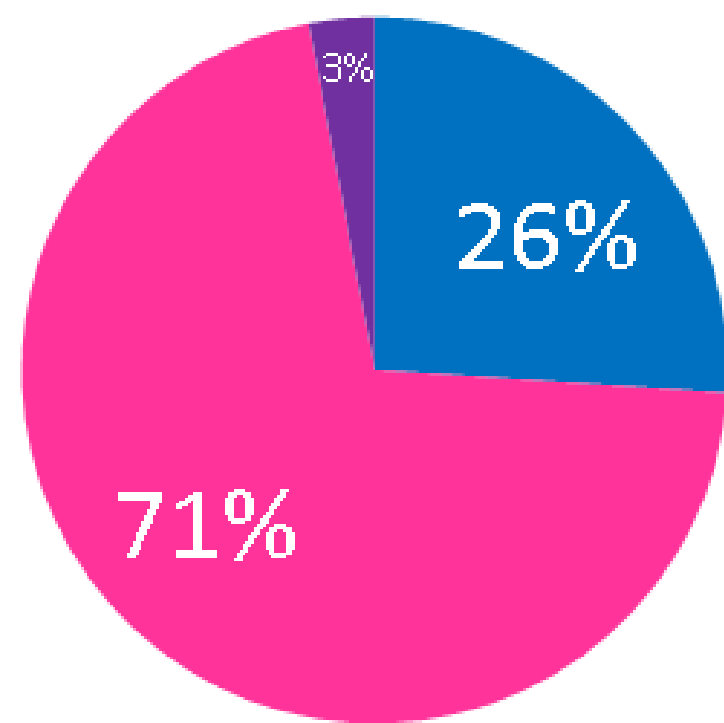


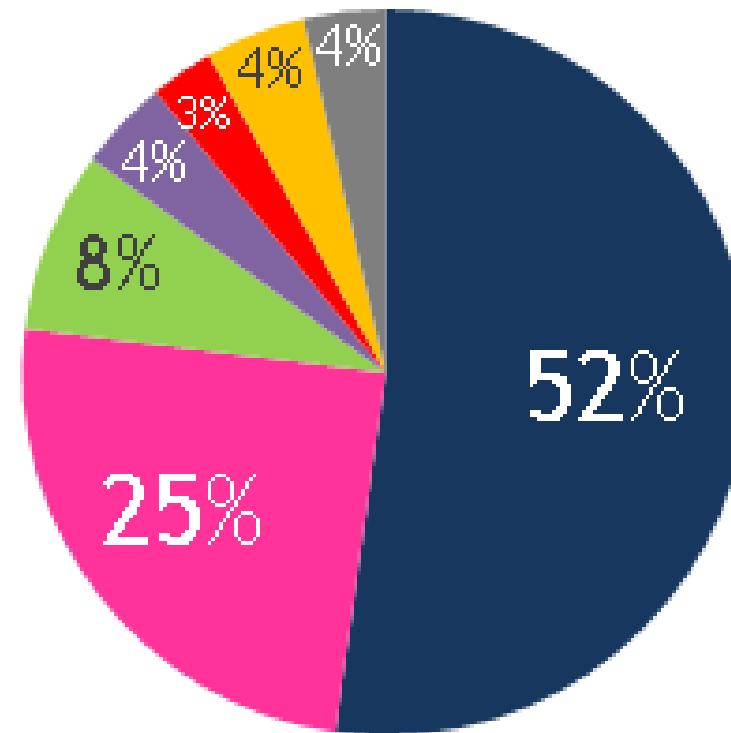
Your health and wellbeing in the COVID-19 pandemic

