



Wellbeing in Beccles & Waveney

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

April 2023



Only 39% of Beccles & Waveney respondents are meeting their Needs well overall

Sleep is the worst met Need on average

Community is the least met emotional Need on average

Those **aged 75 and over** are the most well demographic group on average

Beccles & Waveney's **physical and mental health** is the biggest barrier to wellbeing

Respondents who identify as **bisexual or pansexual** are the least well demographic groups on average

48% don't feel they have enough control over their lives



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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 39.00% of respondents in Beccles & Waveney areas* are meeting their Needs well overall. This is slightly lower than the Suffolk-wide average, for which 41.12% of respondents are meeting their Needs well overall.

Beccles & Waveney is, however, meeting the same number of Needs (4 out of 15), on average, as the average for the general population of Suffolk. It also has a similar overall average score to the Suffolk-wide average, scoring 0.55 compared with Suffolk's average of 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 amongst those who live in Beccles & Waveney on average, and that could therefore benefit from targeted interventions to better support residents to meet these Needs.

These are:

1. Community

54% of Beccles & Waveney respondents are not meeting this Need well**

The biggest barrier to this Need being met?

Beccles & Waveney's physical or mental health

The biggest supporting factor?

Access to nature and the outdoors as well as people's community involvement

2. Status

55% of Beccles & Waveney respondents are not meeting this Need well

The biggest barrier to this Need being met?

Beccles & Waveney's physical or mental health

The biggest supporting factor?

People's work situations

3. Security

50% of Beccles & Waveney respondents are not meeting this Need well

The biggest barrier to this Need being met?

Beccles & Waveney's physical or mental health

The biggest supporting factor?

Respondents' home environments and their relationships

** Throughout this report 'Beccles and Waveney' refers to responses received from residents living in the following postcode areas: NR34 (Beccles), NR35 (Bungay area), IP18 (Southwold area) and IP19 (Halesworth area).*

*** 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

4. Physical Needs

67% of Beccles respondents are not meeting their Need for **Sleep** well

58% are not meeting their Need for **Movement** well

52% are not meeting their Need for **Food & Drink** well

The biggest barrier to these Needs being met?

Respondents' physical or mental health

The biggest supporting factors?

People's home environments and access to the nature and the outdoors.

Some groups of people within Beccles & Waveney are notably more or less well than the average. Those aged 75 or over are the most well group in Beccles on average, meeting 14 of the 15 Needs well on average.

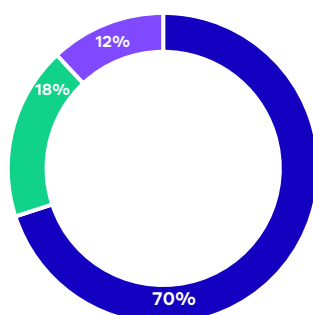
Those least well on average are those who are bisexual or pansexual. This group is not meeting any of their Needs well.

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

Engagement from Beccles & Waveney area residents

We received 300 responses from residents from 13th June 2022 to 2nd April 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:



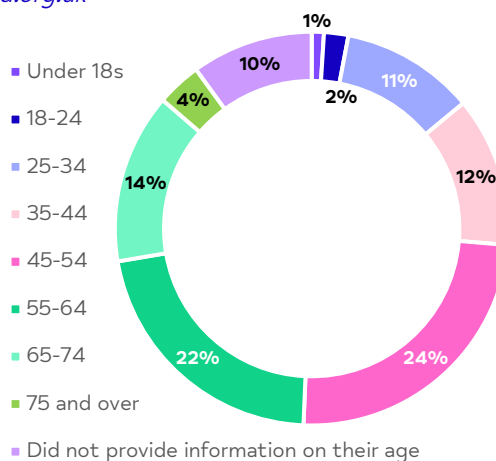
- 70% of respondents were women (including trans women)
- 18% were men (including trans men)
- 12% chose not to provide information on their gender

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 Beccles & Waveney is lower than women's (average overall score of 0.46 for men, compared with 0.54 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 men is nearly 4 times smaller than is for women. However, it is also possible that men who do choose to answer our survey *may* be generally more well than those who don't, so our average could be even lower for men if we had a larger sample size.

