

Sandy Hill Health Survey Results

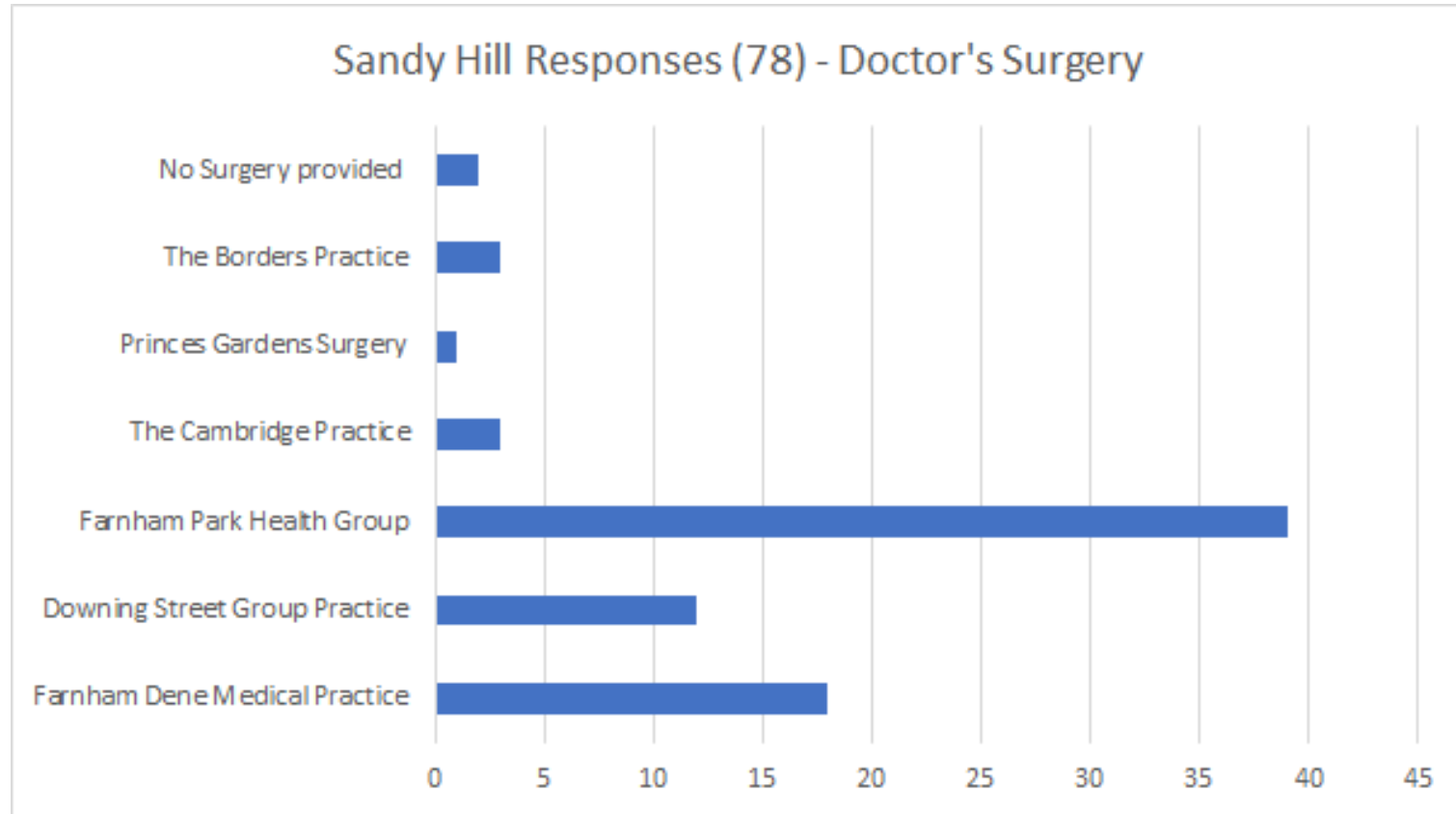
December 2021 / January
2022

12th of August 2022

Draft analysis

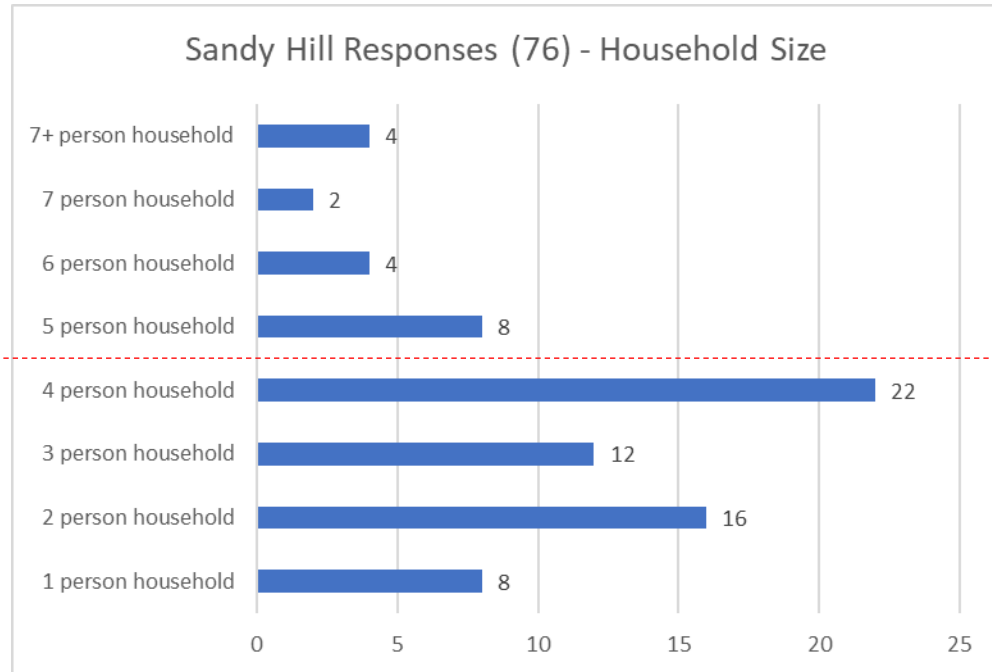
C Powell

Doctor's Surgeries



Demographics

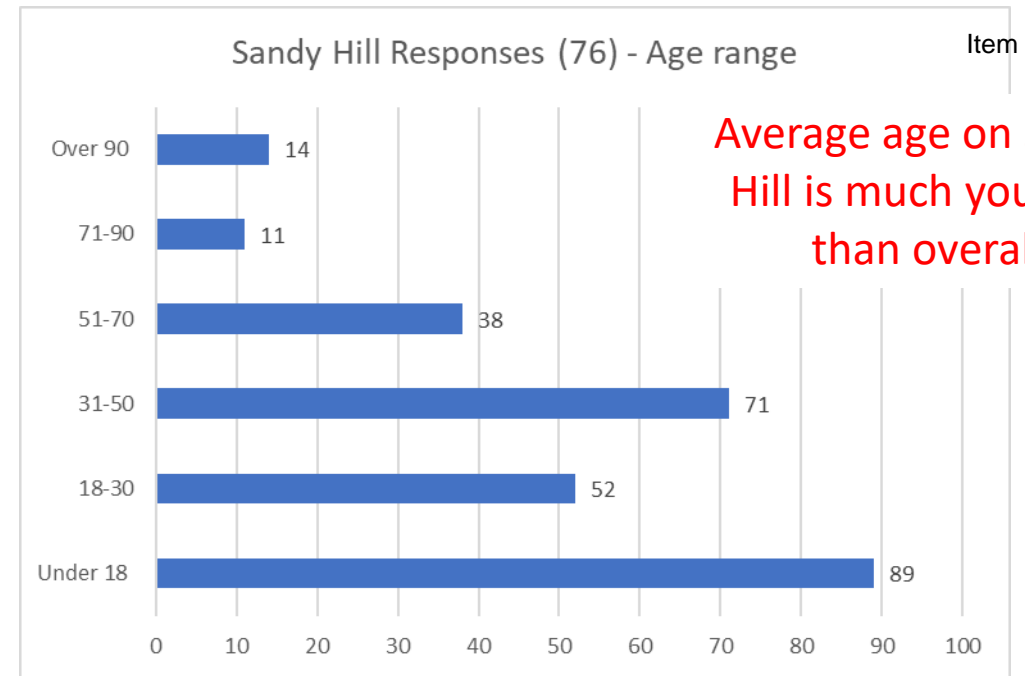
Overcrowded?
23%



Average of more than 3.3 people per household

Out of 76 households 5 are multigenerational with U18s and over 70s

63 people reported their employment status
54 households have one or more people in work
9 households reported no one in work

