

Older People's Mental Health & Wellbeing Survey – Results

December 2008

About the survey

The survey was carried out in Spring 2008. Local groups such as voluntary groups and sheltered housing providers helped individuals or groups that they were in contact with to answer a number of questions. The full list of organisations taking part in the survey is given in Appendix B. The survey tool asked participants to complete the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS), describe their current wellbeing, explain their experiences and awareness of services provided to meet different levels of wellbeing and mental health needs, and give brief demographic information about themselves. A copy of the survey is given in Appendix C. Participants completed the survey either as individuals filling in the questionnaire as a guided interview, or as a group discussion.

Who took part?

The views of 602 people were accessed, 453 took part as individuals, either in a guided interview situation or as a self-completion questionnaire, and 149 people took part in group discussions (Table 1, Table 2). Some groups collated information from the discussion questions only, so 581 people were given the quantitative questions.

Of those people giving this information, 71% (413/581) were female and 22% (127/581) male (Table 3). The average (mean) age was 72, but this ranged from 50 to 100 (Table 4). 71% (412/581) were White British, and 20% (115/581) were Asian (Table 5).

Four organisations asked their participants (166 people) the longer demographics questions. One person reported that they were transgender, and one that they were gay. 34% (56/166) did not answer the question about their sexuality. 39% (65/166) said that they had one or more disability. The most common disability was a mental health condition, followed by a physical disability (Table 6).

The survey asked how participants were completing the survey, the majority (68%, 397/581) filled in their own answers, and 28% (162/581) had their answers written down by someone else. Participants were also asked if another type of support was being received, 83 people had received another type of support; the most common was language support or translation (71%, 59/83). Other types of support are given in Table 7.

WEMWBS (Warwick-Edinburgh Mental Wellbeing Scale)

The WEMWBS is a well-validated measure of wellbeing that covers a broad range of aspects of positive wellbeing. All its questions are asked in a positive way, and unlike other similar measures, it does not ask about symptoms of poor mental health. It is made up of 14 questions, for example 'I've been feeling useful', 'I've been interested in new things'. To fill it in, participants tick a box to indicate whether the statements apply 'none of the time', 'rarely', 'some of the time', 'often', or 'all of the time'. WEMWBS is scored by adding the answers to all of the questions together, where 'none of the time'=1, and 'all of the time' =5. Participants could therefore score between 14 and 70.

92% (537/581) of people completed 13 or 14 of the WEMWBS questions (Table 8). For those people who only filled in 13/14 questions, an average of their other scores was calculated & used for summed scores. People filling in 12 or fewer of the questions were not included in summed scores.

The average (median) overall WEMWBS score was 50, and 50% scored between 43 and 56 (interquartile range). Tennant et al (2007) validated the WEMWBS in a population sample, they found a median score of 51, with an inter-quartile range of

45-56. The scores achieved in this survey are therefore very similar in terms of average score & broadly similar in terms of spread of scores. Our sample spread out more towards the lower end of the scale than the population sample, with 31% (150/489) scoring equivalent to the lowest quarter of Tennant et al's population score. This suggests that our sample may contain a group of people with poorer wellbeing than in the population as a whole, but the sample of older people as a whole do not have poorer wellbeing.

There was no significant difference between scores of males & females ($f=0.06$, $p>0.05$), but there was a significant difference in WEMWBS score between different age groups (in 10 year bands) ($F=6.5$, $p<0.001$), with 90+ year olds scoring significantly lower than all other age groups (median of 35, vs. medians of 48-50 for other age groups). However the oldest age group contained the lowest number of people (22) so this finding should be interpreted with caution.

Combining WEMWBS and Current wellbeing

WEMWBS scores were grouped into high / medium / low thirds, and the categories that their comments fell into were compared. These results should be interpreted cautiously as the categories may not accurately represent the person's actual feelings, some categories covered a wider range of activities/ issues than others, and whether a person had a larger or smaller number of activities / issues that fell under one category is not represented in this. They do however add 'flavour' to the experience of being in high/ med/ low WEMWBS categories.

Current wellbeing and how to improve it

The survey asked about what participants currently did to improve their wellbeing and their wellbeing aspirations. The following questions were asked: 'What do you already do that makes you feel good?', 'What else would you like to do to make you feel even better?', 'What, if anything, is preventing you from doing these things?', 'What would make it easier for you to do the things you want to do to make you feel better?', 'What is most important to you in giving you the best wellbeing possible?'. All answers given were grouped into themes (examples of comments for of all of the themes are given in Appendix A). Comments could be classified under more than one theme, but this was generally avoided.

Friends and family was overwhelmingly the most frequently mentioned for respondents in giving the best wellbeing possible, for something else that that participants would like to make them feel better, and also as something they already did that made them feel good.

People with the highest wellbeing (from WEMWBS score) gave a wider range of things that they already did that made them feel good, while those with the lowest wellbeing gave a wider range of things that would make them feel even better, things that were preventing them from doing the things that would make them feel better, and that would make it easier for them to do these things.

What do you already do that makes you feel good?

Friends / family was overwhelmingly the most popular response, followed by creativity, nature, walking, and physical activity.

Friends and family included comments relating to spending time with children (especially grandchildren), talking, particular groups at which people met their friends, helping family or friends with particular tasks (including caring), befriending visits, and the company of a pet dog.

Creativity included comments such as listening to music, doing crafts, painting & taking photographs, going to the theatre, singing, and dancing.

Nature included comments such as gardening, and just being outside.

Walking overlapped with nature to some extent, with comments such as walking in countryside, and walking in fresh air. It also included walking with others and walking the dog.

Physical activity included activities other than walking, such as classes, the gym, and sports. Swimming and golf were mentioned frequently

Other comments included: food (cooking, eating out, eating well, and having an alcoholic drink), spirituality, volunteering / caring, sleep / relax, holidays / outings / trips, TV & cinema, specific groups (particularly U3A, Asian Elders, drop in & day centres), reading, learning, and shopping.

Less frequently mentioned comments included doing puzzles, tai chi / yoga, getting advice/ support, health, enjoy life, bingo/cards, nothing (generally people indicated their wellbeing was poor, so were unable to do pleasurable activities), take a break, driving, computers, keeping busy, and smoking.

“Meet with friends and relatives as often as possible to chat and hear about their and their families’ lives”

“Member of church choir and pianist for another choir”

“Enjoy being outside in my garden / greenhouse”

“Walking and getting some fresh air”

“Keeping physically active – community netball”

What would you like to do to make you feel even better?

Comments for things that people would like to do to make them feel better were initially screened to see if they fitted into the categories already devised for things people already did that made them feel good, where comments were not a good fit to these categories, new categories were devised.

Again, friends/ family was overwhelmingly the most common response, followed by travel / holidays / outings, mobility / get out more, physical activity, and health / healthcare.

Other frequent comments included: walking, nothing - ok already / more of the same, nature, volunteering / caring, learning, sleep / relax, money, creativity, housework / DIY, and food.

Less frequently mentioned comments included: theatre/ cinema / concert, taking up new hobbies / interests, help / support (e.g. with particular tasks, or with caring responsibilities), specific groups, housing (e.g. living closer to family or where participants felt safer), shopping, energy / able to do more, take a break, working, time, lose weight, look after self, welfare of others, spirituality, tai chi / yoga, independence, bingo / cards, computers, dancing, better weather, feel better (e.g. “handle my grief better”), no interest in anything, quit smoking, driving, and complementary therapies.

Many of the things people wanted to do were also things that other people already did, although there were some differences, in particular with the relative popularity of activities. The most dramatic change was with tv: 41 people said they watched tv and that made them feel good (putting it into 11th place in terms of popularity), whereas only 1 person wanted to watch tv (putting it into 42nd place). Other things which people frequently did but infrequently wanted to do were read (down from 13 to 42nd place), puzzles (down from 9 to 43rd place), and spirituality (down from 7 to 28th place).

Other activities that people were less likely to want to do than to already be doing included: enjoy life (down from 7 to 42nd place), and creativity (down from 2 to 13th place). People were more likely to mention an improvement in health as something they wanted rather than good health being something that made them feel good (8 people mentioned health as something that made them feel good, putting it

in 21st place, whereas 27 people mentioned it as something that would make them feel better, putting it in 5th place).

Money was not mentioned as something that already made people feel good, yet was in 10th place (with 16 people mentioning it) as something that would make them feel even better.

Comments relating to 'mobility / get out more' were mentioned significantly more often by those people who scored in the lowest third on wellbeing (from their total WEMWBS score) when compared to the highest third. 'Nothing – ok already / more of the same' was mentioned significantly more often by those scoring in the highest third for wellbeing. (See Table 10).

"See more of my family but they are very busy people and keep in touch when they can. I can rely on them if really needed"

"Travel and explore new places, at home and abroad"

"Would be happier if my mobility was better"

"I would like to go to the gym or do regular walking"

"Be able to move without pain in arms and legs"

What, if anything is preventing you from doing these things?

