

# Health, Wellbeing, and Healthy Eating in Ruscote and Neithrop: Community Survey

NOVEMBER 2022

Dear Resident

## Why are you asking what I think?

Oxfordshire County Council Public Health are working on a project with community partners to find out more about health and wellbeing and healthy eating in places across the county. One of these areas is Ruscote and Neithrop. A charity, Community First Oxfordshire, has been asked to talk to local residents to find out more about the following:

1. What kind of things (like organisations, services, and people in the community) support health and wellbeing?
2. What causes the biggest problems to people's health and wellbeing and what would help improve these?
3. How has Covid affected health and wellbeing?
4. What do people think about healthy eating?

## What happens next?

Your views and experiences will help to create a really useful picture of what people in Ruscote and Neithrop think about health and wellbeing and how it can be improved. This will help the County Council and others to plan better for the future and develop services and projects to improve things.

## Important information about how we will process your responses

This survey is completely anonymised so that anyone who completes it cannot be identified. The analysis of your feedback will be undertaken on behalf of Oxfordshire County Council by Community First Oxfordshire (CFO). By completing this survey, you are consenting for your response data to be shared by Community First Oxfordshire and Oxfordshire County Council. Your data will be processed by CFO and Oxfordshire County Council in accordance with the General Data Protection Regulation (2018). You can read CFO's Privacy Policy at: <https://www.communityfirstoxon.org/privacy-policy/>. You can read Oxfordshire County Council's Privacy Notice at:

<https://www.oxfordshire.gov.uk/council/about-website/privacy-notice#paragraph-5977>.

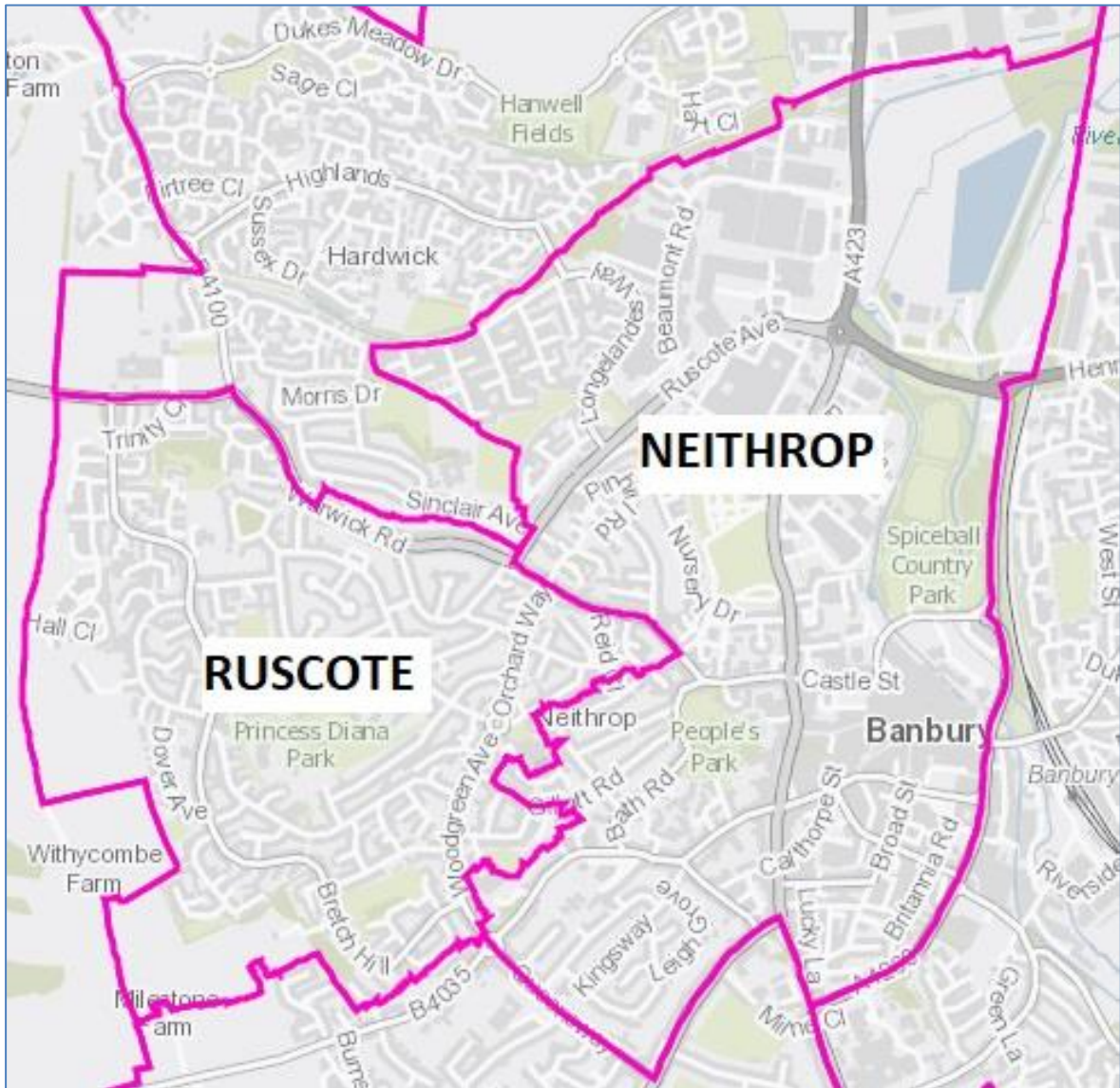
CFO will provide an anonymous summary report on survey findings for Oxfordshire County Council. This report will be publicly available.

