

Wellbeing and Mental Health Alperton

Survey Results



Who responded? (1/3)

Out of the **76** responses we received:

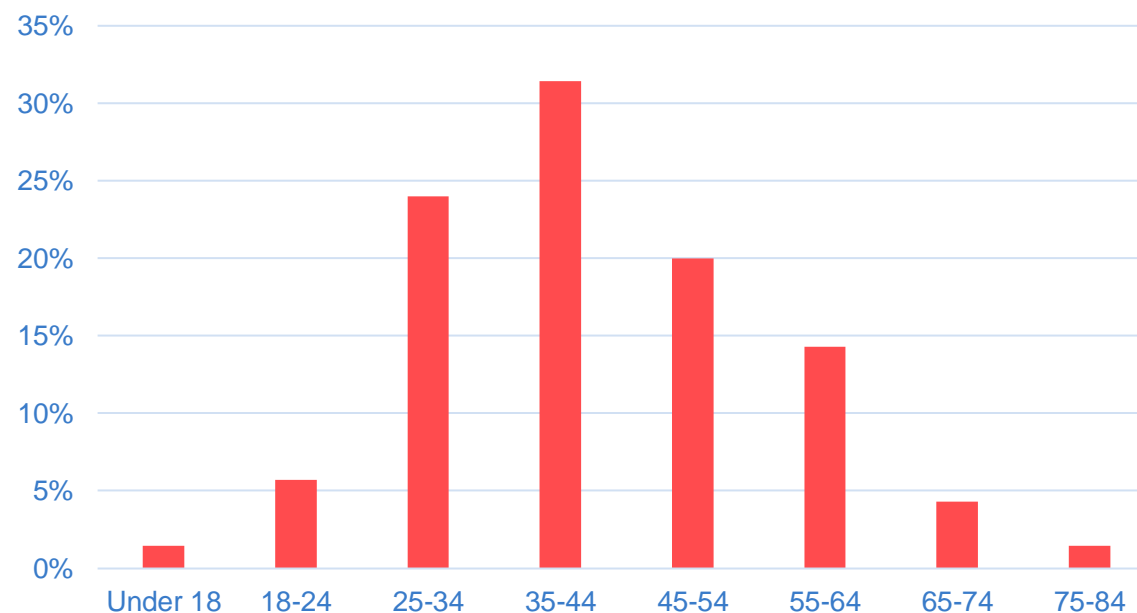
- **71%** live in Alperton
- **12%** work for a local business
- **8%** volunteer for a local charity
- **3%** work for a local charity
- **3%** work for a public sector organisation

And **8%** mentioned that none of these categories apply to them

Gender:

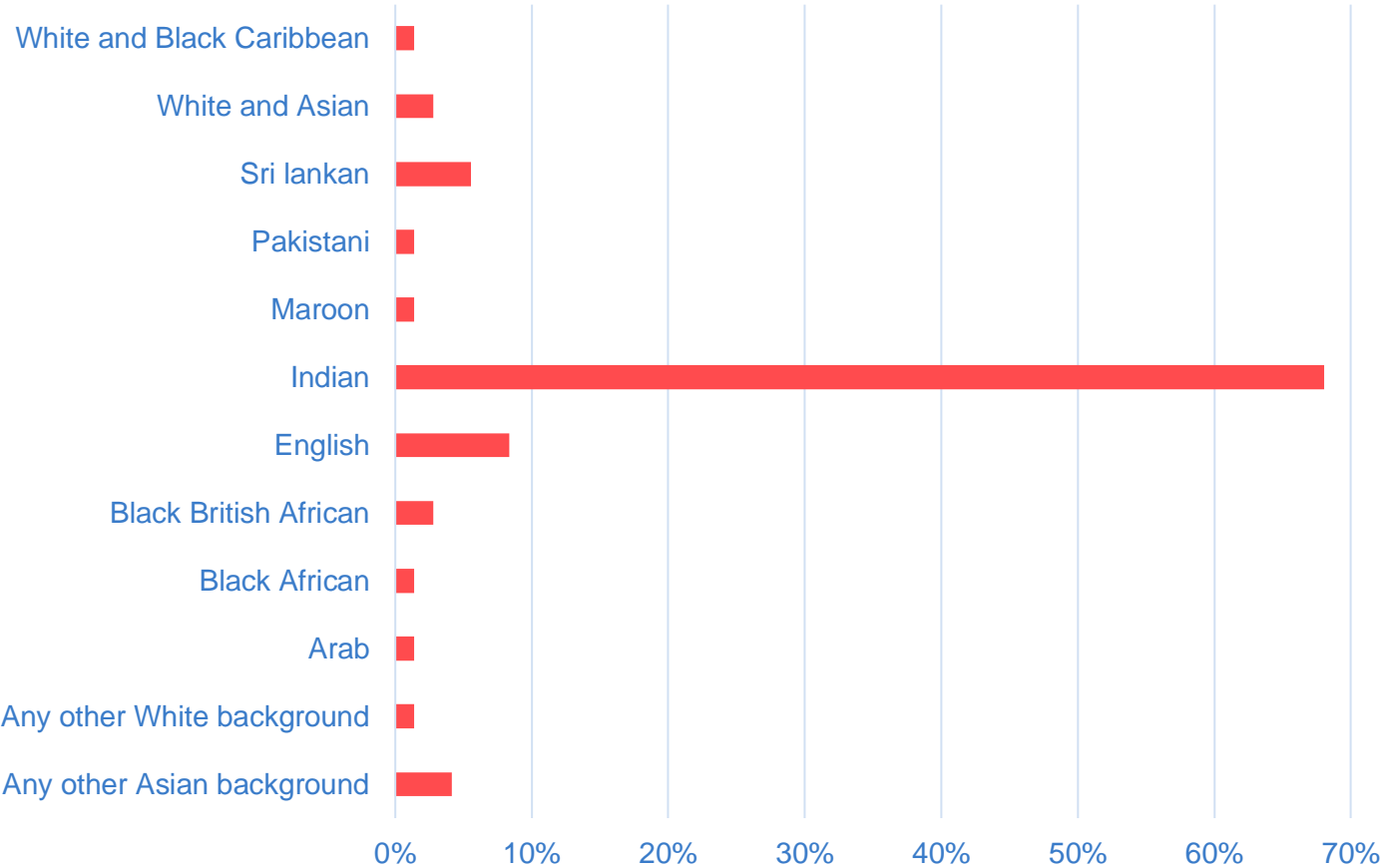


Age:

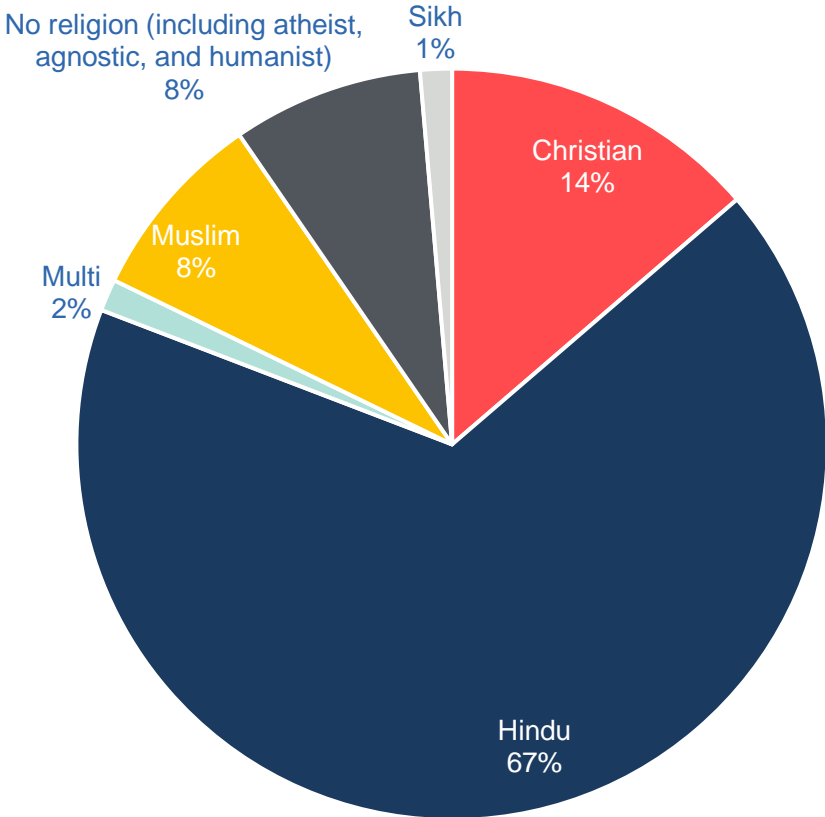


Who responded? (2/3)