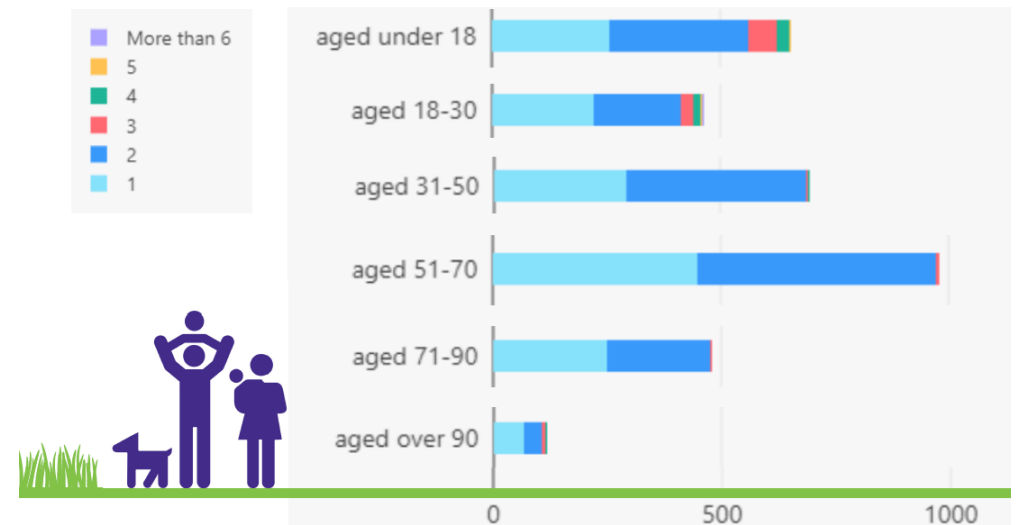


Item 5.1 (g)

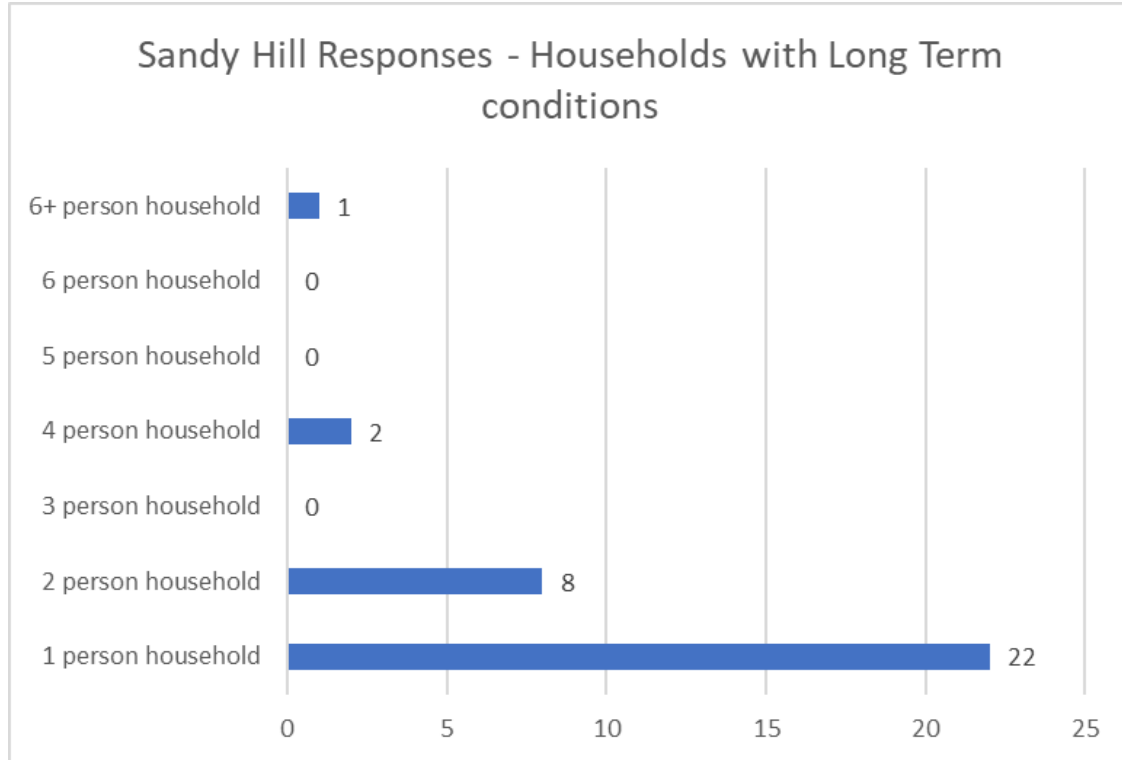
Average age on Sandy Hill is much younger than overall

Overview, demographics & key findings

- Number of people in household who are...



Demographics – Long Term Health Issues



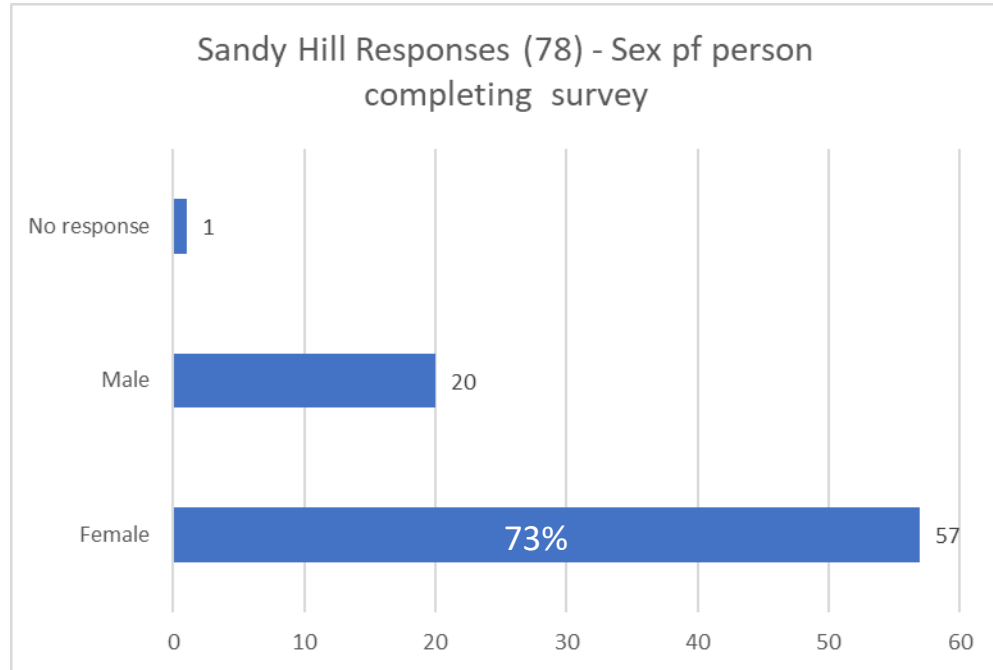
Specific quotes:

- I feel depressed as I'm not able to exercise and lose weight
- I am a Type 1 Diabetic
- I have COPD
- I have a chronic illness and developing disability manifesting in mobility issues. this impacts a lot of aspects of my life. I would just like to clarify that I answered these questions with this perspective
- Not sure what local support available for dementia carers
- Gp not very good
- Trying to get rid of clutter in my home before I die. It's getting extremely difficult to go to charity shops and the tip.
- My disability not having enough money every day worries
- Having to care for elderly parents who are unable to use the internet

Out of 76 households 20 have unpaid carers- 26%

Out of 76 households 33 have at least one person with a long term health issue – 43%

Demographics – Sex of respondent

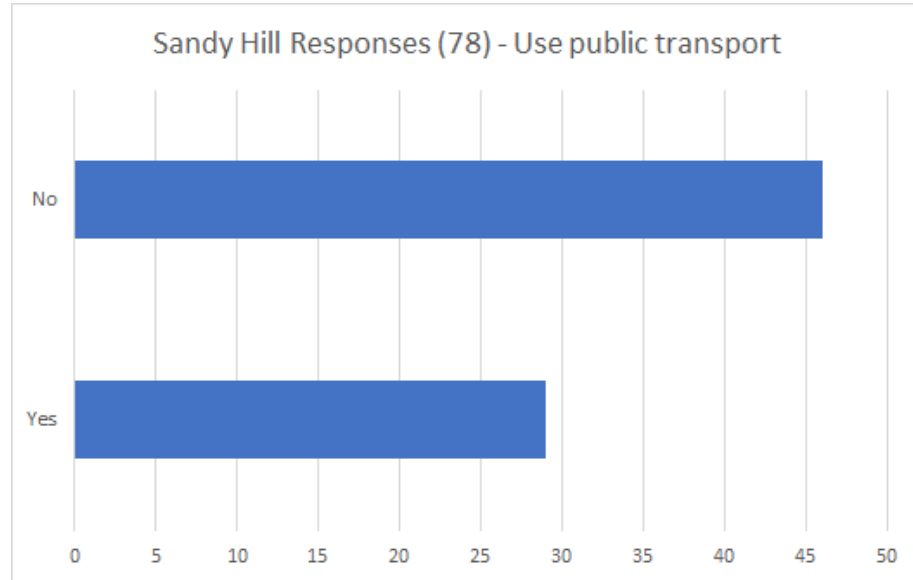


Higher percentage of women respondents on Sandy Hill than average

Whole survey

- **66% (1280) female, 33% (632) male, 1% (26) prefer not to say or other**

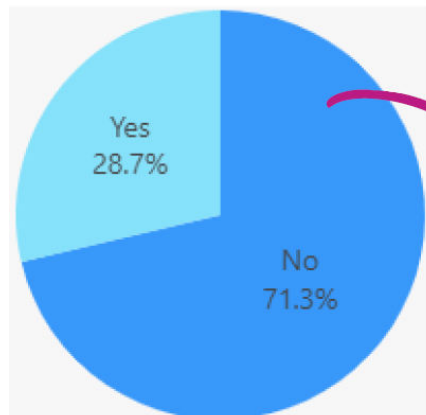
Sandy Hill Public Transport – 39%



I worry a bit about going out in the cold and waiting for the bus. So just go out if necessary sometimes my daughter takes me. – Lady 71 – 90 living alone