We are in the process of carrying out a survey online and via phone

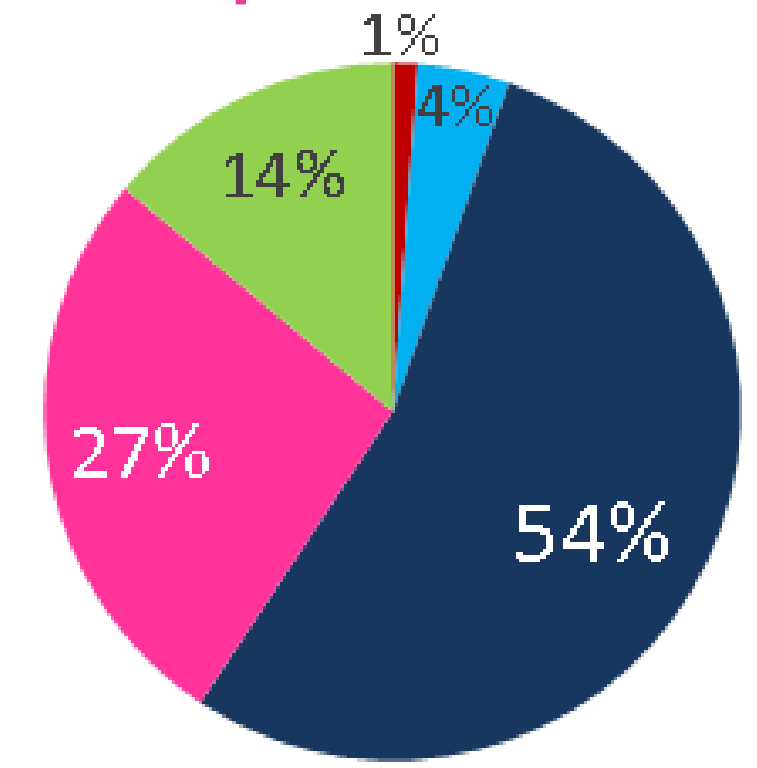
264 respondents to date



■ Men ■ Women ■ Nonbinary/other



■ White British ■ White Other
■ Bangladeshi ■ Other Asian/Asian British
■ Black/Black British ■ Mixed
■ Other



