



Oxfordshire JSNA 2023

# Local research

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- This data pack provides an overview of recent needs assessments and local research carried out by organisations in Oxfordshire of relevance to the topics covered by the Joint Strategic Needs Assessment.
- Whilst local research approaches, ethos and methodologies vary, insights can help bring the statistical data included in the JSNA to life. It can often bring added ‘qualitative’ depth and, more importantly, highlight the lived experiences and voices of local communities.
- The following slides include examples of local research carried out by:
  - Local people as ‘community researchers’
  - Healthwatch Oxfordshire
  - Community and voluntary sector groups in Oxfordshire
  - Local Authorities working with communities.
  - Oxfordshire’s academic institutions in conjunction with communities
- **NOTE**
  - This data pack includes data accessed in March and April 2023.
- There is more out there...if you know of other local research of relevance and would like it added to the JSNA please get in touch [jsna@oxfordshire.gov.uk](mailto:jsna@oxfordshire.gov.uk)

# Local research: working with community researchers

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*Community Participatory Action Research (CPAR)*

- Involves communities at all stages of the research process
- Focus on social, structural, environmental inequities
- Uses knowledge gained to benefit the community involved
- Iterative process ongoing reflection and action
- Empowering - people at the heart of investigating their own situation

Other terms

- Action research
- Participatory research
- Co-operative inquiry



**Healthwatch Oxfordshire has developed two models of community research:**

- ✓ **Model one: Supporting community action researchers on their chosen topic**
- ✓ **Model two: Working with community researchers on specific issues**

Healthwatch Oxfordshire model of engagement <https://network.healthwatch.co.uk/guidance/2022-08-25/working-community-researchers-to-achieve-change-people>

Video from our community researchers <https://www.youtube.com/watch?v=CGpQU0CL7M>

# Local research: Healthwatch Oxfordshire

*Healthwatch Oxfordshire is an independent watchdog, established in 2012 under the Health and Social Care Act. Healthwatch Oxfordshire listens to the experiences of people in Oxfordshire using health and social care services through thematic and geographical research, outreach and engagement, with the aim of ensuring these voices are heard by those that design and deliver services.*

[healthwatchoxfordshire.co.uk](http://healthwatchoxfordshire.co.uk)

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## Research and reports by Healthwatch Oxfordshire



Healthwatch Oxfordshire research carried out between 2022 and 2023, can be found here: [Home - Healthwatch Oxfordshire](#)

In addition to [working with community researchers](#), examples of Healthwatch Oxfordshire reports published during this time include:

- Experiences of Visiting Care Homes in Oxfordshire since COVID-19 Guidelines Changed in 2022 (July 2022)
- Getting Your Prescriptions - August 2022
- Leaving Hospital With Medicines - January 2023
- Men In Carterton - February 2023
- Healthwatch Oxfordshire outreach at Oxford University Hospitals 2022-23 March 2023
- Healthwatch Oxfordshire community outreach visits 2022-23

And: 'Enter and View' reports including twelve visits in the year to care homes, hospitals, dentists. Visits included Churchill Hospital Renal Dialysis Unit, East Oxford Dental Clinic, and Accident and Emergency Departments at the Horton and John Radcliffe Hospitals among others: [healthwatchoxfordshire.co.uk/our-work/enter-and-view-reports/](https://healthwatchoxfordshire.co.uk/our-work/enter-and-view-reports/)

All Healthwatch Oxfordshire reports can be found here: [Reports - Healthwatch Oxfordshire](#)

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## Men in Carterton February 2023

Healthwatch Oxfordshire carried out a 'rapid appraisal' in Carterton speaking to 31 working men on the streets, in shops and workplaces.

Interactions with me involved short but meaningful conversations, prompted with the question *'What makes it easy and what's hard about looking after your health in Carterton?'* Our work linked with the Oxfordshire Men's Health Forum initiative in November 2022 #30Chats in 30 days.

This report highlights what men told us in their own words narrated by theme. Reflecting the views of the 31 men we spoke to, their voices give rich insight into some of attitudes and views men of working age held towards important issues of health and wellbeing

- Some men still felt pressure to provide, be strong, using words like 'Man up', 'carry on' when talking about health and wellbeing.
- Men faced barriers to health and wellbeing including lack of time, caring responsibilities, cost of living pressures, loneliness and long hours of work.
- Men did not always know where to turn for help and support, and were not always aware of local services and what they offer.
- Male friends and men in workplaces could be important in giving peer support for men to talk about health.
- Hobbies, and being part of local groups gave opportunity for men to support one another.