Please return your survey to  
Freeport Plus RTUH-ALLT-RAHZ, Community  
First Oxfordshire, South Stables, Worton Park,  
OX29 4SU

Scan the QR code to  
complete online



**PART 1 – DO YOU LIVE IN RUSCOTE AND NEITHROP?**



**1 – Do you live in the areas labelled Ruscote and Neithrop on the map above? *Please tick one***

**Yes – please go to Part 2**

**No – PLEASE DO NOT COMPLETE THE SURVEY AS YOUR ANSWERS WILL NOT BE RECORDED**

**TURN OVER FOR PART 2 OF THE SURVEY**

## PART 2 – ABOUT YOU

**2 – What is your age?** *Please tick one*  
*If you are under 13, please get parental consent to complete this survey.*

Under 13	13-15	16-24	25-44	45-59	60-70	70+

**3 – What gender do you identify as?** *Please tick one*

Male	
Female	
Describe myself in another way	
Prefer not to say	

**4 – What is your ethnic group?** *Tick one option that best describes your ethnic group/background*

White English/ Welsh/ Scottish/ Northern Irish/ British	
Other white background	
Mixed/ multiple ethnic group	
Asian/ Asian British	
Black/ African/ Caribbean/ Black British	
Other ethnic group	
Prefer not to say	

## PART 3 – LIVING IN RUSCOTE AND NEITHROP

**5 – What do you like about living in Ruscote and Neithrop?** *Please tick all that apply*

Community feeling	
Local shops and services	
Green and open spaces	
Playparks	
Sports facilities	
Community groups and organisations	
Other: <i>please tell us what</i>	

**6 – How satisfied are you about Ruscote and Neithrop as a place to live on a scale of 1-5:**  
 1 = not satisfied at all, 5 = very satisfied.

1	2	3	4	5

**7 – Please tell us if you agree or disagree with the following statements: 1 = do not agree at all, 5 = completely agree. *Please tick the relevant box for each***

	1	2	3	4	5
I feel I can personally influence decisions in Ruscote and Neithrop					
I feel involved in the decision making in Ruscote and Neithrop					
I feel my views are listened to when asked about Ruscote and Neithrop					
I participate in community consultations and Ruscote and Neithrop					
I know where to get information about Ruscote and Neithrop					
I feel I am part of the local community					

## PART 4 – YOUR DAILY LIFE

**8 – On a typical day what mode of transport do you use most often? *Please tick up to 3 only***

Car	
Bus	
Train	
Taxi	
Motorbike/Moped, E-scooter	
Bicycle	
Walking	
Other	

**9 – Do you find it easy to get in and around Ruscote and Neithrop? *Please tick one***

Yes	
No	

**10 – When community spaces, places, and groups do you use or go to in Ruscote and Neithrop?**  
*Please tick all that apply*

Local community centre	
Local church	
Local mosque	
Other local places of worship	
Parks and playparks	
Country park	
Community groups/ organisations	
Community larder/ food bank/ fridge	
Other: <i>please tell us what</i>	

**11 – Do you feel safe in your neighbourhood?** *Please tick one*

Yes	
No	
<i>Please tell us more about your choice:</i>	

**12 – Please tell whether you agree or disagree with the following statements: 1 = do not agree at all, 5 = completely agree.**  
*Please tick the relevant box for each*

	1	2	3	4	5
I have the skills and/or qualifications to find employment					
There are local opportunities to learn new skills and/or gain qualifications					
I feel able to access local opportunities to learn new skills and/or gain qualifications					

**PART 5 – YOUR HEALTH AND WELLBEING**

**13 – Do you consider yourself healthy?** *Please tick one*

Yes	
No	

**14 – When thinking about the health and wellbeing of you/ your family, what are the FIVE MOST IMPORTANT THINGS for you?** *Please tick up to 5 only*

Feeling happy	
Less worry	
Dealing well with stress when it happens	
Getting enough exercise	
Sleeping well	
Healthy habits around food and eating	
Being without illness or pain	
Not feeling isolated or lonely	
Other: <i>please tell us what</i>	

**15 – Please choose the FIVE MOST IMPORTANT THINGS that help you/ your family to live a healthy life with a sense of wellbeing?** *Please tick up to 5 only*

Not worrying about money	
Job security	
Good quality, affordable housing	
Access to healthy and affordable food	
Good local schools	
Adult education and training opportunities	
Good, locally available services	
Access to the internet	
Getting exercise (walking, cycling or playing sport)	
Supportive family, neighbours, and friends	
Good local green and open spaces	
Other: <i>please tell us what</i>	

