Wellbeing and Mental Health Church End

Survey Results











Who responded? (1/3)

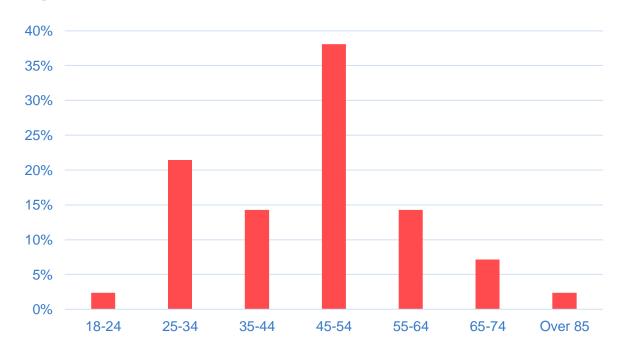
Out of the **43** responses we received:

- 69% live in Church End
- 17% work for a local business
- **14%** volunteer for a local charity
- **14%** work for a public sector organisation
- 12% work for a local charity

And **7%** mentioned that none of these categories apply to them











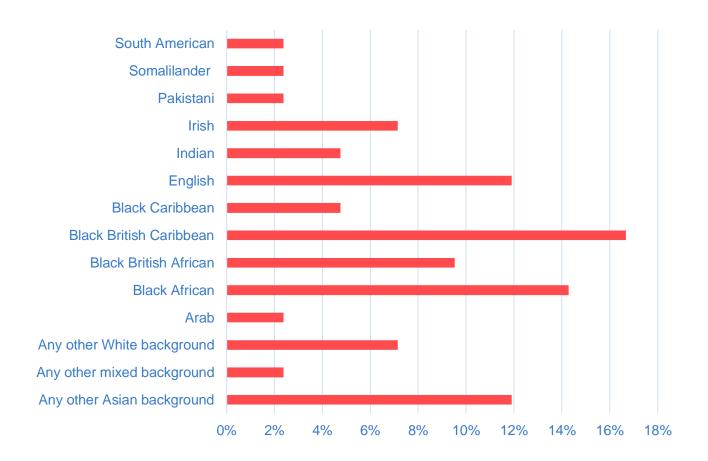




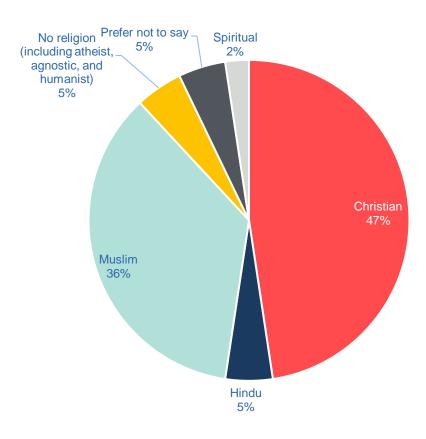


Who responded? (2/3)

Ethnicity:



Religious beliefs:













Who responded? (3/3)

Occupation:



79% are working



6% are students



21% are parents of young children



12% are carers (for family members/someone with an illness)

12% of respondents hold two roles (e.g. working while studying, working while caring for someone with an illness or working and parenting)

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







House occupancy:



26% live alone

7% live with **one** other person

17% live with **two** other people

17% live with **three** other people

17% live with **four** other people

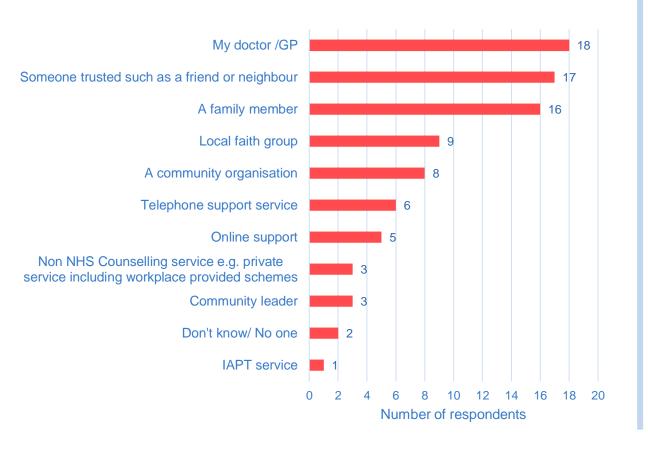
17% live with five people or more





Your emotional wellbeing and mental health (1/3)

