



Healthy Lifestyles and Wellbeing Service Consultation Survey

South Gloucestershire Council is consulting on proposals for its Healthy Lifestyles and Wellbeing Services.

Our vision is for an integrated Healthy Lifestyle and Wellbeing service that supports people to improve their health by modifying the five leading risk factors that contribute to early death and reduced quality of life in South Gloucestershire: tobacco smoking, alcohol use, poor diet, physical inactivity, and poor emotional and mental health. By integrated we mean services that are closely linked together and operate as one service.

Please complete this survey by **Sunday 15th July 2018** and your feedback will inform our final model for delivering these services.

For further details on the proposed service model or other ways to give us your feedback, please go to consultations.southglos.gov.uk/consult.ti/HLWS18/ or your local library / One Stop Shop

Q1 Are you answering this survey...
(please tick all that apply)

- As a resident of South Gloucestershire
- As a current / previous user of Council health & wellbeing services (excluding NHS services)
- As a professional or volunteer who works with / supports people who want to improve their wellbeing / lifestyle
- On behalf of an organisation which provides health and wellbeing services
- On behalf of any other type of organisation / business
- On behalf of a town or parish council, or as a local Councillor

Q2 If you are responding on behalf of an organisation, please tell us its name:

Q3 Our proposed approach to helping residents of South Gloucestershire to achieve their lifestyle and wellbeing goals is:
An integrated healthy lifestyle and wellbeing service providing support around the key lifestyle issues of smoking, alcohol, diet, physical activity and emotional wellbeing, that enables user-friendly navigation of the services available, and provision for those who currently find it most difficult to access services

To what extent do you agree with the following statements about this approach:

| | Strongly agree | Somewhat agree | Neither agree nor disagree | Somewhat disagree | Strongly disagree |
|---|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|
| It will make a positive difference to the health and wellbeing of local residents | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| It will make the services easier to find out about and access | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| It is a cost-effective way to provide these services | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Q4 *If you selected disagree to any of the above statements, Please tell us why you disagreed that this approach would make a positive difference / be easier to access / be cost effective:*

Q5 To what extent do you agree with the following ways the Council is proposing to run its Healthy Lifestyles & Wellbeing service?

| | Strongly agree | Somewhat agree | Neither agree nor disagree | Somewhat disagree | Strongly disagree |
|---|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|
| Integration: bringing a range of services together under one single, clear, well-branded service - helping to reduce cost and avoid duplication | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Building on current service provision and ensuring that there is a consistent approach across the partner organisations | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Targeting resources to those who are most in need of support whilst enabling those who require less support to more easily access services and manage lifestyle changes themselves | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Review and respond to opportunities and needs as they arise through ensuring decisions are based on robust monitoring and evaluation of outcomes and include service user input | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Supporting multiple lifestyle changes and mental wellbeing; recognising the links between different lifestyle issues or habits | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Working with the local community in delivering the new service | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Q6 How important is it that the proposed model has the following features?

| | Very important | Quite important | Neither important nor unimportant | Not very important | Not important at all |
|---|--------------------------|--------------------------|-----------------------------------|--------------------------|--------------------------|
| A single service for both the public and practitioners to go to for information, details of services, and signposting to the right service | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A range of ways to access the service e.g. self-referral, or being referred through a GP, community group, or place of work | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Use of more digital technology e.g. website, on-line referral and appointment booking, mobile apps | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Q7 The proposed model involves 3 levels of service based on an individual's need for support:

1. *Self-care for most people, with a focus on digital access to apps, information, advice and signposting*
2. *Light support for a moderate number of people who require some additional help to access information / services and achieve changes; involves personalised support e.g. over telephone*
3. *Enhanced support for a small number of people; involves working one-to-one with health coaches*

How well would these levels of service be able to meet most residents' needs?

- Very well
- Quite well
- Neither well nor badly
- Not well
- Not at all

Q8 *If you answered "not well" or "not at all"* What is the reason these three levels of service would not be able to meet most residents needs?

Q9 In your view, what part of this model for delivering the healthy lifestyle and wellbeing service is the most important to get right / will bring about the most benefit?

