



What you told us about wellbeing

152 people representing Oxford's diverse and multi-ethnic communities answered our survey on wellbeing - this is what you said

What supports wellbeing?

Family, friends, faith and community are most important in supporting wellbeing. Other things included:

- ✓ feeling safe
- ✓ having a secure job
- ✓ enough money for your needs
- ✓ being able to help others
- ✓ health - taking exercise and being able to afford healthy food.



What causes worry and stress?

Worries and stress are caused by pressures of life - money, jobs and family concerns. You also said the cost of housing and food in Oxford, racism and discrimination, immigration worries and the impact of COVID all caused stress.



Where do you turn for support?

- ⇒ 87% said friends and family
- ⇒ 58% said a faith leader or spiritual support
- ⇒ 30% said a GP if worries became too much
- ⇒ Only 4% said you would seek mental health support even though 60% said you would like help to manage stress, 35% would like support with mental health, and 18% would like help in managing spiritual crises.

What makes it difficult to get support?

You told us about the challenges you faced when seeking or using support for health and wellbeing from some services in Oxford. It could be difficult because of a lack of trust and respect, difficulty finding services that meet your cultural and spiritual needs, and lack of information in languages and formats you could understand. You also said that it was difficult to seek help and speak about sensitive issues in confidence.

What you would like to see

You told us support would be useful on many health and wellbeing topics, including keeping fit and healthy, managing stress, supporting family and teenagers, and on men's and women's health.

You also wanted practical support on immigration, money and debt, and housing.

 *If you really want to work with us, you need to mean it - sit with communities and discuss...*

Number one is the services need to have staff representing the communities, and do simple outreach to talk to people and understand 

You said you wanted wellbeing support that:

- ✓ Is practical and makes a real difference to people's lives
- ✓ Is developed with your input - through listening to your views and experiences
- ✓ Builds on trusted community networks and can be found in community centres and faith settings
- ✓ Understands, reflects and respects your cultural and spiritual views
- ✓ Is delivered by services that build relationships and tackle discrimination
- ✓ Is accessible to all people in your own language.

What happens next?

- ⇒ Together we will share this report to those who make decisions about health and care support
- ⇒ Keep telling Healthwatch Oxfordshire what is important to you - email us at hello@healthwatchoxfordshire.co.uk or call 01865 520520
- ⇒ Oxford Community Action, community volunteers and others will use this report to push for practical community workshops, events and information on health, mental health and wellbeing.

Together with your voice, we can make a difference

We designed the survey together, and worked with community volunteers to reach the views of members of Sudanese, Syrian, East Timor, Somali, East African, Nigerian, Palestinian and other communities in Oxford. Thanks to all who contributed.

Read our full report at www.healthwatchoxfordshire.co.uk/our-reports