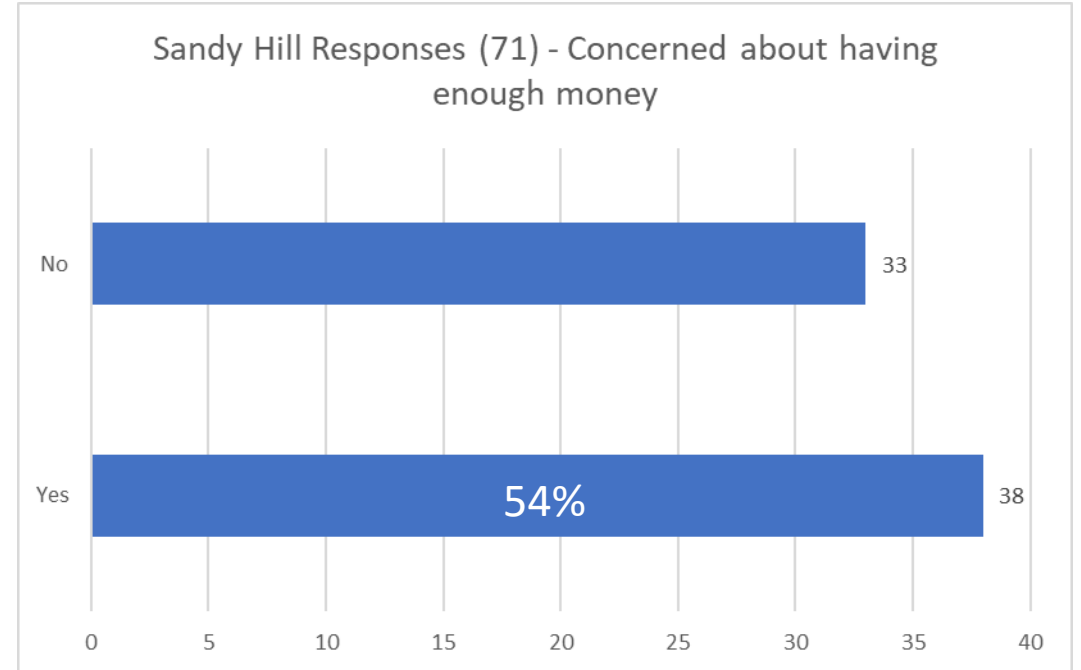
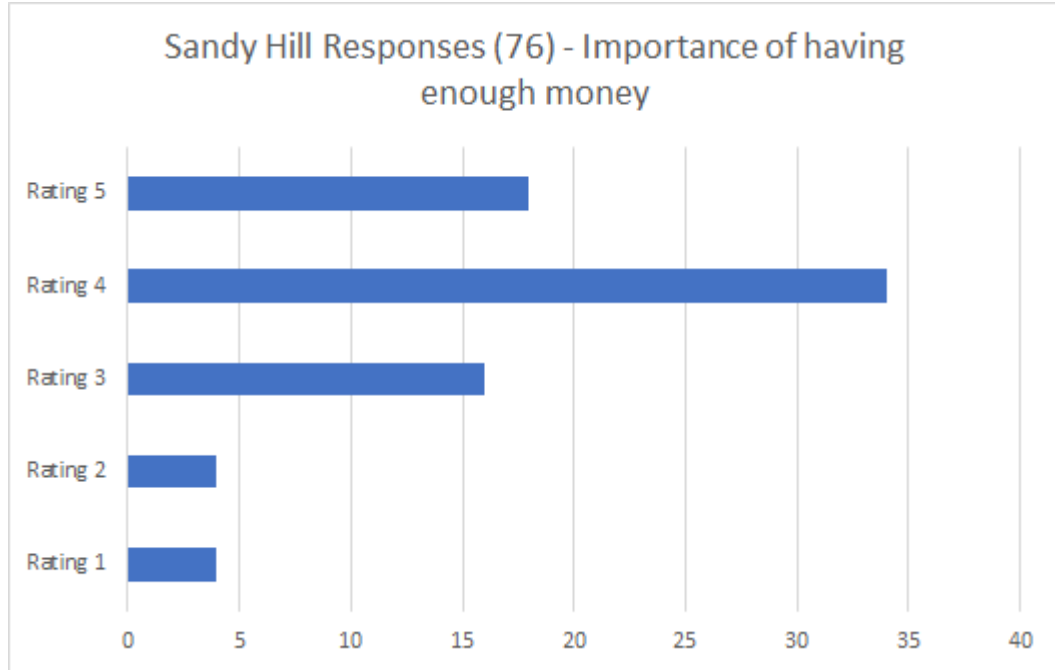
Whole survey

Do you use public transport? (1909 responses)

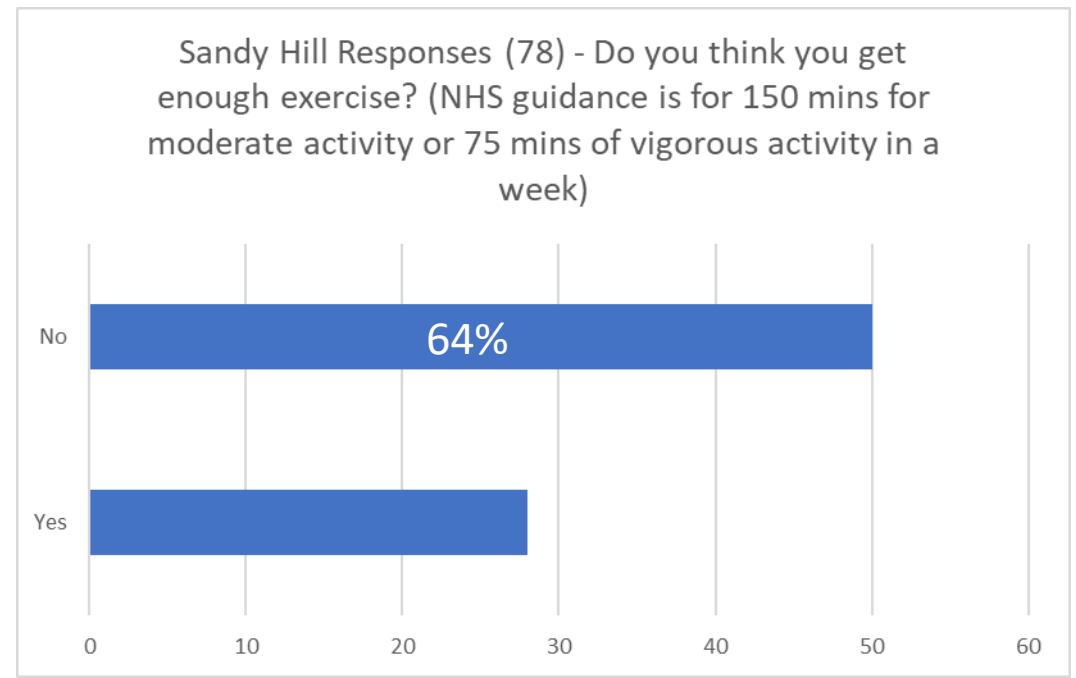
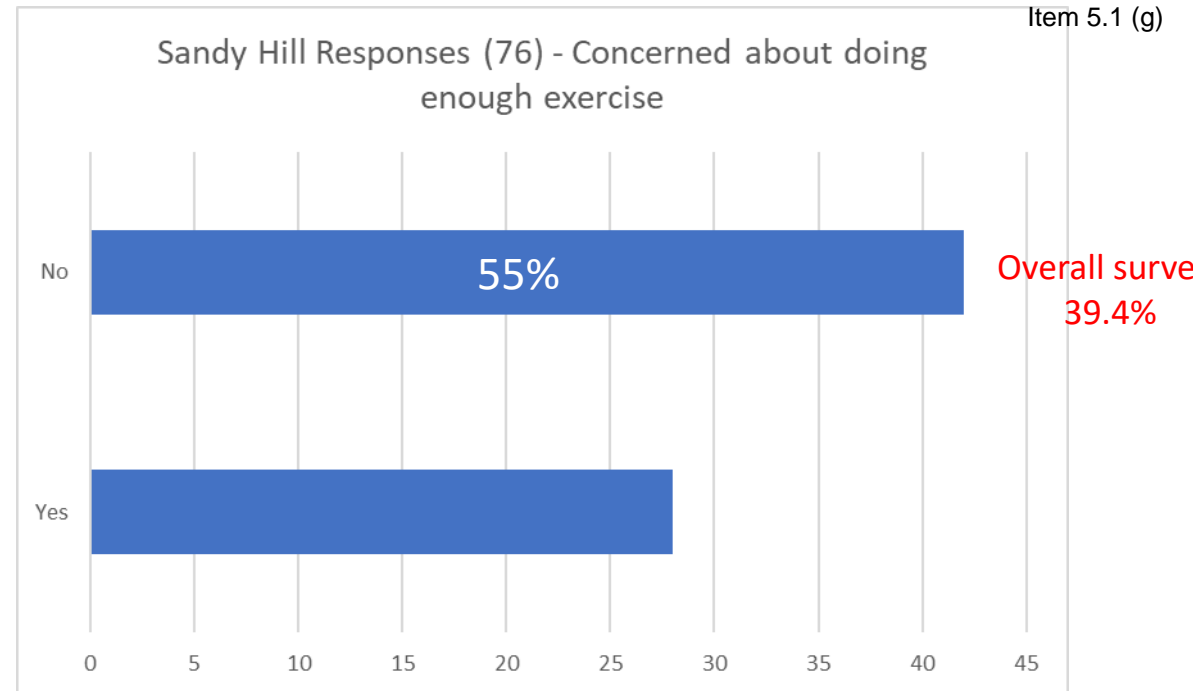
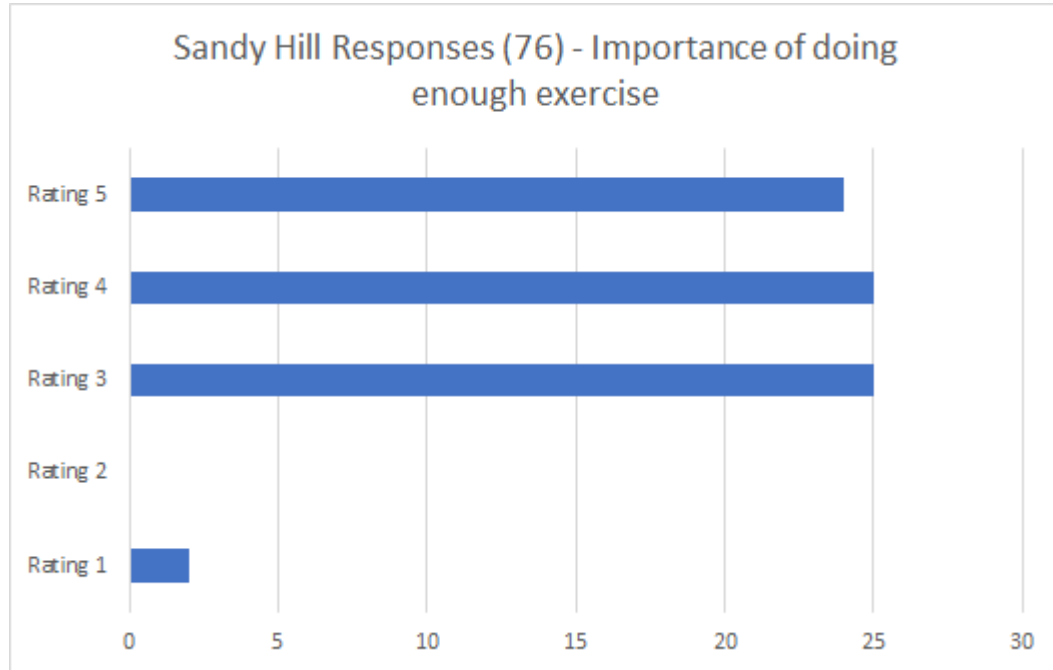