Q10 If there is anything else that you would expect or want to see in the way this service will be delivered to residents, please let us know:

Q11 At the moment, certain groups of residents are less likely to make use of our services, including people who are male, LGBTQ, or from Black, Asian and Minority ethnic backgrounds. What might encourage any of these groups to make better use of the services that are available?

Q12 If you have any other comments about our proposed model of delivering healthy lifestyles and wellbeing services please let us know:

About you

This section is really important as it helps us to gain a better understanding of the needs and views of different service users, the how they could be impacted by any changes. This information is used for analysis purposes only and you will not be identifiable from your answers.

If you are responding on behalf of an organisation you do not need to answer these questions.

Q13 Please tell us your full postcode:

Q14 Your gender:

Female

Other

Male

Prefer not to say

Q15 Your age:

17 or under

35 to 44

65 and over

18 to 24

45 to 54

Prefer not to say

25 to 34

55 to 64

Q16 Do you consider yourself to be disabled?

- No
- Prefer not to say
- Yes - Physical impairment
- Yes - Sensory impairment
- Yes - Mental health condition
- Yes - Learning disability/difficulty
- Yes - Long standing illness or health condition, such as cancer, diabetes, chronic heart disease or epilepsy
- Yes - Other (please state below)

Q17 Do you have any children aged under 18 currently living in your household?

- Yes
- No
- Prefer not to say

Q18 Which of the following apply to you?
(Please tick all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Employed full-time | <input type="checkbox"/> Away from work (ill, maternity leave, holiday or temporarily laid off) |
| <input type="checkbox"/> Employed part-time | <input type="checkbox"/> Looking after home/family |
| <input type="checkbox"/> Self employed / freelance | <input type="checkbox"/> Long term sick/disabled |
| <input type="checkbox"/> Unemployed | <input type="checkbox"/> Retired |
| <input type="checkbox"/> Government funded training course /apprenticeship | <input type="checkbox"/> Prefer not to say |
| <input type="checkbox"/> Student | <input type="checkbox"/> Other |

Q19 Your ethnicity:

- | | |
|---|---|
| <input type="checkbox"/> Arab | <input type="checkbox"/> Mixed/Multiple Ethnic Groups – White & Asian |
| <input type="checkbox"/> Asian/Asian British – Bangladeshi | <input type="checkbox"/> Mixed/Multiple Ethnic Groups – White & Black African |
| <input type="checkbox"/> Asian/Asian British – Indian | <input type="checkbox"/> Mixed/Multiple Ethnic Groups – White & Black Caribbean |
| <input type="checkbox"/> Asian/Asian British – Pakistani | <input type="checkbox"/> Mixed/Multiple Ethnic Groups – Other (please state) |
| <input type="checkbox"/> Asian/Asian British – Chinese | <input type="checkbox"/> White – English/Welsh/Scottish/Northern Irish/British |
| <input type="checkbox"/> Asian/Asian British – Other (please state) | <input type="checkbox"/> White – Irish |
| <input type="checkbox"/> Black/African/Caribbean/Black British – African | <input type="checkbox"/> White – Other (please state) |
| <input type="checkbox"/> Black/African/Caribbean/Black British – Caribbean | <input type="checkbox"/> Other ethnic group (please state) |
| <input type="checkbox"/> Black/African/Caribbean/Black British – Other (please state) | <input type="checkbox"/> Prefer not to say |
| <input type="checkbox"/> Gypsy or Traveller of Irish Heritage | |

Other, please tell us:

Q20 Sexual Orientation:

- | | |
|--|--|
| <input type="checkbox"/> Bisexual | <input type="checkbox"/> Heterosexual |
| <input type="checkbox"/> Gay male | <input type="checkbox"/> Other |
| <input type="checkbox"/> Gay female/ lesbian | <input type="checkbox"/> Prefer not to say |

Q21 Do you identify as a transgender person?

Yes

No

Prefer not to say

Thank you for taking the time to respond to this survey.

Please return your completed copy by **15th July 2018** to a library or post this survey to:
Freepost RTXL-YJXJ-BXEX South Gloucestershire Council, Corporate Research &
Consultation Team, Council offices, Badminton Road, Yate, BRISTOL, BS37 5AF

Any personal information that you have supplied will be held by South Gloucestershire Council in accordance with the Data Protection Act. This information will only be used as part of this exercise and personal information will not be published or passed onto any other organisation.