Ethnicity:



Religious beliefs:



Who responded? (3/3)

Occupation:



64% are **working**



7% are **students**



5% are **parents of young children**



7% are **carers (for family members/ someone with an illness)**

14% are both **working and parents** of young children whilst

3% are **working, studying & caring** for someone with an illness

House occupancy:



8% live **alone**

7% live with **one** other person

18% live with **two** other people

10% live with **three** other people

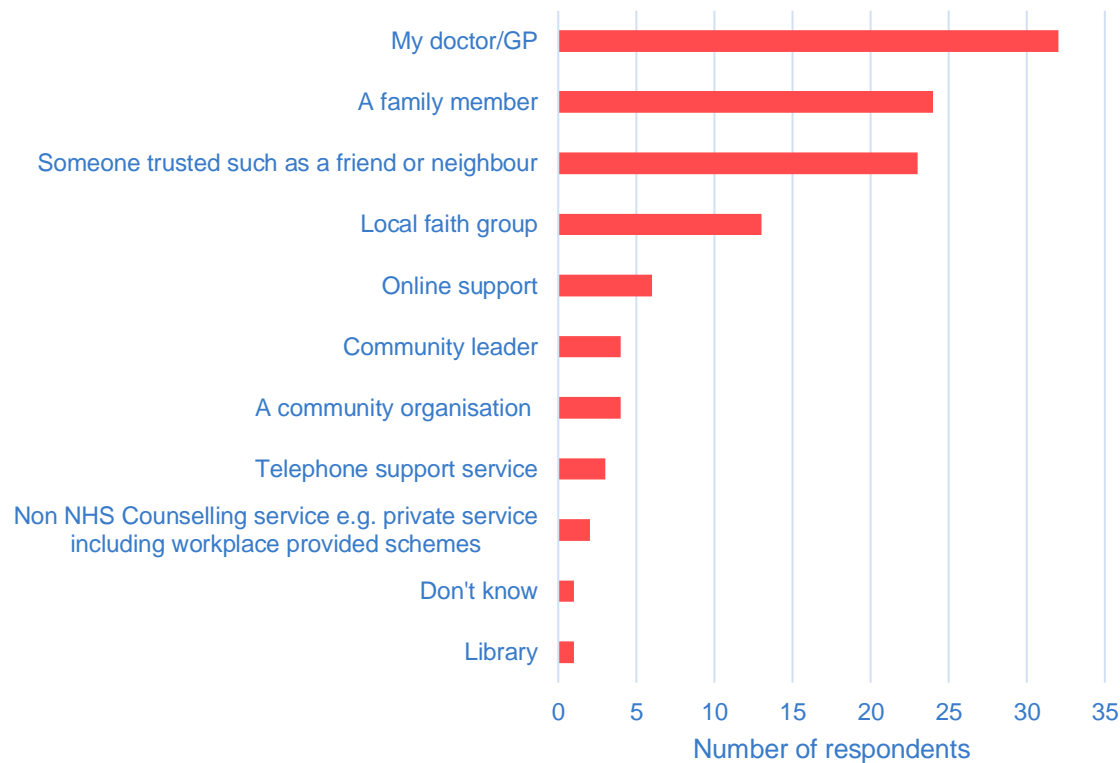
23% live with **four** other people



34% live with **five people or more**

Your emotional wellbeing and mental health (1/3)

