



Oxfordshire JSNA 2024

Local research

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Introduction

Community Research Network
Community Research In Oxfordshire
Healthwatch and CFO Report
Maternal Mental Health in Oxfordshire
Reports by Healthwatch Oxfordshire
GFO Listen and Act Report
GFO Community Cooking and Healthy Eating
Active Oxfordshire Neighbourhood Scans
Oxfordshire Community Insight Profiles
Wayfinding Intervention Evaluation
Community Initiatives for well-being
Better Housing Better Health study
Greenspace deprived neighbourhoods
OxWell Student Survey 2023
A new approach to family safeguarding
Health Needs Assessments 2023
Finding out more

Introduction

- This update provides an overview of recent local research and needs assessments carried out by organisations in Oxfordshire on topics relevant to those 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:
 - Healthwatch Oxfordshire
 - Community and voluntary sector groups in Oxfordshire
 - Local Authorities working with communities.
 - Oxfordshire’s academic institutions in partnership with communities
- 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

Local research: Oxfordshire Community Research Network

Introduction

Community Research Network

Community Research In Oxfordshire

Healthwatch and CFO Report

Maternal Mental Health in Oxfordshire

Reports by Healthwatch Oxfordshire

GFO Listen and Act Report

GFO Community Cooking and Healthy Eating

Active Oxfordshire Neighbourhood Scans

Oxfordshire Community Insight Profiles

Wayfinding Intervention Evaluation

Community Initiatives for well-being

Better Housing Better Health study

Greenspace deprived neighbourhoods

OxWell Student Survey 2023

A new approach to family safeguarding

Health Needs Assessments 2023

Finding out more

Oxfordshire Community Research Network

- The Oxfordshire Community Research Network (OCRN) was launched in March 2023 with funding from UK Research and Innovation.
- The OCRN has agreed three strategic objectives:
 - delivering community-led research
 - supporting research prioritisation
 - coordinating public and community involvement in research.
- The network is starting the development of its community research strategy and designing its staffing requirements.
- The OCRN is working with researchers within the Nuffield Department of Primary Health Sciences, University of Oxford, the Institute of Public Health and Oxford Brookes University on an evidence review and evaluation respectively, to inform the development of the network.
- In 2024, the OCRN will be applying for UKRI funding to support the network for a further five years.



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.

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

Introduction

Community Research Network

Community Research In Oxfordshire

Healthwatch and CFO Report

Maternal Mental Health in Oxfordshire

Reports by Healthwatch Oxfordshire

GFO Listen and Act Report

GFO Community Cooking and Healthy Eating

Active Oxfordshire Neighbourhood Scans

Oxfordshire Community Insight Profiles

Wayfinding Intervention Evaluation

Community Initiatives for well-being

Better Housing Better Health study

Greenspace deprived neighbourhoods

OxWell Student Survey 2023

A new approach to family safeguarding

Health Needs Assessments 2023

Finding out more

Community research in Oxfordshire

- During July and August 2023 Healthwatch Oxfordshire spoke to local community groups and organisations to gain an insight into views about community research and to map some of the work that has already been carried out in the county. The aim of the research was to ensure these views were captured to help inform and influence the development of a new community research network for the county.
- Interviews were carried out with 10 community members, and 11 representatives from statutory health and care, local authority, academic and voluntary sector organisations.
- Conversations highlighted common and contrasting views and perspectives on community research and what a network might bring to Oxfordshire.
- Community members told Healthwatch Oxfordshire loud and clear that communities are tired of research ‘on them’ and not ‘with them’, and that things must change, if solutions to some of the pressing challenges are to be found. Based on the voices heard from community members, Healthwatch Oxfordshire identified four key principles that could underpin an Oxfordshire community research network. These are:
 - Nothing about us without us.
 - Commit to action.
 - Value lived experience and time.
 - Be open, transparent and accountable.



Community Research in Oxfordshire – an overview



October 2023

"We want lasting change, because we're not just doing things for our time, put a tick and then move on. We really, really have to have that community led."

