



Wellbeing in Aldeburgh, Leiston & Saxmundham

This report has been produced based on findings from the Public Mental Health and Emotional Needs project, in collaboration with Suffolk County Council.

March 2023



Only 43% of Aldeburgh,
Leiston & Saxmundham
respondents are meeting their
Needs well overall

Sleep is the
worst met Need
on average

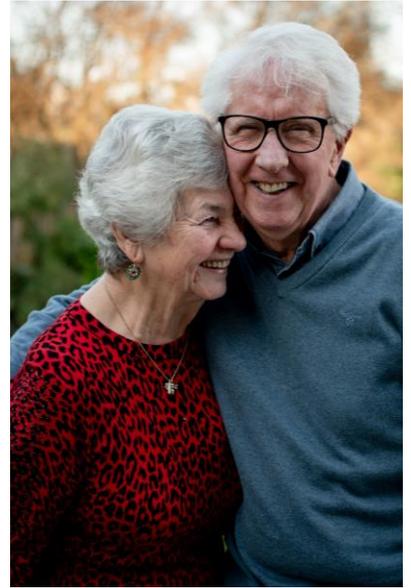
Community is
the least met
emotional Need
on average

**Asexual
respondents** are
the most well
demographic
group on average

People's **physical
and mental health**
is the biggest
barrier to wellbeing

**People who are unable to
work** are the least well
demographic group on
average

48% don't
feel they as
safe and
secure as
they would
like



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The Emotional Needs

Sleep helps calm emotions and repairs our body. We can tell our Need for Sleep is met when we feel rested after waking up

Food & Drink is about feeling you get energy, nutrition and pleasure from your diet – however that looks for you

Control is feeling we are free to make choices for ourselves, and part of meeting this Need is recognising that there are things we can't control

Meaning & Purpose is feeling motivated and that there is a point to getting out of bed in the morning. This can be met through meeting our Need for Achievement, through helping other people, or by being part of something bigger than ourselves

Achievement is met by feeling stretched and challenged by the things we do

Emotional Connection is about feeling connected in smaller, more intimate groups. **Close Relationships** is about feeling we can be completely ourselves around at least one other person (or a pet!)

Movement isn't just about going to the gym or out for a run. Getting our heart rate above resting level just three to four times a week – whether that's a brisk walk, dancing or hoovering – is enough to trigger an endorphin release equivalent in its effect to anti-depressant medication

Security is to do with our need to feel safe and secure in our surroundings. Some examples of where we meet our Need for Security is in our housing situation, financially or in relationships

Privacy is about being able to get time away from distractions and have time to process our thoughts and emotions

Status is met by feeling appreciated and respected as a person. **Value** is about feeling appreciated for our actions and contributions

Giving and Receiving Attention is about exchanging positive attention with those around us. It is a finite resource, but can be replenished by better meeting the Need for Privacy

Community is met when we feel we're part of a group

Key Findings

Just 42.80% of Aldeburgh, Leiston & Saxmundham respondents* are meeting their Needs well overall. This is marginally higher than the Suffolk-wide average, where 41.12% of respondents are meeting their Needs well overall.

Aldeburgh, Leiston & Saxmundham are also meeting slightly more Needs well than the general population of Suffolk, with the towns meeting 5 out of 15 Needs well on average compared with the Suffolk average of 4 out of 15. Aldeburgh, Leiston & Saxmundham also has a higher overall average score than the Suffolk-wide average, scoring 0.69 compared to Suffolk's 0.57 (on a scale of -3 to 3).

Alongside the three physical Needs, there are three emotional Needs that are particularly less well met on average, amongst those who live in Aldeburgh, Leiston & Saxmundham, and that could therefore benefit from targeted interventions to better support residents to meet these Needs.

These are:

1. Community

51% of Aldeburgh, Leiston & Saxmundham respondents are not meeting this Need well**

The biggest barrier to this Need being met?

People's physical and/or mental health

The biggest supporting factor?

People's hobbies or interests

2. Security

48% of Aldeburgh, Leiston & Saxmundham respondents are not meeting this Need well

The biggest barrier to this Need being met?

People's physical and/or mental health

The biggest supporting factor?

People's home environments and relationships

** Throughout this report 'Aldeburgh, Leiston and Saxmundham' is defined as being within the IP15, IP16 and IP17 postcode areas.*

*** We define a Need as being 'well met' when it has a score of 1 or more, out of a scale of -3 to 3. For more information on our methodology, please refer to Appendix 1.*

For more information on our Emotional Needs & Resources approach, visit our website: www.suffolkmind.org.uk/emotional-needs-resources

Key Findings

3. Control

43% of Aldeburgh, Leiston & Saxmundham respondents are not meeting this Need well

The biggest barrier to this Need being met?

People's physical and/or mental health

The biggest supporting factor?

People's home and day-to-day environments

4. Physical Needs

64% of Aldeburgh, Leiston & Saxmundham respondents are not meeting their Need for **Sleep** well

56% are not meeting their Need for **Movement** well

48% are not meeting their Need for **Food & Drink** well

The biggest barrier to these Needs being met?

People's physical and/or mental health

The biggest supporting factors?

People's home environments, their hobbies or interests, and access to the outdoors

Some groups of people within Aldeburgh, Leiston & Saxmundham are notably more or less well than the average. Respondents who identify as asexual are the most well group in Aldeburgh, Leiston & Saxmundham on average, meeting 11 of the 15 Needs well on average.

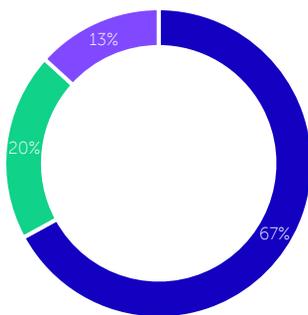
The group that is least well on average are those who are unable to work (either temporarily or permanently), meeting none of their Needs well on average.

Any questions about our findings? Please contact us on Research@suffolkmind.org.uk

Engagement from Aldeburgh, Leiston & Saxmundham residents

We received 264 responses from those living in Aldeburgh, Leiston & Saxmundham from 13th June 2022 to 14th March 2023. We collect information on a number of demographic factors, alongside the Emotional Needs Audit (ENA) data, including gender, age, sexual orientation, ethnicity and nationality, economic status, and income. Of the demographic groups, this report focuses on age and economic status in particular – due to the biggest disparities in wellbeing existing amongst these groups.

Response rates by gender:



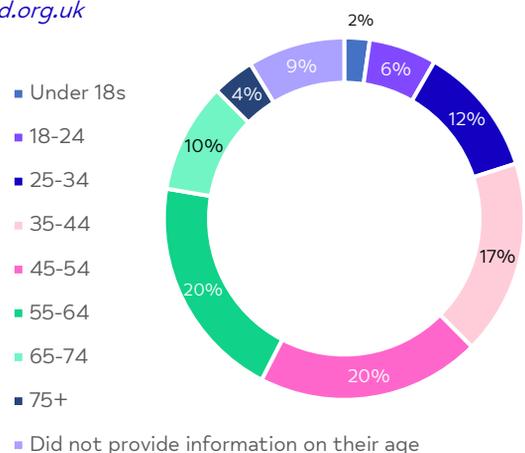
- 67% of respondents were women (including trans women)
- 20% were men (including trans men)
- 13% chose not to provide information on their gender

We often struggle to collect information on men’s wellbeing compared with women, and this is worth keeping in mind as it can affect our results. For instance, men’s average wellbeing in Aldeburgh, Leiston & Saxmundham is only slightly lower than women’s (average overall score of 0.67 for men, compared with 0.71 for women – on a scale of -3 to 3). However, we don’t know the extent to which this is influenced by the fact that our sample size for women is over 3 times larger than is for men. It is also possible that men who do choose to answer our survey *may* be generally more well than those who don’t.