What would make it easier for you to do these things?

Health, travel / mobility, money, lack of service / facility, company, nothing really, and time were frequently mentioned as both preventing people from doing, and also as things that would help people to do the things they wanted to.

For some categories, while covering the same general theme, the answers people gave differed depending on whether they were preventing them from doing things or making it easier. This was the case for travel / mobility, lack of service / facility, and nothing really.

When thinking of travel / mobility as a barrier, people tended to mention things such as problems with walking ("can't walk too well"), lack of confidence with travel, or being housebound. When thinking of travel / mobility as something that could enable them to do things, people tended to make comments relating to easier access to public transport, access to a car, provision of door to door transport, having a wheelchair or mobility scooter, and someone to escort them while travelling or going out and about.

When thinking of lack of service / facility as a barrier, people tended to mention a general lack of facilities, whereas when thinking of facilities or services that would help them, more specific answers were given. The most frequent services that would help people were physiotherapy, respite opportunities, and general local services.

When thinking of 'nothing really' as a barrier, answers tended to be more positive (e.g. "nothing really feel I can do it myself") than when thinking of 'nothing really' as something that could help people (e.g. "nothing – the damage is done").

Other topics that were frequently mentioned as preventing people from doing things included: get upset / worry, other commitments (including work, caring and pets), confidence, energy, organise it, and distance (e.g. "different city – travelling problems").

Other topics that were less frequently mentioned as preventing people from doing things included: age, motivation, going out at night / safety, information, housing, others' time, weather, myself, forget things.

People whose wellbeing fell in the lowest third were significantly more likely to mention 'health', 'travel / mobility', 'company', and 'confidence' as barriers; whereas people whose wellbeing fell in the highest third were significantly more likely to report 'nothing really' as a barrier (see Table 11).

Other topics that were frequently mentioned as making it easier for people to do things included: do things own way, change work, motivation / encouragement, and help / advice.

Other topics that were less frequently mentioned as making it easier for people to do things included: housing (e.g. "live nearer to family"), information, see family, stay happy, organise it, energy, distance, age, other commitments, talk easily, learning, and others' time.

Those with the lowest wellbeing mentioned extra service / facility significantly more often as something that would make it easier for them (see Table 12).

"Being able to do things without getting breathless"

"Better taxi, cheaper transport, drivers helping to get you out and take you to the shop etc"

"More money to help with my caring duties. It gets harder as you get older"

"No access to practical home help i.e. cleaning, cooking, home cooked meals"

"Three's a crowd, most of my friends have husbands or partners I always feel left out in a group"

"Nothing. Unlikely to be able to swim much again"

"Never had any problems"

What is most important to you in giving you the best wellbeing possible?

Overwhelmingly the most frequent answers to this question were relating to friends / family, and good health / healthcare. Friends and family was also overwhelmingly the most popular answer for the questions asking about what people already do to make them feel good, and what people would like to do to feel even better. Health / healthcare was also a high priority for what people would like to do to feel even better, but was not frequently mentioned as something that people already did.

Other themes that were frequently mentioned as being most important in giving the best wellbeing possible were: spirituality, peace of mind / happy / relaxed (e.g. "Being happy. Being free from overburdening concerns and anxieties"), lifestyle changes (where no specific changes were mentioned), being looked after / cared about / having support, welfare of family / friends, independence, mobility / keep active (including being able to walk), outings / holidays, sleep / relax, physical activity, food, and keep busy / mentally active.

Other less frequently mentioned themes were: specific group / facility (e.g. "Attending Age Concern each week for a meal"), look after / help others, be respected / listened to, nature, live your own way, housing, creativity, confidence, feel useful / needed, time to do things, more of the same, able to cope, learning, enjoy life to the full, waking up in the morning, walking, money and work.

Many of the topics that were most frequently mentioned were also frequently mentioned as answers to either or both of the questions about what people already did that made them feel good, or things that they would like to do to feel even better. However, walking, creativity, nature, and learning were popular answers to what people already did, and what they would like to do – but did not feature highly as people's top priorities for their wellbeing.

There were several topics that were frequently mentioned as most important for wellbeing that were not frequently mentioned as either things that people already did or would like to do to make them feel good. These were: lifestyle changes, welfare of family / friends, and independence.

"Talking with and caring for friends, neighbours and relatives"

"Health and the security to know if things go wrong someone will look after me with care and dignity"

Use of and knowledge of services

The survey asked participants their views and knowledge of services available for different levels of wellbeing or mental health need. These were: 'Many people, for a variety of lifestyle reasons, sometimes feel unhappy and need to access some support to make them feel better; 'some people suffer with mental health problems or mental illness and need to access services that help them to recover'; 'Some people become very unwell, they may not completely recover, and they need specialist care to meet their physical and mental health needs'. Participants were asked what services they had attended, what services they knew about but had not attended, what they thought the best things were / might be and what was / might be missing, how they knew about the service, and whether they had been / thought they would be comfortable accessing the service.

Many people, for a variety of lifestyle reasons, sometimes feel unhappy and need to access some support to make them feel better

Most of the services mentioned, both services attended and those heard about, were similar to those mentioned as things that people already did to make them feel good, or would like to do to make them feel better.

The most frequently used activities for 'feeling better' were physical activity volunteering / caring, specific groups, learning, and creativity. Physical activity, walking and learning were the most frequently mentioned activities that participants had not attended.

"Armchair exercises/weight management"

"I have been a cancer shop volunteer for many years"

"Join various groups. Attend church and be involved there."

"Training course such as Computer class, cookery classes etc"

"Enjoy knitting/crochet"

"Walking groups "

Overwhelmingly the most important aspects of these activities were to do with the other people there. The most common best thing about activities attended was company / friends/ meeting people / chatting. For activities that participants had not attended, the best thing was felt to be seeing others, and the most frequent thing feared to be missing was people / friendliness. Other best aspects of activities attended included being useful / valued, learn new things/ useful information, and keep active / fit / healthy. Participants most often found out about activities from Friends / family – both activities attended and not attended. Activities that had been attended were also likely to have been heard about from a health professional.

"I get to meet people from my own community & age"

"Seeing people I don't normally see, talking to others"

"More interaction between members when you first go"

"Satisfaction of being able to help people"

"Learning and making friends"

"Keeping herself busy and fit"

Some people suffer with mental health problems or mental illness and need to access services that help them to recover

When asked about services to help people with mental health problems / mental illness to recover, GP practices were the most frequently mentioned as used & not used. Other services that had frequently been used included CPN, psychiatrist and

hospital. Other services that were less often used but that were frequently mentioned included counselling, and voluntary organisations.

- “CPN visits monthly”
- “Psychiatrist appointment”
- “Hospital due to anxiety”

People who had used a service ‘to help recover’ overwhelmingly heard about them from a health professional, but services that had not been used were often heard about from friend / family, work, or just knew. Again, support received was very important. For services that had been used, the best thing was most often talking / being listened to, and for services not used the best thing was most often felt to be support / good service / make you feel better. There were few comments about improvements needed, either for services used, or services heard about.

- “GP referred to consultant”
- “Talking to a niece who has benefited from same”
- “Via working as a mental health professional”
- “Life experience”

- “Time to discuss issues troubling me”
- “Understands me and my illness”
- “It may be beneficial”

Some people become very unwell, they may not completely recover, and they need specialist care to meet their physical and mental health needs

Few people had experience of this type of service. The most frequent services used however were voluntary sector, and home care. The most commonly mentioned service that had not been used was residential care. People who had used services, had mostly come to use the service through a health professional or social services, whereas people usually found out about services they hadn't used through friends / family.

- “I have been to Age Concern in the past”
- “Home Care to help with physical needs”

- “It was suggested on my last day in hospital”
- “Through Social Worker”
- “Through being aware of other people's problems”

People who had used services generally felt comfortable using them (40/52 77% said yes they felt comfortable), but people who had not used services doubted that they would feel comfortable (6/29 21%, said yes they would feel comfortable). Few people who had not used services commented on what the best or missing aspects might be, but the most frequent comments were that the best thing was that the service was there if needed, and felt that social life might be missing. Again, friendliness was highly valued among people who had used services, the most frequently reported best thing was people friendly / caring / company. Other valued aspects included improve confidence / feel secure, and help round the house / with chores.