[Research reports - Healthwatch Oxfordshire](#)

[Introduction](#)

[Community Research Network](#)

[Community Research In Oxfordshire](#)

[Healthwatch and CFO Report](#)

[Maternal Mental Health in Oxfordshire](#)

[Reports by Healthwatch Oxfordshire](#)

[GFO Listen and Act Report](#)

[GFO Community Cooking and Healthy Eating](#)

[Active Oxfordshire Neighbourhood Scans](#)

[Oxfordshire Community Insight Profiles](#)

[Wayfinding Intervention Evaluation](#)

[Community Initiatives for well-being](#)

[Better Housing Better Health study](#)

[Greenspace deprived neighbourhoods](#)

[OxWell Student Survey 2023](#)

[A new approach to family safeguarding](#)

[Health Needs Assessments 2023](#)

[Finding out more](#)

Health and Wellbeing in Ambrosden, Arncott, Blackthorn and Piddington

- In July 2023, Community First Oxfordshire (CFO) were asked by Healthwatch Oxfordshire (HWO) to talk to residents in Ambrosden, Arncott, Piddington, and Blackthorn in the North of Oxfordshire about their experiences and thoughts of health and wellbeing. A total of 162 individuals were consulted.
- Residents expressed their satisfaction with living in these areas with the feeling of community ranking the highest when asked about what they liked about living there.
- Challenges included issues related to the local infrastructure, lack of local services, isolation, and access to health services.
- Strengths included community infrastructure, local groups and activities as well as community spirit.
- The report acknowledges the importance of community assets and collaboration in improving health and wellbeing, as well as outlining equity considerations and suggests steps to address some of the identified challenges.

Health and wellbeing in Ambrosden, Arncott, Blackthorn, and Piddington

REPORT

MARCH 2024



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[Health and wellbeing in Ambrosden, Arncott, Blackthorn and Piddington - a summary - Healthwatch Oxfordshire](#)

- [Introduction](#)
- [Community Research Network](#)
- [Community Research In Oxfordshire](#)
- [Healthwatch and CFO Report](#)
- [Maternal Mental Health in Oxfordshire](#)
- [Reports by Healthwatch Oxfordshire](#)
- [GFO Listen and Act Report](#)
- [GFO Community Cooking and Healthy Eating](#)
- [Active Oxfordshire Neighbourhood Scans](#)
- [Oxfordshire Community Insight Profiles](#)
- [Wayfinding Intervention Evaluation](#)
- [Community Initiatives for well-being](#)
- [Better Housing Better Health study](#)
- [Greenspace deprived neighbourhoods](#)
- [OxWell Student Survey 2023](#)
- [A new approach to family safeguarding](#)
- [Health Needs Assessments 2023](#)
- [Finding out more](#)

Maternal Mental Health in Oxfordshire

- Between 31st October and 12th December 2022 Healthwatch England (the national health and social care watchdog) carried out national research to find out to what extent mental health support has improved during and after pregnancy following the introduction of the NHS Post Natal Mental Health Checks in April 2020.
- Healthwatch England provided Healthwatch Oxfordshire with the anonymous responses of 45 women who live in Oxfordshire and took part in the national survey.

The findings for Oxfordshire were:

- Some women in Oxfordshire who experienced mental health difficulties during pregnancy or after giving birth found it difficult to access support.
- Challenges included not being offered support or information about mental health support by healthcare professionals and long waits for referrals to specialist services.
- 38% (17) of the women felt their experience of care and support during and after labour and childbirth had negatively affected their mental health. The problems they experienced included COVID-19 restrictions on partners visiting, a lack of support after giving birth, and a lack of empathy from healthcare professionals.
- Most women (82%, 37) had had a postnatal consultation with their GP, but 15 said they had not spent enough time talking about their mental health in the consultation, and 10 said that it had not been mentioned at all.
- Seven women mentioned that they had to advocate for themselves to receive the care and support they needed.