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

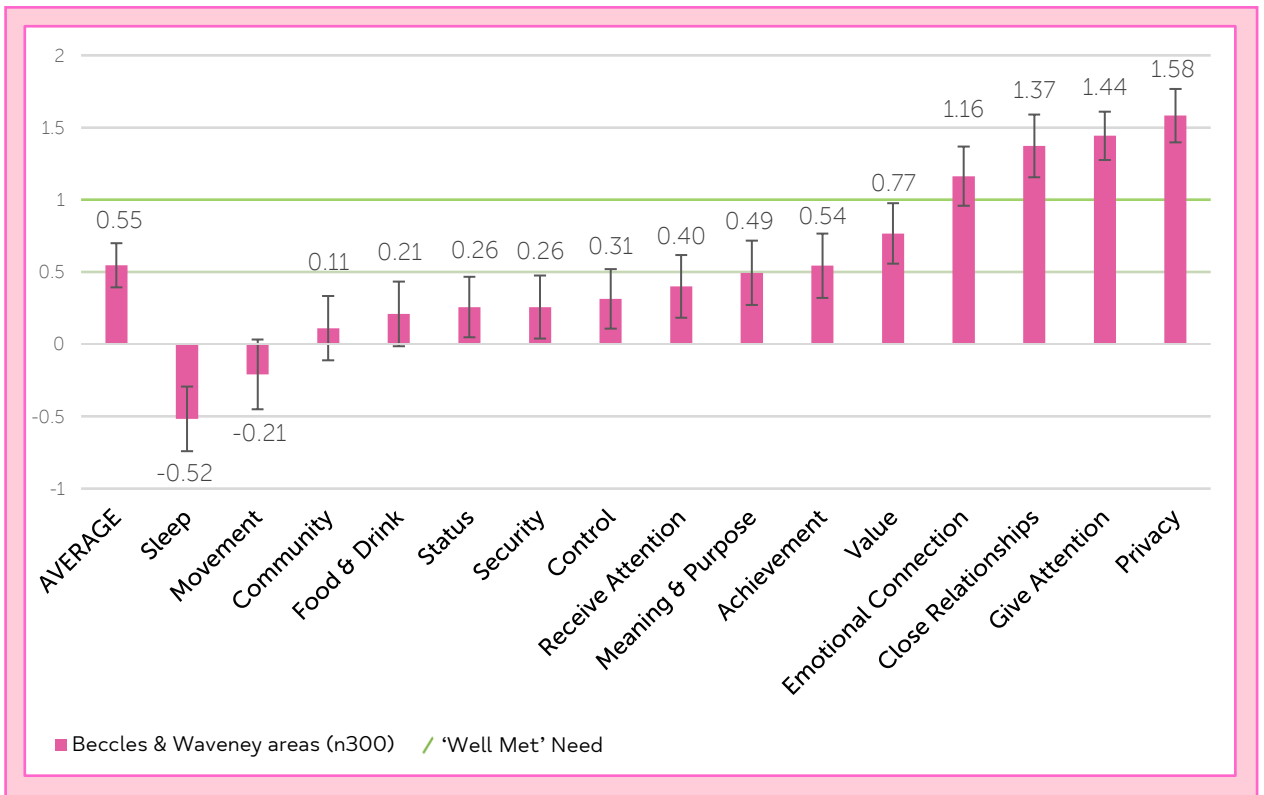
Response rates by age:

We heard the most from those aged between 45 and 64 years old. Just 1% of respondents were under 18, with under 18s also happening to be the least well age group on average. Similarly, those aged 75 and over, our most well age group on average, made up just 4% of respondents. 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 Beccles & Waveney areas