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



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

Support provided as part of a group



Being face-to-face as opposed to online or over the phone

Ease of access

Close to my home or work

Naiting list





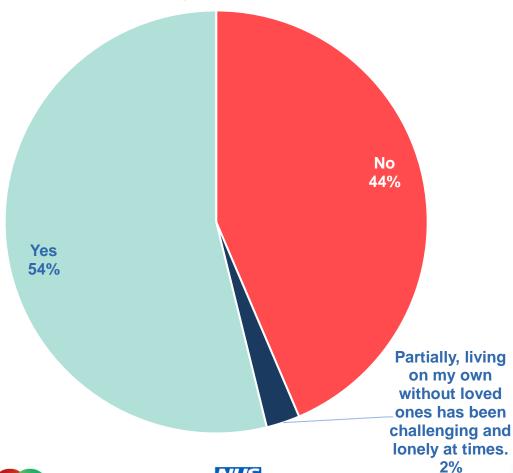




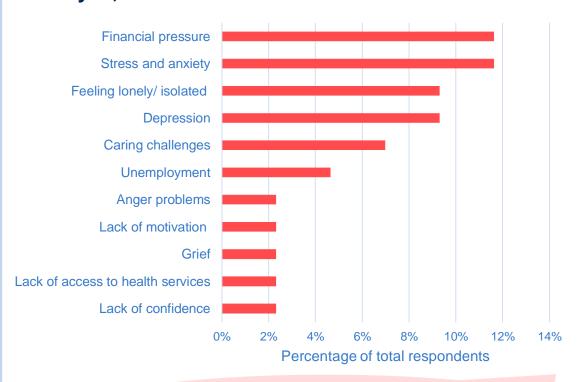


Your emotional wellbeing and mental health (2/3)

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



4. If yes, how has it been affected?



"I am a virtual recluse in my home. I only ever go out for medical appointments which is about once every 2 months or so. I am terrified of going out because so many local people don't bother wearing masks at all or properly."



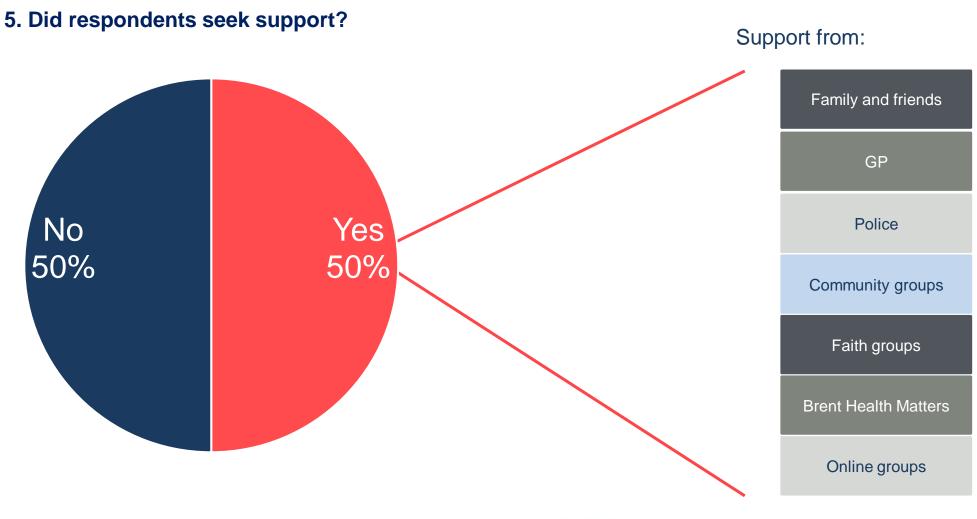








Your emotional wellbeing and mental health (3/3)







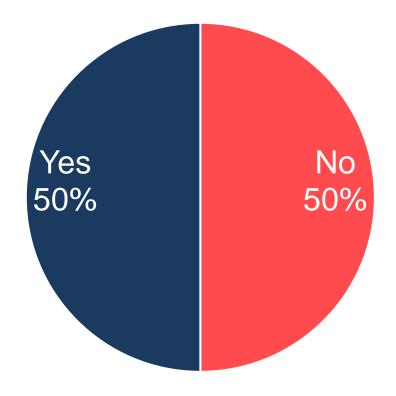




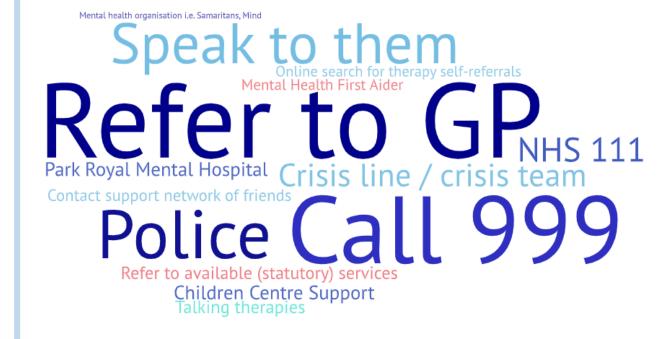


Knowledge on local services available at Church End (1/4)

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?