- “The services can be accessed if needed”
- “Social life will be disturbed”

“Company for us both”

“Took away some worry”

“Enable me to do my own shopping with support”

Appendix A: Current wellbeing & how to improve it - categories

What do you already do that makes you feel good?	
<i>Friends & Family</i>	<p><i>Time with children</i> "See my son and grandson every weekend but speak to them nearly every day on the internet" "Lots of time with great-grandchildren"</p> <p><i>Talking</i> "Meet with friends and relatives as often as possible to chat and hear about their and their families' lives" "Talking to my friends"</p> <p><i>Social groups / activities</i> "Meet friends at 'Book club'"</p> <p>"To go to the Asian Elders centre and pass time with the people"</p> <p><i>Help family / friends</i> "Help my brother in his garden" "Act as a 'taxi' for a good friend (unfortunately only for another fortnight, as I am giving up the car at the end of the month) The friendship will still be there though"</p> <p><i>Befriending</i> "Enjoy the visits by the Halliwell befriending service"</p> <p><i>Dog</i> "The company of my dog"</p> <p><i>Other</i> "Time with friends" "Happy marriage"</p>
<i>Creativity</i>	<p><i>Music</i> "Listening to classical music" "Relaxing and listening to music"</p> <p><i>Crafts</i> "Knitting and crocheting" "Doing woodwork as a hobby"</p> <p><i>Visual arts</i> "Water colouring, mainly landscapes" "Taking photographs"</p> <p><i>Theatre</i> "I do enjoy an evening at the theatre with a friend or family member"</p> <p><i>Singing</i> "Singing in choir" "Karaoke with Tony Berry"</p> <p><i>Dancing</i> "Salsa dancing – new at this but very enjoyable" "Friday evening dancing"</p> <p><i>Other</i> "Reading / writing poetry"</p>
<i>Nature</i>	<p><i>Gardening</i> "Spending time outside working on garden" "Digging at my allotment"</p> <p><i>Being outside</i> "Sitting in the garden in the sunshine"</p>

What do you already do that makes you feel good?	
	<p>"Taking some fresh air in the countryside"</p> <p><i>Other</i></p> <p>"Watch the birds"</p> <p>"Watching nature programmes"</p>
Walking	<p><i>Walking with dog</i></p> <p>"Walking my dog on a sunny day"</p> <p><i>Walking in countryside</i></p> <p>"I like to walk on the moors"</p> <p>"Take a walk around the Jumbles reservoir"</p> <p><i>Walking in fresh air</i></p> <p>"Taking some fresh air and exercise"</p> <p><i>Walk with others</i></p> <p>"Walking with grandchildren"</p> <p>"I go for walks with my friends to the shops, and go shopping with my daughter"</p> <p><i>Other</i></p> <p>"Walk the maximum I am capable of"</p> <p>"Go for walks"</p>
Physical activity	<p><i>Classes</i></p> <p>"Meeting friends at exercise class & tai chi"</p> <p>"Go to aqua aerobics"</p> <p><i>Gym</i></p> <p>"Attending Motorcise gym"</p> <p>"Gym with friends"</p> <p><i>Sports</i></p> <p>"I run"</p> <p>"Learning & practising golf"</p> <p><i>Swimming</i></p> <p>"Swim sometimes"</p> <p><i>Bowling</i></p> <p>"Hobbies – bowling"</p> <p><i>Other</i></p> <p>"Taking some exercise"</p> <p>"keeping active mentally & physically"</p>
Food	<p><i>Eating out</i></p> <p>"Having a cup of coffee at a café"</p> <p>"Pub lunches"</p> <p><i>Cooking</i></p> <p>"Baking"</p> <p>"Cooking, trying new recipes"</p> <p><i>Drinking</i></p> <p>"Chocolate occasionally and a bottle of wine"</p> <p>"Enjoy an alcoholic drink"</p> <p><i>Other</i></p> <p>"I eat well"</p> <p>"Sit down with a crossword and a coffee"</p>
Spirituality	<p><i>Attending religious activities</i></p> <p>"Attending and supporting the church e.g. running stalls, tea bar"</p> <p>"I enjoy going to the mosque"</p>

What do you already do that makes you feel good?	
	<p><i>Prayer</i> "Pray to God that's what makes me feel good"</p> <p><i>Religious music</i> "Listening to the religious songs and about God's stories"</p> <p><i>Other</i> "Inter-faith activities (Muslims, Hindus, Jews, Christians)" "As a committed Christian helping others less fortunate than myself, leading by example"</p>
Volunteering / Caring	<p>"Work as a carer makes me feel useful"</p> <p>"I am a befriender, enjoy listening and helping others"</p> <p>"Neighbourliness – Visiting elderly and housebound"</p>
Sleep / Relax	<p>"Relaxing at home"</p> <p>"Getting a good night's sleep"</p> <p>"Meditation"</p>
Holidays /outings / trips	<p>"Visit our caravan in the lakes"</p> <p>"Travel – indulging using free bus pass"</p> <p>"Going to theatre and museums and houses and gardens"</p>
TV	<p>"Watching lots of tv programmes and Gujarati serials"</p> <p>"Going to cinema"</p> <p>"Listen to radio and tv"</p>
Specific groups	<p><i>U3A</i> "U3A choir"</p> <p><i>Asian Elders</i> "Attend Asian Elders group and go on trips with them"</p> <p><i>Day centre</i> "Like going to day centre in Horwich" "St George's day centre dominoes, bingo"</p> <p><i>Drop in</i> Attending a Halliwell drop-in once a week"</p> <p><i>Other</i> "Social activities (church, U3A, WI group)"</p>
Read	<p>"Reading (my life line)"</p> <p>"Reading a good book or poetry"</p>
Learning	<p>"Researching areas of study through books etc"</p> <p>"Keeping mentally active"</p>
Shopping	<p>"Go out shopping makes me feel good"</p> <p>"2 outings a week by Dial a Ride shopping"</p>
Housework / DIY	<p>"Routine housework, cooking, shopping"</p> <p>"Doing bits of DIY"</p>
Look after self	<p>"Go to hairdressers weekly"</p> <p>"Having a shower and moisturising"</p>
Working	<p>"Being well enough to work"</p> <p>"Working for a charity"</p>
Puzzles	<p>"Do jigsaw puzzle and brain teasers"</p> <p>"Pub quiz"</p>
Tai chi / yoga	<p>"Yoga class at local library – once a week"</p>
Getting advice / support	<p>"Taking part in some complimentary therapies"</p>

What do you already do that makes you feel good?	
	"Talking about feelings want to be listened to"
Health	"Being pain free" "Getting the help I need with my mental health problems"
Enjoy life	"Enjoy the day – whatever it brings" "Live a good life mentally and physically – do no harm to anyone"
Bingo / cards	"I go to bingo daily" "Play cards with friends"
Nothing	"At the moment unable to do anything" "Nothing at the moment lost my husband a few weeks ago"
Take a break	"Taking a break"
Driving	"Driving"
Computers	"Computer (internet etc)"
Keeping busy	"If she's busy she feels very happy"
Smoking	"Smoking"

What would you like to do to make you feel even better	
Friends / family	<p>"Have a companion for outings and holidays"</p> <p>"See grandchildren, stay in touch with family"</p> <p>"Have visitors coming more often would make me feel a lot better"</p>
Travel / holidays / outings	<p><i>Holidays</i></p> <p>"Go on a cruise"</p> <p>"Travel and explore new places, at home and abroad"</p> <p><i>Outings</i></p> <p>"Go to shows and outings"</p> <p>"A day trip to Southport"</p>
Mobility / get out more	<p>"Be able to walk on my own and go out shopping (shop till I drop!) instead of being pushed in my wheelchair. But it does beat not being able to go out of the house"</p> <p>"Getting out more – even to local shops"</p>
Physical activity	<p>"Like to go swimming"</p> <p>Get more exercise along with people of my own age e.g. exercise classes"</p> <p>"Ride a bike"</p> <p>"Be more active"</p>
Health / healthcare	<p>"My physical health holds me back"</p> <p>"Get medication sorted to improve how I feel and get out more"</p>
Walking	<p>"Be able to walk further"</p> <p>"Walking in the countryside"</p>
Nothing – ok already / more of the same	<p>"Nothing else I enjoy what I am doing at the moment"</p> <p>"Already happy"</p>
Nature	<p>"Grow my own veg"</p> <p>"Live near the coast"</p> <p>"Have a caravan in the country"</p>
Volunteering / caring	<p>"Voluntary work helping people worse off than myself"</p> <p>"Knowing how to get into voluntary work – and being accepted as a volunteer"</p>
Learning	<p>"I would like to go to an embroidery class"</p> <p>"College courses at low cost to help get back employment"</p>
Sleep / relax	<p>"Sleep a lot better. I am a poor sleeper"</p> <p>"Try yoga, relax more"</p>
Money	<p>"Higher pension rate"</p> <p>"Can't afford taxis"</p>
Creativity	<p>"Learn to play music from written notes"</p> <p>"I like to write but due to poor sight struggle with one fine eye and one eye on a broken machine"</p> <p>"Take up painting"</p>
Housework / DIY	<p>"Help around the home cleaning"</p> <p>"Sorting out my largish garden, decorating my house"</p>
Food	<p>"Enjoying a lunch chatting over food"</p> <p>"Cooking new recipes"</p>