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

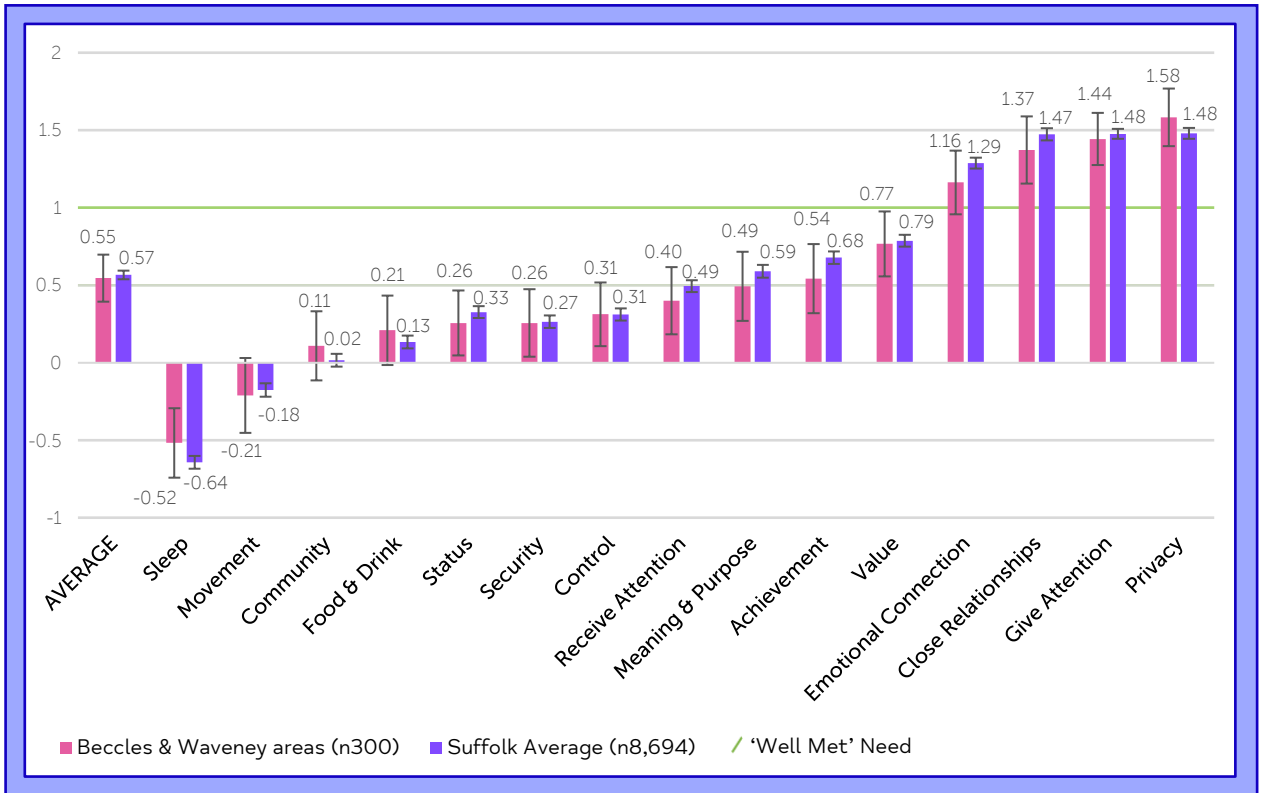
Here we have Beccles & Waveney's average results from the Emotional Needs Audit. The Emotional Needs are along the bottom on the x axis, arranged from least to best met on average from left to right, with the average of all Needs combined on the far left. How well the Needs are met is shown on the y 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 Beccles & Waveney 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 Beccles & Waveney on average, with an overall average score of 0.55. Similarly, only 4 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 39.00% of Beccles & Waveney respondents (or 117 out of 300 respondents) are meeting their Needs well overall. Therefore, just 39% are classed as being in wellbeing on the mental health continuum. This is marginally lower 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 Beccles & Waveney on average. Although, as we will see on the following page, wellbeing amongst Beccles & Waveney 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 Beccles & Waveney.