■ Under 18 ■ 18 to 24 ■ 25 to 49
■ 50 to 64 ■ 65+

2%
were tested for Covid-19

32%
experienced possible COVID-19 symptoms but were not tested

27%
were more vulnerable to COVID-19 because of pre-existing conditions

7%
had a disability

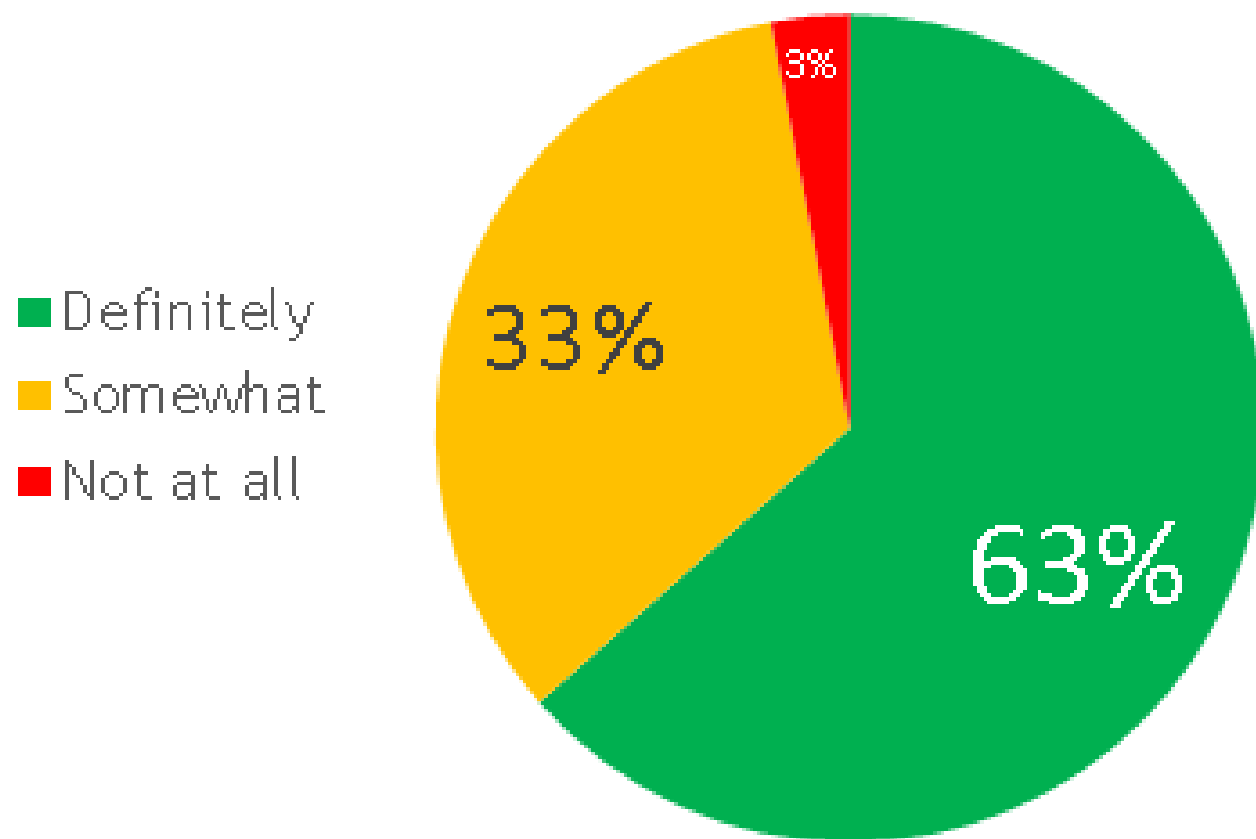
16%
had a mental health condition

23%
had children aged under 18

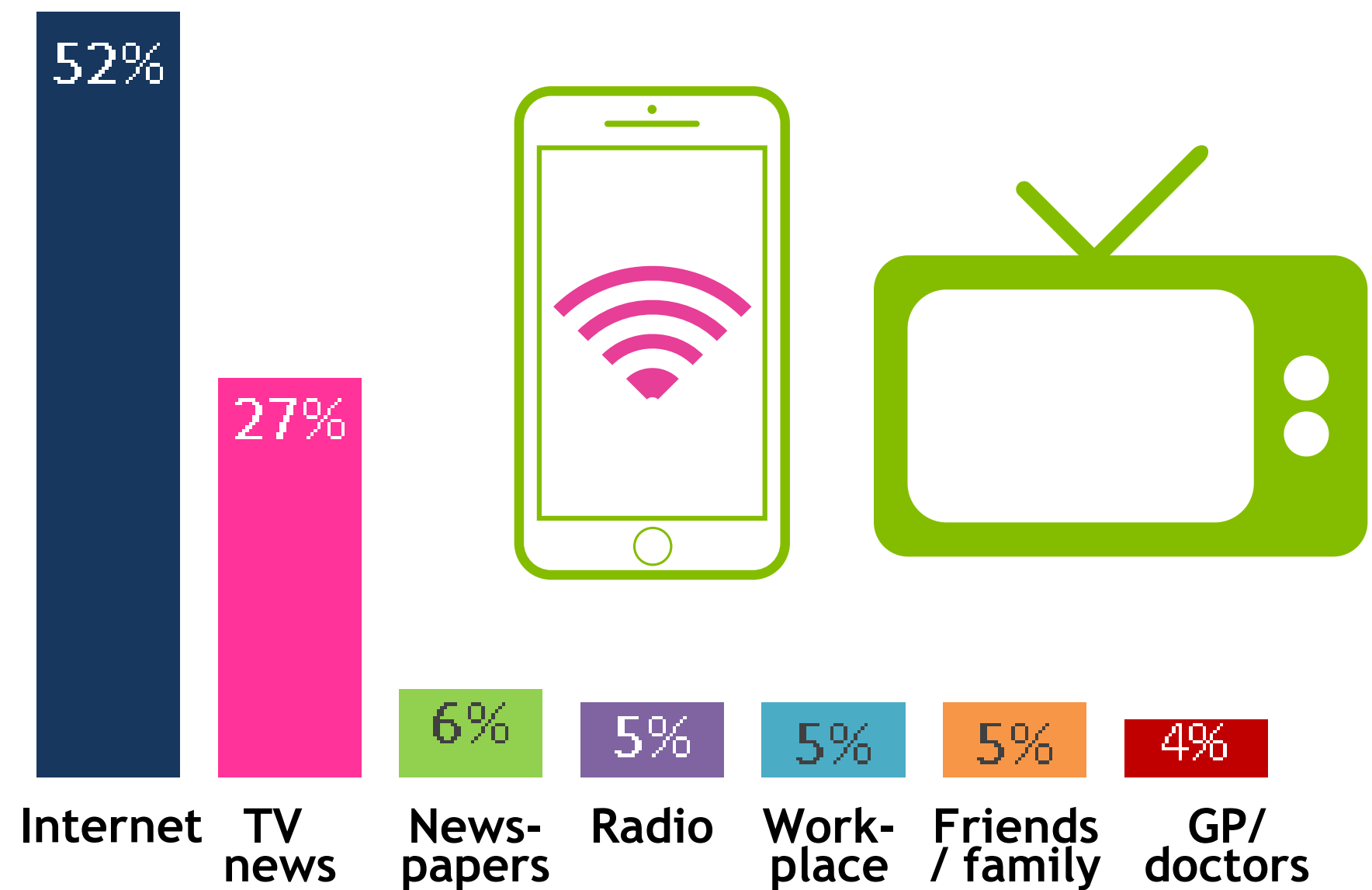
4%
were carers for an adult

Staying informed during the pandemic