Much greater usage of public transport from Sandy Hill than average

Money

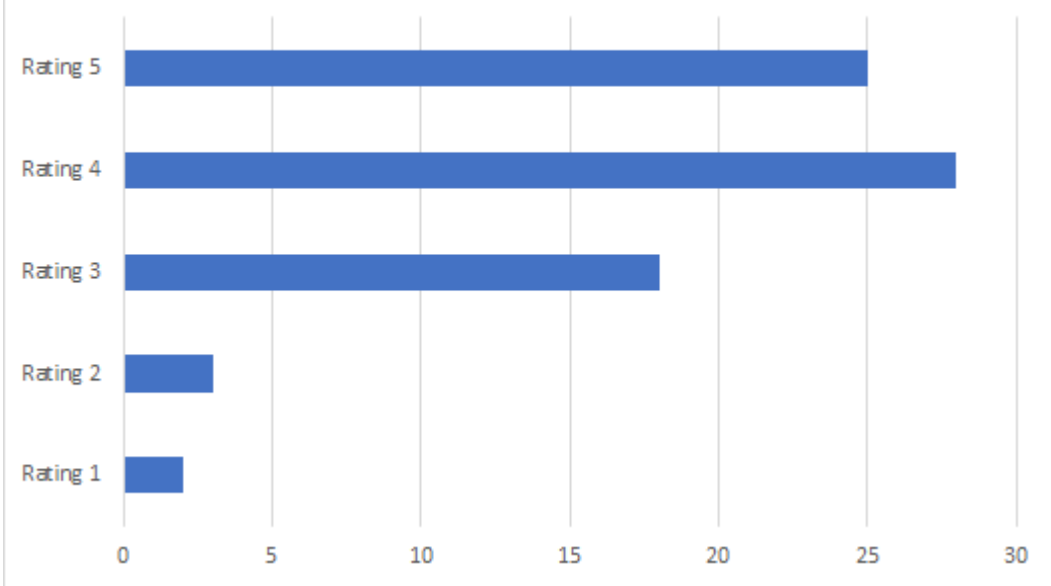


Exercise

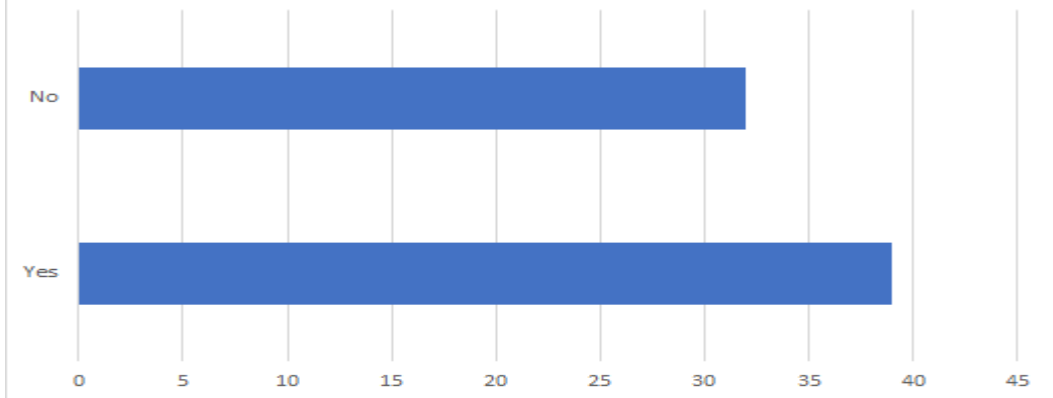


Diet

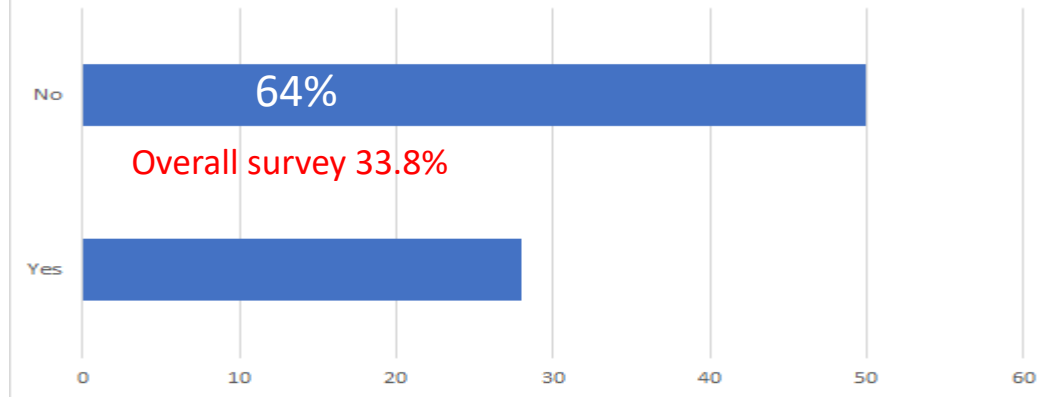
Sandy Hill Responses (76) - Importance of Diet



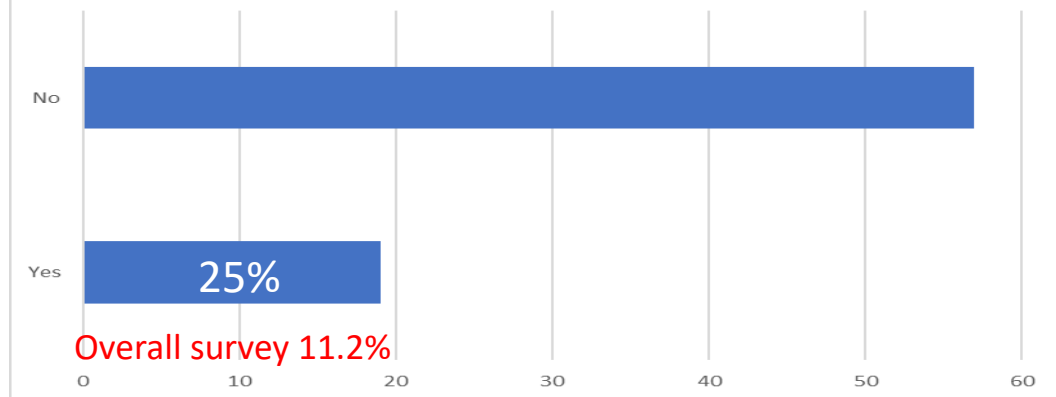
Sandy Hill Responses (71) - Concerned about diet



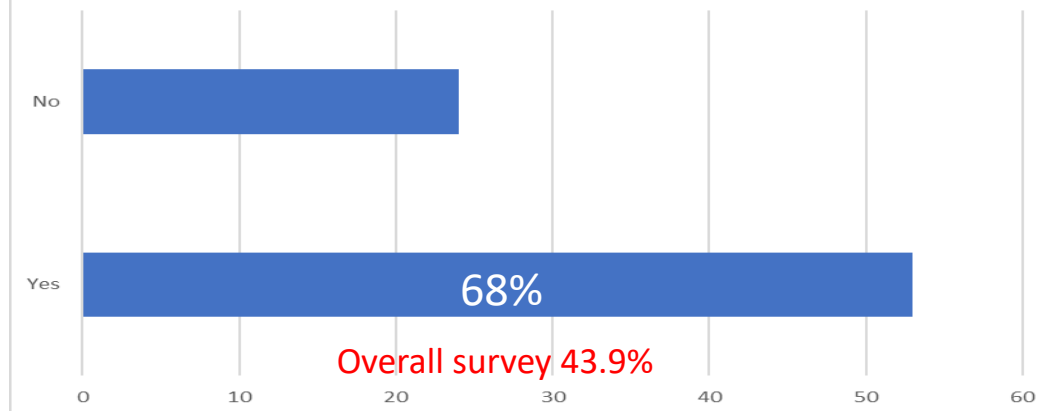
Sandy Hill Responses (78) - five fruit and veg a day



Sandy Hill Responses (76) - Rely on ready meals



Sandy Hill Responses (77) - Want to change diet



What changes?