Could you help us connect with individuals who are less represented in our data? If so, please reach out to us on Research@suffolkmind.org.uk

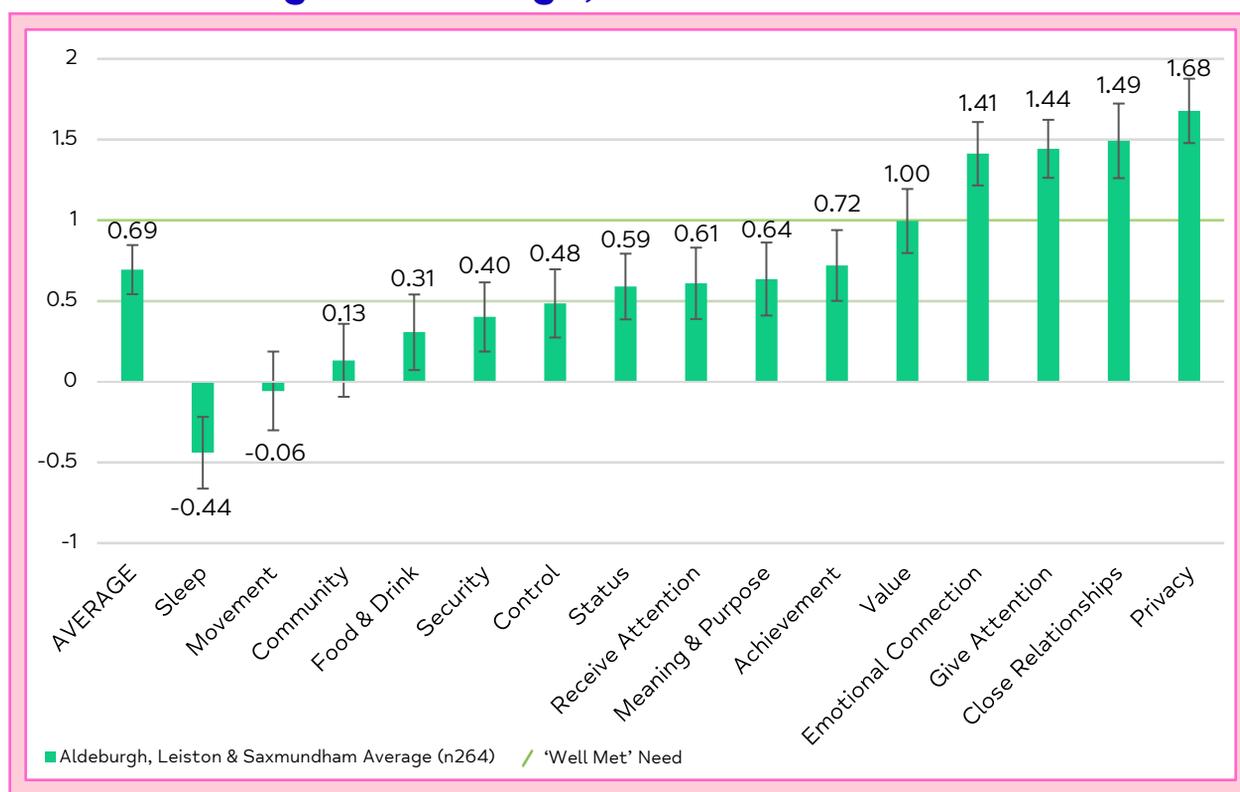
Response rates by age:

We heard the most from those aged between 35 and 64 years old. Just 2% of respondents were under 18 years old, which also happens to be our most well age group on average. It’s therefore worth bearing in mind that the fewer responses we have for a group, the less reliable the conclusions we’re drawing are.



Where we receive fewer than 3 responses per reportable group, we do not report on the average wellbeing of this group – to ensure all responses remain anonymous.

Wellbeing in Aldeburgh, Leiston & Saxmundham



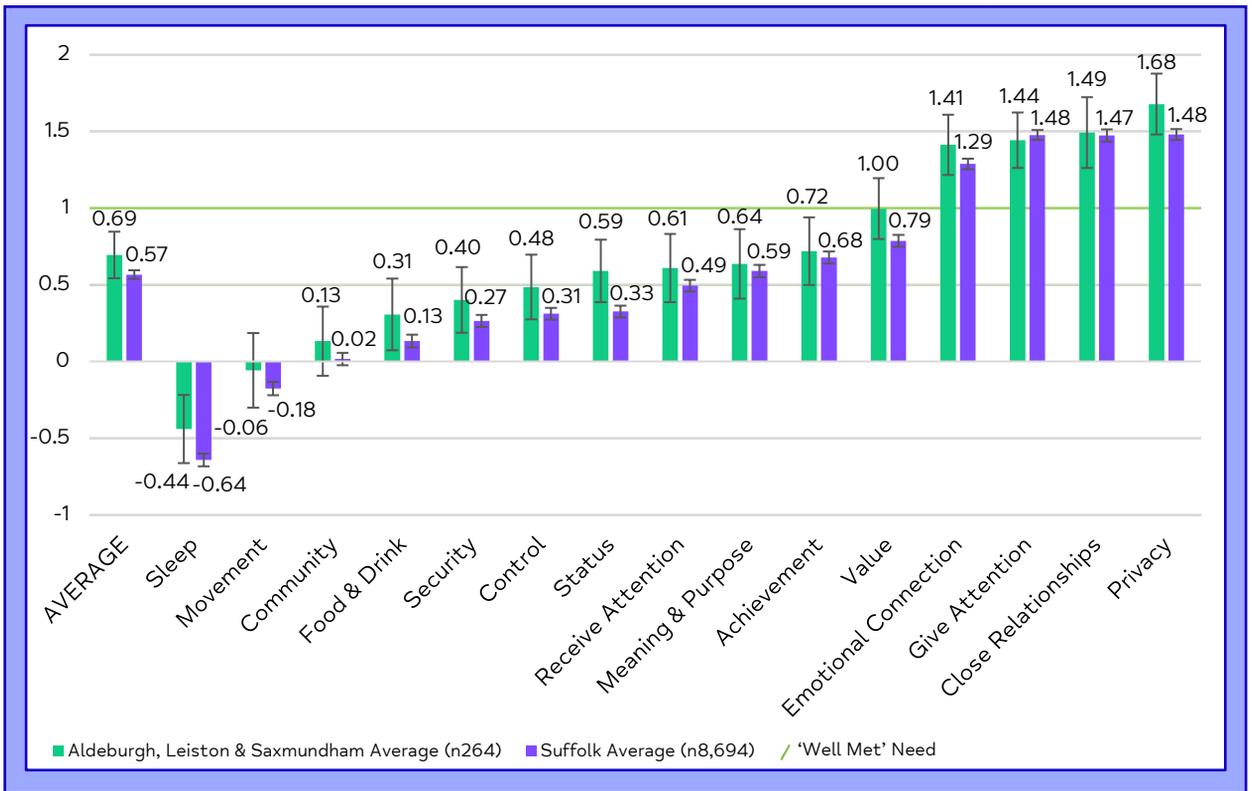
Here we have Aldeburgh, Leiston & Saxmundham’s average results from the Emotional Needs Audit. The Emotional Needs are along the bottom on the x axis, arranged from least to best met on average from left to right, with the average of all Needs combined on the far left. How well the Needs are met is shown on the y axis. Within the audit, each Need can be scored from -3 to 3, however, from this graph, we can see that the averages land between -1 and 2 (a view of the results on the full scale can be found in Appendix 2).

The error bars indicate the values we would expect our averages to fall within if we repeated this research. We used a 95% confidence interval; therefore, we can be 95% certain that the averages would fall within these ranges, if we were to collect data on the wellbeing of those living in Aldeburgh, Leiston & Saxmundham again in future.

The green line shows where we define a Need to be ‘well met’ – a score of 1 or more. At a glance, we can see that Needs are not well met by Aldeburgh, Leiston & Saxmundham on average, with an overall average score of 0.69. Similarly, only 5 of the 15 Needs are well met overall.