What would you like to do to make you feel even better	
	"Healthy food"
Theatre / cinema / concert	"Listening to classical music with another person who enjoys it. Like to go to a concert." "Have a visit to a show in Manchester now and then"
New hobbies / interests	"A new interest" "New hobbies makes her happy"
Help / support	"Spend time to myself knowing that someone I trust is caring for my partner" "Have full time help in the house"
Specific groups	"Join a few more U3A groups" "More tai chi classes in Bolton in the evening for those who work daytimes"
Housing	"Want to move house to be near my family" "Live somewhere that I feel safer & where young people (boys) do not call me names (old bag)"
Shopping	"Buy nice things for my family" "Getting out more – even to local shops"
Energy / able to do more	"Do ANYTHING for longer periods" "To have more energy"
Take a break	"Relaxing and taking a break"
Working	"Would like to work" "Be able to retire"
Time	"Have more time for myself"
Look after self	"Spend some time at the beauty salon (if only)"
Lose weight	"Lose some weight"
Welfare of others	"It is more important that I make others feel better" "If I could get rid of the guilt feeling of leaving my wife with the befriender (who is lovely). I feel I should be with my wife all the time"
Spirituality	"Be more involved in church activities"
Tai chi/ yoga	"I would like to try tai chi"
Independence	"Walk better without assistance" "To be able to be 100% independent"
Bingo / cards	"Attend whist drives"
Computers	"Basic computer classes"
Dancing	"Folk dancing"
Better weather	"Being able to enjoy sunshine"
Feel better	"Handle my grief better"
No interest in anything	"I don't know, I am old now I don't have any energy to do anything now"
Quit smoking	"Give up smoking, I am a heavy smoker"
Driving	"Drive my car but I can't due to recovering from a stroke"
Complimentary therapies	"Taking part in complimentary therapies"
Read	"Reading"
TV	"Watching tv by myself"
Enjoy life	"Enjoy life"

What, if anything, is preventing you from doing these things?	
Friends / family	<p>"Have a companion for outings and holidays"</p> <p>"See grandchildren, stay in touch with family"</p> <p>"Have visitors coming more often would make me feel a lot better"</p>
Health	<p>"I feel very bad and my brain stops"</p> <p>"There is no gym nearby and I have very hard cracked feet and I can't do a lot of walking as I am diabetic"</p>
Money	<p>"watching my spending"</p> <p>"costs, low income"</p>
Get upset / worry	<p>"Not happy going out at night, worry"</p> <p>"I'd get upset"</p>
Nothing really	<p>"Never got round to it"</p> <p>"Nothing really I feel I can do it myself"</p>
Other commitments	<p><i>Work</i></p> <p>"Time and work pressures"</p> <p><i>Caring</i></p> <p>"Not enough care time for my husband who has dementia and cancer aged 94 years"</p> <p><i>Pets</i></p> <p>"My dog is getting old – difficult to leave her"</p> <p><i>Other</i></p> <p>"Responsibilities"</p>
Travel / mobility	<p><i>Walking</i></p> <p>"Not too good walking"</p> <p><i>Confidence with travel</i></p> <p>"Can't get out myself due to mobility problems not been out in so long lack confidence"</p> <p><i>Housebound</i></p> <p>"I am recently housebound last few months"</p> <p><i>Other</i></p> <p>"Not enough energy / fitness"</p> <p>"Travel by public transport"</p>
Time	<p>"No time"</p> <p>"Starts too early"</p>
Other	<p>"Don't want to at the moment"</p> <p>"I cope in a fashion"</p>
Company	<p>"No one to go with"</p> <p>"Can't go because got no-one to take me"</p>
Lack of service / facility	<p>"No classes available"</p> <p>"In this area (North Bolton) there is a lack of resources"</p>
Confidence	<p>"Lack of confidence in myself"</p> <p>"Just personal motivation / determination to get out and do them (as a widow – self confidence is lowered)"</p>
Energy	<p>"No motivation more energy"</p> <p>"Being a carer lack of energy – sometimes I feel very tired and don't want to get out of bed"</p>
Organise it	<p>"Planning my time better"</p> <p>"A direction – someone or something to set me on the path"</p>
Distance	<p>"Different city – travelling problems"</p>

What, if anything, is preventing you from doing these things?	
	"Long distance and commitments of family near to home"
Age	"Getting older" "But feel too old"
Motivation	"Lack of motivation" "Get up and go, motivation"
Going out at night/ safety	"Not happy going out at night, worry" "Dangerous area"
Information	"Lack of knowledge of where to go" "I do not know of anything that is happening"
Housing	"Can't sell my house" "Going through house sale"
Others' time	"Time of family – they are busy people"
Weather	"Bad weather"
Myself	"Me"
Forget things	"Not able to remember things"

What, if anything, would make it easier for you to do these things?	
Health	<p>"Less medication"</p> <p>"Physical and mental good health"</p>
Travel / mobility	<p><i>Public transport</i> "For public transport to be easy to use for people in my position" "Better night-time bus service"</p> <p><i>Car</i> "If I could drive a car I wish I had learnt when I was younger, it would make life so much easier" "Someone to rely on to take me with a car"</p> <p><i>Door to door transport</i> "Organised trips – door to door" Door to door transport, assistance from my house to the transport"</p> <p><i>Wheelchair / scooter</i> "I have bought a mobility scooter to get around need to get used to it yet"</p> <p><i>Escorts</i> "A good carer able to accompany & help shopping TRANSPORT"</p> <p><i>Other</i> "If I could get around better on my own" "If I wasn't in a wheelchair could walk, to do things when I want"</p>
Money	<p>"No debt"</p> <p>"Have sufficient money to live off"</p>
Lack of service / facility	<p><i>Physiotherapy</i> "Probably some more physio"</p> <p><i>Local services</i> "If there was a gym near to where I live I would regularly use it with my friends" "More opportunities locally in Westhoughton"</p> <p><i>Respite opportunities</i> "Someone to look after mum while I go dancing once a week when I can forget" "Respite care for my disabled son"</p> <p><i>Other</i> "More organisations like the befriending service" "Funding some care for my health problems"</p>
Company	<p>"Someone to take short walks with me"</p> <p>"Having other people who want to do the same things but who are not stand offish"</p>
Other	<p>"To keep active and stay healthy"</p> <p>"Not live in a hilly location"</p>
Nothing really	<p>"I am old now. I don't want to do anything"</p> <p>"I do most of the things already"</p>
Do things own way	<p>"Do things her own way and in her own time"</p> <p>"Just please myself"</p>
Time	<p>"Have more leisure time available"</p> <p>"To have some time for myself"</p>
Change work	<p><i>Less work</i> "Retire from work"</p>

What, if anything, would make it easier for you to do these things?	
	<p>"Work less hours"</p> <p><i>More work</i></p> <p>"A part time job"</p> <p>"Being able to do supported paid work, so I can start to get my life on track but scared of the benefits system too many rules. College courses at low cost to help get back employment"</p> <p><i>Change work</i></p> <p>"Change working pattern"</p> <p>"More flexibility at work"</p>
Motivation / encouragement	<p>"Having support to do these things"</p> <p>"Encouragement. Friends getting alongside me"</p>
Help / advice	<p>"Someone to escort me"</p> <p>"A lead from a friend to point the way"</p>
Housing	<p>"If I was living at home it would make me feel better"</p> <p>"Live nearer to family"</p>
Information	<p>"Nobody to show you what to do"</p> <p>"Know where to meet people"</p>
See family	<p>"To have more access to my grandchildren"</p> <p>"Only son in New Zealand, niece looks after me but she has her own children and grandchildren and works full time"</p>
Stay happy	<p>"Just stay happy"</p> <p>"She feels if she stays healthy and happy it will help to feel better"</p>
Organise it	<p>"Better organising of time"</p>
Energy	<p>"More energy"</p> <p>"Feeling less tired"</p>
Distance	<p>"Living nearer to my family"</p>
Age	<p>"Turn the clock back 40 years"</p>
Other commitments	<p>"Cut back some of the things I do"</p>
Talk easily	<p>"People who speak the same language"</p> <p>"If she could eat properly and talk properly"</p>
Learning	<p>"Training for new carers (job opportunities)"</p>
Others' time	<p>"If family weren't working hard to pay for houses, cars, holidays and had a bit of time to help in the areas where I'm struggling"</p>
Going out at night / safety	<p>"Safer surroundings"</p>
Weather	<p>"Good weather all the year round"</p>