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 Beccles & Waveney 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 300 responses from Beccles & Waveney.

Here, we can see that the confidence intervals overlap between the Beccles & Waveney overall average and the Suffolk-wide overall average. Therefore, we *cannot* deduce that the difference between how well Needs are met overall amongst Beccles & Waveney respondents and the Suffolk-wide average is statistically significant.

This is unsurprising, given there is just a 0.02 difference between the overall average score for Beccles & Waveney and the Suffolk average (0.55 for Beccles & Waveney, compared with 0.57 for Suffolk - on a scale of -3 to 3). The same number of Needs are also well met on average, with both groups meeting 4 of the 15 Needs well. As has been discussed, the percentage of respondents meeting their Needs well overall is another similarity across both data sets - with 39% of respondents meeting their Needs well across the Beccles & Waveney dataset, compared with 41% for the Suffolk average. 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.



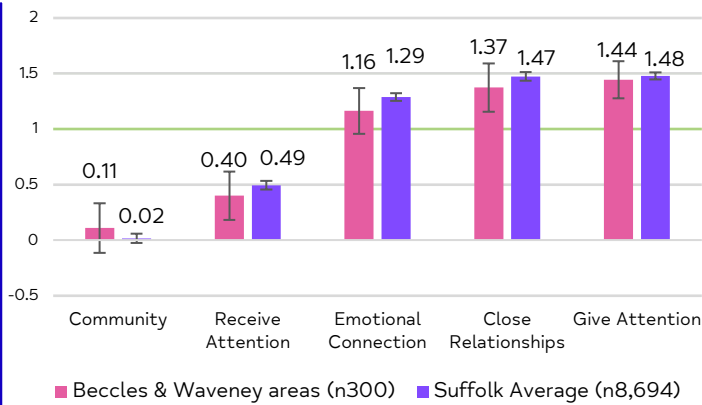
Interpersonal Relationship Needs

We can see that the Need for a **Close Relationship** is well met on average, with a score of 1.37 (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 1.16, 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 Beccles & Waveney, with an average score of just 0.11. 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.

The second best met Need amongst Beccles & Waveney respondents, on average, is **Giving Attention**, with a score of 1.44 making it a well met Need. For both the Beccles & Waveney and Suffolk average, Giving Attention scores much more highly 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 respondents' top barriers were their relationships and their physical or mental health.



Community is the lowest met emotional Need

Despite Community being a less well met Need for Beccles & Waveney on average, it is better met by residents than the Suffolk average – with a difference of 0.09. However, as the confidence intervals overlap across both datasets for all the above Needs, we cannot with confidence say that there is a statistically significant difference in how well Beccles & Waveney and Suffolk are meeting their Needs on average. However, if we look at the top supporting factors among those who are meeting their Need for Community well, we can see that these differ slightly for those in Beccles & Waveney compared with the Suffolk average. Although residents’ community involvement and their hobbies and interests are among the top supporting factors across both datasets, residents’ access to nature and the outdoors is one of the biggest supporting factors for Beccles & Waveney.

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% (n28) believed that their physical or mental health presented an obstacle
- 33% (n18) reported that work situations presented a barrier
- 30% (n16) viewed that their financial situation was a barrier

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:

- 58% (n11) viewed their access to nature and the outdoors as enabling them to meet this Need well
- 58% (n11) reported that their community involvement helped them meet this Need
- 47% (n9) selected their day-to-day environment and the same number reported their hobbies & interests as supporting factors

What helps people's wellbeing?

“We have a great local community where we live.”

“Helped by Community mental health team”

“Socialising, living in a beautiful part of the country, surrounded by friendly and caring people”

What are specific barriers to wellbeing?