On an individual level, we deem someone to be meeting their Needs well overall if they have an average score of 1 or more across all their Needs. We can see that 42.80% of Aldeburgh, Leiston & Saxmundham respondents (or 113 out of 264 respondents) are meeting their Needs well overall. Therefore, just 43% are classed as being in wellbeing on the mental health continuum. This is marginally better than Suffolk’s average wellbeing, based on fixed dates of 13 June 2022 to 8 March 2023 for the Suffolk-wide comparison point throughout this research, for which 41.12% of respondents are meeting their Needs well overall. For this project we chose to focus on geographic areas which we knew to be less well, and therefore anticipated slightly lower wellbeing amongst those in Aldeburgh, Leiston & Saxmundham on average. Although, as we will see on the following page, wellbeing amongst Aldeburgh, Leiston & Saxmundham and the Suffolk average is not statistically significantly different. However, our findings still allow us to prioritise Needs and interventions with the aim of further improving wellbeing in Aldeburgh, Leiston & Saxmundham.

How does this compare to Suffolk's average?



To view this graph on the full scale (-3 to 3), see Appendix 2.

We can make a comparison between the data we have collected on Aldeburgh, Leiston & Saxmundham, with the Suffolk-wide data gathered as part of this research. These results are compared with the Suffolk average, based on data gathered between 13th June 2022 and 8th March 2023. There were 8,694 responses within that time period for Suffolk as a whole, which we can compare with the 264 responses from Aldeburgh, Leiston & Saxmundham.

Here, we can see that the confidence intervals overlap between the Aldeburgh, Leiston & Saxmundham overall average and the Suffolk-wide overall average. Therefore, we *cannot* deduce that the difference between how well Needs are met overall amongst Aldeburgh, Leiston & Saxmundham respondents and the Suffolk-wide average is statistically significant. In fact, out of all the Needs, Status is the only one where we can say with 95% confidence that there is a statistically significant difference between how well Aldeburgh, Leiston & Saxmundham are meeting this Need on average, compared with the overall Suffolk average.

If we look at the overall average scores, there is a difference of 0.12 between Aldeburgh, Leiston & Saxmundham's average and the Suffolk average, with scores of 0.69 and 0.57 respectively (on a scale of -3 to 3). Aldeburgh, Leiston & Saxmundham are also meeting one more Need well on average than the Suffolk average, meeting 5 of the 15 Needs well. We can also see a similar trend across both data sets in terms of how well each Need is met – with Sleep being the worst met Need on average, and Privacy being among the best met Needs on average for both. To analyse the results further, we can separate the Needs into four groups based on similarities in theme.



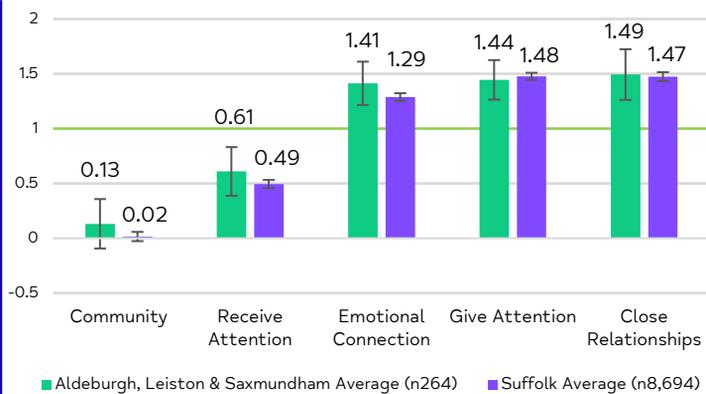
Interpersonal Relationship Needs

We can see that the Need for a **Close Relationship** is well met on average, with a score of 1.49 (on a scale of -3 to 3), showing that people are feeling accepted for who they are by at least one person in their lives. **Emotional Connection** is also high on average, being a well met Need with a score of 1.41, suggesting that respondents are feeling connected in small, intimate groups.

It's helpful to compare these two Needs to **Community**, as this reflects the difference between feeling connected in smaller groups compared with bigger groups. Community is the least well met emotional Need on average for Aldeburgh, Leiston & Saxmundham, with an average score of just 0.13. This suggests that people aren't feeling as well connected in larger, less intimate settings.

The Need for Community has taken a considerable hit in recent years, with Suffolk's average score for Community reaching an all time low during Summer 2022 compared to previous years. Community was, therefore, one of the Needs focused on during action planning.

Giving Attention is another well met Need on average, with a score of 1.44. For both the Aldeburgh, Leiston & Saxmundham average and Suffolk average, Giving Attention scores significantly higher than **Receiving Attention**, which is among the less well met Needs on average. This shows that people feel they give others more attention than they receive back. We asked those who weren't meeting this Need (i.e. scoring less than 0) to identify any barriers that prevent them from doing so, and Aldeburgh, Leiston & Saxmundham's top barriers to Receiving Attention were individuals' caring responsibilities, followed by their relationships and home environment.



Community is the lowest met emotional Need

Despite some of these Needs being slightly more or less well met, on average, by Aldeburgh, Leiston & Saxmundham than Suffolk, since the confidence intervals overlap, we cannot say that these differences are statistically significant. However, using feedback gained from Aldeburgh, Leiston & Saxmundham respondents and case study participants, we can hypothesise about why some Needs are less well met than others among Aldeburgh, Leiston & Saxmundham respondents. The Need for Community is the least met emotional Need on average for Aldeburgh, Leiston & Saxmundham (as well as the Suffolk average). People’s physical and mental health was the top barrier identified by individuals in Aldeburgh, Leiston & Saxmundham who aren’t meeting this Need well. Comments from respondents tell us that some feel unable to build a sense of community, due to feelings that many now avoid socialising face-to-face and that technology gets in the way of people making real human connections.

Barriers

Respondents who weren’t meeting their Need for Community (scoring below 0) were asked to identify barriers that prevent them from doing so. Of the respondents who chose to identify barriers:

- 52% (n29) believed that their physical and/or mental health presented an obstacle
- 27% (n15) reported that the cost of living presented a barrier
- 21% (n12) viewed their home environment as getting in the way

Supporting factors

Respondents who were meeting their Need for Community very well (scoring 2 or more) were asked to identify factors that support them to do so. Of those who provided information on supporting factors:

- 47% (n9) viewed their hobbies or interests as enabling them to meet this Need well
- 37% (n7) identified their relationship as a supporting factor
- 32% (n6) selected their community involvement or day-to-day environment

What helps people's wellbeing?

“Support/maintenance of my wellbeing comes in the form of the beautiful Suffolk countryside and the coast, my home, my relationships, my friendships and my hobbies and volunteering”

“Wonderful support and activities around when I can access them”

What are specific barriers to wellbeing?

“Difficult to engage in wellbeing activities and therapies due to lack of childcare”

“As helpful as technology is today - it can be easier to shut off from the world and maybe we don't meet our human needs of feeling connected to one another through face to face contact and community activities”

“There are people like me who are introverts, afraid to make contact with friends or the community, but crave it just as much as the rest of the population as a basic human need... I now feel more disconnected than ever”

What could be done to improve wellbeing?

