

Calne Health and Social Care Forum

Well-Being Survey for Over 65's living in the Calne Community Area

Report of Survey Findings to CHSCF Meeting

24th November, 2020

Respondent Profile

- 82 responses
- Two-thirds of respondents women
- 18% were Carers
- Just over half aged 65-74
- 9% aged 85+
- 80% did not consider themselves disabled
- 80% have access to the Internet either at home or through the library

How has Covid and Lockdown affected your life and your emotional wellbeing?

Although some respondents felt there had been little effect on their life and emotional wellbeing with one stating 'it made me realise how blessed I am that I have a wonderful supportive family and friends', many highlighted social isolation and loneliness due to lack of contact with others following the closing of local activities and clubs and restrictions on their daily activities. Of this group, a fifth say they are now living with increased depression, anxiety and low mood.

Comments to illustrate this included:

- Awful*
- It has put me into almost isolation and I suffer terribly with depression*
- It's awful being on my own, I'm so terribly lonely*
- Has caused me a lot of depression and escalated my medical problems*
- Loneliness and lack of feeling of community*

Do you have any continuing fears and worries?

The majority of fears expressed were fears of themselves and their families being infected by others who they consider not to be following Government guidelines. This was particularly so for those living with other medical conditions eg cancer who also worry about ongoing access to healthcare.

The theme of loneliness continues and fears of activities and groups not reopening when this is all over.

Comments to illustrate this included:

- I hate being on my own and get worried and upset when I'm in so much pain and feel so invisible*
- I now have to deal with a more aggressive form of cancer*
- Fearful of immediate and longer term future, especially healthcare*
- The problems of living on a pension are growing*
- Retirement years are no longer as positive as they were expected to be, especially in terms of travel*
- Losing contact with neighbours, social contacts*
- Reluctant to take the exercise I know I need*

Have there been any positives that have come out of this experience?

The positives were primarily around bringing communities together, getting to know neighbours, supporting each other, strangers willing to help, generally people being kinder. Others used time to complete jobs in the house and garden, working out new ways to contact others using Zoom and Skype, not having to clock watch, doing more walking, re-evaluating the important things in life.... however others have not had any positive experiences.

Comments to illustrate this included:

- Enjoyed getting to know local countryside better*
- Family have become very supportive and closer*
- Great community feel and I've talked to some neighbours who don't normally chat*
- Coped better than though I would; did yoga and skipped*
- Meditation helps*
- No, not really*

Where do you get your information about community support services and activities for older people?

- word of mouth
- posters and leaflets, particularly in the Library
- Church
- Memory Club
- Calne voices
- from professionals, eg Local Area Co-ordinator (Wilts Council) & Care-Coordination (surgery)
- Internet and Shout-Out Calne
- Wiltshire Carers Support

... **but!**

- *I don't, that would be helpful*

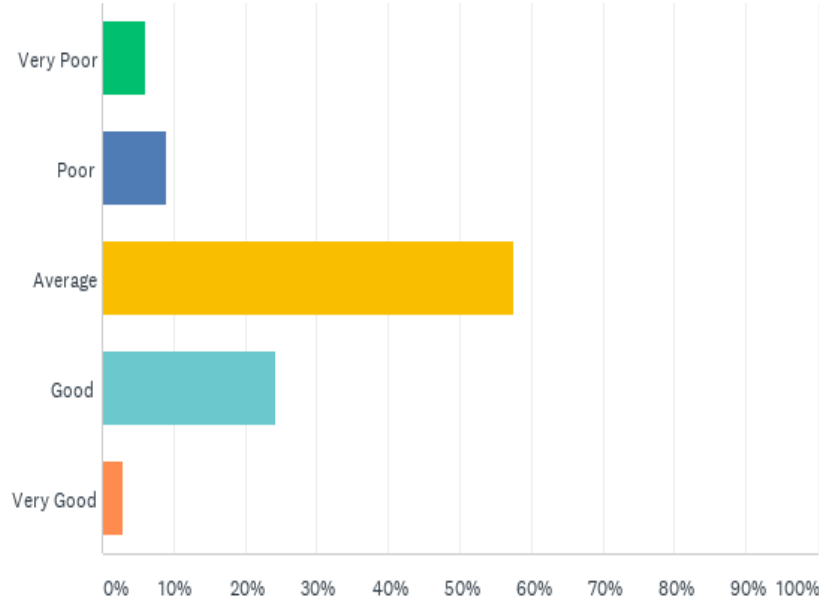
In which local activities have you participated in the past?

Fairly wide range for those that did participate including: Church groups, WI, Memory Club, Chair exercise, walking group, concerts in Library, Men's Shed, Reconnecting Mornings, volunteering, gathering in Pocket Park for coffee, Oldbury Wednesday club, swimming at Leisure Centre etc

Not everybody wants age-specific activities. There were comments such as:

I don't particularly want to participate in activities for older people but would rather join in general activities.

How would you rate the choice of activities available for older people in the Calne community area?