Item 5.1 (g)

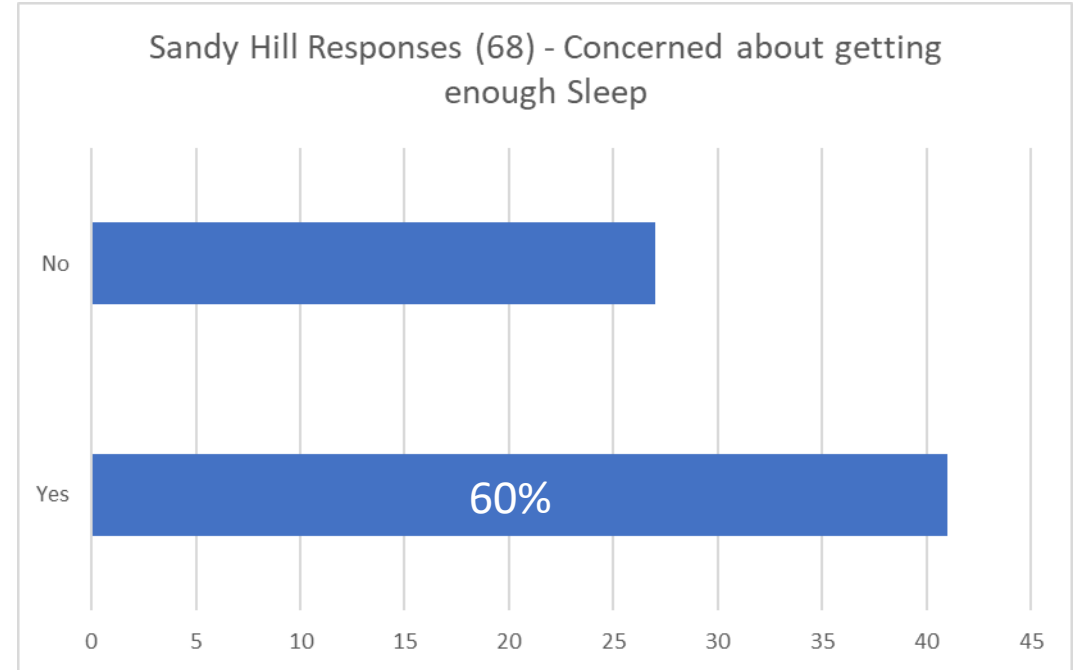
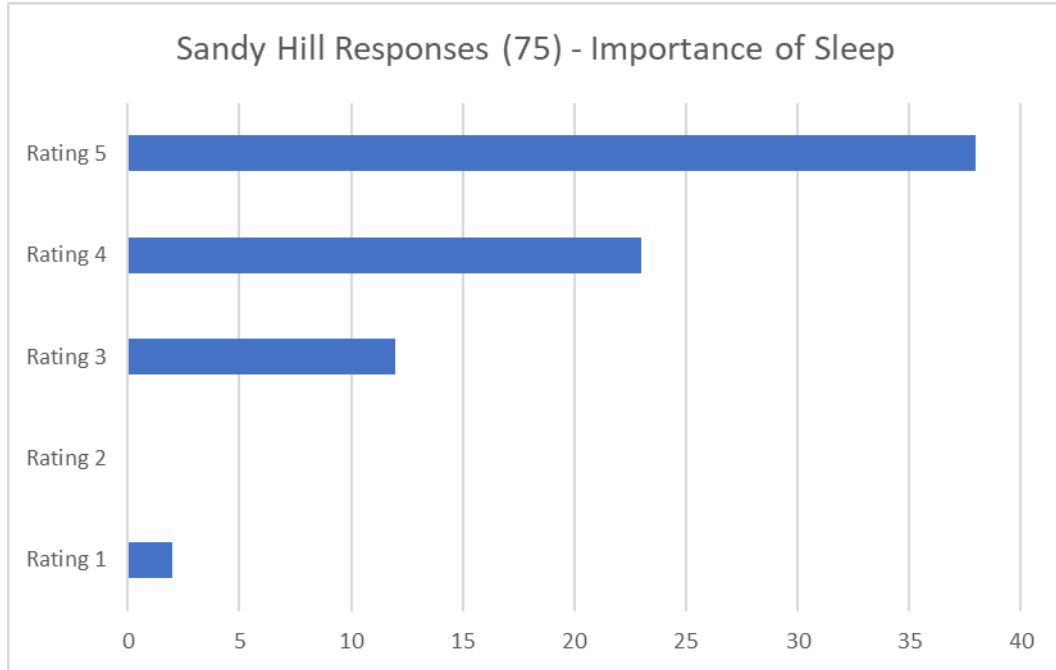
40 more Fruit & Veg

29 more home cooked

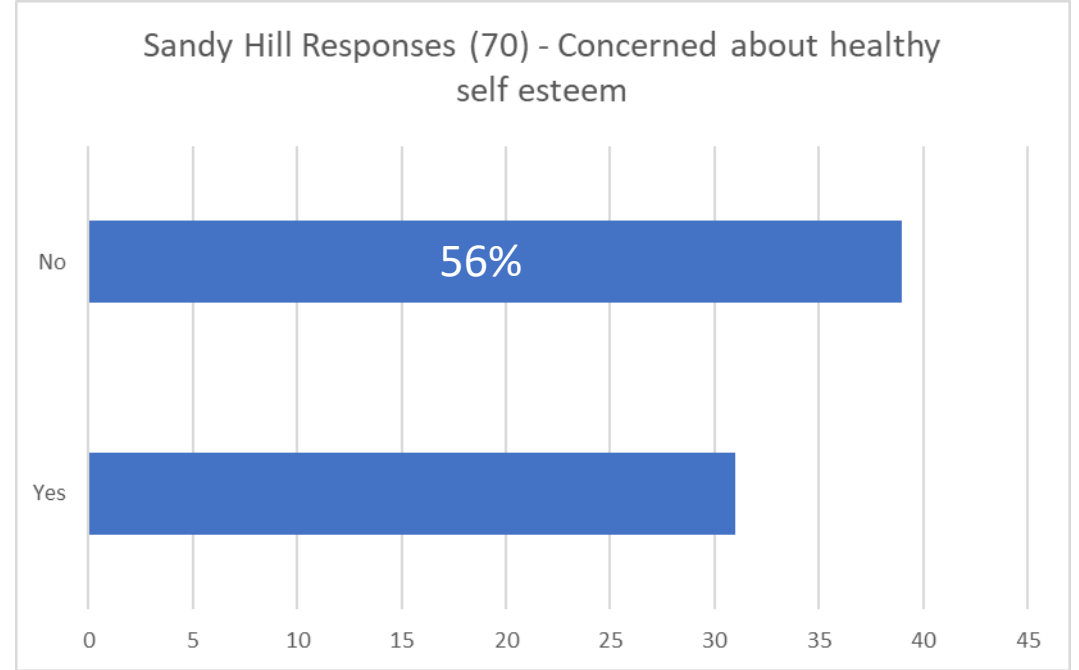
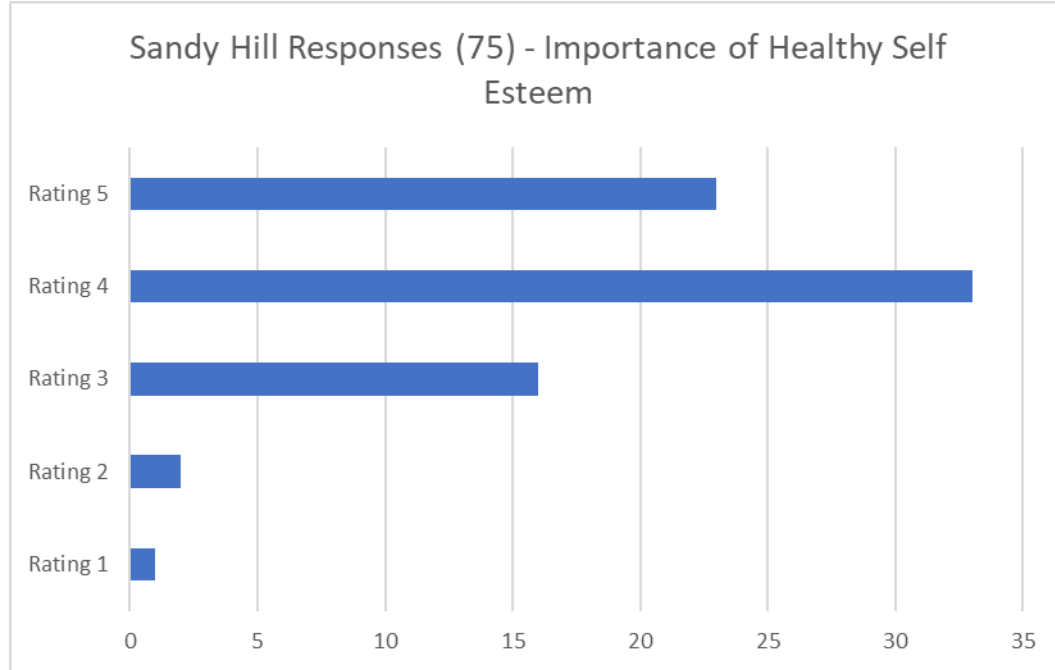
What barriers?