“A generalized support group in a social environment would help, maybe at the leisure centre (especially for men)”

“People need more incentive to be part of a larger community”

“A drop in centre to chat about mental health”

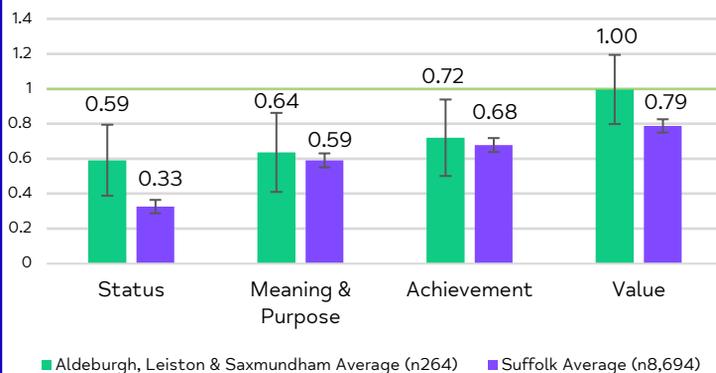


Achievement and Value Needs

We can see that people are feeling some internal achievement about their actions but may not be feeling stretched – as **Achievement** is a less well met Need on average, scoring 0.72 (on a scale of -3 to 3). Achievement is better met by Aldeburgh, Leiston & Saxmundham than Suffolk-wide respondents, on average; however, since the confidence intervals overlap, we can't be confident that this difference is statistically significant. People's work situations can affect their ability to meet this Need well, with it being among the top barriers identified by respondents who weren't meeting this Need well. Therefore, if we look at results by economic status, we can see that Achievement is least well met by those who are unemployed (-1.80) or unable to work (-1.26) on average.

Meaning & Purpose is strongly correlated to Achievement within the Aldeburgh, Leiston & Saxmundham data, meaning that on average we'd expect to see that if Achievement is high, then so is Meaning & Purpose (and vice versa). It's therefore unsurprising that Meaning & Purpose is also less well met on average for Aldeburgh, Leiston & Saxmundham, with a score of 0.64, showing that respondents may not always be feeling purposeful about their actions.

Unlike the above Needs, **Value** is just about a well met Need on average, with a score of 1.00. Value indicates how much people feel others appreciate them for their actions and contributions. Therefore, Aldeburgh, Leiston & Saxmundham meeting this Need well on average suggests that individuals are feeling valued for what they do and what they contribute. **Status**, on the other hand, tells us how much people feel other appreciate and respect them as a person (and not just for their actions or contributions). Status is a less well Need on average, with a score of 0.59, telling us that the appreciation and value people feel for their actions doesn't always translate to them feeling valued as a person.



Status is one of the lowest met Needs

Although at first glance Aldeburgh, Leiston & Saxmundham appears to be meeting its Needs for Achievement and Value better than Suffolk on average, since the confidence intervals overlap for each Need (aside from Status), we can't say with confidence that these differences are statically significant. We can say with 95% confidence, however, that the difference between how well Status is met across both datasets is statistically significant. Therefore, despite Status being the least well met Need out of the Achievement and Value Needs group, it is significantly better met by Aldeburgh, Leiston & Saxmundham than the Suffolk average. If we look at supporting factors among Aldeburgh, Leiston & Saxmundham respondents who are feeling appreciated as a person, people's work situations are deemed a primary factor in enabling them to feel with way and meet their Need for Status well. A few respondents have told us that their work-life balance allows them to stay well, with others stating that their work helps them to stay active mentally and physically.

Barriers

Of the respondents who chose to identify barriers to meeting their Need for Status:

- 54% (n25) stated that their physical and/or mental health prevented them from meeting this Need
- 35% (n16) identified their relationships as an obstacle
- 28% (n13) attributed not meeting this Need well to their work situation or the cost of living

Supporting factors

Of the respondents who chose to identify supporting factors to meeting their Need for Status:

- 62% (n16) felt supported to meet this Need due to their work situation or the relationships in their lives
- 35% (n9) saw their hobbies or interests as a support factor
- 31% (n8) believed that their home environment enabled them to meet this Need well

What helps people's wellbeing?

“Keeping busy helps me to keep my mental health in check”

“My work keeps me active mentally and physically so I'm lucky there”

“I have now found a good work life balance and am no longer stressed and unwell”

What are specific barriers to wellbeing?

“My county is a mainly affluent area I feel so much is centred on impressing those with money, not in supporting the ones who are struggling to get by”

“I reach out to seek help for feeling low at times the waiting time to be seen will be very long. And there's probably someone who needs to be on the list more than I do”

What would people like to see done to improve wellbeing?

“A dentist that takes NHS patients. This seriously affects my mental health and physical health”

“To have a real meaningful say in how our rural environment is managed and protected”

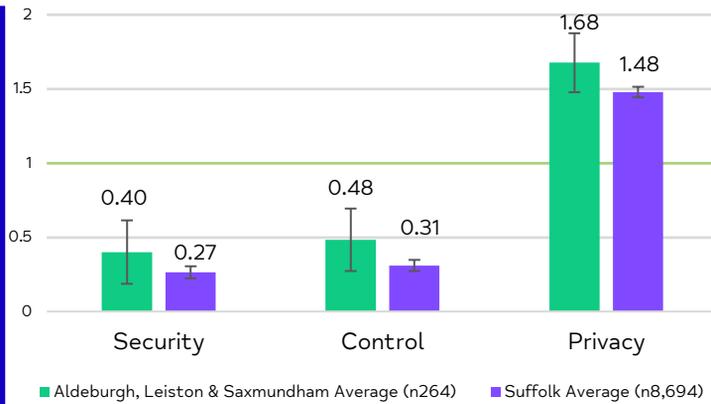


Security and Control Needs

Security is the second least met emotional Need on average for Aldeburgh, Leiston & Saxmundham, with a score of 0.40 (on a scale of -3 to 3). This shows that individuals may not always be feeling as safe and secure in their lives as they would like to. The biggest barriers to individuals meeting their Need for Security are their physical and mental health, the cost of living, and their financial situations. When asked if there is anything specific that presents a barrier to having good mental health, one case study respondent told us that the lack of affordable housing available locally is one of their main concerns. A number of respondents have reported feeling worried and fearful about the cost of living crisis and the impact it will have on them. Respondents have also expressed frustration at having to pay for private healthcare services and the lack of dentists that accept NHS patients locally, therefore it's clear that financial concerns are negatively affecting Aldeburgh, Leiston & Saxmundham's wellbeing.

Control is another less well met Need on average, being the third least well met emotional Need and having an average score of 0.48. This suggests that Aldeburgh, Leiston & Saxmundham respondents do not feel like they have enough control over their lives or their surroundings. As with Security, financial concerns and current economic uncertainty are presenting real obstacles to individuals meeting their Need for Control – with people's finances and the cost of living being among the top barriers identified by respondents. One respondent has told us that, due to the anxiety and stress associated with the cost of living, they have started to fall behind at work and are now worried about their performance. Falling behind in their work is then leading to them feeling more stressed and anxious, and the cycle worsens. Security and Control were therefore Needs that were focused on during action planning, since it's evident that financial concerns can have a considerable impact on people's mental health.

On the other hand, **Privacy** is a well met Need on average. This is positive, since it reflects the fact that respondents feel able to take time to themselves when they need it – with the top supporting factor for respondents meeting this Need well being people's home environments.



Security is the second least met emotional Need

Across both the Aldeburgh, Leiston & Saxmundham data and the Suffolk-wide data, those on the lowest household incomes (under £17,000) are meeting their Needs for Security the least well on average (i.e. compared with those with household incomes of over £17,000 per year). Among Aldeburgh, Leiston & Saxmundham respondents, those with household incomes below £17,000 were scoring just -0.11 for Security, on average, compared with those household earnings over £40,000 per year meeting their Need for Security well, with a score of 1.16. Based on the comments we’ve received from respondents, it’s evident that some feel unable to pay for necessities – from getting dental work done to turning on their heating – and this is negatively impacting upon their wellbeing.