[Maternal Mental Health in Oxfordshire - December 2023 - Healthwatch Oxfordshire](#)



Maternal Mental Health in Oxfordshire



Summary of findings for Oxfordshire from Healthwatch England's research

December 2023

[Introduction](#)

[Community Research Network](#)

[Community Research In Oxfordshire](#)

[Healthwatch and CFO Report](#)

[Maternal Mental Health in Oxfordshire](#)

[Reports by Healthwatch Oxfordshire](#)

[GFO Listen and Act Report](#)

[GFO Community Cooking and Healthy Eating](#)

[Active Oxfordshire Neighbourhood Scans](#)

[Oxfordshire Community Insight Profiles](#)

[Wayfinding Intervention Evaluation](#)

[Community Initiatives for well-being](#)

[Better Housing Better Health study](#)

[Greenspace deprived neighbourhoods](#)

[OxWell Student Survey 2023](#)

[A new approach to family safeguarding](#)

[Health Needs Assessments 2023](#)

[Finding out more](#)

Research and reports by Healthwatch Oxfordshire

Below is a list of other reports published by Healthwatch Oxfordshire between 2023 and 2024:

- [Long COVID](#) - May 2023
- [What people told us about foot care in Oxfordshire](#) - September 2023
- [What you told us about hospitals](#) - April 2022- May 2023
- [What you told us about Primary Care](#) - November 2022 - October 2023
- [How people experience joined up care in Oxfordshire](#) - October 2023

A full list of Healthwatch Oxfordshire reports and summaries can be found here: [Research Reports - Healthwatch Oxfordshire](#). To search for a specific Healthwatch Oxfordshire report visit: [Reports - Healthwatch Oxfordshire](#).

[Home - Healthwatch Oxfordshire](#)

Local research: Voluntary and Community Sector

- [Introduction](#)
- [Community Research Network](#)
- [Community Research In Oxfordshire](#)
- [Healthwatch and CFO Report](#)
- [Maternal Mental Health in Oxfordshire](#)
- [Reports by Healthwatch Oxfordshire](#)
- [GFO Listen and Act Report](#)
- [GFO Community Cooking and Healthy Eating](#)
- [Active Oxfordshire Neighbourhood Scans](#)
- [Oxfordshire Community Insight Profiles](#)
- [Wayfinding Intervention Evaluation](#)
- [Community Initiatives for well-being](#)
- [Better Housing Better Health study](#)
- [Greenspace deprived neighbourhoods](#)
- [OxWell Student Survey 2023](#)
- [A new approach to family safeguarding](#)
- [Health Needs Assessments 2023](#)
- [Finding out more](#)

Listen and Act: Accessing healthy, affordable food for Oxfordshire’s Children

- The report, based on the roundtable on child food poverty in Oxfordshire held in May 2023, addresses the issue of food insecurity among children in Oxfordshire.
- Key findings from the session
 - Need for Accessible Information: There is a significant need for user-friendly and culturally sensitive information on childhood nutrition.
 - Government Role: A call for decreased reliance on voluntary organisations and increased support from the national government.
 - Improved Connections: Strengthen connections between families, schools, and support services to better address food insecurity.
 - Cash-First Approaches: Implementing cash-first strategies can provide families with more flexibility and to reduce stigma.
 - Universal School Meals: Promoting the provision of universal school free meals can help ensure all children have access to nutritious food.