This work will lead to further focus on men in 2023-4

<https://healthwatchoxfordshire.co.uk/our-work/research-reports/>

## **#30Chats with men in Carterton**



*"Things are changing, blokes are talking to each other more now since the pandemic..."*

*"It's harder for men to open up because it makes us look weak, and I don't want to look weak"*

# Local research: Voluntary and Community Sector



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## Good Food Oxfordshire research

The aims of the Food Poverty Action Plan for Oxfordshire (August 2021) by Good Food Oxfordshire were to:

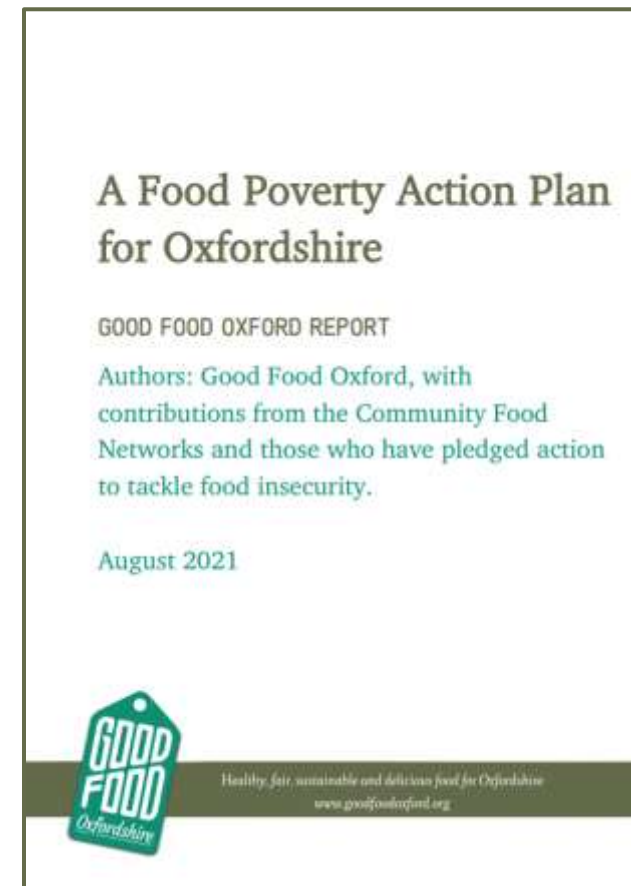
- describe the extent of food poverty in Oxfordshire and its underlying causes;
- highlight the work that is already happening to support those experiencing food poverty;
- make recommendations on supporting those in need, and move beyond emergency support to prevent food poverty and build resilience;
- share commitments to collective action with 63 pledges from 39 different organisations and individuals on how they are tackling food insecurity locally.

Key findings on the extent of food poverty:

- Food insecurity ranges from worrying about the ability to obtain food to hunger and skipping meals (FAO, 2021).
- An estimated 8-10% of households in Oxfordshire experience food insecurity. This equates to 55,000-69,000 people.
- Groups with higher levels of food insecurity include those limited by health problems or disability (5 x more likely to experience food insecurity); those severely clinically vulnerable (x2 more likely to experience food insecurity); food sector workers (x1.5 times); BAME residents (x2) (Source: Food Foundation, 2021).

Good Food Oxford Food research

Good Food Oxford | Food Poverty Action Plan (FPAP) for Oxfordshire



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## Oxfordshire Community Insight Profiles