What is most important to you in giving you the best wellbeing possible?	
Family / friends	<p>"Being part of a loving family"</p> <p>"Having people around me"</p> <p>"Coming to aerobics class at St Georges – mixing with the girls"</p>
Good health / healthcare	<p><i>Healthcare</i></p> <p>"Good access to all aspects of healthcare"</p> <p>"Therapy for my arthritis and osteoporosis or exercises would probably help"</p> <p><i>Health</i></p> <p>"Being in good health"</p> <p>"Staying fit and healthy"</p>
Spirituality	<p>"Praying keeps you happy and healthy"</p> <p>"Reading the Bible daily and learning from it. Attending church services and sharing God's blessings"</p>
Peace of mind / happy / relaxed	<p>"Being happy. Being free from overburdening concerns and anxieties"</p> <p>"Peace of mind and accepting that life is good. I am 92 years of age and this is my belief"</p>
Lifestyle changes	<p>"Change of lifestyle"</p>
Being looked after / having support / cared about	<p>"Residential home, they look after me"</p> <p>"Support from my carers 3 times daily, Careline. And my friend coming in cleaning and shopping and taking me out"</p>
Welfare of family / friends	<p>"The happiness and welfare of my whole family including nephews and nieces"</p> <p>"The knowledge that my husband has the highest care possible"</p>
Independence	<p>"Being independent"</p> <p>"Remaining in my own home and making my own choices"</p>
Other	<p>"People smiling and saying good morning"</p> <p>"My lovely Mercedes!"</p>
Mobility / keep active	<p>"Keeping fit and active"</p> <p>"Driving and being able to remain active"</p>
Outings / holidays	<p>"Keeping busy and getting out and about"</p> <p>"Taking a holiday or short breaks"</p>
Sleep / relax	<p><i>Sleep</i></p> <p>"Getting good sleep"</p> <p>"Sleeping without pain through the night and 40 winks whenever needed"</p> <p><i>Relaxing</i></p> <p>"Relaxing home"</p>
Physical activity	<p>"Keep trying to keep fit as possible"</p> <p>"Exercise"</p>
Food	<p>"Eating well and having the occasional drink"</p> <p>"Somebody to cook fresh meals not to have bits and frozen"</p>
Keep busy / mentally active	<p>"Staying mentally active, talking to others, try to do as much as possible for myself"</p> <p>"Being busy and active"</p>

What is most important to you in giving you the best wellbeing possible?	
<i>Specific group / facility</i>	<p>"Being able to go to the drop-ins"</p> <p>"Definitely a day care centre like AERC. This should open at the weekend also"</p>
<i>Look after / help others</i>	<p>"That we care about one another, especially the old and infirm, the weak and those without hope"</p> <p>"Getting involved with my family and friends. Working with other people in groups. Being there when needed for friends and relatives"</p>
<i>Be respected/ listened to</i>	<p>"People treating me normal some don't because I had a stroke"</p> <p>"Listening to my needs, treating me as an equal"</p>
<i>Nature</i>	<p>"Contact with nature"</p> <p>"Time to get outdoors"</p>
<i>Live your own way</i>	<p>"Doing things her own way"</p>
<i>Housing</i>	<p>"To be safe and comfortable in my home"</p> <p>"I would like to move to another area unhappy where I am now"</p>
<i>Creativity</i>	<p>"Singing, learn to play piano"</p> <p>"Creative things"</p>
<i>Confidence</i>	<p>"Try new things without being scared to"</p> <p>"A bottle of confidence – motivation & pushing by support"</p>
<i>Feeling useful / needed</i>	<p>"Sense of being valued and needed"</p> <p>"I need to be needed & useful"</p>
<i>Time to do things</i>	<p>"Having time to do the things I enjoy doing"</p> <p>"Time to get outdoors"</p>
<i>More of the same</i>	<p>"Ok as she is"</p> <p>"Maintain wellbeing"</p>
<i>Able to cope</i>	<p>"To be able to cope with my problems"</p> <p>"Being able to cope with modern life, driving, cost of etc"</p>
<i>Learning</i>	<p>"Doing new things but I don't always feel well enough"</p> <p>"Learning new skills that will help go towards a job in the future"</p>
<i>Enjoy life to full</i>	<p>"To live life at full and be happy"</p>
<i>Waking up in the morning</i>	<p>"Waking up in the morning, seeing the sun shine"</p>
<i>Walking</i>	<p>"Going out for a walk"</p>
<i>Money</i>	<p>"Financial security"</p>
<i>Work</i>	<p>"My job"</p>

References

Tenant R, Hiller L, Fishwick R, Platt S, Joseph S, Weich S, Parkinson J, Secker J, & Stewart-Brown S. (2007). The Warwick-Edinburgh Mental Well-being Scale (WEMWBS): development and UK validation. *Health and Quality of Life Outcomes*, 5(63).

Appendix B: data tables and figures

Groups taking part in the survey are given below:

Active Choices

The service offers one to one support to access social, educational, health and exercise activities in the local community. The team also delivers a range of group activities in both mental health and mainstream settings. It is a recovery-based service with an emphasis on enabling people to explore their choices and opportunities. Description of Service Users: People of 16 years and upwards who experience mental health difficulties and want support to make changes in their lives.

Asian Elders

Asian Elders' Resource Centre is based on the 'One stop shop' concept for service users to have more inclusive and collective services with informed choice for service users. All our services are designed to provide opportunities for social interaction along with activities targeted to ensure harmony amongst people from different communities. All our services within the resource Centre are designed and developed keeping needs and choices of local older people. It is a highly recognised, specialised local Resource Centre developed in partnership with local statutory, voluntary and community organisations. We encourage and support our service users and carers to express their views, opinions and concerns about services available to them. Our regular formal and informal meetings, surgeries, talks and consultation sessions play an important role to enable our members and carers to have active participation and involvement.

B4 Productions

B4 Productions is a video production and training group working in the community

BAND Bolton Association and Network of Drop-Ins (For Community Mental Health)

BAND was established in 1995 by a group of mental health service users, mental health professionals and Emmanuel Church representative. BAND aims to offer choice and independence to individuals who experience mental health problems through the provision of drop in centres and special interest groups that offer social, educational and recreational opportunities. BAND is a voluntary mental health organisation, and is a registered charity and registered in Cardiff as a Company Limited by Guarantee. We support 10 drop-in centres in Bolton, and also have a number of projects which help people with mental health issues in some way.

Bolton Council of Mosques

BCOM acts as a consultative body to a range of service providers in Bolton and has been providing some kind of service for the Muslim community for over 14 years. First in the form of the Bolton Muslim Cemetery Committee, then Bolton Muslim Community Care followed by the Bolton Council of Mosques. It is an organisation aiming to unite the Muslim Community of Bolton and increase the opportunities afforded to Muslims to participate, interact and contribute to the wider society.

Representing all the 16 established mosques in Bolton with approximately 20,000 Muslims, BCoM is often seen as the gateway to the Muslim Community. It is an organisation that ensures that Muslims are represented at the highest levels, locally, regionally and indeed nationally. As members of the Local Strategic Partnership we are involved in contributing to the future of service provision in Bolton for all communities, established as well as new and emerging.

BCOM itself has a number of staff, voluntary forums and is involved in a number of projects. These include the provision of circumcision clinics, burial facilities, mentoring and counselling, raising funds for those in need and at times of crisis, drugs work, young peoples pilgrimage package, advocacy and advisory projects, first aid courses, a community newsletter, MRI Scanning facilities and indeed the list goes on.

Bolton Patients Council for Mental Health

The patient's council attempts to provide an access route to appropriate help. We record, collect and collate the individual voices and take the 'evidence' to the appropriate bodies – NHS, social services, voluntary organisations etc. The patient's council aims to work wherever possible in a spirit of liaison and co-operation with statutory and voluntary organisations in order to plan, develop and improve Bolton's mental health service.

Halliwell Befriending

The befriending group covers the Halliwell area and is aimed at elderly, housebound & isolated people. We also help carers of people with early signs of dementia.

National Osteoporosis Society – Bolton

We ask health professionals with special knowledge to come to meetings and talk to members. We send information to anyone who requests it. We assist people who are newly diagnosed with osteoporosis by providing information about medication options etc. The committee helps at a clinic at the Royal Bolton Hospital, making leaflets available. We have made teaching packs about bone health available to primary schools using money from various sources (grants).

Places for People

Places for People is one of the largest property management and development companies in the UK, committed to providing sustainable communities. Our focus is on creating places where people choose to live - whether that means providing new communities or transforming existing neighbourhoods into vibrant, popular areas to live and prosper.

Places for People Individual Support is a charitable Registered Social Landlord providing housing, care and support services. We are committed to providing support to enable individuals to live independently in the community

U3A

U3A stands for the University of the Third Age, which is a self-help organisation for people no longer in full time employment providing educational, creative and leisure opportunities in a friendly environment. It consists of local U3As all over the UK, which are charities in their own right and are run entirely by volunteers. Local U3As are learning cooperatives which draw upon the knowledge, experience and skills of their own members to organise and provide interest groups in accordance with the wishes of the membership. The teachers learn and the learners teach. Between them U3As offer the chance to study over 300 different subjects in such fields as art, languages, music, history, life sciences, philosophy, computing, crafts, photography and walking. A typical U3A has about 250 members but could be as small as 12 and as large as 2000. The U3A approach to learning is – learning for pleasure. There is no accreditation or validation and there are no assessments or qualifications to be gained.