[Good Food Oxfordshire Food Strategy](#)

[Listen and Act: Accessing healthy, affordable food for Oxfordshire’s Children](#)

Introduction

Community Research Network

Community Research In Oxfordshire

Healthwatch and CFO Report

Maternal Mental Health in Oxfordshire

Reports by Healthwatch Oxfordshire

GFO Listen and Act Report

GFO Community Cooking and Healthy Eating

Active Oxfordshire Neighbourhood Scans

Oxfordshire Community Insight Profiles

Wayfinding Intervention Evaluation

Community Initiatives for well-being

Better Housing Better Health study

Greenspace deprived neighbourhoods

OxWell Student Survey 2023

A new approach to family safeguarding

Health Needs Assessments 2023

Finding out more

Community Cooking and Healthy Eating in Oxfordshire Report

- The research was carried out throughout 2023 and aimed to gain a better coordinated, evidence-based understanding of needs, best practice, opportunities for cooking, healthy eating and growing activities across the county and within different settings.
- Some common themes that emerged as successful strategies include:
 - Building trusted relationships with participants
 - Adapting to meet the needs of the place and group
 - Having an influential leader who could ‘make things happen’
 - Going beyond the learning environment to help embed changes and ensure ongoing support was available
- Common challenges identified included affordability of healthy and sustainable food, funding limitations and accessing suitable spaces amongst others.
- The research demonstrated that investing in cooking initiatives stands out as a pivotal aspect within community development for enhancing health and wellbeing, but it must be part of a broader strategy requiring changes in the food environment for comprehensive improvements.
- The report also highlights specific recommendations for policy makers.

[Good Food Oxfordshire Food Strategy](#)

[Community Cooking and Healthy Eating in Oxfordshire Report](#)



Community cooking and healthy eating in Oxfordshire

GOOD FOOD OXFORDSHIRE REPORT

By Caroline Welch

January 2024

- [Introduction](#)
- [Community Research Network](#)
- [Community Research In Oxfordshire](#)
- [Healthwatch and CFO Report](#)
- [Maternal Mental Health in Oxfordshire](#)
- [Reports by Healthwatch Oxfordshire](#)
- [GFO Listen and Act Report](#)
- [GFO Community Cooking and Healthy Eating](#)
- [Active Oxfordshire Neighbourhood Scans](#)
- [Oxfordshire Community Insight Profiles](#)
- [Wayfinding Intervention Evaluation](#)
- [Community Initiatives for well-being](#)
- [Better Housing Better Health study](#)
- [Greenspace deprived neighbourhoods](#)
- [OxWell Student Survey 2023](#)
- [A new approach to family safeguarding](#)
- [Health Needs Assessments 2023](#)
- [Finding out more](#)

Active Oxfordshire Neighbourhood Scans

- In September 2023, Active Oxfordshire conducted Active Neighbourhood Scans in both Blackbird Leys and Banbury Neithrop and Ruscote as part of Oxfordshire on the Move.
- The aims of the reports are to better understand what works well in the neighbourhoods, what gets in the way of being active and what needs to change.
- The scans included between 25 and 60 questions which asked how easy it was to walk, cycle, wheel, or play in the neighbourhood.

Key findings from each area:

- In Blackbird Leys, it was found that there is good provision in terms of playgrounds, outdoor leisure facilities, and parks and green space.
- Barriers identified to being active in Blackbird Leys included litter and fly tipping, lack of lighting, poorly maintained paths, lack of safe crossings and uneven paths and pavements.
- In Banbury Neithrop and Ruscote, it was found that there is good provision of outdoor leisure facilities and parks and green spaces.
- Identified barriers to being active in Neithrop and Ruscote included poor maintenance of paths, litter, lack of formal crossings and cycling not being made a priority.

[Oxfordshire on the Move Active Neighbourhood Scans](#)

[Blackbird Leys Active Neighbourhood Scan](#) and [Banbury Neithrop and Ruscote Active Neighbourhood Scan](#)



ACTIVE NEIGHBOURHOOD SCAN



BANBURY NEITHROP & RUSCOTE 22ND SEPTEMBER 2023

ACTIVE NEIGHBOURHOOD SCAN



BLACKBIRD LEYS 12TH SEPTEMBER 2023

Local research: Local Government

[Introduction](#)

[Community Research Network](#)

[Community Research In Oxfordshire](#)

[Healthwatch and CFO Report](#)

[Maternal Mental Health in Oxfordshire](#)

