sustainable way of living with a health condition by helping them understand how their health condition and treatment options are affecting them focusing on what matters most to the person about living their life with their health condition.

Appendix – Q26 any other comments

'There was not enough support for elderly people with medical conditions'

'Hugely missing travel to see nearest and dearest within UK and overseas'

'I value my human rights, and against big government wanting to take away my freedom

'1) Both Hindu Elderly and our Children are suffering mentally - depressed and feel fearful isolated

2) Hindu community leisure centre and Hindu Temples are closed . But other faiths are open to prayer time and services. As a community centre it can stay open with precautions. Elderly need to pray at holy places like our temples and children need to do physical exercise in groups like at schools to keep wellbeing. Younger kids are more happy to see other kids learning yoga doing yoga etc. in groups.'

'I feel Hindu brothers and sisters need to unity which comes by attending festivals at the temple and eating food together. Every little effort helps us to survive better. Inspiration and encouragement matters to our children.

Hindu faith followers have received negligible support during the pandemic !!'

'A large part of getting through these unusual times is your approach to life. You have to take joy in the little and almost trivial things in life otherwise you will be chronically unhappy.'

'Access to GP has been a big problem, not getting a face to face consultation mean diagnosis has been a guess.'

'All Hindu temples in UK should represent same ethos of Hinduism to our country/Non Hindus. So that they are aware that we are one united apart from having different temples(Swaminarayan several panth, Jalaram,Sai,Shiva,Balaji,Mataji,Haveli several etc). This will be beneficial to our kids also who are born and brought up in UK. We have to do every possible change which is beneficial to Hindus and Hinduism in UK. We have to work together on very serious issue of our people (Hindus)converting to other religions, need to find out what is inspiring them to change the religion and have to seriously work on that issues. Hinduism is the only religion who never converts any other religion to ours, but now we have to be proactive on stopping our Hindus converting to other religion. Happy to discuss more on this conversion issues. Ready to do any thing for Hinduism.'

'all the best with the survey'

'An overall whole body health check will help to sort out my stress and mental problems.'

'By law everyone should be vaccinated to protect each other. To make our world a safer place to live in. No matter what your ethnic minority is, we are all humans and we need to live in a safe healthy environment.'

'Covid 19 has disproportionately affected BAME community'

'Covid has made a big impact on our finances...govt help is not there because we fell through the gap. Had changed job in february end.'

'COVID has made me realise how important your life is for your self & those around you!'

Appendix – Q26 any other comments (cont'd)

'Covid impacted my son whilst I was stuck abroad so it was very difficult time but since he had recovered it's better. He does get tired more easily. We count our blessings and continue. '

'COVID is deadly and everyone should recognise this and follow all guidelines and get vaccinated'

'Despite NHS staff working hard, I feel that they have hid behind covid 19 to do less for people with other issues.'

'Disproportionate treatment leveled at work places due to our belief and colour. This happened during distribution of PPE's, changing duties of work and not recording true feedback by senior management and not acknowledging when challenged.

Elderly who are without mobile phones or zoom are difficult to keep i touch with '

Ethnic community seems to ignore the restriction specified by the government ,eg meeting outsiders in the home, not wearing mask or if wearing mask do not cover nose.

'Ethnic/Hindu need help all around Financial, living accommodation and above all help and support unfortunately Covid has shown the shine for all this need Thanks for asking my opinion'

'Feel Hindu Temple's and the Community as a whole have strictly conformed to Covid-19 Guidelines. '

'Feel that people have to take responsibility now for constant prevention of Covid and not rush to meet in large groups etc'

'Feel very isolated'

'Going through my AML treatment. Difficult for me going through by my self with this and pandemic. Financially too. Very difficult to get in touch with Work and Pension department. Government personally has made no effort to help our community."

'Government could have done more but as usual to laid back and they wanted old people to die so it would save money in benefits and other costs. Also have noticed no politician have died from covid ,rich protected more. Also minorities given less help by government along with no help given to self employed who have been Self-employed for 1st time.'