Have you found it easy to find clear and understandable information about what to do to keep yourself and others safe during the COVID-19 pandemic?



The internet was the most used information source

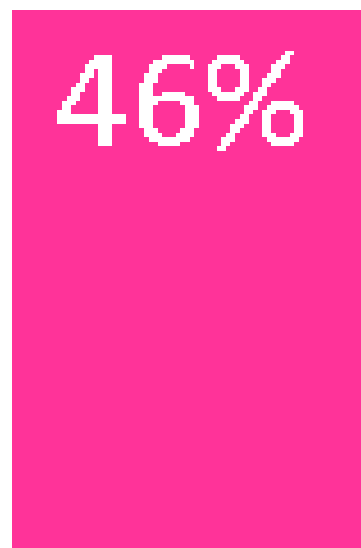


Staying well during the pandemic

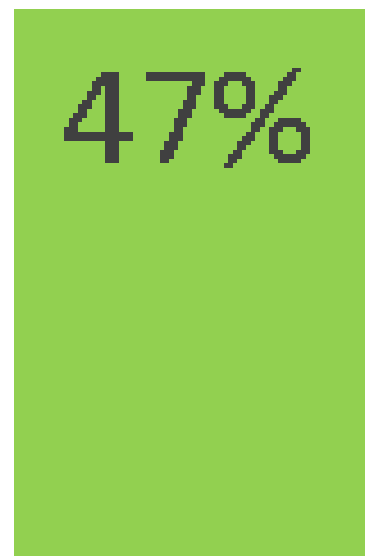
Most popular ways of staying well



Socially distanced outdoors exercise



Indoors exercise



Phone & online socialising



Walking was the most popular form of outdoors exercise.