Organisation	Number of individuals	Number in groups	Grand total
Active Choices	28		
Asian Elders	50		
B4 Productions	46		
BAND	44		
Bolton Council of Mosques	47		
Bolton Patients Council	47	21	68
Halliwell Befriending	66		
National Osteoporosis Society – Bolton	42		
Places for People	5	128	133
U3A	70		
Unidentified	8		
<i>Total</i>	<i>453</i>	<i>149</i>	<i>602</i>

Table 1: Total number of people surveyed by each organisation

Group	Number of people in group	Organisation
A	31	Places for People
B	36	Places for People
C	19	Places for People
D	12	Places for People
E	30	Places for People
F	15	Bolton Patients Council
G	6	Bolton Patients Council
<i>Total</i>	<i>149</i>	

Table 2: Group details

Gender	Number	%
Male	127	21.9
Female	413	71.1
Missing	41	7.1
<i>Total</i>	<i>581</i>	<i>100</i>

Table 3: Gender

529 people filled in their age, 52 did not (total = 581)

Minimum age = 50

Mean age = 71.5

Maximum age = 100.

standard deviation = 10.9

Table 4: Age

Ethnicity	Number	%
White British	412	70.9
White Irish	11	1.9
White Other	4	0.7
Mixed White – Black Caribbean	1	0.2
Asian – Indian	107	18.4
Asian – Pakistani	7	1.2
Asian – Bangladeshi	1	0.2
Black Caribbean	1	0.2
Other	2	0.3
Missing	35	6.0
<i>Total</i>	<i>581</i>	<i>100</i>

Table 5: Ethnicity

Disability	Number	%
Mental health condition	37	56.9
Physical disability	30	46.2
Long standing illness	16	24.6
Sensory impairment	3	4.6
Other	3	4.6
Learning disability / difficulty	1	1.5

Long demographics used by BAND, BCOM, Bolton Patients Council, Active Choices.
166 People.

Table 6: Disability

Type of support	Number of people
Language support / translation	59
Other support / encouragement	13
Help with reading questions / writing down answers	8
Asked questions in conversation / rephrased	3
<i>Total</i>	<i>83</i>

Table 7: Are you helping someone to answer in another way? Please explain how

Number of questions completed	Number of people	%
All 14	489	84.2
13	48	8.3
1-12	33	5.7
None	11	1.9
<i>Total</i>	<i>581</i>	<i>100</i>

Table 8: Number of WEMWBS questions completed

Table 9: What do you already do that makes you feel good? Low vs. high wellbeing

		Wellbeing (based on WEMWBS score)										
		low <= 45.00			med 45.01 - 54.00		high 54.01+			overall		overall rank
		Count	%	low rank	Count	%	Count	%	High rank	count	%	overall rank
friends / family	*	66	47.8	1	76	52.4	78	61.9	1	220	53.8	1
nature	*	19	13.8	4	39	26.9	40	31.7	2	98	24.0	2
creativity		28	20.3	2	37	25.5	33	26.2	3	98	24.0	2
walking		19	13.8	4	34	23.4	28	22.2	4	81	19.8	4
Physical activity	*	17	12.3	6	29	20.0	27	21.4	5	73	17.8	5
Food		22	15.9	3	25	17.2	19	15.1	8	66	16.1	6
spirituality	*	13	9.4	9	19	13.1	25	19.8	6	57	13.9	7
Sleep / relax		16	11.6	7	17	11.7	22	17.5	7	55	13.4	8
holidays / outings / trips		12	8.7	11	13	9.0	18	14.3	9	43	10.5	9
volunteering / caring		13	9.4	9	15	10.3	15	11.9	10	43	10.5	9
TV		11	8.0	12	14	9.7	13	10.3	11	38	9.3	11
Specific groups		16	11.6	7	12	8.3	9	7.1	12	37	9.0	12
read		9	6.5	13	17	11.7	7	5.6	14	33	8.1	13
shopping		6	4.3	15	8	5.5	8	6.3	13	22	5.4	14
learning		4	2.9	18	14	9.7	3	2.4	17	21	5.1	15
housework/ diy		5	3.6	17	7	4.8	3	2.4	17	15	3.7	16
Look after self	* §	7	5.1	14	3	2.1	1	0.8	26	11	2.7	17
working		2	1.4	23	7	4.8	2	1.6	20	11	2.7	17
other		3	2.2	20	3	2.1	4	3.2	15	10	2.4	19
tai chi / yoga		0	0.0	29	6	4.1	2	1.6	20	8	2.0	20
getting advice / support		3	2.2	20	2	1.4	3	2.4	17	8	2.0	20
puzzles		2	1.4	23	4	2.8	2	1.6	20	8	2.0	20
enjoy life		1	0.7	27	4	2.8	2	1.6	20	7	1.7	23
nothing	* §	6	4.3	15	0	0.0	0	0.0	29	6	1.5	24
bingo/cards		3	2.2	20	1	0.7	1	0.8	26	5	1.2	25
take a break		2	1.4	23	1	0.7	2	1.6	20	5	1.2	25
driving	* §	0	0.0	29	1	0.7	4	3.2	15	5	1.2	25
health		4	2.9	18	0	0.0	0	0.0	29	4	1.0	28
computers		2	1.4	23	1	0.7	1	0.8	26	4	1.0	28
keeping busy		0	0.0	29	2	1.4	2	1.6	20	4	1.0	28
smoking		1	0.7	27	0	0.0	0	0.0	29	1	0.2	31

* significant difference between High/Low groups, p<0.05, chi square test

§ 1 or more cells have expected values of <5

Table 10: What else would you like to do to make you feel even better? Low vs. high wellbeing

		Wellbeing (based on WEMWBS score)											
		low <= 45.00			med 45.01 - 54.00			high 54.01+			overall		overall rank
		N	%	Rank	N	%	N	%	Rank	N	%	overall rank	
better friends / family	*	39	28.3	1	26	17.9	19	15.1	1	84	20.5	1	
better travel/ holidays/ outings		16	11.6	3	25	17.2	18	14.3	2	59	14.4	2	
better mobility / get out more	*	24	17.4	2	10	6.9	5	4.0	6	39	9.5	3	
better Physical activity		7	5.1	6	11	7.6	11	8.7	4	29	7.1	4	
better health/ healthcare		14	10.1	4	5	3.4	5	4.0	6	24	5.9	5	
better nothing - ok already / more of the same	*	3	2.2	18	4	2.8	15	11.9	3	22	5.4	6	
better walking		10	7.2	5	8	5.5	4	3.2	10	22	5.4	6	
better nature		5	3.6	11	10	6.9	5	4.0	6	20	4.9	8	
better Sleep / relax		5	3.6	11	6	4.1	5	4.0	6	16	3.9	9	
better money		5	3.6	11	9	6.2	2	1.6	15	16	3.9	9	
better Food		5	3.6	11	6	4.1	2	1.6	15	13	3.2	11	
better volunteering / caring		6	4.3	7	4	2.8	3	2.4	11	13	3.2	11	
better learning		3	2.2	18	4	2.8	6	4.8	5	13	3.2	11	
better creativity		4	2.9	16	8	5.5	1	0.8	22	13	3.2	11	
better housework/ diy		6	4.3	7	3	2.1	3	2.4	11	12	2.9	15	
better new hobbies / interests		4	2.9	16	3	2.1	2	1.6	15	9	2.2	16	
better shopping	* §	6	4.3	7	2	1.4	0	0.0	33	8	2.0	17	
better Specific groups		2	1.4	28	5	3.4	1	0.8	22	8	2.0	17	
better theatre / cinema / concert		3	2.2	18	2	1.4	3	2.4	11	8	2.0	17	
better housing		5	3.6	11	0	0.0	3	2.4	11	8	2.0	17	
better help/ support	* §	6	4.3	7	1	0.7	0	0.0	33	7	1.7	21	
better working		2	1.4	28	4	2.8	1	0.8	22	7	1.7	21	
better other		1	0.7	34	4	2.8	1	0.8	22	6	1.5	23	
better lose weight		1	0.7	34	5	3.4	0	0.0	33	6	1.5	23	
better energy/able to do more		3	2.2	18	3	2.1	0	0.0	33	6	1.5	23	
better take a break		2	1.4	28	3	2.1	1	0.8	22	6	1.5	23	
better time		3	2.2	18	1	0.7	1	0.8	22	5	1.2	27	
better welfare of others		3	2.2	18	0	0.0	2	1.6	15	5	1.2	27	
better spirituality		2	1.4	28	1	0.7	2	1.6	15	5	1.2	27	
better tai chi / yoga		3	2.2	18	2	1.4	0	0.0	33	5	1.2	27	
better Look after self		2	1.4	28	1	0.7	1	0.8	22	4	1.0	31	
better independence		3	2.2	18	1	0.7	0	0.0	33	4	1.0	31	
better bingo/ cards		1	0.7	34	0	0.0	2	1.6	15	3	0.7	33	
better dancing		3	2.2	18	0	0.0	0	0.0	33	3	0.7	33	
better better weather		1	0.7	34	1	0.7	1	0.8	22	3	0.7	33	
better feel better		3	2.2	18	0	0.0	0	0.0	33	3	0.7	33	
better no interest in anything		1	0.7	34	1	0.7	0	0.0	33	2	0.5	37	
better computers		0	0.0	40	1	0.7	1	0.8	22	2	0.5	37	
better smoking		0	0.0	40	1	0.7	1	0.8	22	2	0.5	37	
better driving		0	0.0	40	0	0.0	2	1.6	15	2	0.5	37	
better complimentary therapies		2	1.4	28	0	0.0	0	0.0	33	2	0.5	37	
better read		0	0.0	40	0	0.0	1	0.8	22	1	0.2	42	
better TV		0	0.0	40	1	0.7	0	0.0	33	1	0.2	42	
better enjoy life		1	0.7	34	0	0.0	0	0.0	33	1	0.2	42	