'Government should help those who need as soon as possible and health problems '

'Great to see the intention to support Hindu community'

'Health Centres should be freely available for over 65s '

'Hindu forum is important in my life'

'Hindus are treated as second class citizens'

'Hindus need more encouragement and support you'

'Hindus should not be included in the word ASIANS '

'I am concerned for my daughters who yet to receive vaccination, with a young toddler and we are bubbling with them for weekly support while parents work from home, use nursery and grandparents for care '

'I am sceptical of some of the organisations behind this initiative. Vishnu Hindu parishad has held extremist views towards the minority community in India'

Appendix – Q26 any other comments (cont'd)

'I believe that the response to COVID19 has been appallingly criminally corruptly mismanaged by the government. My daughter has been self employed (not working in the arts) and has received no financial support at all.'

'I don't think I will be listened to. '

'I feel angry when people do not wear masks & wear improperly not keeping social distancing. Being selfish and prolonging the pandemic'

'I have been in the thick of this horrible disease and have seen so many die from it and then I see some people not taking it seriously people refusing the vaccines'

'I have had a physical health issue during the course of the pandemic which was not covid related. I live with my mother who has also had non covid health issues... it has been a trying time for us both as some feelings of isolation during the winter although we managed and kept out contacts with various people - family and friends by telephone or video calls but the need for face to face contact was hard. Our local temple first organise much by way of cook sessions but other Hindu organisations do so we have participated with those.'

'I have no more confidence with my self. I feel very stressful lifestyle I. I get tired very quickly. When I go to GP I get painkillers tablets or xray or physio appointments after that nothing changes so I am fed up going to doctor I am just trying to manage myself.'

'I have seen that non-white community is inappropriately exposed to covid positive patients. Our Hindu philosophy makes us emotionally enforced to face covid work rather than turning back. Hindus have preferred to not to shield or isolate unless severe health issues.'

'I have respiratory problems. And I'm thinking is over the top, and depress about taking an covid 19 injection. I only want to take is Pfizer because I did research and it shows me people who had was no symptoms at all. People who I know 8 of them, was no reaction at all. So please help me very urgently where can I get this Pfizer for peace of mind??? I need this covid Pfizer both does please. help me help me help me. I'm mentally disturb. Please speak to me . I even asked my gp. He said they're not dealing with it'

'I lost my father in law in May 2020 not to Covid, and it was very hard to not be able to grieve for this loss with the whole family.'

'I run a Community Group where we all stay informed, engaged and relatively happy and healthy. We pray regularly, do yoga and Zumba on Zoom, attend art classes, walk independently but share our steps on a Whatsapp Group! We do charity work and entertain people. Our members share recipes and discuss films and TV programmes. We choose to stay positive.'

'I think Boris, Rishi, Priti have done a good job, no matter what they did, they would be scrutinized and kicked. In the same way, there are so many in the community who have silently battled on, due lack of knowledge of who, what, where to ask for support, and there have been oversights for certain groups of people, myself and my family included. However things are looking positive, and hopefully after November 2021 the people of the world will start to see an exit from the current status.'

Appendix – Q26 any other comments (cont'd)

'I think Covid 19 is a fact of life now(like the flu virus) and we will possibly need care and vaccines every year. I will not be travelling abroad in a hurry, for at least this year.'

'I think some things should be done to improve the Hindu communitys welfare and social welfare'

'I think the Hindu community would definitely need mental health & wellbeing support after this. Our community usually are so dependent on each other especially elderly who may not be so conversant with IT.'

'I want Hindu community to participate very actively in Health related activities including Yoga and Holistic Health workshops

'I would like to know more information about this survey and to see our Dipak Dristi member (approx 60) could be benefitted'

'I would love to have helped voluntarily in the hospital or 1-1Support . I do help but not as much as I would like to.'