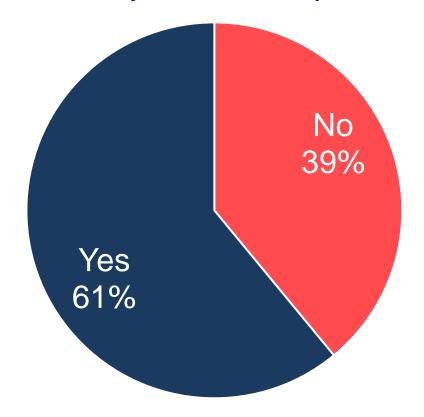






Knowledge on local services available at Church End (2/4)

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?

Connect them with support groups
Offer to listen to their concerns
Speak with them
Community mental health service
Direct them to services that can help
Provide contact numbers
Mental health organisations and charities i.e. Samaritans, Free the Forgotten
Refer to a GP





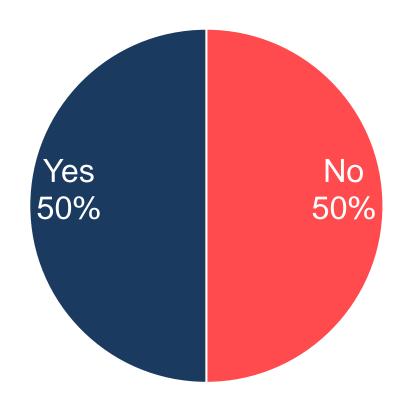




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Knowledge on local services available at Church End (3/4)

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



6. If yes, how would they help?

Africa Women Centre
Church Synagogue
Provide contact numbers
Signpost to appropriate services

SAAFI Free The Forgotten
GP Refer to Unity Centre
Mosque
Brent Community Mental Health team









Knowledge on local services available at Church End (4/4)

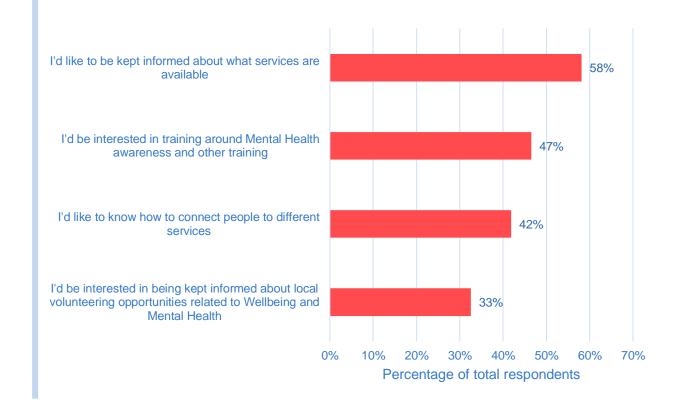
7. What other local groups and organisations (operating in Church End) are respondents aware of that offer support to local people?

Out of the 43 people that filled in the survey, **only 63%** responded to this question

- Afghan Islamic Cultural Centre
- Mosques (i.e. Afghan Mosque)
- Free the Forgotten
- BANG Edutainment
- Brent Council
- Children's Centre
- Faith groups
- Community Champions
- NHS Bereavement Service
- SAAFI

- African Women's Centre
- Synagogue
- Mencap
- Addaction
- Local food bank
- College of North West London
- Mutual Aid Groups
- Brent Health Matters
- Unity Centre
- Somali Centre
- St Mary's Church

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













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

Financial support services for residents

Better food choices (keeping markets open)

Improved, safe, green public spaces (particularly safe spaces for female residents)

Set up a mental health hub and provision of a mental health crisis team

Health education in the community

Educational workshops

Drop in centres for residents to discuss concerns

Encourage local people to have their say on different platforms so their needs can be addressed

Community activities to improve appearance of the area

Brent

NHS

London North West
University Healthcare

Offer inclusive support tailored to the needs of the residents



More advice and motivation

More affordable and improved housing

Place for young people to go and feel safe

Providing funding for local businesses

Better, more accessible information for residents

Clean up the area Reduce crime and poverty

Listen to the people and community and support their need in a culturally appropriate way

Central and Vest London Foundation Trust Clinical Commissioning Group

Addressing the drug and alcohol abuse issue in the area

Set up community connection hubs in the Unity Centre

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