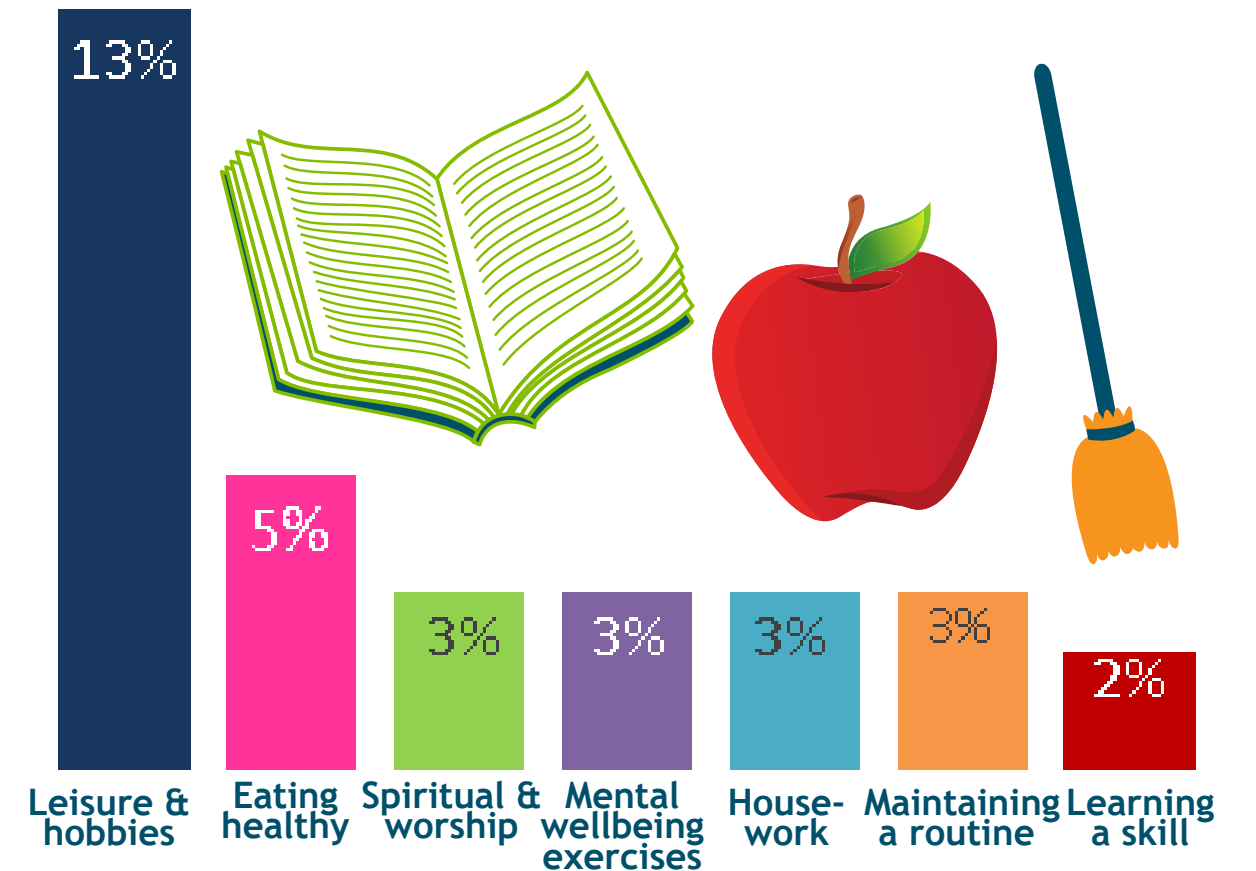


Yoga was the most popular form of indoors exercise.



25% of those who exercised indoors used an app or online tutorial.