'I'm disconnected from family & Hindu culture. Im lonely anxious a little stressed too. Looking for connection to Hindu people and culture. Looking for group type activities. I have lots to offer not a negative person just no outlet to channel my energies. I want to help & share.'

'Isolation from friends and family negatively affected my mental well-being. Also no no-one access for regular medical appointments'

'It is high time we are protected due to our ethnicity as it affects us disproportionately'

'It's good you are doing this survey. Some of the questions are loaded e.g. you don't specify whether impacts have been positive or negative...many people have had opposing impacts'

'I've been recruited as a expert advisor and currently helping to design new mental health services in Harrow Borough which I hope will change policies in the long term. There needs to be a change in system. There is lack of appropriate information for carers in how the person us lookd after in the community. mental illness is completely neglected. We really need an active group who encourage the community to ask for help. I have suffered as a result. Hindu forum create a team of advisors who can influence policy makers in this area.'

'KEEPING YOURSELF HEALTHY BY DIET, EXERCISE & COMMUNICATING WITH LOVED ONES & FREINDS HELP A LOT AGAINST ANY DISEASE. KEEP FAITH IN YOUR MIGHTY LORD AS WELL.'

'Missing going to the temple, enjoying all festivities and family functions missing going out due to shielding restrictions'

'More acknowledgment needs to be made regarding Hindu Utsavs (festivals) that have all been cancelled due to the national lockdowns (starting with last year's holi, then navratri, diwali and this year's holi as well). However, other large festivals like Christmas have warranted easing of restrictions.'

'More ethnic groups need to be involved with their community to bring awareness of covid 19 vaccine'

'More Indian or Hindu young people should go in politics to become councillors and understand our issues and address them professionally. Thanks.'

'
More support for ethnic minorities especially those whose first language is not English.'

Appendix – Q26 any other comments (cont'd)

- 'More support from local & central government for Hindu Community with mental issues and other health issues.'
- 'More support needed at place of work.'
- 'More support to ethnics from age of 60 & over should be provided especially single females, from scammers, thieves or fraudsters.'
- 'Police neither legal law authorities support these vulnerable women.'
- 'More support was & is needed for ethnic minorities'
- 'My dad got stuck in India and that's where he got covid. The hospital he was in in Rajkot wasn't very good and we really regretted sending him to it. We sometimes felt the hospital staff were more concerned with their financial gain instead of their well-being. I know in the UK their will be enquiries on how the situation will be handled but I don't think there will be in India. Something needs to change about their health system. The government their needs to value the life of its people more.'
- 'My family are vegetarian We lead Vedic lifestyle - yoga pranayama meditation study of Vedas I use Zoom a lot to attend seminars and meet Hindu community'
- 'My mother in law had both vaccines and still got covid'
- 'My wife's job impacted due to covid and she is struggling to get a job. We both are dependent on single person salary and she is not feeling positive, confident and optimistic.'
- 'Need more awareness Need more Hindu organisations at every local level. Hindu Temples Unity'
- 'NHS Services was Excellent while my son was in Hospital Big thanks to them my son raised £45000 for intensive care where he was as a patient for COVID-19 🙏🙏'
- 'Often the needs that align with my faith. Like the ability to be one family and being understood with the sensitivity as appropriate'
- 'Other NHS services were effected thus my wife had to travel out of the area for her operation and treatment'
- 'Our community activities, have kept me and my family extremely engaged and active through COVID.'
- 'Pandemic has stretched everyone regardless of culture or religion'
- 'Pandemics has affected the young families in an adverse way due to lack of close family here in UK and restrictions on meeting friends. This has put strain on the personal relationships in the household.'
- 'People should be allowed to work remotely full time post covid.'
- 'Perhaps along with this survey the "TEAM "processing the results watch this. Programme. FYI , BBC one 2 march 2021 at 9:02pm'
- 'Covid killing bame people. This might answer a lot of your questions'
- 'Remain positive Readily take vaccine. Consequences of not taking vaccine are terrible.'
- 'Staying with family have helped.'
- 'Stop pushing the vaccine'
- 'Thanks for asking'