- Oxfordshire County Council's Public Health team is working with local partners and communities to produce in-depth Community Insight Profiles for areas across Oxfordshire. The areas selected are those where residents are most at risk of poor health, or experience health inequalities, as identified in the 2019 [Oxfordshire Director of Public Health Annual Report](#).
- The community insight profiles aim to:
  - Understand what the experience is of those living in these areas in relation to health and wellbeing
  - Outline the health outcomes and the factors which can influence these health outcomes and bring this to life through the voices of the community
  - Provide information and recommendations for local organisations, stakeholders and residents working together to improve health and wellbeing in this area
- Community Insight Profiles completed so far:
  - Published in September 2022 - Vale of White Horse - **Abingdon Caldecott, Oxford - the Leys (Blackbird Leys and Northfield Brook)**
  - Published in March 2023 -Cherwell - **Banbury Grimsbury and Banbury Ruscote and Neithrop, Oxford - Barton and Rose Hill**
- Further Community Insight profiles are in development as follows:
  - To be published by December 2023 - Oxford City: **Littlemore** and select areas of **Osney** and **St. Thomas** and **Hinksey Park** wards

Full reports and related summaries can be accessed here : [Community Insight Profiles | Oxfordshire Insight](#)

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## West Oxfordshire District Council Youth Needs Assessment

- Young people were disproportionately affected by the COVID-19 pandemic - their learning was interrupted, they lost opportunities to develop social skills, to earn and to work and they were not able to access professional services to support with their physical and mental health.
- This project aimed to better understand youth needs in the local district and to be able to consider youth voices in decision making and service design where it impacts young people.
- Key findings on mental health:
  - In total 489 young people said that mental health was a challenge that young people face - specifically pressure, stress, anxiety and depression were words commonly used to describe these mental health challenges.
  - 38% of young people have received help with their mental health - of these 60% got support from parents and 42% got support from their best friend.
  - Of those who responded, 44% of young people said that COVID-19 affected their mental health.
  - Over the last year, most young people rated their mental health as low at its worst.
- Key findings on COVID-19:
  - The top 3 responses on how COVID-19 has affected young people were:
    - Not seeing family and friends and being disconnected.
    - Not being active.
    - Getting behind at school.
  - Some young people reported that COVID-19 improved their wellbeing, with individuals reporting that lockdown allowed them to have an improved exercise routine and also gave them time to rest and be alone.

# Local research: academic

OxWell School Survey (Dept of Psychiatry, University of Oxford)

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**OxWell School Survey 2021 Preliminary Report**

- The OxWell School Survey asks questions on a range of health and wellbeing-related issues to pupils at participating schools in Oxfordshire and elsewhere in England.
- The aim of the survey is to inform individual schools and Oxfordshire County Council, as well as to contribute to academic research into improving the wellbeing and mental health of children and adolescents.
- The study findings in this report cover around 30,000 respondents aged between 8 and 18 years old.
- The initial observations of responses of 17,439 students in years 8 - 13 who took part in the survey show that 1,161 reported having self-harmed within a month of the survey, which amounts to 6.7% of the completed responses. Please be aware that only students in years 8-13 see any questions related to self-harm.



**Summary Report:**  
**Mental Health and Wellbeing**  
**OxWell Student Survey May-July 2021**  
 Report of Preliminary Findings  
 Karen Mansfield, Stephen Puntis, Christoph Jindra & Mina Fazel  
 Department of Psychiatry, University of Oxford

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OxWell survey 2021 Preliminary Puntis C, Mansfield KL, Jindra C, Fazel M: The OxWell Student Survey 2021 Summary Report: Mental Health and Wellbeing. Dept of Psychiatry, University of Oxford

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- For the latest reports and data resources please see [Oxfordshire JSNA web pages](#)

For information on a community research approach see:

- Healthwatch Oxfordshire “Model of Engagement” working with community researchers: [Working with community researchers to achieve change for people | Healthwatch Network website \(staff\)](#)
- Community participatory action research (CPAR)  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2774214/>
- [Community Research Literature Review](#)

Reports highlighted in previous JSNAs (latest versions) for reference

- [State of Nature in Oxfordshire](#) 2017
- [Mental health in Oxfordshire: children and young people](#) 2019
- [Turning Point Vaccine Hesitancy Report - August 2022 | Oxford City Council](#)
- Oxfordshire Storytelling Project Report - August 2022
  - Report can be read here: <https://insight.oxfordshire.gov.uk/cms/mental-health-and-wellbeing>
  - Stories can be read here: <https://oldfirestation.org.uk/oxfordshire-storytelling-report/>
- VOXY ‘Be Supported’ 2022 Questionnaire 2022: [Full report for 2022](#)
- [Mothers 4 Justice Ubuntu](#) 2022
- [Research reports - Healthwatch Oxfordshire](#)