Barriers

Of the respondents who chose to identify barriers to meeting their Need for Security:

- 62% (n32) viewed their physical and/or mental health as a barrier
- 56% (n29) identified the cost-of-living crisis as an obstacle
- 54% (n28) believed their financial situation prevents them from meeting this Need well

Supporting factors

Of the respondents who chose to identify supporting factors to meeting their Need for Security:

- 77% (n20) believed their relationships or home environments support them to meet this Need
- 65% (n17) felt their day-to-day environment enables them to feel safe and secure
- 54% (n14) viewed their hobbies or interests, or their access to nature or the outdoors, as a supporting factor

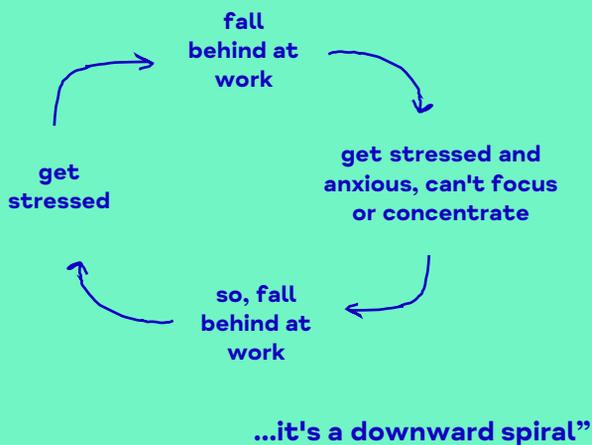
What helps people's wellbeing?

“What works is a balanced work/home life”

“My own inner motivation to eat as well as possible, exercise”

What are specific barriers to wellbeing?

“Worries about cost of living and performance at work. So I...



“Seems to be a constant onslaught on our rural way of life by housing developments and energy projects with a constant further threat of yet more to come”

“Affordable housing is one of the main concerns”

What would people like to see done to improve wellbeing?

“A dentist that takes NHS patients. This seriously affects my mental health and physical health”

“Providing efficient mental health services”

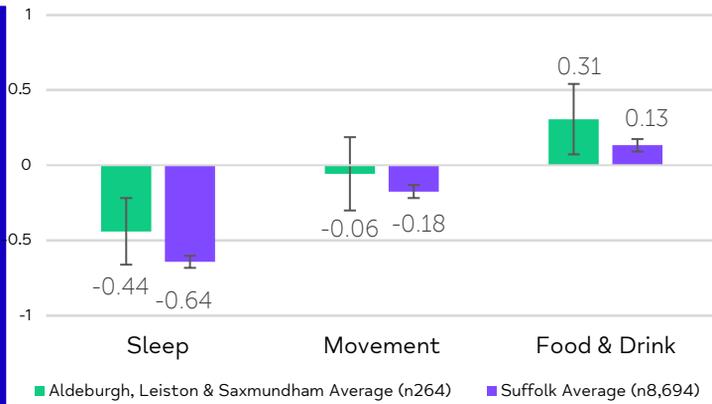


Physical Needs

As for the physical Needs, it can seem like these aren't as connected to wellbeing as some of our emotional Needs. However, there are many connections between our emotional Needs and physical Needs, and what happens during the waking day can have a significant impact on our physical Needs, even **Sleep**.

We can see that none of the three physical Needs are well met on average among Aldeburgh, Leiston & Saxmundham respondents, with Sleep being the worst met Need on average. The average score for Sleep is -0.44, and whilst there doesn't always feel like there is a huge amount we can do to improve our sleep, our Aldeburgh, Leiston & Saxmundham data shows that there is a strong positive correlation between Sleep and the Needs for Security and Control. Therefore, if someone's worrying about the control they have over their finances, for example, this may impact upon the quality of their sleep. Hence, if we make changes to better meet people's Need for Control, we may see that their Need for Sleep also becomes better met. Sleep can also be a good indicator of when people are starting to move down the mental health continuum, so it is important to keep an eye on.

Movement and **Food & Drink** are also not well met on average, having average scores of -0.06 and 0.31, respectively.



All three **Physical Needs** are **unmet**

The three physical Needs are all less well met Needs amongst Aldeburgh, Leiston & Saxmundham respondents on average. People’s financial situations and the cost of living are likely impacting upon their ability to meet these Needs well, with these being identified as the top barriers by those not meeting their Needs. Comments from respondents also tell us that people feel restricted by the lack of local exercising facilities, particularly since the COVID-19 pandemic. One respondent has asked for more free exercise groups locally, where people can get active but also meet new people and make friends.

Barriers

Of the respondents who chose to identify barriers:

- 61% (n51) viewed their physical and/or mental health as a barrier to Sleep, while 62% (n46) identified this as barrier to Movement and 53% (n30) for Food & Drink
- 37% (n21) of people voiced that the cost-of-living crisis was preventing them from meeting their Need for Food & Drink
- 26% (n19) viewed their work situation as a barrier to their Need for Movement
- 23% (n19) identified their financial situation as being an obstacle to feeling well rested after sleep

Supporting factors

Of the respondents who chose to identify supporting factors:

- 79% (n11) viewed their home environment as a supporting factor for Sleep
- 56% (n14) attributed meeting their Need for Food & Drink well to their home environments
- 62% (n13) of respondents saw their hobbies or interests, and access to nature or the outdoors, as a supporting factor for Movement

What helps people's wellbeing?

“Being able to walk on local beaches and woodland”

“Plenty of space to walk when I need some air and exercise and me time”

What are specific barriers to wellbeing?

“The demands of my roles leaves very little time to support my own wellbeing so my time spent on physical activity is limited as even if I have time I am often too tired to face it”

“Occasionally cost of parking as this is rising is becoming a barrier. But still some places with free parking”

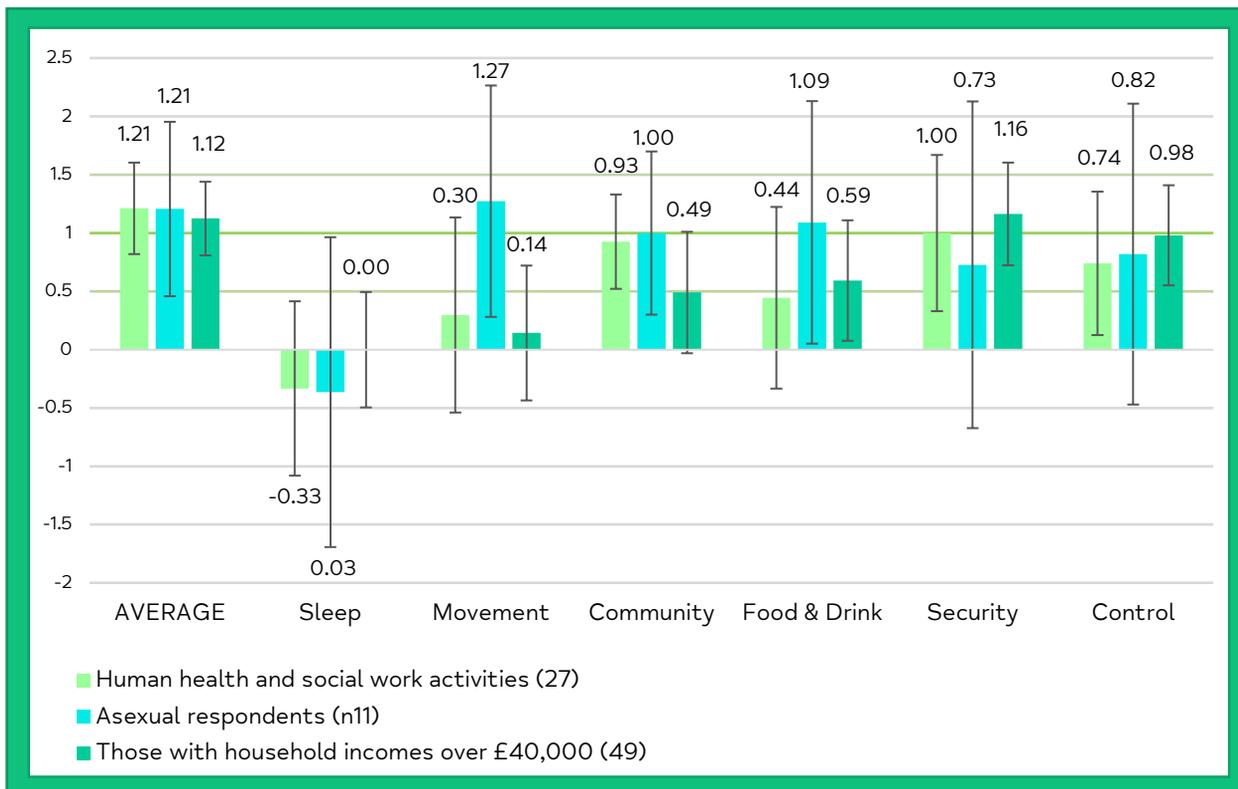
“Lack of good nearby gym, exercise and swimming facilities after Covid closures”

What would people like to see done to improve wellbeing?