Appendix – Q26 any other comments (cont'd)

- 'The Covid Vaccine program is going very well, great news. I wish all the people who decided not having vaccine is a danger for further recurrences. A way should be found to make sure that all at risk be vaccinated.'
- 'The Government has generally done a good job. We've learnt a lot about tackling future pandemics. I'm a Darwinian and think that this pandemic would have been better tackled if we had used the Swedish model instead of lock downs '
- 'The government have not enough to support ppl , young people as well . Ppl my age living with a young person it's difficulty `.
- 'Employers not being supportive with mental health issues and other health issues , hospital appointments cancelled due to Covid' , e.g I couldn't see through one eye then my other started and wasn't able to see at all . Couldn't go anywhere or get help required . `
- 'It's been hard for me mentally and physically . Access to face to face appointments non-existent for gp's physio , this has all added to long term health issues . & mental health . More should've been done `
- 'The main negative impact has been to meet friends and family especially elderly parents who live abroad We have also not been able to follow even 1 percent of our festival celebrations due to covid. `
- 'The virus has affected everyone irrespective of your background or social standing'
- 'The whole Covid 19 had been exaggerated to immense proportional. People have have been fooled by BBC AND SOCIAL MEDIA.'
- 'There has been no support offered or very little. I have had numerous family members pass away throughout this and previous lockdowns and I've felt isolated not being offered any helps support or assistance of any kind. There is no outreach to me or my family members during these very sad times. I've needed counselling which was not offered and the doctors I don't feel are doing very much those based in their surgeries they just turn you away and tell you to go private which I cannot afford. `
- 'My temples would be my saving grace and I couldn't even go there for peace and tranquillity.'
- 'There is a lot of support out there. Somehow there appears a disconnect between support networks and individuals.'
- 'There should be a tv channel or radio discussion dedicated to Hindu elderly and young Hindus should be proactive to help the community. Also more Hindu councillors should be elected who can and should deeply into the issues of Hindu communities. `
- 'This is good to have the survey most of the people might not be fare and as a community organisation do you think that you will be coming forward to build the community and unite with out any discrimination . `

This was very helpful Questionnaire .

- 'Treatment of COVID-19 in our community is awful and treatment in hospital is diabolical. Especially when you don't speak the language. They put DNR on our loved ones without consultation with the family'.
- 'UK government has made tremendous efforts and issued guidelines to keep everyone safe and save lives. `
- 'Unlike other communities who make lot of noise and get attention, Hindus feel they get left behind for being quiet `
- Very little support from other community. They are not united together. Too many individual community. There should be unity. `

Appendix – Q26 any other comments (cont'd)

'Very very proud to be British Indian Hindu proud of NHS AND OUR P M DONE A WONDERFUL JOB '

'We do the best we can under the circumstances.'

'We need community programmes focusing on health & wellness post covid to help people recover from the effects of the pandemic. '

'We need free yoga, breathing exercises & meditation classes widely available. Thanks 🙏 '

'We need to be our own doctor first. Eat healthy and fresh food including lots of greens and freshly made, have enough rest / sleep.

'Do regular walking and chant names of the God in your mind. All the best '

'We need to invest more south Asians'

'We will have a new norm way of life when the virus is slowly getting eradicated but I don't think it will leave us completely so have to stay positive in all ways in our lives'

'Wearing a mask should make it compulsory unless there exempt for medical reason. '

'What is the reason for this survey? I would like to know.'

'Women are carers, mothers and key workers. We need support as we will burn out. '

'would be willing to help '

'Would like Hindu Form and Hindu Sevak Sang to fight for more Hindu rights '

'Yes, we need a temple at our local place. People need to more aware of our religion especially in school and secondary school.Thank you.'

'Youngsters also had a big effect on them. I would like more help on younger generation.'