1. Where would respondents go for wellbeing support or help?

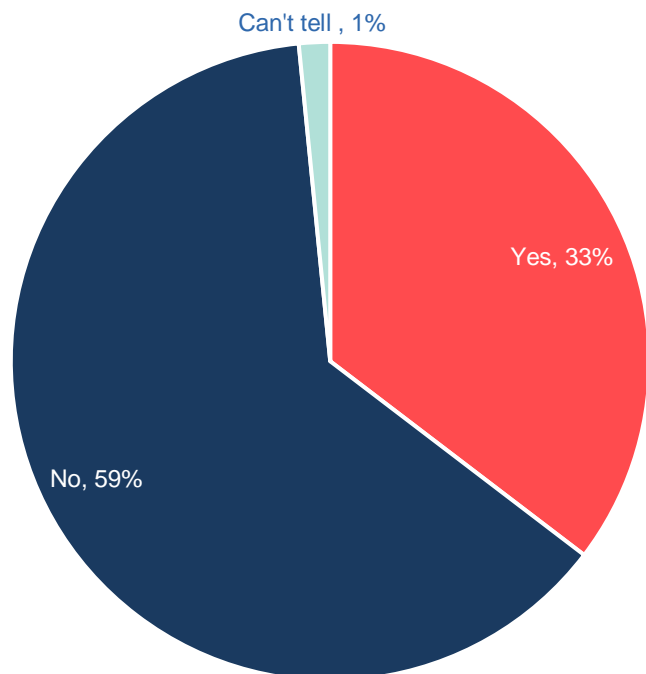


2. What are the important factors for respondents in accessing emotional wellbeing and mental health services?

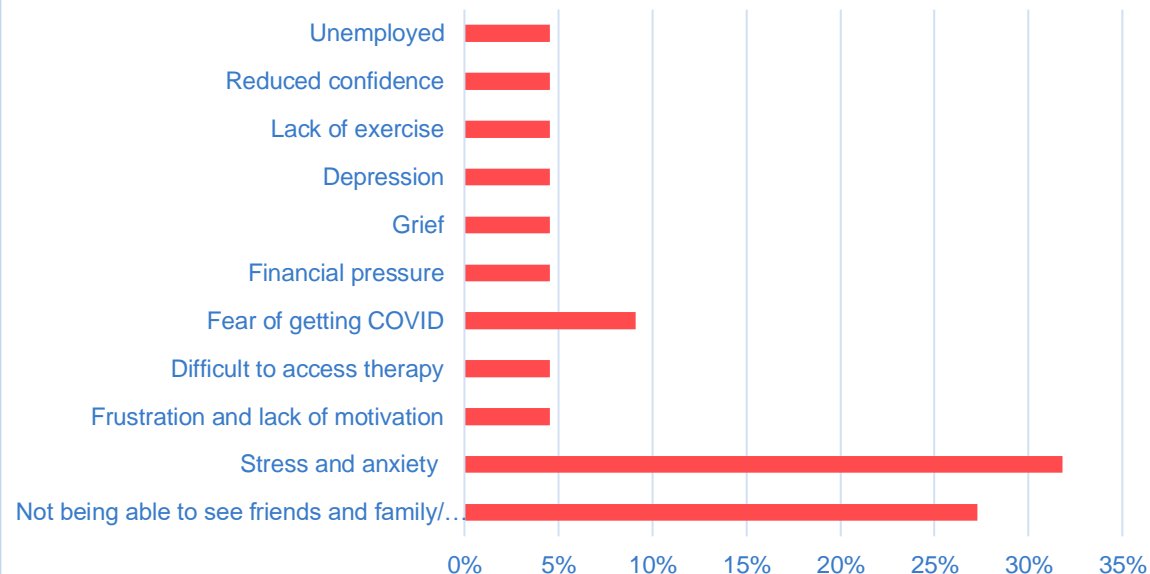


Your emotional wellbeing and mental health (2/3)