Other ways of staying well

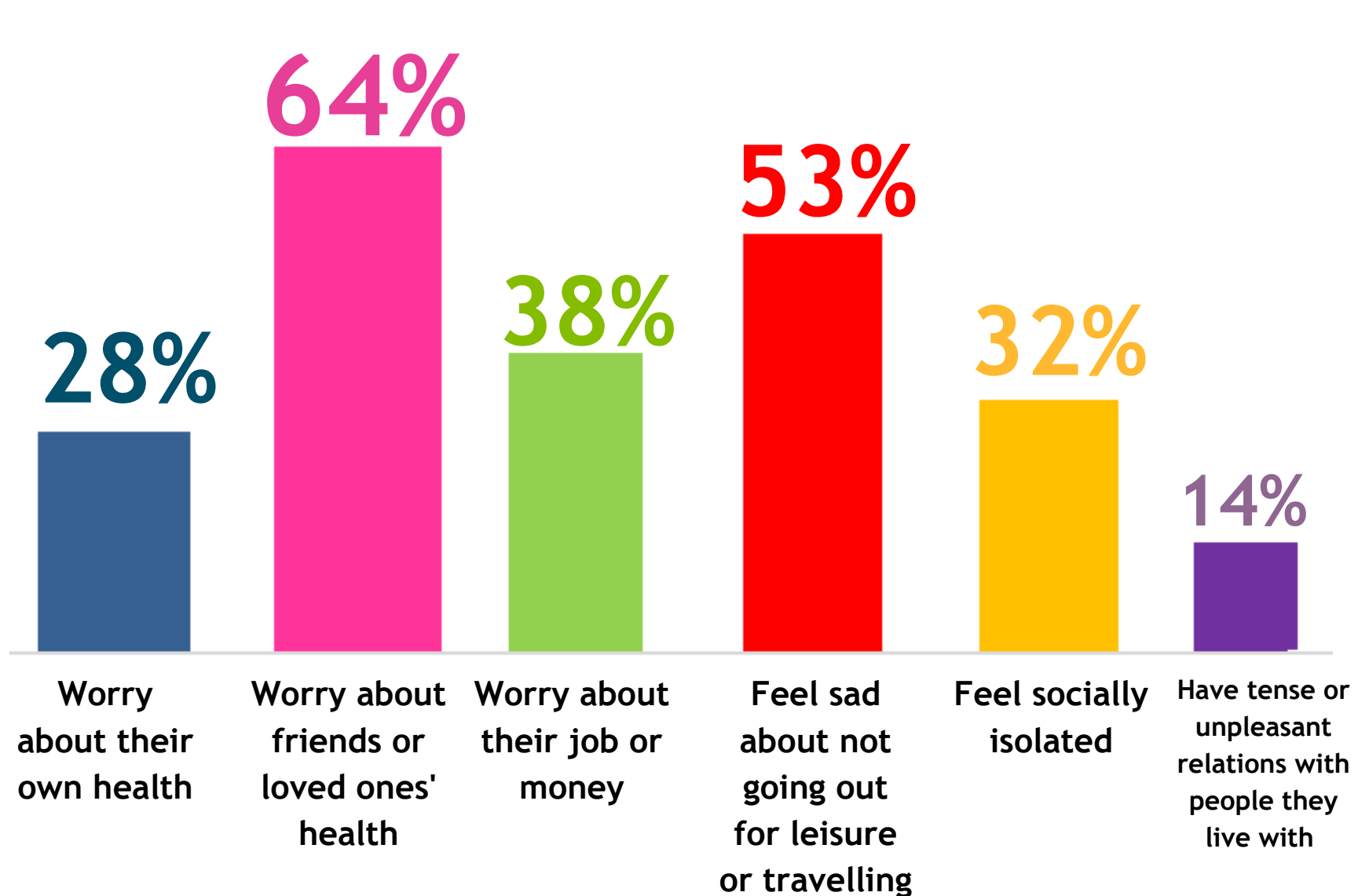


9% felt there was very little they could do to maintain their health and wellbeing.



They tended to be in poorer physical and mental health; more likely to be disabled; and less well-off financially.

Mental health during the pandemic



People with a chronic illness were more worried about their own health. However, older people were just as likely as young people to be worried about it.



Retired people were more worried about financial situation than economically active people; however, those living paycheck to paycheck were not more worried than those better off.



Younger people were the most likely to feel sad about missing out on travel and going out opportunities.



Those who lived with housemates or a partner with no children were most likely to feel socially isolated; even more so than those living alone.



People sharing a household with family members other than their partner or children were the most likely to have tense or unpleasant relationships with them.



12%

said they couldn't access the mental health support they needed



17%

reported using an app or website for their mental wellbeing

Accessing healthcare during the pandemic



GP surgeries

- 26%** had a telephone consultation .
- 16%** had an online consultation or used e-consult.
- 8%** couldn't get an appointment they needed.



Other NHS services

- 11%** spoke to a professional on the phone.
- 6%** spoke to a professional online.
- 13%** had routine appointments or procedures cancelled.
- 10%** had disruptions to long-term treatment.



Telemedicine

- 11%** called 111 for advice.
- 16%** used 111 online
- 26%** looked up symptoms elsewhere.
- 16%** used a mental health app or online resource.
- 3%** accessed test results or referrals online.