**16 – What is you/ your family's personal experience of the following on a scale of 1-5:**  
 1 = not positive at all, 5 = very positive. *Please tick the relevant box for each*

	1	2	3	4	5
Financial security					
Job security					
Getting access to healthcare when I need it					
Quality of housing					
Affordability of housing					
Being able to afford healthy food					
Local schools					
Adult education and training					
Locally available services					
Access to the internet					
Getting exercise (walking, cycling or playing sport)					
Access to local green spaces					
Feeling safe in the local community					

**17 – What do you do to keep healthy - mentally, physically, emotionally, and spiritually?**  
*Please tick all that apply*

Socialise with friends	
Attend groups and organisations	
Keep active (e.g. playing sport, exercising, gardening, cycling, walking)	
Spend time outside	
Maintain healthy habits around food and eating	
Go to a religious setting or place of worship	
Other: <i>please tell us what</i>	

18 – Which of the following statements do you agree with?		<i>Please tick one</i>
I feel lonely all the time		
I feel lonely most of the time		
I feel lonely sometimes		
I rarely feel lonely		

19 – Do you notice any of the following activities taking place in Ruscote and Neithrop?		
	Yes	No
People smoking		
People drinking alcohol and/or alcoholic drink litter		
People taking drugs and/or drug litter		

20 – If you answered 'yes' to any of Q19, where do you see these things taking place? <i>Please tick all that apply</i>					
	Inside your home	School gate areas	Parks / green spaces etc.	Shops	Bus stops
People smoking					
People drinking alcohol and/or alcoholic drink litter					
People taking drugs and/or drug litter					

*Other location: please tell us here*

21 – What kinds of things about living in Ruscote and Neithrop are most challenging or difficult to you/ your family's health and well-being?  
*Tell us below*

22 – What things in Ruscote and Neithrop help support you/ your family's health and wellbeing?  
*Tell us below*



**23 – What do you think would improve the health and wellbeing of people living in Ruscote and Neithrop?**  
*Please tick all that apply*

More community-led activities focused on health and wellbeing	
Community events to encourage interest in health and wellbeing	
Free or reduced cost access to events and activities	
Taster sessions	
Activities at different times of the week/ day	
Activities that bring together people in different age groups	
Activities and groups which link to what people care about	
Strong community relationships	
Other: <i>please tell us what</i>	

**24 – Would you be interested in joining with other people in the community to work on projects to support health and wellbeing?**  
*Please tick one*

Yes	
Maybe	
No	

## PART 6 – IMPACTS OF COVID-19

**25 – As a resident of Ruscote and Neithrop, what was your experience of COVID-19 with regard to the following on a scale of 1-5: 1 = do not agree at all, 5 = completely agree.**

*Please tick the relevant box for each*

	1	2	3	4	5
Felt well supported					
Experienced isolation and loneliness					
Experienced decline in health					
Experienced improvement in health					
Was able to access nature and green spaces					
Was able to access services					

**26 – How do you feel COVID-19 has affected the following on a scale of 1-5: 1 = very negative effects, 5 = hardly any affects. *Please tick the relevant box for each***

	1	2	3	4	5
Your or your family's health and wellbeing in general					
Community health and wellbeing in general					

**27 – Have you experienced personal stress related to the pandemic? *Please tick one***

No, no stress at all	
Yes, mild stress such as occasional worries or minor stress-related symptoms, such as feeling a little anxious, sad or angry, or having mild trouble sleeping	
Yes, moderate stress with frequent worries, often feeling anxious, sad or angry, or having some trouble sleeping	
Yes, severe stress with constant worries or feeling extremely anxious, sad or angry, or having frequent trouble sleeping	

**28 – What kind of support, if any, did you and your family receive from during the pandemic (e.g. community groups, the council, or other local services)? *Tell us below (leave blank if not relevant)***

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**29 – If you answered Q28, how useful do you think this support was for you/ your family on a scale of 1-5: 1 = not useful at all, 5 = very useful.**

1	2	3	4	5

**30 – What services and support, if any, would have helped you cope better with the pandemic? *Tell us below (leave blank if not relevant)***

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## PART 7 – YOUR PERSONAL EXPERIENCES OF HEALTH AND WELLBEING

31 – We would really like to find out a bit more about your personal experiences of health and wellbeing. This could be:

- Your experience with a local service or project
- How you overcame a personal challenge
- Your personal or family experience during the COVID-19 pandemic
- How you/ your family maintain healthy habits (this could be around food and eating, getting exercise etc.)
- Something different

Please write in the box underneath if you have something to share.

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32 – If you would be happy to be contacted about your story, please leave your contact details below.

We will only use these details to contact you about your experience - they will not be shared with anybody else.

PLEASE FILL IN THE DETAILS BELOW IF YOU CONSENT FOR COMMUNITY FIRST OXFORDSHIRE TO CONTACT YOU.

Name	
Email	
Phone	

**Many thanks for completing this survey!**