- Will power
- Mobility unable to stand / disability / pain
- Money
- Time
- Motivation
- Skills / confidence
- Habits

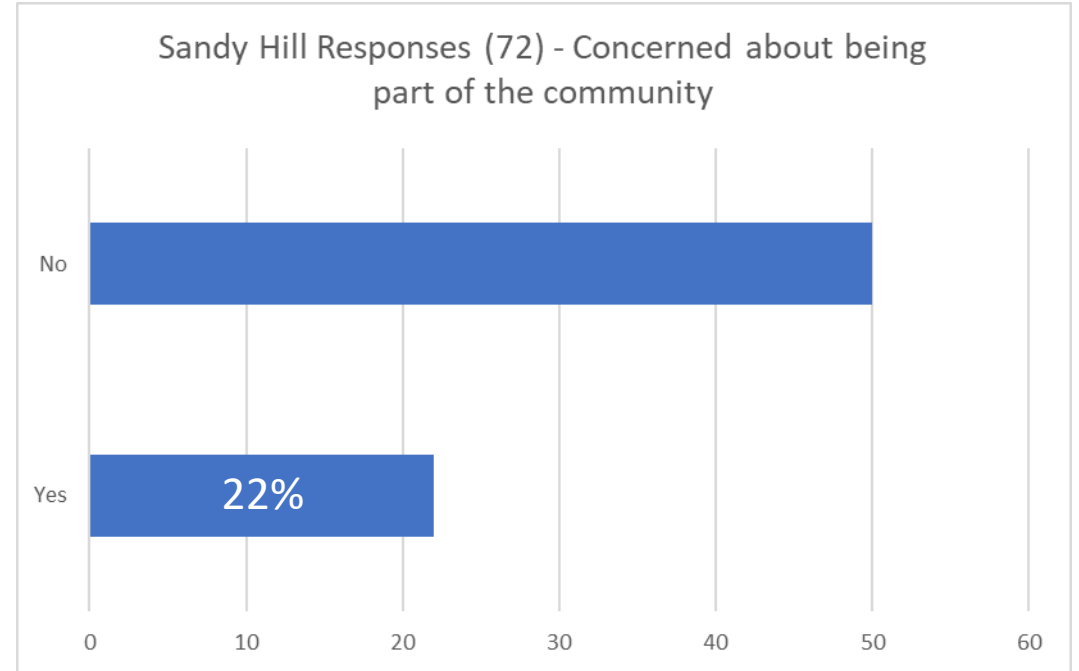
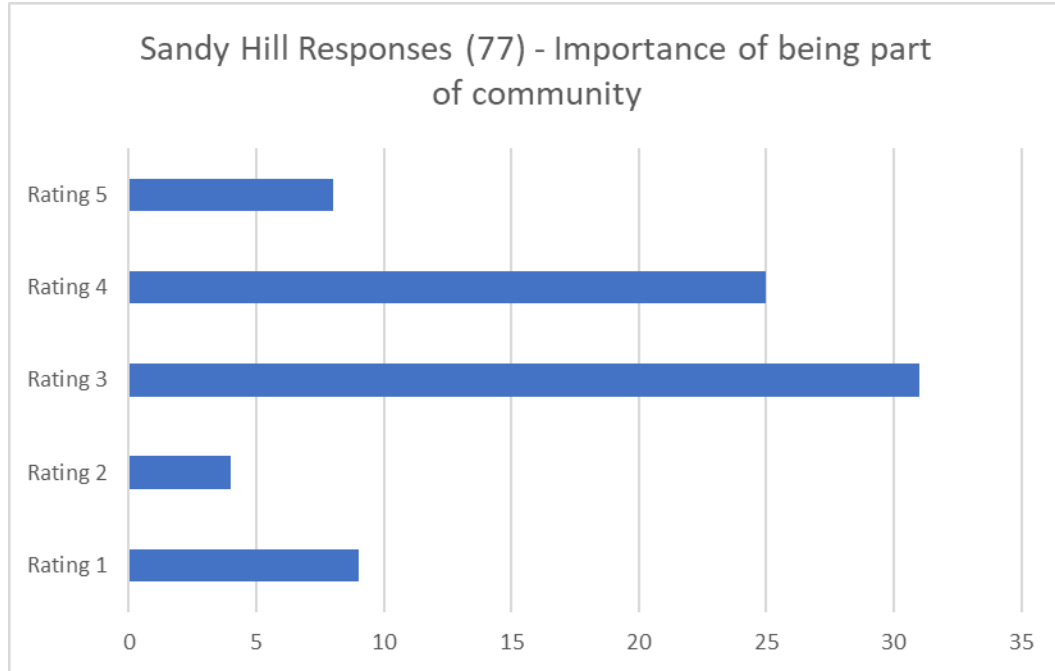
Sleep



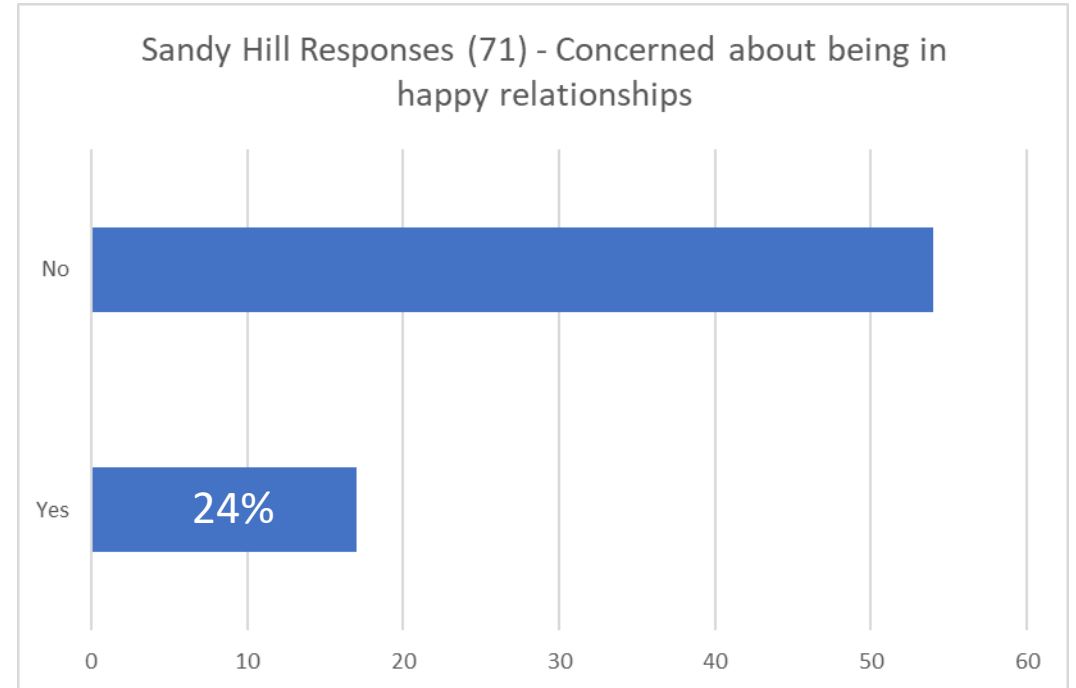
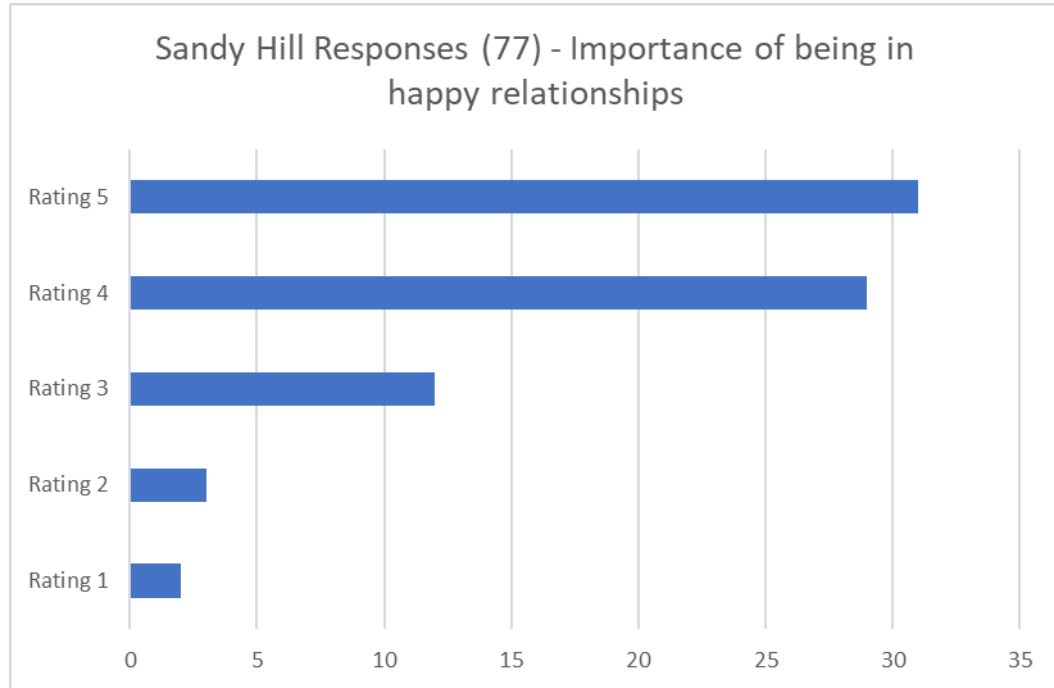
Self Esteem