* significant difference between High/Low groups, p<0.05, chi square test
 § 1 or more cells have expected values of <5

Table 11: What, if anything, is preventing you from doing these things? Low vs. high wellbeing

		Wellbeing (based on WEMWBS score)										
		low <= 45.00			med 45.01 - 54.00		high 54.01+		overall		overall	
		Count	%	low rank	Count	%	Count	%	High rank	count	%	overall rank
health	*	46	33.3	1	32	22.1	18	14.3	2	96	23.5	1
money		17	12.3	3	21	14.5	9	7.1	6	47	11.5	2
get upset / worry		12	8.7	4	18	12.4	12	9.5	4	42	10.3	3
no reasons	*	9	6.5	8	8	5.5	23	18.3	1	40	9.8	4
Other commitments		11	8.0	5	14	9.7	10	7.9	5	35	8.6	5
travel / mobility	*	23	16.7	2	6	4.1	5	4.0	8	34	8.3	6
nothing really	*	4	2.9	14	15	10.3	14	11.1	3	33	8.1	7
time		6	4.3	11	18	12.4	8	6.3	7	32	7.8	8
other		9	6.5	8	5	3.4	5	4.0	8	19	4.6	9
company	*	11	8.0	5	4	2.8	3	2.4	11	18	4.4	10
confidence	*	11	8.0	5	4	2.8	1	0.8	17	16	3.9	11
lack of service / facility		8	5.8	10	4	2.8	3	2.4	11	15	3.7	12
energy		5	3.6	12	4	2.8	2	1.6	14	11	2.7	13
organise it		0	0.0	23	9	6.2	1	0.8	17	10	2.4	14
distance		3	2.2	15	5	3.4	1	0.8	17	9	2.2	15
motivation	* §	5	3.6	12	2	1.4	0	0.0	23	7	1.7	16
going out at night / safety		1	0.7	18	1	0.7	4	3.2	10	6	1.5	17
information		3	2.2	15	0	0.0	2	1.6	14	5	1.2	18
age		3	2.2	15	0	0.0	2	1.6	14	5	1.2	18
housing		0	0.0	23	1	0.7	3	2.4	11	4	1.0	20
others' time		1	0.7	18	2	1.4	0	0.0	23	3	0.7	21
weather		1	0.7	18	0	0.0	1	0.8	17	2	0.5	22
meeting new people		1	0.7	18	0	0.0	1	0.8	17	2	0.5	22
myself		1	0.7	18	1	0.7	0	0.0	23	2	0.5	22
forget things		0	0.0	23	1	0.7	1	0.8	17	2	0.5	22

* significant difference between High/Low groups, p<0.05, chi square test

§ 1 or more cells have expected values of <5

Table 12: What would make it easier for you to do the things you want to do to make you feel better? Low vs. high wellbeing

	Wellbeing (based on WEMWBS score)										overall rank
	low <= 45.00			med 45.01 - 54.00		high 54.01+			overall		
	Count	%	low rank	Count	%	Count	%	High rank	count	%	
no reasons	39	28.3	1	45	31.0	44	34.9	1	128	31.3	1
health	23	16.7	2	19	13.1	18	14.3	2	60	14.7	2
travel / mobility	17	12.3	3	10	6.9	11	8.7	3	38	9.3	3
lack of service / facility *	16	11.6	4	10	6.9	6	4.8	6	32	7.8	4
money	11	8.0	6	16	11.0	5	4.0	7	32	7.8	4
company	14	10.1	5	7	4.8	5	4.0	7	26	6.4	6
other	7	5.1	7	9	6.2	5	4.0	7	21	5.1	7
nothing really do things own way	4	2.9	11	6	4.1	8	6.3	4	18	4.4	8
* §	1	0.7	18	7	4.8	8	6.3	4	16	3.9	9
time	5	3.6	9	5	3.4	3	2.4	10	13	3.2	10
change work	5	3.6	9	6	4.1	2	1.6	11	13	3.2	10
housing	4	2.9	11	4	2.8	1	0.8	14	9	2.2	12
motivation / encouragement	3	2.2	15	4	2.8	2	1.6	11	9	2.2	12
help/ advice	6	4.3	8	2	1.4	1	0.8	14	9	2.2	12
see family	2	1.4	16	1	0.7	2	1.6	11	5	1.2	15
stay happy	4	2.9	11	1	0.7	0	0.0	22	5	1.2	15
information	4	2.9	11	0	0.0	0	0.0	22	4	1.0	17
organise it	1	0.7	18	3	2.1	0	0.0	22	4	1.0	17
energy	1	0.7	18	2	1.4	1	0.8	14	4	1.0	17
distance	1	0.7	18	1	0.7	1	0.8	14	3	0.7	20
age	0	0.0	25	1	0.7	1	0.8	14	2	0.5	21
Other commitments	0	0.0	25	1	0.7	1	0.8	14	2	0.5	21
talk easily	2	1.4	16	0	0.0	0	0.0	22	2	0.5	21
learning	1	0.7	18	1	0.7	0	0.0	22	2	0.5	21
others' time	1	0.7	18	0	0.0	1	0.8	14	2	0.5	21
going out at night/ safety	0	0.0	25	0	0.0	1	0.8	14	1	0.2	26
weather	1	0.7	18	0	0.0	0	0.0	22	1	0.2	26

* significant difference between High/Low groups, p<0.05, chi square test

§ 1 or more cells have expected values of <5

Table 13: What is most important to you in giving you the best wellbeing possible? Low vs. high wellbeing

	Wellbeing (based on WEMWBS score)										overall rank
	low <= 45.00			med 45.01 - 54.00		high 54.01+			overall		
	Count	%	low rank	Count	%	Count	%	High rank	count	%	
family / friends being looked after / having support / cared about	33	23.9	1	29	20.0	30	23.8	1	92	22.5	1
* §	5	3.6	2	2	1.4	0	0.0	13	7	1.7	2
spirituality	1	0.7	8	1	0.7	5	4.0	2	7	1.7	2
outings / holidays	3	2.2	3	1	0.7	2	1.6	5	6	1.5	4
independence	3	2.2	3	0	0.0	1	0.8	8	4	1.0	5
* §	0	0.0	14	0	0.0	4	3.2	3	4	1.0	5
other look after / help others	0	0.0	14	1	0.7	2	1.6	5	3	0.7	7
physical activity	0	0.0	14	2	1.4	1	0.8	8	3	0.7	7
welfare of family / friends	0	0.0	14	0	0.0	3	2.4	4	3	0.7	7
keep busy / mentally active	1	0.7	8	2	1.4	0	0.0	13	3	0.7	7
mobility / keep active	0	0.0	14	1	0.7	2	1.6	5	3	0.7	7
peace of mind / happy / relaxed	2	1.4	5	1	0.7	0	0.0	13	3	0.7	7
Good health / healthcare	1	0.7	8	1	0.7	0	0.0	13	2	0.5	13
learning	2	1.4	5	0	0.0	0	0.0	13	2	0.5	13
confidence	2	1.4	5	0	0.0	0	0.0	13	2	0.5	13
work	1	0.7	8	1	0.7	0	0.0	13	2	0.5	13
food	0	0.0	14	0	0.0	1	0.8	8	1	0.2	17
nature	0	0.0	14	0	0.0	1	0.8	8	1	0.2	17
housing	0	0.0	14	0	0.0	1	0.8	8	1	0.2	17
sleep / relax	1	0.7	8	0	0.0	0	0.0	13	1	0.2	17
lifestyle changes	0	0.0	14	1	0.7	0	0.0	13	1	0.2	17
creativity	1	0.7	8	0	0.0	0	0.0	13	1	0.2	17

* significant difference between High/Low groups, p<0.05, chi square test

§ 1 or more cells have expected values of <5

	P value	Low WEMWBS mean number of categories	High WEMWBS mean number of categories
Already do	<0.001	2.3	3.0
Make you feel even better	<0.001	1.6	1.1
Preventing you doing these things	<0.001	1.3	1.0
Make it easier for you to do the things you want to do	0.005	1.3	1.0

Appendix C: the Survey

Groups were given the option of using short or long demographic questions. The long version is given after the short version.