[Reports by Healthwatch Oxfordshire](#)

[GFO Listen and Act Report](#)

[GFO Community Cooking and Healthy Eating](#)

[Active Oxfordshire Neighbourhood Scans](#)

[Oxfordshire Community Insight Profiles](#)

[Wayfinding Intervention Evaluation](#)

[Community Initiatives for well-being](#)

[Better Housing Better Health study](#)

[Greenspace deprived neighbourhoods](#)

[OxWell Student Survey 2023](#)

[A new approach to family safeguarding](#)

[Health Needs Assessments 2023](#)

[Finding out more](#)

Oxfordshire Community Insight Profiles

- The 2019 [Oxfordshire Director of Public Health Annual Report](#) highlighted ten wards in Oxfordshire which have small areas (Lower Super Output Areas) that were listed in the Index of Multiple Deprivation update in the same year as being in the 20% most deprived in England and are most likely to experience inequalities in health.
- Work with partners to carry out deep dives in these areas and create Community Insight Profiles has since been undertaken, with the last two of the ten profiles - for Littlemore and Central Oxford - published in December 2023.
- The community insight profiles aim to:
 - Understand what the experience is of those living in these areas in relation to health and wellbeing and map local assets
 - 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
- What happens next :
 - Action plans have been developed for each of the areas based on the outcomes of the community insight. This is done to enable partners to work together to ensure we take forward the recommendations made by residents on what they feel can improve health and wellbeing in their area. Community Health Development Officers have been funded to help take forward these recommendations.
 - Grant funding has been made available to support local community groups working in the target areas with projects that support the outcomes of the insight.

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

- [Introduction](#)
- [Community Research Network](#)
- [Community Research In Oxfordshire](#)
- [Healthwatch and CFO Report](#)
- [Maternal Mental Health in Oxfordshire](#)
- [Reports by Healthwatch Oxfordshire](#)
- [GFO Listen and Act Report](#)
- [GFO Community Cooking and Healthy Eating](#)
- [Active Oxfordshire Neighbourhood Scans](#)
- [Oxfordshire Community Insight Profiles](#)
- [Wayfinding Intervention Evaluation](#)
- [Community Initiatives for well-being](#)
- [Better Housing Better Health study](#)
- [Greenspace deprived neighbourhoods](#)
- [OxWell Student Survey 2023](#)
- [A new approach to family safeguarding](#)
- [Health Needs Assessments 2023](#)
- [Finding out more](#)

Evaluation of a wayfinding intervention to promote active travel to school in Oxfordshire

- The study carried out between 2020 and 2021 aimed to test the acceptability, perceptions, and short-term impacts of a wayfinding intervention.
- The intervention included interactive footpath markings, route features and designated car parking locations near schools to encourage walking and cycling.
- Key findings:
 - Active school travel increased from 76% to 81% in pre vs post -intervention.
 - Parents from intervention schools were significantly more likely to report active travel post-intervention.
 - Wayfinding enhanced the experience of active school travel although raised road safety concerns with independent use by primary school children.
 - The pilot showed that interactive wayfinding routes have potential to increase rates and enhance enjoyment of active school travel and active travel but are likely to be insufficient if implemented alone.
- As a place-based intervention they may have additional benefits by encouraging activity along the routes outside of school travel.



[Park and Stride for Health and Wellbeing: Evaluation of a wayfinding intervention to promote active travel to school in Oxfordshire, UK - ScienceDirect](#)

- [Introduction](#)
- [Community Research Network](#)
- [Community Research In Oxfordshire](#)
- [Healthwatch and CFO Report](#)
- [Maternal Mental Health in Oxfordshire](#)
- [Reports by Healthwatch Oxfordshire](#)
- [GFO Listen and Act Report](#)
- [GFO Community Cooking and Healthy Eating](#)
- [Active Oxfordshire Neighbourhood Scans](#)
- [Oxfordshire Community Insight Profiles](#)
- [Wayfinding Intervention Evaluation](#)
- [Community Initiatives for well-being](#)
- [Better Housing Better Health study](#)
- [Greenspace deprived neighbourhoods](#)
- [OxWell Student Survey 2023](#)
- [A new approach to family safeguarding](#)
- [Health Needs Assessments 2023](#)
- [Finding out more](#)

