

KEY THEMES EMERGING FROM 1000 LIVES

Collated from verbal updates at volunteer meeting and steering group workshop on analysis.

Personal coping skills and relationships

- 1) Life-skills, resilience and mental attitude (positivity, confidence) as well as coping mechanisms and faith seen as key to managing life stresses
- 2) Quality of relationships ie. support and trust important
- 3) Relationship breakdown's cause of much stress and in some cases experience of emotional/physical abuse Isolation and loneliness
- 4) Carers under lots of pressure and have needs too

Support services

- 5) New arrivals to the borough have specific problems navigating service
- 6) Lack of equity and consistency in access to service depending on level of confidence/knowledge/physical ability
- 7) Want better access to quality health information e.g. healthy eating lifestyle, ideally provided face to face but recognise GPs don't have time
- 8) Community and voluntary sector play a big role
- 9) Many people using non-traditional health services/complementary therapies

Wider determinants

- 10) High impact felt in the community as a result of unemployment, poor housing and crime on health and wellbeing