

LITTLEMORE COMMUNITY INSIGHT PROJECT: AUTUMN 2023

Appendix 3 Research Questions

Focus Groups

FG Process is semi-guided question but **BOLD = core questions to cover in all FGs:**

- **What do you value about Littlemore as a community?**
- **What local groups, services, organisations, community spaces etc. do you find particularly helpful or useful to your health and well-being?**
- **What kinds of things are most challenging for you living in Littlemore that impact on health and wellbeing?** (*Not worrying about money; Job security; Good quality, affordable housing; 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)*)
- **In your experience, what works well in getting residents involved in projects and initiatives, and what doesn't (barriers to involvement)?**
- **In terms of the discussion and design of community-based projects and initiatives – what are the ingredients for success in the long term?**
- **Do you have any other observations about health and wellbeing in Littlemore and how it could be improved?**
- Do you feel safe in the community?
- What are the other local strengths and resources that support community health and wellbeing (*such as community spirit, individual skills passions, knowledge, green spaces etc.*)
- Do you think the local community would benefit from additional initiatives to support health and well-being?
- What do you think helps you/your family maintain healthy habits around food and eating and getting out and about, or what would help you?
- Thinking of people you know, do you think there would be interest in people joining with others (perhaps in a community group or project) to work on projects to support health and well-being?
- What do you think would encourage more local people to create or take part in health and wellbeing initiatives?
- From your conversations within your family and within the community, what do you think have been the main impacts of the Covid-19 pandemic?

Children and young People Focus Groups

- **What do you like and value about living in Littlemore?**
- **Do you feel listened to and have a say in what affects your life?**
- **What does being healthy and wellbeing mean to you?**
- **Are there any challenges about living in Littlemore that affect your health and wellbeing?**
- **What helps you deal with difficult emotions (things like low mood, worry, anger, stress, sadness, fear, jealousy, feeling anxious)?**
- **Who would you go to if you felt you needed support with these emotions?**

- Is there anything that might improve your health and well-being, yours or other people you know – is there anything in particular you would like to see happen?
- Do you think there was any impact from the Covid-19 pandemic on your health and wellbeing?

121s

Agency and organisation 121s

Questions:

- **Name of organisation**
- **What is the main focus of your organisation's work?**
- **How many staff and/ or volunteers do you have available to work in Littlemore?**
- **Which projects, programmes, and initiatives focused on (or including) Littlemore you have been involved in (last 10 years)?**
- **In your experience, what works well in getting residents involved in projects and initiatives, and what doesn't (barriers to involvement)?**
- **In terms of the discussion and design of community-based projects and initiatives – what are the ingredients for success in the long term?**
- **What are the key challenges you face as a community-based organisation/ what are the main challenges you think community-based organisations face – what would help solve them?**
- **What do you think the main impacts of the pandemic were locally, and do you think any impacts are still being felt?**
- **What worked well – locally- in terms of supporting the community through the pandemic, and what could be improved/ developed to help ensure the community is best equipped to deal with anything similar in the future?**
- **Have you noticed any cost of living crisis impacts affecting residents locally?**
- **Do you have any other observations about health and wellbeing in Littlemore and how it could be improved?**

Resident 121s

- **What do you value about Littlemore as a community?**
- **Do you feel involved in decision-making locally and feel that you are listened to?**
- **What do you do, to keep healthy, mentally, physically, emotionally, and spiritually?**

- **What kinds of things are most challenging for you living in Littlemore that impact on health and wellbeing?** (*Not worrying about money; Job security; Good quality, affordable housing; 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)*)
- **Do you feel safe in the community?**
- **What local groups, services, organisations, community spaces etc. do you find particularly helpful or useful to your health and well-being?**
- **What are the other local strengths and resources that support community health and wellbeing** (*such as community spirit, individual skills, passions, knowledge, green spaces etc.*)
- **What do you think helps you/your family maintain healthy habits around food and eating and getting out and about, or what would help you?**
- **Do you think you and the local community would benefit from additional initiatives to support health and well-being?**
- **What do you think would encourage more local people to create or take part in health and wellbeing initiatives?**
- **Would you be interested in joining with others (perhaps in a community group or project) to work on projects to support health and well-being?**