Community initiatives for well-being in the United Kingdom and their role in developing social capital and addressing loneliness: A scoping review

- The study conducted a scoping review to identify community initiatives in the UK that focus on well-being and include information about social capital and loneliness. Five papers met the inclusion criteria.
- Findings indicated that community initiatives facilitated a sense of belonging and meaningful relationships, which helped alleviate loneliness. However, individuals may be wary about attending community initiatives, needing support and encouragement to do so.
- It suggests social prescribing link workers are one means of motivating people to access groups, events or organisations that could improve their well-being, but further research is needed into this. The research also found that clear definitions of social capital and loneliness are essential for future research.



[Community initiatives for well-being in the United Kingdom and their role in developing social capital and addressing loneliness: A scoping review - Tierney - 2024 - Lifestyle Medicine - Wiley Online Library](#)

Introduction

[Community Research Network](#)

[Community Research In Oxfordshire](#)

[Healthwatch and CFO Report](#)

[Maternal Mental Health in Oxfordshire](#)

[Reports by Healthwatch Oxfordshire](#)

[GFO Listen and Act Report](#)

[GFO Community Cooking and Healthy Eating](#)

[Active Oxfordshire Neighbourhood Scans](#)

[Oxfordshire Community Insight Profiles](#)

[Wayfinding Intervention Evaluation](#)

[Community Initiatives for well-being](#)

[Better Housing Better Health study](#)

[Greenspace deprived neighbourhoods](#)

[OxWell Student Survey 2023](#)

[A new approach to family safeguarding](#)

[Health Needs Assessments 2023](#)

[Finding out more](#)

Better Housing Better Health: A qualitative study of energy advice and support in Oxfordshire

- The study carried out between July and December 2023 aimed to explore the impact of energy advice and support on health outcomes in the context of housing conditions.
- Qualitative interviews were conducted with residents, focusing on their experiences with energy advice services. Researchers also engaged with professionals involved in providing energy related support.
- Key findings:
 - Participants reported that improved housing conditions resulting from energy advice positively affected their health with better insulation, heating and ventilation contributing to reduced respiratory issues and overall wellbeing.
 - Many participants reported energy costs as being a concern for them and energy advice helped them manage expenses and access financial support.
- The study highlights the positive effects of energy advice on health and wellbeing and emphasizes the importance of collaboration between professionals and communities to promote better housing and wellbeing.



[Better Housing Better Health: A qualitative study of energy advice and support in Oxfordshire \(worktribe.com\)](#)

Local research: academic

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

Oxfordshire's greenspace-deprived neighbourhoods

Introduction

Community Research Network

Community Research In Oxfordshire

Healthwatch and CFO Report

Maternal Mental Health in Oxfordshire

Reports by Healthwatch Oxfordshire

GFO Listen and Act Report

GFO Community Cooking and Healthy Eating

Active Oxfordshire Neighbourhood Scans

Oxfordshire Community Insight Profiles

Wayfinding Intervention Evaluation

Community Initiatives for well-being

Better Housing Better Health study

Greenspace deprived neighbourhoods

OxWell Student Survey 2023

A new approach to family safeguarding

Health Needs Assessments 2023

Finding out more

Oxfordshire's greenspace-deprived neighbourhoods

- The aim of this study was to identify neighbourhoods experiencing socio-economic deprivation and poor accessible greenspace provision.
- The research provided insights for planning, funding allocation, and efforts to improve greenspace quality and quantity.
- Natural England's Green Infrastructure data is used to identify neighbourhoods with the highest need for greenspace interventions based on a range of metrics including the Index of Multiple Deprivation (IMD): which identifies socio-economically deprived neighbourhoods and the Accessible Greenspace Standards (AGS): which quantifies greenspace access.
- The following recommendations are intended to complement existing green infrastructure strategies:
 - Targeted efforts to enhance greenspace provision
 - Connectivity and access in the identified neighbourhoods
 - Working closely with local communities