“Physical spaces would be good, there's so much land around but a lot of its fields and woodland like which aren't easy to use in the winter”

“More free exercise groups to join in Leiston Suffolk to help me to lose weight and meet new friends”

Who are the most well groups on average?



The graph above focuses on the most well met Needs amongst Aldeburgh, Leiston & Saxmundham respondents on average. To view the full graph, with each Need shown, see Appendix 3.

Drawing on the demographic information we collect alongside the ENA, we can identify which demographic groups are particularly more or less well than the average. Here, we have the demographic groups with the highest average scores among Aldeburgh, Leiston & Saxmundham respondents.*

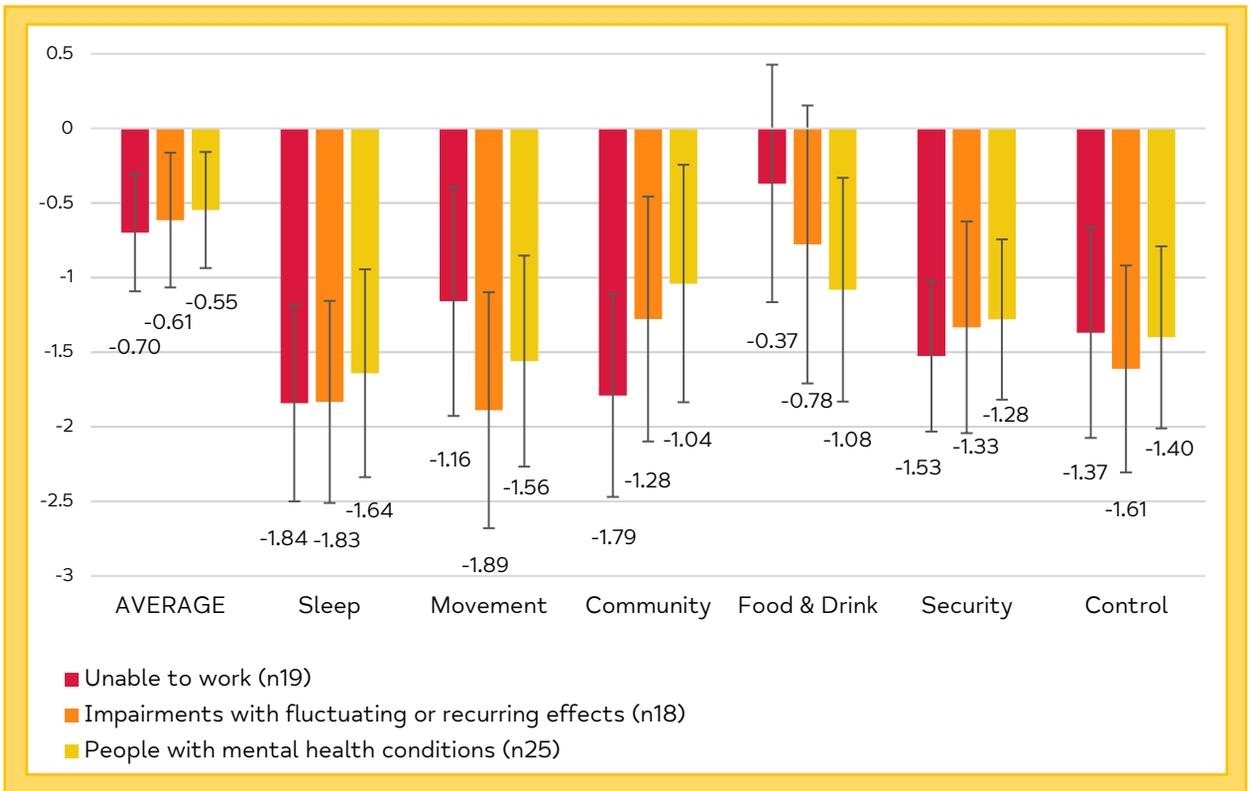
We can see that those working in human health and social work activities, as well as respondents who identify as asexual, have the highest overall average score, at 1.21 (on a scale of -3 to 3). This is followed by those with a household income of more than £40,000 per year, scoring an average of 1.12. When comparing these results with the Aldeburgh, Leiston & Saxmundham overall average, we can see that the confidence intervals do overlap and therefore we cannot say that these differences are statistically significant.

However, there are specific Needs for which we can say with 95% confidence that one of these groups is meeting the Need significantly better than the Aldeburgh, Leiston & Saxmundham average. For example, those working in human health or social activities are meeting their Need for Community significantly better than the Aldeburgh, Leiston & Saxmundham average.

Those with a household income of more than £40,000 per year are also meeting the Need for Security statistically significantly better than the Aldeburgh, Leiston & Saxmundham average. In fact, 70% of respondents who have a household yearly income of over £40,000 are meeting their Need for Security well – compared with just 48% for the Aldeburgh, Leiston & Saxmundham average. If we look at supporting factors for this group, it seems that individuals' financial and work situations play a pivotal role in enabling them to feel safe and secure in their lives. Although almost everyone will be affected by rising costs and economic uncertainty, those with household incomes of more than £40,000 may be at less immediate risk compared with those on lower household incomes. such as less than £17,000 per year.

**It is worth noting that we have focused on demographic groups with a minimum of 10 respondents per group, to ensure the sample size is as representative as possible. Therefore, there may be some groups that are more or less well on average but that have been excluded from this report's analysis due to having a very small sample size.*

Who are the least well groups on average?



The graph above focuses on the least well met Needs amongst Aldeburgh, Leiston & Saxmundham respondents on average. To view the full graph, with each Need shown, see Appendix 3.

If we look at the least well groups on average among Aldeburgh, Leiston & Saxmundham respondents, we can see that people who are unable to work (either permanently or temporarily) are the least well on average, with an overall score of -0.70 (on a scale of -3 to 3). This is followed by individuals with impairments with fluctuating or recurring effects, scoring -0.61 on average, and people with mental health conditions, having average scores of -0.55.

All three of these least well groups are statistically significantly less well than the Aldeburgh, Leiston & Saxmundham average. All three groups are also meeting all of the least met emotional Needs (Community, Security and Control – as outlined in the graph above) significantly less well than the Aldeburgh, Leiston & Saxmundham average.

Those with mental health conditions, for example, are meeting their Needs for Security and Control much less well than the average. The biggest barriers to these Needs identified by this group were individuals' physical and/or mental health, followed by their financial situations. Based on comments we received from respondents, people living with mental health conditions feel unable to access the mental health support they need – from not hearing back after an initial assessment, to being unable to access counselling. It's possible that these factors are impacting upon how secure people living with mental health conditions feel, as well as the level of control they feel they have over their lives.



What conclusions can we draw from these results?

Our research has revealed that the Needs for Community, Security, and Control, alongside the three physical Needs, are the least well met Needs in Aldeburgh, Leiston & Saxmundham on average. Therefore, targeting local interventions to better meet these Needs could help to improve wellbeing in Aldeburgh, Leiston & Saxmundham .