Community

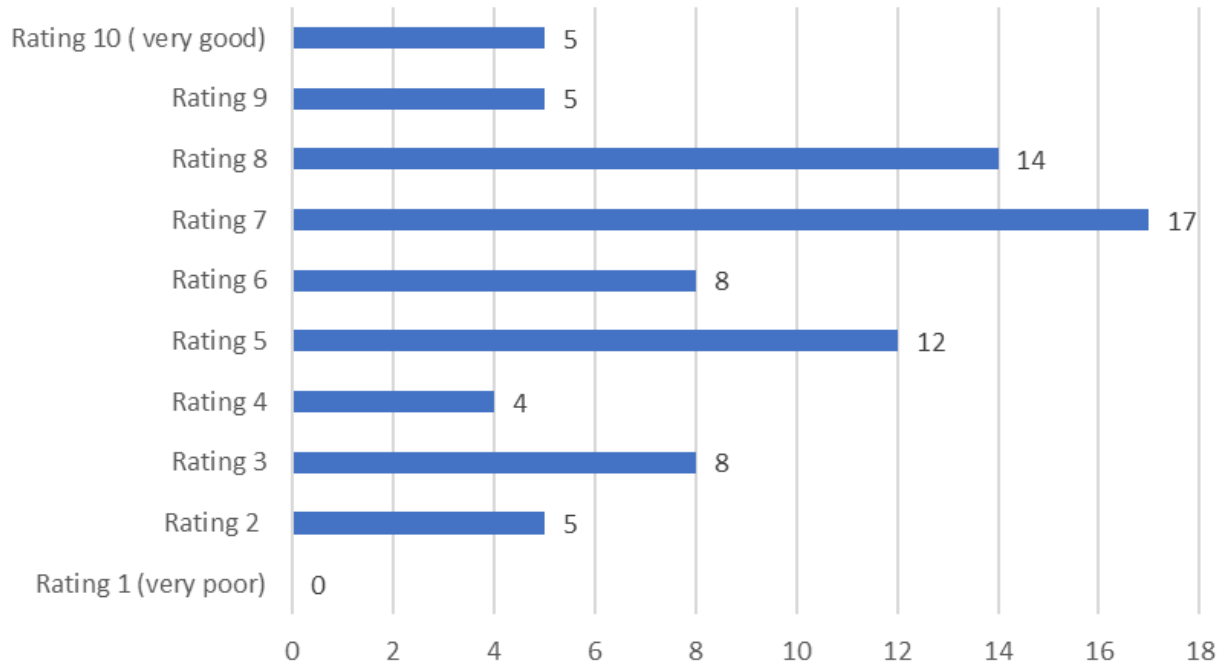


Happy Relationships



Mental Health – 37% rate mental health 5 or less

Sandy Hill Responses (78) - Mental Health

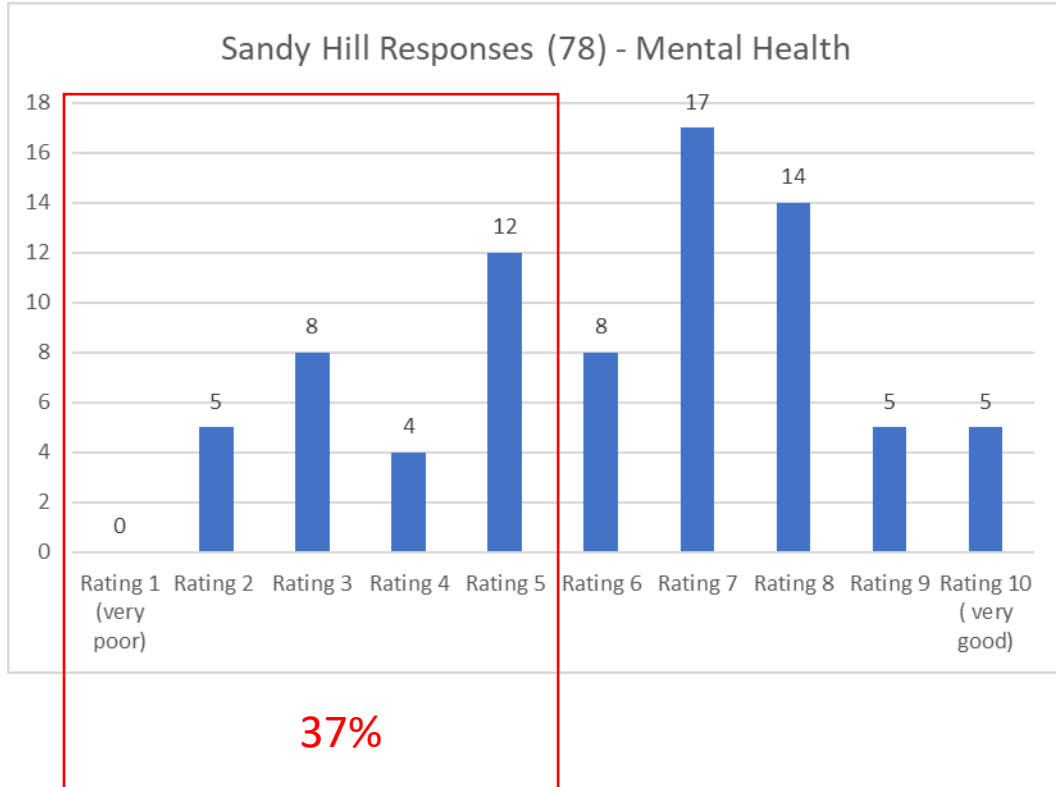


- I have found myself getting increasingly anxious about increasing prices of general living, petrol, rent and food, alongside nursery fees. Previously it wouldn't affect me physically but I find the anxiety is making me feel more stressed.

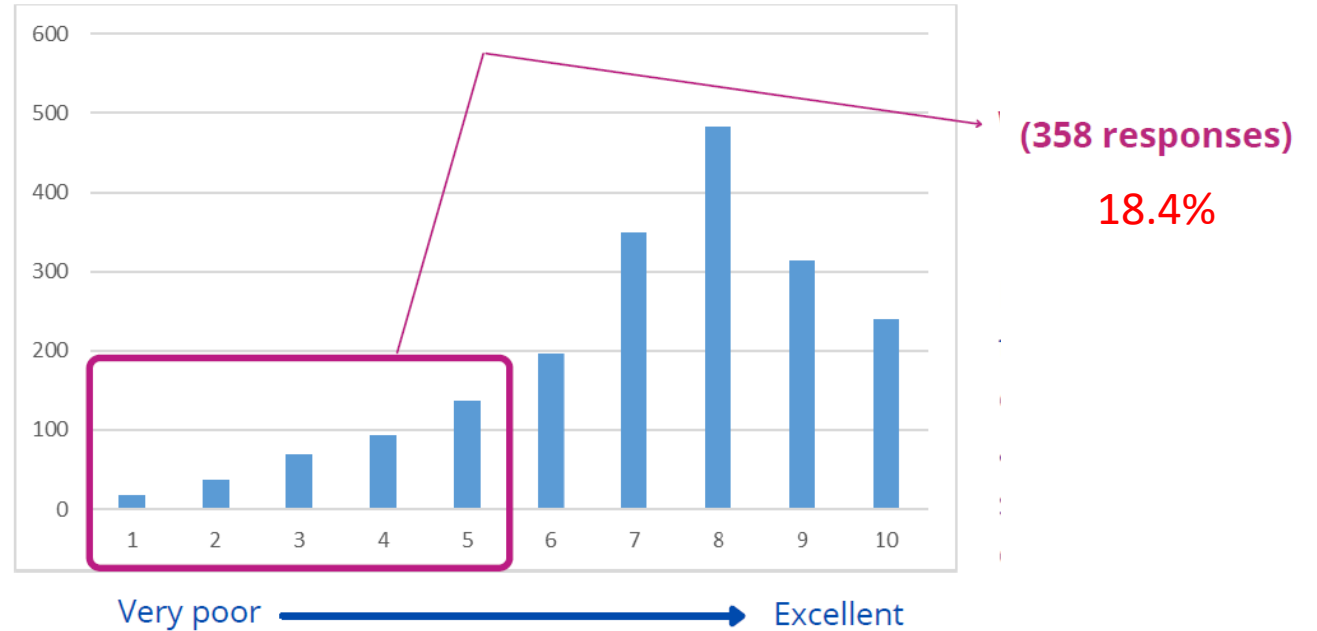
What would need to change to make this improve?