[Oxfordshires greenspace deprived neighbourhoods APR2024](#)

- [Introduction](#)
- [Community Research Network](#)
- [Community Research In Oxfordshire](#)
- [Healthwatch and CFO Report](#)
- [Maternal Mental Health in Oxfordshire](#)
- [Reports by Healthwatch Oxfordshire](#)
- [GFO Listen and Act Report](#)
- [GFO Community Cooking and Healthy Eating](#)
- [Active Oxfordshire Neighbourhood Scans](#)
- [Oxfordshire Community Insight Profiles](#)
- [Wayfinding Intervention Evaluation](#)
- [Community Initiatives for well-being](#)
- [Better Housing Better Health study](#)
- [Greenspace deprived neighbourhoods](#)
- [OxWell Student Survey 2023](#)
- [A new approach to family safeguarding](#)
- [Health Needs Assessments 2023](#)
- [Finding out more](#)

OxWell Student Survey 2023

- Between February and March 2023, the OxWell Student Survey asked students in participating schools in Oxfordshire and elsewhere in England a range of questions related to various health and wellbeing topics.
- The aim of the survey is to learn from school-aged children about what they need, what factors influence their wellbeing and allows learning about interconnecting factors that influence children and young people's wellbeing.
- In Oxfordshire, 7,133 students between school years 5 and 13 took part in the survey from 12 primary schools, 45 secondary schools and 3 further education colleges.

Key findings for Oxfordshire

- The findings showed that 31% of year 5 and 6 primary school students worry about their family not having enough money.
- 21% of secondary school students (years 7-13) found it difficult to access mental health support and 52% of year 5 and year 6 children found it easy to find someone when upset and needing help.
- 21% of years 7-13 students reported having self-harmed overall, with increases in 29% of year 13's reporting having self-harmed.

[OxWell Student Survey 2023 Oxfordshire Summary](#)



OxWell Student Survey 2023

Introduction OXFORDSHIRE COUNTY COUNCIL

The OxWell Student Survey 2023 asked students in school years 5 to 13 questions related to many topics including:

- Wellbeing
- School/college experience
- Mental health
- Experiences of accessing mental health support

Additional questions focused on:

- The current cost-of-living crisis
- Body image
- Social media
- Maltreatment
- Self-harm

It is important to note that not all schools in Oxfordshire took part, and in participating schools not all eligible students took part. The survey's results therefore may not represent all students in Oxfordshire and should be viewed as indicative.

The survey collected data in February and March 2023.

In Oxfordshire, 7,133 students took part in the survey from 12 out of 245 primary schools, 15 out of 43 secondary schools, and all 3 Further Education colleges. The current summary of the survey's findings outlines the results for primary schools (years 5 and 6) and secondary schools (years 7 to 13) separately.

Demographics of the participants

Topic	Category	Oxfordshire
Students	Age	7,133
	Male	57%
	Female	43%
	Other	2%
	Prefer not to say	3%
Year group	5	5%
	6	6%
	7	39%
	8	30%
	9	30%
	10	15%
	11	12%
Illness requiring regular medical appointments	Yes	17%
	No	83%
Newborn/youngest	Yes	26%
	No	74%
Place of birth	Student born in UK	85%
	Both parents born in UK	58%

Demographic questions were included, such as those relating to gender and ethnicity. However, no identifiable information such as name or date of birth were collected. Commissioners, schools, and colleges have access to the anonymous survey results. This is to learn insights which can help improve the support and resources provided to students.