Bolton Primary Care Trust is carrying out an older people's mental health needs assessment, to inform the development of services and support for older people in the borough. An important part of this will be to hear the views of older people about their mental health and wellbeing needs. In order to get a good understanding of needs relating to mental health and wellbeing, we need to hear from a wide range of older people, not just those with mental health problems.

Thank you for helping us by providing this information. The person who has provided this questionnaire should explain what to do with it when it is completed.

This questionnaire can be filled in by an individual or by a carer. It may be completed in private, with support from someone else or even as a group activity.

If you are unsure about the answer to any question, give the best answer you can. Do not spend too long thinking about your answer, as your immediate response is likely to be the most accurate.

This questionnaire is anonymous and what you tell us will be strictly confidential.

If you have any questions about any of this please ring 01204 462166 or email jayne.wood@bolton.nhs.uk

The questionnaire starts by asking some basic information

Please ✓ if you are...

... providing your own answers?

... writing down answers provided by someone else?

Are you helping someone to answer in another way? Please explain how

Are you a carer? Yes No

Do you care for someone with mental health problems or dementia (including Alzheimer's)?
Yes No

If you are required to provide answers for someone else, please provide answers that you believe to be applicable to that person's needs.

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks.

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)

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Even when we feel fine, there are many things that can be done to improve mental wellbeing and make us feel even better.

This could include any activity involving the following:

- Valuing yourself and others
- Talking about your feelings
- Keeping physically active
- Eating well
- Drinking in moderation
- Keeping in touch with friends/loved ones
- Caring for others
- Getting involved/making a contribution
- Relaxing/Taking a break
- Learning new skills
- Doing something creative
- Seeking help
- Spirituality
- Social support
- Contact with nature

Some examples of these activities could be spending time with grandchildren, taking some fresh air and exercise, listening to music, taking up hobbies, spending time in the garden, getting a good night's sleep, taking part in some complementary therapies etc.

What do you already do that makes you feel good?

What else would you like to do make you feel even better?

What, if anything, is preventing you from doing these things?

What would make it easier for you to do the things you want to do to make you feel better?

We should all aim to feel as good as we can and to have the best wellbeing possible, this might mean different things to different people based on individual circumstances. For some people getting the best wellbeing possible might include lifestyle changes or brief therapeutic interventions for others specialist care based at home, or in a healthcare setting like a hospital or in the community might be important.

What is most important to you in giving you the best wellbeing possible?

Many people, for a variety of lifestyle reasons, sometimes feel unhappy, and need to access some support to make them feel better.

For example, this may involve things like:

- Social activities/volunteering.
- Talking therapies.
- Physical activity schemes.
- Training Courses.
- Theatre workshops

Have you recently been involved with any such activities?

NO

YES

- What did you do?.....
- How did you find out about this?.....
- Did you feel comfortable?.....
- What was the best thing about this?.....
- What was missing?.....

Are there any other opportunities to improve wellbeing that you are aware of but don't use?

NO

YES

- What activities do you know about?.....
- Why don't you get involved?.....
- How did you find out about this?.....
- If you did take part, how comfortable would you feel?.....
- What is the best thing about this?.....
- What might be missing?.....

Some people suffer with mental health problems or mental illness and need to access services that help them to recover.

For example, this may involve things like:

- GP
- Counselling service/Cognitive Behavioural Therapy
- Voluntary sector organisation
- Community Psychiatric Nurse/Psychiatrist
- Psychiatric Hospital

Have you recently accessed any such services?

NO

YES

- ➔ What did you access?.....
- How did you find out about this?.....
- Did you feel comfortable?.....
- What was the best thing about this?.....
- What was missing?.....

Are there any other services to help people to recover from mental health problems or mental illness that you are aware of but don't use?

NO

YES

- ➔ What services do you know about?.....
- Why don't you use this?.....
- How did you find out about this?.....
- If you did use this service, how comfortable would you feel?.....
- What is the best thing about this?.....
- What might be missing?.....

Some people become very unwell, they may not completely recover, and they need specialist care to meet their physical and mental health needs.

For example, this may involve things like:

- Residential care home
- Age concern
- Illness specific service i.e. Alzheimer's Society
- Domiciliary care agencies

Have you recently been involved with any specialist services that help you to manage a mental illness/condition and deterioration in your health?

NO

YES

- ➔ What did you access?.....
- How did you come to use this service?.....
- Did you feel comfortable?.....
- What was the best thing about this?.....
- What was missing?.....

Are there any other specialist services to help people to manage a mental illness/condition and deterioration in health that you are aware of but don't use?

NO

YES

- ➔ What services do you know about?.....
- Why don't you use this?.....
- How did you find out about this?.....
- If you did use this service, how comfortable would you feel?.....
- What is the best thing about this?.....
- What might be missing?.....

The following question asks what changes could be made to what is available in order to support you to get the mental health and wellbeing that you want.

This could be an improvement to something that already exists or something completely different.

What is the best thing we could do to improve on what is available?

The following questions are to check we have gathered the views from a range of people

Are you... Male Female

What is your age? [] years

What is your ethnic group? (please ✓ one)

- | | | | |
|--------------------------|--------------------------------------|--------------------------|--------------------------------------|
| <input type="checkbox"/> | <u>White</u> | <input type="checkbox"/> | <u>Asian or Asian British</u> |
| <input type="checkbox"/> | British | <input type="checkbox"/> | Indian |
| <input type="checkbox"/> | Irish | <input type="checkbox"/> | Pakistani |
| <input type="checkbox"/> | Other white background | <input type="checkbox"/> | Bangladeshi |
| <input type="checkbox"/> | <u>Mixed</u> | <input type="checkbox"/> | Other Asian background |
| <input type="checkbox"/> | White and Black Caribbean | <input type="checkbox"/> | <u>Black or Black British</u> |
| <input type="checkbox"/> | White and Black African | <input type="checkbox"/> | Caribbean |
| <input type="checkbox"/> | White and Asian | <input type="checkbox"/> | African |
| <input type="checkbox"/> | <i>Other mixed background</i> | <input type="checkbox"/> | Other Black background |
| <input type="checkbox"/> | <u>Chinese</u> | <input type="checkbox"/> | <u>Any other group</u> |

That's the end of the questionnaire.

Thank you for taking the time to fill it in it is greatly appreciated.

Completed Questionnaires and responses should be returned on or before 31st May 2008 to:

Jayne Wood
Health Improvement Specialist (Mental Health)
St Peter's House
Silverwell Street
Bolton
BL1 1PP

The following question asks what changes could be made to what is available in order to support you to get the mental health and wellbeing that you want.

This could be an improvement to something that already exists or something completely different.

What is the best thing we could do to improve on what is available?

The following questions are to check we have gathered the views from a range of people

What is your gender?

- Male Female I do not wish to disclose this

Have you been considered as transgender?

- No Yes I do not wish to disclose this

Please indicate which term describes your sexuality

- Lesbian Gay Bisexual Heterosexual I do not wish to disclose this

Do you consider yourself to have a disability?

- No Yes ↓ I do not wish to disclose this

If yes, please state the type of impairment which applies to you. People may experience more than one impairment, in which case please indicate more than one. If none of the categories apply, please mark "other".

- Physical impairment Sensory impairment
 Learning disability / difficulty Long standing illness
 Mental health condition Other

Please indicate your religion or belief

- | | | | |
|----------------------------------|-----------------------------------|---|-----------------------------------|
| <input type="checkbox"/> Atheism | <input type="checkbox"/> Buddhism | <input type="checkbox"/> Christianity | <input type="checkbox"/> Hinduism |
| <input type="checkbox"/> Islam | <input type="checkbox"/> Jainism | <input type="checkbox"/> Judaism | <input type="checkbox"/> Sikism |
| <input type="checkbox"/> Other | | <input type="checkbox"/> I do not wish to disclose this | |

What is your age? [] years

What is your ethnic group? (please ✓ one)

White

- British
- Irish
- Any other White background (*please write in*)

Black or Black British

- African
- Caribbean
- Any other Black background (*please write in*)

Asian or Asian British

- Indian
- Pakistani
- Bangladeshi
- Any other Asian background (*please write in*)

Mixed

- White and Asian
- White and Black African
- White and Black Caribbean
- Any other Mixed background (*please write in*)

Other ethnic group

- Chinese
- Any other background (*please write in*)

I do not wish to disclose my ethnicity

That's the end of the questionnaire.

Thank you for taking the time to fill it in it is greatly appreciated.

Completed Questionnaires and responses should be returned on or before 31st May 2008 to:

Jayne Wood
Health Improvement Specialist (Mental Health)
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