- It's always worse at this time of year (winter)
- All sorted now (still rated 5)
- Following on upcoming appointments and more advice following son's recent diagnosis.
- Mum being well
- Some overthink worry about being good enough
- Not sure
- General happiness and self esteem
- I don't know (x3)
- More access to social care and mental health support groups. Lack of legal advice firms in local area
- I don't know. A cure for autism would help, but obviously that won't happen
- Money/more time/ more relationships (large household)
- Get over my agriphobia
- Health improving
- New job, more money
- More exercise / activities for me and kids (x2)
- being less anxious

Mental Health Comparison

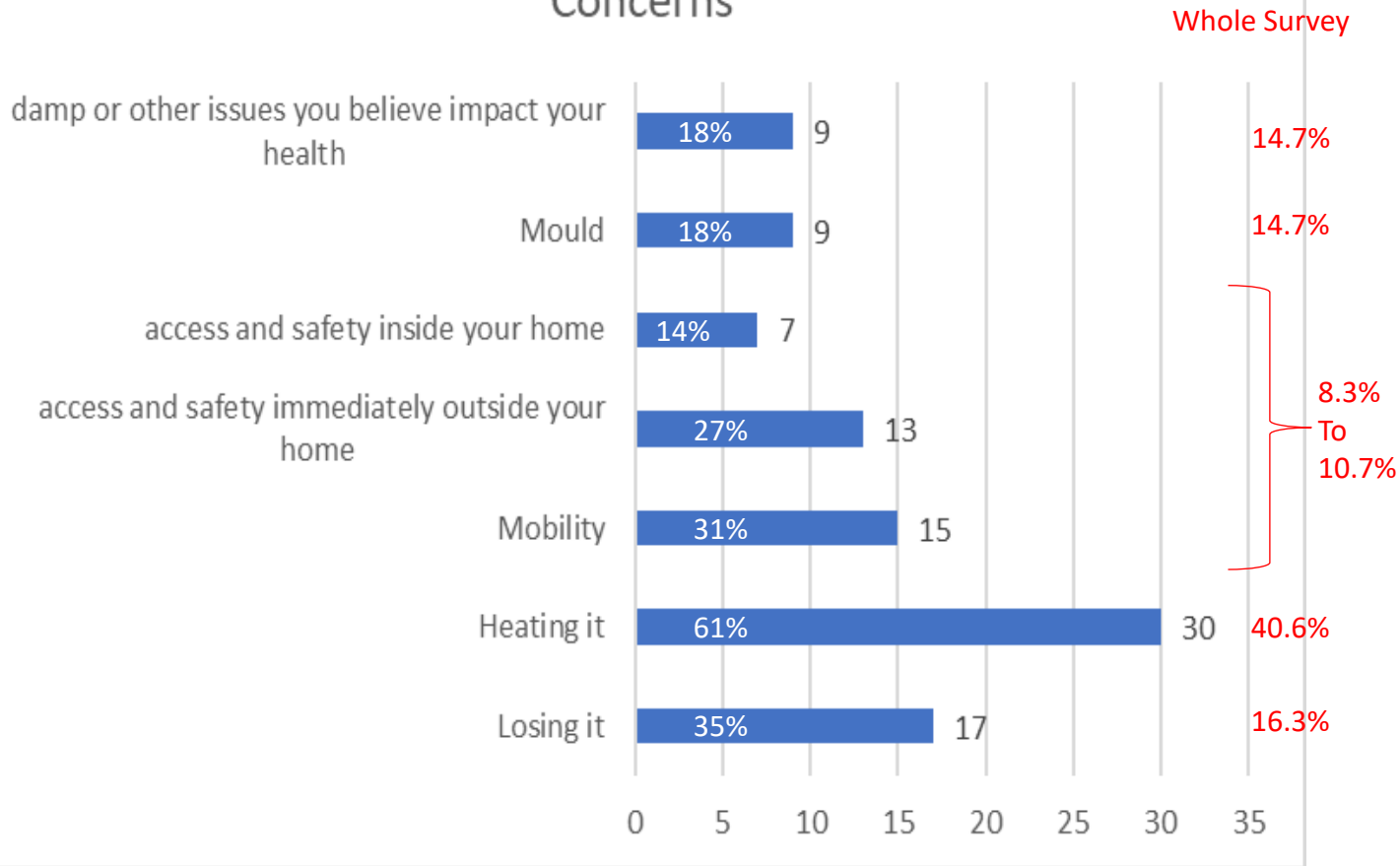


Overall, how would you rate your mental health and wellbeing over the past month? (1942 responses)



Housing – 49 of the 78 respondents had concerns

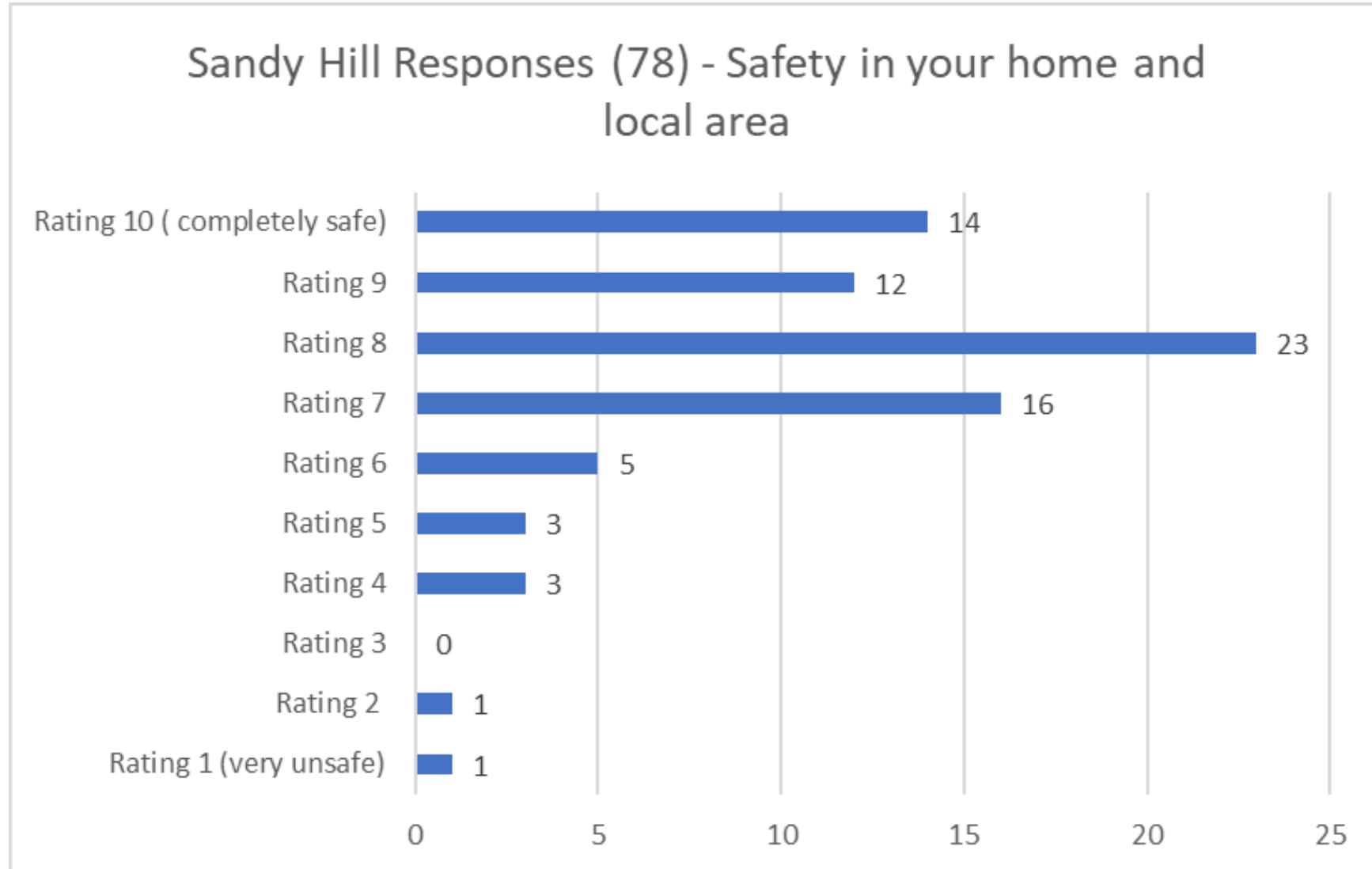
Sandy Hill Responses (49 out of 78) -Housing Concerns



Looking after my elderly mother and making sure everything in place for her

I live on Sandy Hill and to use a mobility scooter there are terrible pavements you have to look round for a crack payment to get down onto a road to get onto the next payment especially if you're not safe going on the road we need drop payment on the Hill

Safety in own home and local area



General other feedback

- Bit worried about the information of a BMX track being put up on the Common by Sandyhill the noise and the traffic will be awful up here so they will take up any spaces rather than pay2park but nobody seems to listen they just think I will it be fun to go and sit up there and play up there but not all the trouble that goes with it. You never know you'll get lots of trouble from the people travelling to these places and people that follow them around I would be worried about safety DY they're here every weekend or every other weekend
- Why is North Farnham Upper Hale counted as part of Blackwater way when talking to the council and if we need anything it has to do with it being connected to Blackwater way down the bottom of Aldershot don't get this at all
- Local authorities fail to take any responsibly for environmental impact on residents concerns or safety only feedback is not our responsibility, local councillors are equally ineffective and display their inaction on matters affecting local voters