- [Introduction](#)
- [Community Research Network](#)
- [Community Research In Oxfordshire](#)
- [Healthwatch and CFO Report](#)
- [Maternal Mental Health in Oxfordshire](#)
- [Reports by Healthwatch Oxfordshire](#)
- [GFO Listen and Act Report](#)
- [GFO Community Cooking and Healthy Eating](#)
- [Active Oxfordshire Neighbourhood Scans](#)
- [Oxfordshire Community Insight Profiles](#)
- [Wayfinding Intervention Evaluation](#)
- [Community Initiatives for well-being](#)
- [Better Housing Better Health study](#)
- [Greenspace deprived neighbourhoods](#)
- [OxWell Student Survey 2023](#)
- [A new approach to family safeguarding](#)
- [Health Needs Assessments 2023](#)
- [Finding out more](#)

The impact of a new approach to family safeguarding in social care

- Oxfordshire County Council has adopted a new approach to child safeguarding: Family Solutions Plus (FSP), which has a greater focus on whole family support.
 - The research aimed to identify the impact FSP has on the child and family's journey through the system, FSP's impact on the nature of the intervention provided and what effect FSP has on longer term outcomes.
 - The study sampled two cohorts of children whose cases were closed within 1 year from assessment, this included 474 children entering the service before FSP implementation and 561 children after.
- Key Findings:
- A greater proportion of children receiving FSP required only a single care plan before their case was closed.
 - On average the FSP group spent less time in services for the period being observed.
 - No significant reduction in the number of children requiring foster care was observed.
 - Overall, initial findings suggest a potential association of FSP and a reduced number and level of care plans, as well as length of time.

[The impact of a new approach to family safeguarding in social care: Initial findings from an analysis of routine data](#)



- [Introduction](#)
- [Community Research Network](#)
- [Community Research In Oxfordshire](#)
- [Healthwatch and CFO Report](#)
- [Maternal Mental Health in Oxfordshire](#)
- [Reports by Healthwatch Oxfordshire](#)
- [GFO Listen and Act Report](#)
- [GFO Community Cooking and Healthy Eating](#)
- [Active Oxfordshire Neighbourhood Scans](#)
- [Oxfordshire Community Insight Profiles](#)
- [Wayfinding Intervention Evaluation](#)
- [Community Initiatives for well-being](#)
- [Better Housing Better Health study](#)
- [Greenspace deprived neighbourhoods](#)
- [OxWell Student Survey 2023](#)
- [A new approach to family safeguarding](#)
- [Health Needs Assessments 2023](#)
- [Finding out more](#)

Health Needs Assessments

- The following Health Needs Assessments have been carried out since the last update and the full reports can be found on the Oxfordshire JSNA webpages.
 - [Oral health Needs Assessment](#) (published in September 2023)
 - [South East Gambling Harms Health Needs Assessment](#) (published in June 2023)
 - [Health Needs Assessment for promoting Healthy Weight](#) (published in April 2023)



[Introduction](#)

[Community Research Network](#)

[Community Research In Oxfordshire](#)

[Healthwatch and CFO Report](#)

[Maternal Mental Health in Oxfordshire](#)

[Reports by Healthwatch Oxfordshire](#)

[GFO Listen and Act Report](#)

[GFO Community Cooking and Healthy Eating](#)

[Active Oxfordshire Neighbourhood Scans](#)

[Oxfordshire Community Insight Profiles](#)

[Wayfinding Intervention Evaluation](#)

[Community Initiatives for well-being](#)

[Better Housing Better Health study](#)

[Greenspace deprived neighbourhoods](#)

[OxWell Student Survey 2023](#)

[A new approach to family safeguarding](#)

[Health Needs Assessments 2023](#)

[Finding out more](#)

[Finding out more](#)

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

Reports highlighted in the previous JSNA Local Research Chapter for reference:

- [Healthwatch Oxfordshire Reports](#)
- [Men in Carterton 2023](#)
- [Good Food Oxfordshire Research](#)
- [Oxfordshire Community Insight Profiles](#)
- [WODC Youth Needs Assessment](#)
- [OxWell School Survey 2021](#)