When asked what they think could improve wellbeing locally, or what they would change about Aldeburgh, Leiston & Saxmundham if they could change just one thing, case study respondents had a number of suggestions, including:

- Incentivising people to become active members of their local community – free events and community activities
- Support with meeting physical needs during the cost-of-living crisis, such as free exercise groups or improved access to NHS dentists
- Drop-in centres or support groups, where individuals can talk about their mental health
- Letting residents have more of say when it comes to local development

Our data and feedback collected on Aldeburgh, Leiston & Saxmundham has been fed back to key individuals within Suffolk County Council and the local area. Based on our findings, discussions have now begun regarding the types of interventions that could be implemented to improve wellbeing in Aldeburgh, Leiston & Saxmundham .

Appendix 1

Purpose of Report

Suffolk Mind and Suffolk County Council have embarked on an ambitious project to gain more insight into the mental health of Suffolk's population. The insight gained will be used to guide decision-making by Suffolk County Council on the interventions needed to improve public mental health. This research was conducted using our validated mental health measure, the Emotional Needs Audit (ENA), which has been distributed widely online, on foot by trained data collectors, and by mail drop to Suffolk residents' homes.

As well as analysing Suffolk-wide wellbeing, this research has paid particular attention to groups and locations in Suffolk that have worse mental health outcomes, according to pre-existing data gathered by Suffolk County Council and Suffolk Mind. This report focuses on the average wellbeing of those in Aldeburgh, Leiston & Saxmundham, throughout this report defined to be IP15, IP16, and IP17 postcode areas respectively, based on data gathered from 13th June 2022 to 14th March 2023. This data is compared with the Suffolk-wide average, which includes all responses from those who identified that they live in the county of Suffolk and completed the ENA between 13th June 2022 and 8th March 2023.

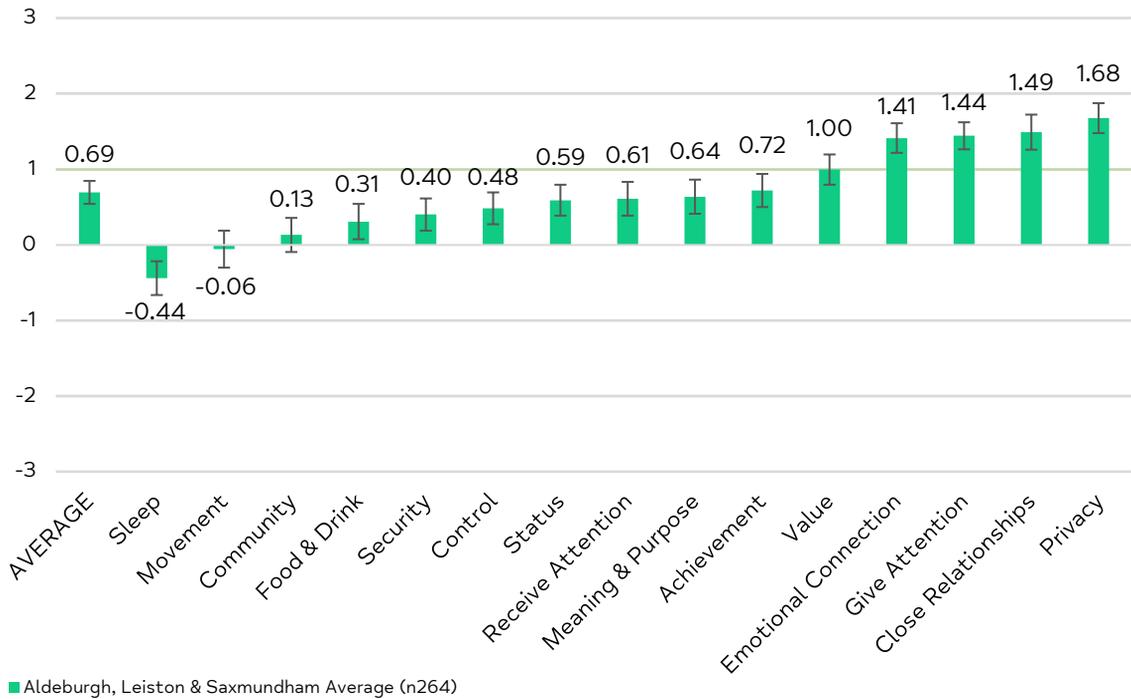
Methodology

This research is based on the Emotional Needs and Resources approach, which outlines the 12 innate Emotional Needs that we must meet, in balance, in order to be mentally well. This approach can be used to provide a useful direction to help improve mental wellbeing, allowing us to identify when a specific Need is not met and enabling us to make changes to meet that Need and improve wellbeing. This idea applies to individuals, but also to groups of people, including samples of the population. Looking at which Needs are generally unmet in a sample population can help identify areas to work on to make Suffolk a healthier and happier place to live. If you'd like more explanation on each of the Emotional Needs, see the Suffolk Mind website.

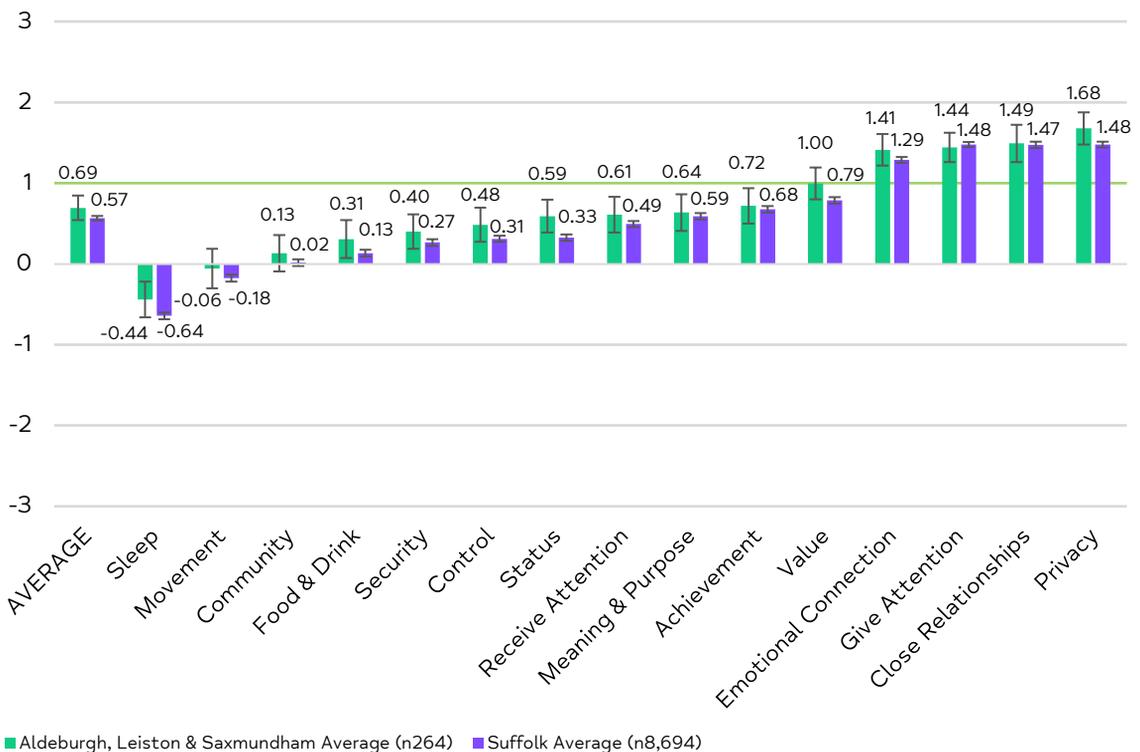
In the ENA, we ask 15 questions that encompass all elements of the 12 Needs, containing both emotional and physical aspects. These are scored on a scale from -3 (not at all met) to +3 (very well met). We also ask respondents to identify any environmental barriers that may prevent them from meeting their Needs, as well as any factors that support them to meet Needs well. We also collected data on demographic factors, such as age and gender identity, to determine how these factors affect wellbeing. Respondents were given the opportunity to participate in case studies to support this research and allow us to gain a deeper understanding of factors that may prevent or enable individuals to meet their Needs.