3. Have respondents' personal wellbeing and mental health been affected by the COVID 19 pandemic?



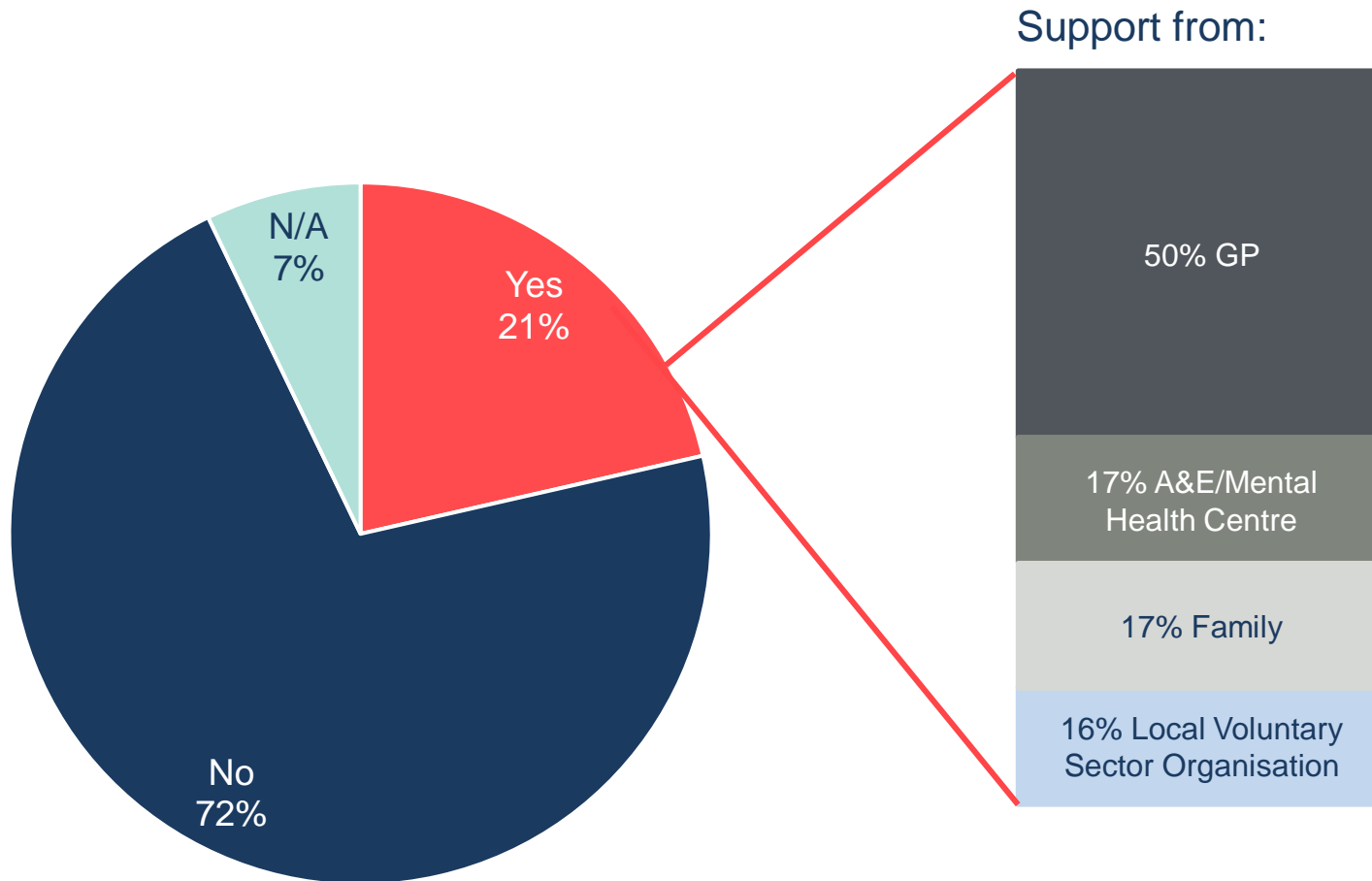
4. If yes, how has it been affected?



“Coping mechanisms before were to go out, sometimes to clothes shops, sometimes to events, occasionally on trips, but can't do that now”

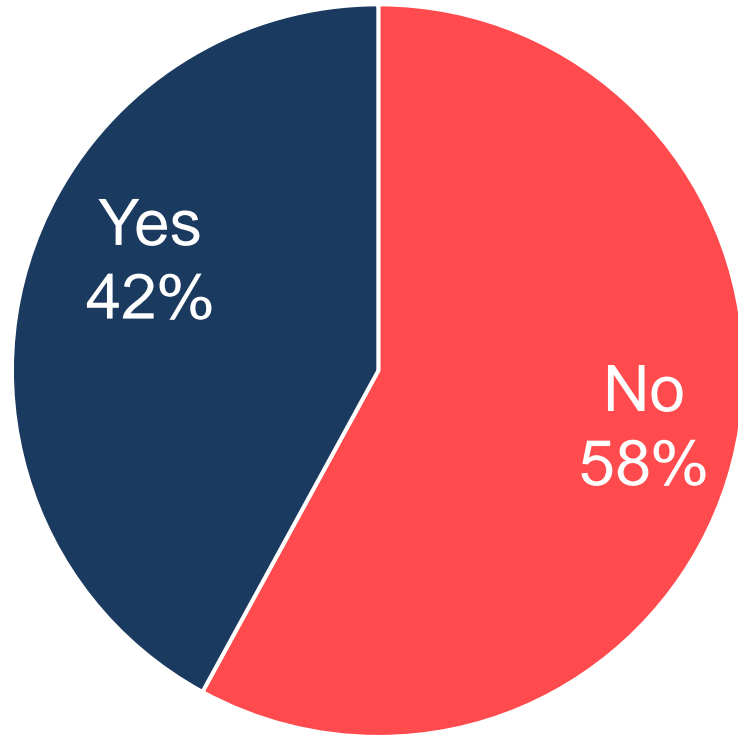
Your emotional wellbeing and mental health (3/3)