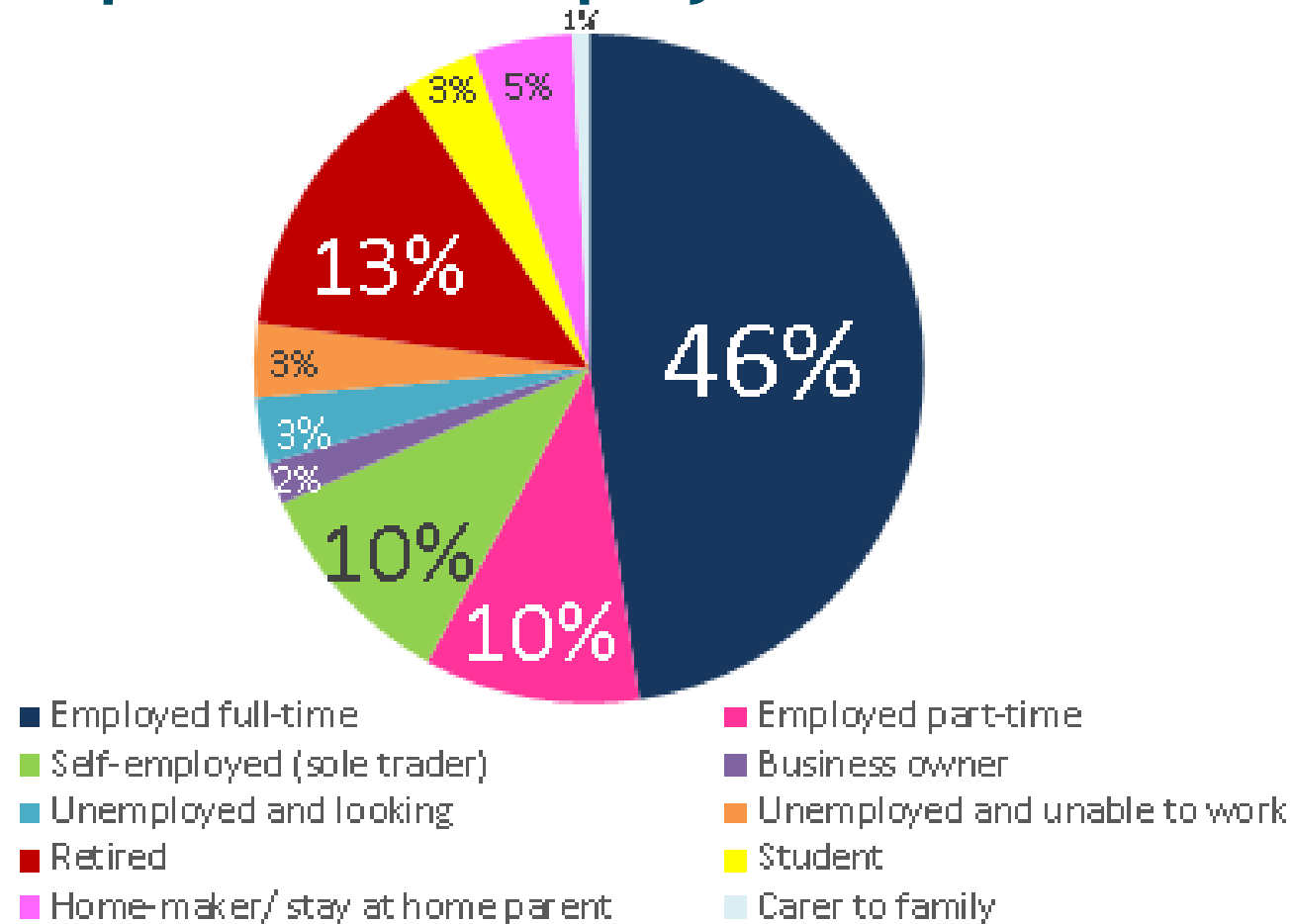


Medication

- 18%** ordered a repeat prescription online.
- 5%** had trouble getting their prescription medication.
- 16%** had trouble getting over the counter medication.

Working life during the pandemic

Respondents' employment status



Working conditions

- 78%** of those in work were working from home.
- 11%** of those not working from home felt unsafe at work.
- 20%** of those in work said their workload has increased.



Closures and job losses

- 13%** of those economically active lost their jobs.
- 19%** said their workplace closed temporarily. **29%** of them receive no pay during this time.
- 10%** said their hours and pay were cut..
- 77%** of self-employed people lost income or clients.



Time off for isolation.

- 7%** of those in work missed work to shield or self-isolate.
- 15%** of them received no sick pay.

Community involvement during the pandemic



57%

joined an online local Covid-19 support group.



23%

asked a friend, family member or acquaintance for help with shopping or errands.

8%

asked someone from a support group for help with shopping or errands.

37%

helped a friend, family member or acquaintance with shopping or errands.

20%

helped someone from a support group with shopping or errands.

4%

asked for information or advice on local online support groups.

23%

gave info or advice on local online support groups.



5%

contacted a local or national charity to ask for advice or information.

4%

contacted a local or national charity to ask for practical or material help.

22%

volunteered for a local or national charity to help the COVID-19 crisis response.

43%

donated money or goods to a local or national charity to help the COVID-19 crisis response.