Appendix 2 – Overall Wellbeing Graphs

Average wellbeing amongst those living in Aldeburgh, Leiston & Saxmundham:

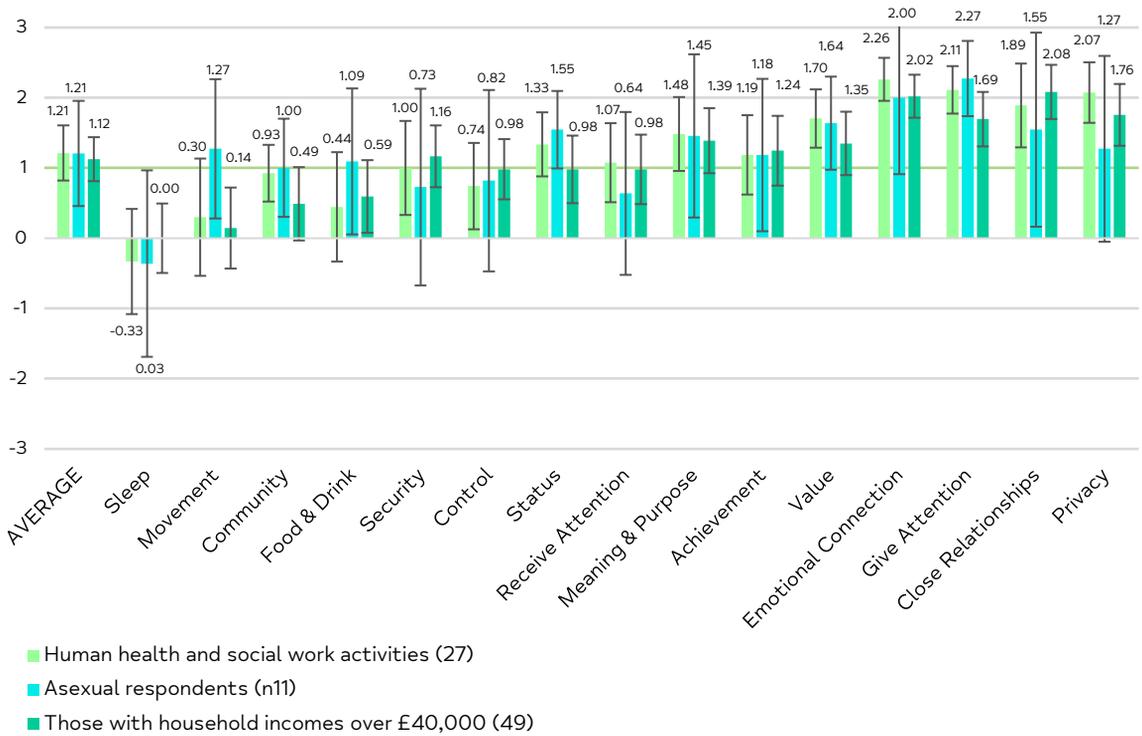


Average wellbeing compared with the Suffolk average:

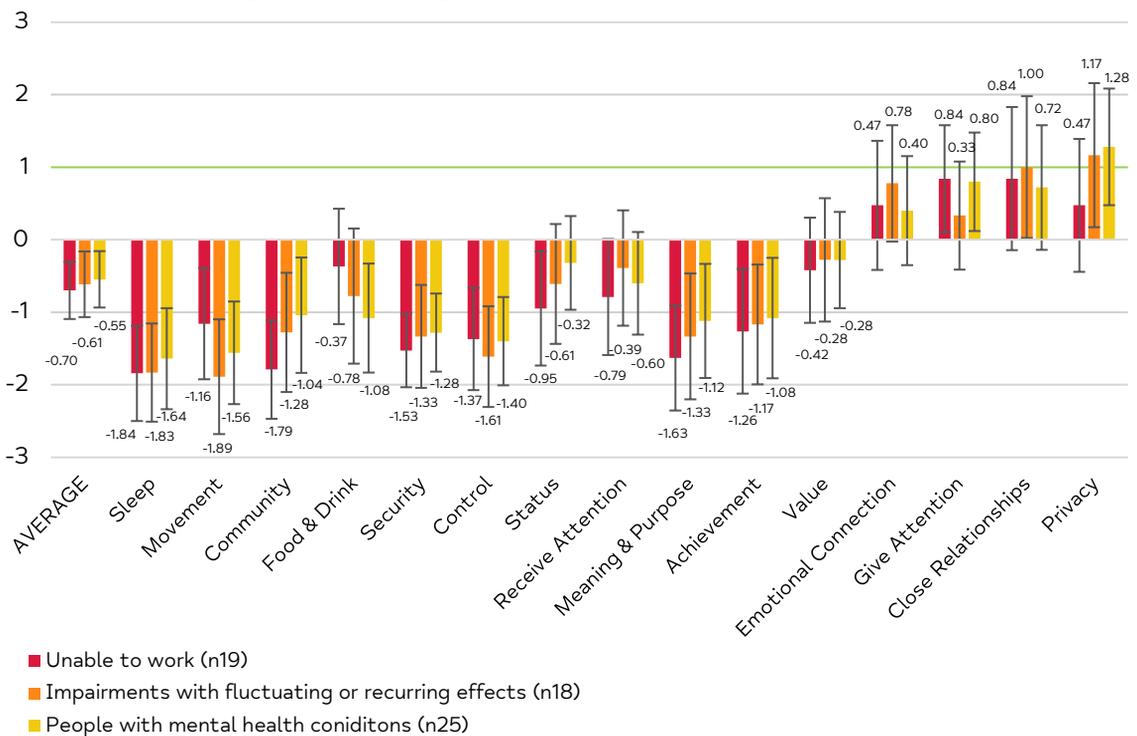


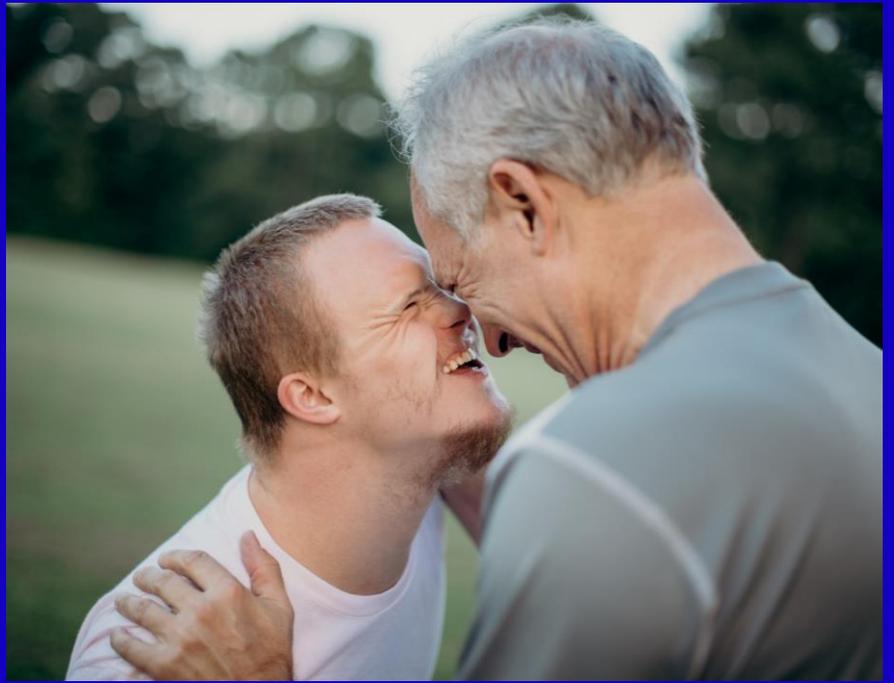
Appendix 3 – Most & Least Well Graphs

The most well groups on average:



The least well groups on average:





 mind Suffolk

 **Suffolk**
County Council