5. Did respondents seek support?



Knowledge of local services available in Alperton (1/4)

1. If respondents were aware of someone that was having a mental health crisis would they know how to help them?

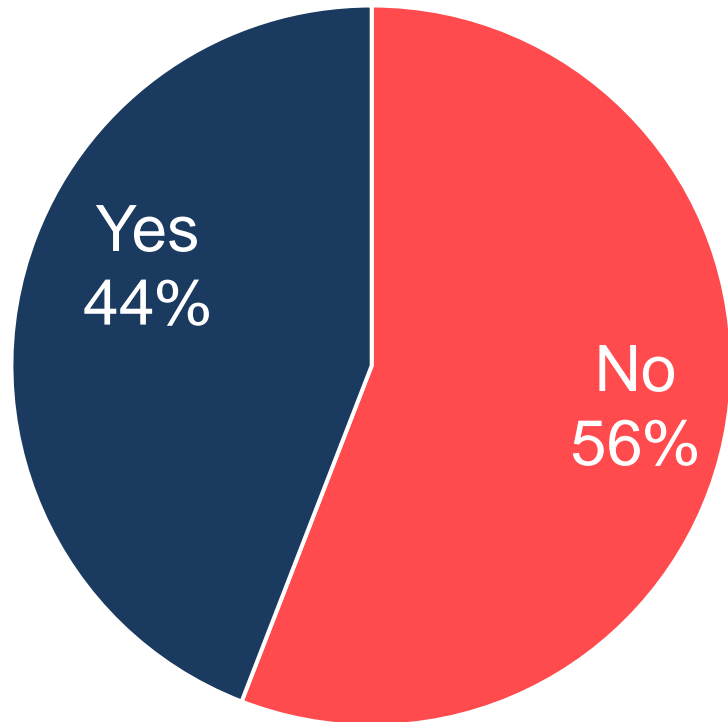


2. If yes, how would they help?



Knowledge on local services available at Alperton (2/4)

3. If respondents were aware of someone that they felt was lonely or isolated and in need of some support would they know how to help them?

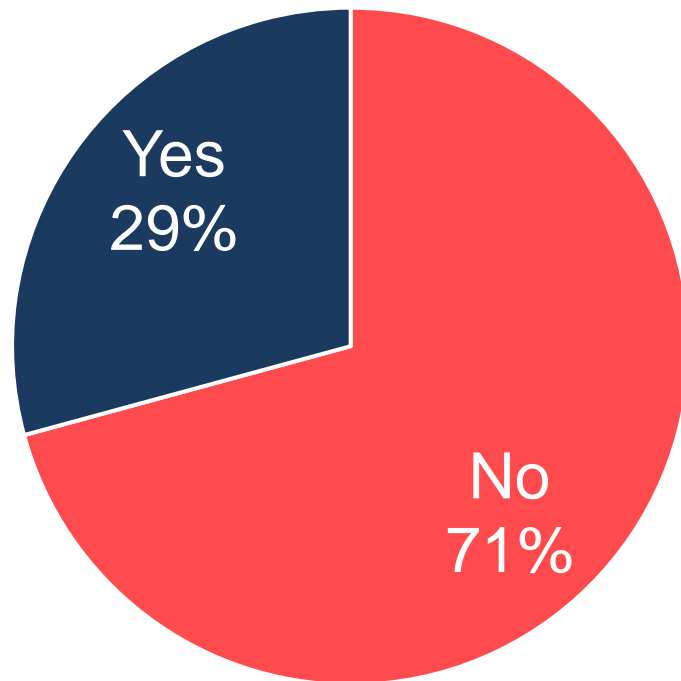


4. If yes, how would they help?

- Carers
- Council / local services
- Talking and listening to them
- Encourage to take part in volunteering work
- GP / health advisors
- Check online / online wellbeing support
- Covid mutual aid group

Knowledge on local services available at Alperton (3/4)

5. If respondents wanted to help someone get better connected into the local community in Alperton would they know how to help them?