Very Poor 6%

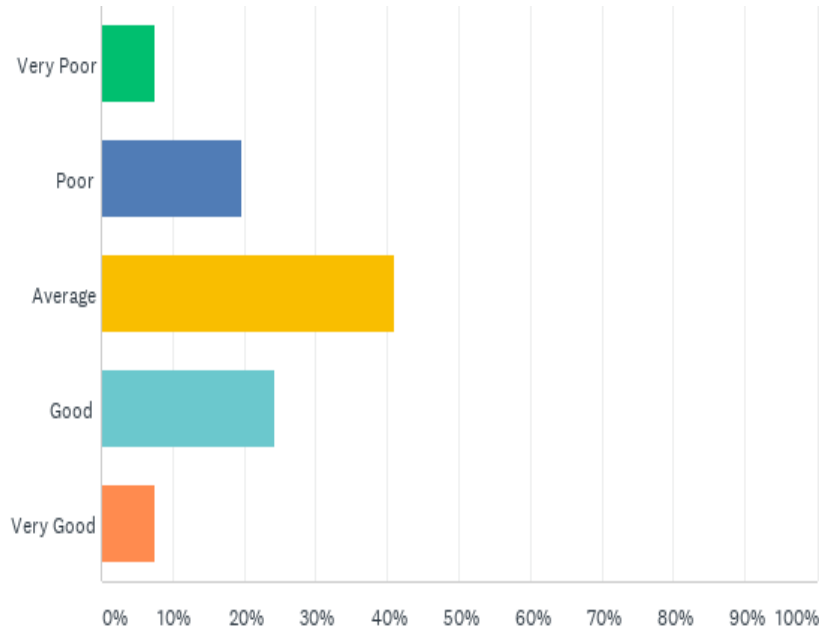
Poor 9%

Average 58%

Good 24%

Very Good 3%

How would you rate transport/access to activities in your local area?



Very Poor 7%

Poor 20%

Average 42%

Good 24%

Very Good 7%

Only 21% of respondents knew that a small adapted vehicle is available to hire from the Calne Community Transport, to carry one person seated in a wheelchair and two other passengers

What new activities would you like to see, in recognition of our changed circumstances?

Particular interest in activities which address sensory impairment such as being partially-sighted, hard of hearing or coping with reduced mobility.

Mostly people want to go back to the clubs and activities they enjoyed before lockdown with suggestions for new activities generally not being feasible at the current time because they involve groups, eg singing, exercise classes, book groups etc.

Some interest in more on-line activities.

Do you have any other specific ideas or feedback relating to older people's activities to share?

More exercise groups to music ('Mental and physical encouragement with a few laughs together really lifts one's spirits and helps with any depression and loneliness')

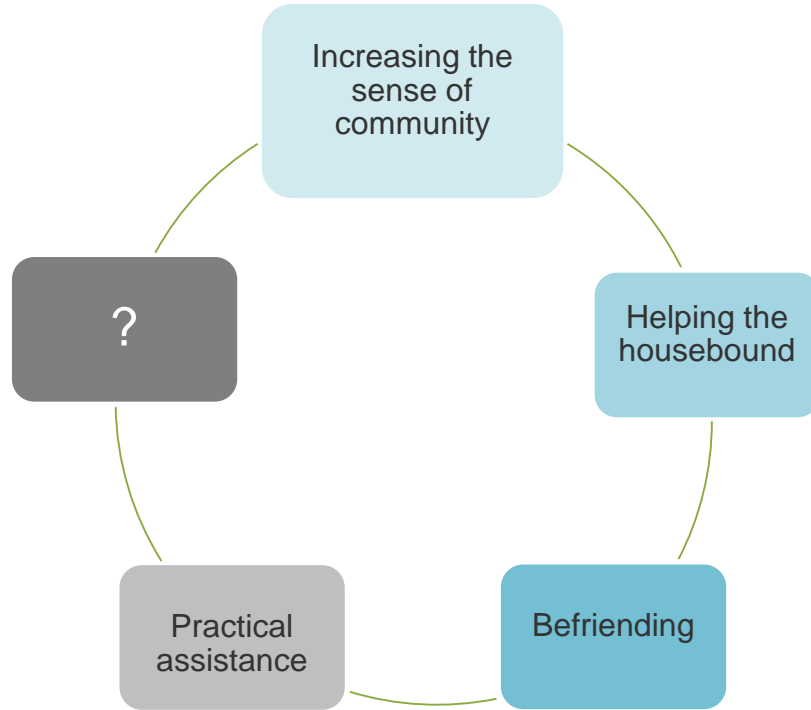
Activities run in tandem with schools, eg knitting, reading

Clear identification of where to find out about the activities available

Halls let out to the elderly run by the Council where people could meet and could have music in the background

... 'Being on your own is the worst thing. Humans need to interact for mental stability. If only some could gather in a large room for tea and a chat'.

Themes, Actions over to you!



Action Points from Meeting Discussion

- ❖ request support (including access and finance) from Town Council re use of venues
- ❖ plan Jan/Feb Afternoon Tea event to support the lonely and isolated (organisations/ individual gather names of people who would benefit and deliver appropriate bags with cakes and items such as puzzles, exercise sheets - would need funding)
- ❖ circulate exercise leaflets from Community Team and Adult social Care re encouraging mobility
- ❖ groups/organisations asked to keep Calne Connection updated with info
- ❖ Adult Social Care and Diane Good to meet re sheltered housing housing support
- ❖ raise the profile of sign-posters (via surgeries, local co-ordinators etc)
- ❖ at appropriate point, revive plans for Calne Big Get-Together, Health & Well Being event (postponed from May 2020)