6. If yes, how would they help?

- Refer to Brent Gateway Social Isolation project
- Talk to them**
- Contact local councilor who can add them to the community WhatsApp
- Local community groups**
- Local authority contact details or address
- Provide information on available services in local area
- Council**
- Share numbers / connections

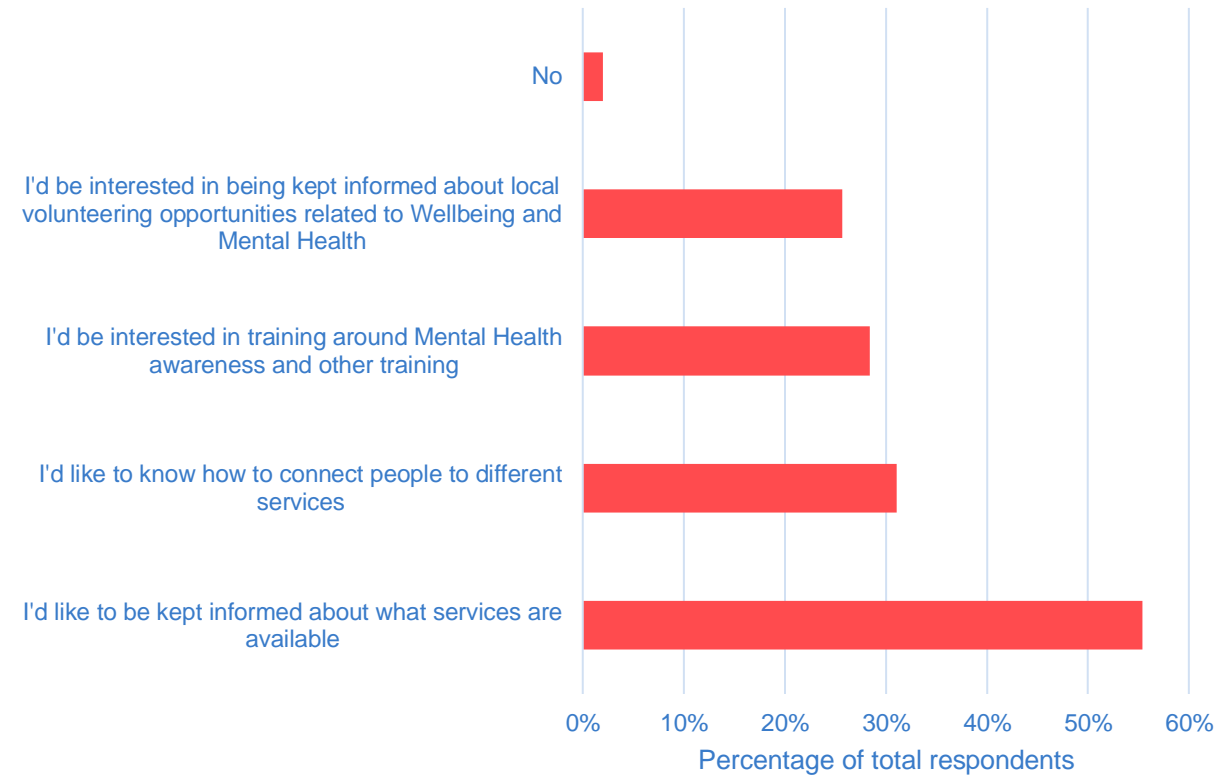
Knowledge on local services available at Alperton (4/4)

7. What other local groups and organisations (operating in Alperton) are respondents aware of that offer support to local people?

Out of the 74 people that filled in the survey, **only 50%** responded to this question

- Art of Living
- International Association for Human Values (IAHV)
- Brahma Kumaris
- Temples
- Brent Indian Association
- Church
- Council
- Food banks
- Indian Authority Office
- Mind
- Age UK
- Elders Voice
- Sewa Day
- Wembley Central Mosque

8. Would respondents like to be more involved in understanding and supporting the emotional wellbeing and mental health of people living in Alperton?



In an ideal world what would respondents do to improve the emotional wellbeing and mental health of people living in Alperton?

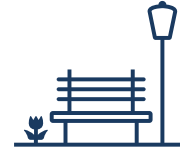


Make activities and services more tailored to the community and culture (i.e. inclusion of different languages)

Community entertainment, music and comedy

Providing social opportunities for all

Outdoor community activities and events



Increase green spaces, leisure activities and reduce population density

Create safe spaces for people to share their concerns or problems

Clean up the area



Keep in contact with residents and connect them with other residents so that they do not feel lonely

Advice on how to remain positive and healthy

Connect residents to appropriate support and inform them on where to get help

More accessible care, allowing family members to be involved