“Not enough immediate support (just a chat on the phone) when in depths of depression or anxiety.”

“Having more to do in the community where I live, there is no public transport so I can't go anywhere unless it's a lift from my mum and there is also nothing to do where I am as well.”

“There's less for people to do, I cannot visit my friends because there is no where for us to go, and there is no public transport past 9:30 at night which limits the times we can see each other and go out”

What could be done to improve wellbeing?

“More help and knowledge of where to go / who to contact.”

“Social groups that are not during the day.”

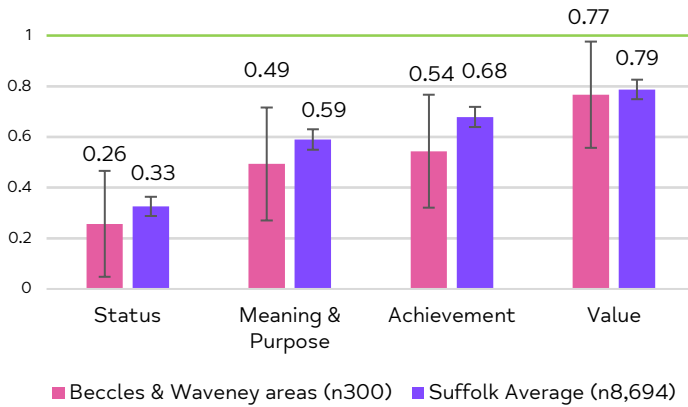


Achievement and Value Needs

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 0.54 (on a scale of -3 to 3). Achievement is worse met by Beccles & Waveney than Suffolk-wide respondents, on average; however, since the confidence intervals overlap, we can't say this difference is statistically significant. People's work situations can affect their ability to meet this Need well, with it being by far the biggest barrier identified by respondents who weren't meeting this Need well. Therefore, if we look at results by economic status, on average we can see that Achievement is least well met by those who are unemployed (-1.75), not employed by choice (-1.25), or unable to work (-0.81).

Meaning & Purpose is strongly correlated to Achievement within the Beccles & Waveney 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 Beccles & Waveney, with a score of 0.49, showing that respondents may not always be feeling purposeful about their actions.

As with other Needs in this group, **Value** is also not well met on average, at 0.77. Value indicates how much people feel others appreciate them for their actions and contributions. Therefore, since Beccles & Waveney isn't meeting this Need well on average, this suggests individuals may not be feeling as valued for their actions and contributions as they would like. **Status**, on the other hand, tells us how much people feel others appreciate and respect them as a person. Status is significantly less well met than Value, with an average score of 0.26. This shows that the appreciation and value people may at times feel for their actions doesn't always translate to them feeling valued as a person.



Status is one of the **lowest** met Needs

All Needs within the Achievement and Value group (in the graph above) are better met amongst the Suffolk average than the Beccles & Waveney average. However, since the confidence intervals overlap once again, we can't say with confidence that these differences are statically significant. Status is the second least well met emotional Needs amongst Beccles & Waveney respondents on average. The biggest barrier identified by respondents not meeting this Need is their physical or mental health as well as their work situation and the cost of living. Based on comments from Beccles & Waveney respondents, some feel there is little support out there for certain groups, which may in turn be leaving some feeling unappreciated and unsupported as an individual. Among respondents who aren't meeting this Need well and identified barriers, people's work situations was the second biggest obstacle to them feeling appreciated and valued as a person. Those who are out of work are particularly struggling to meet this Need well, with people who are unable to work (-1.51), unemployed (-1.13), or not employed by choice (-1.00) meeting this Need the least well out of all economic groups.

Barriers

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

- 50% (n28) stated that their physical or mental health prevented them from meeting this Need
- 34% (n19) identified their work situation as an obstacle
- 32% (n18) attributed not meeting this Need well to their financial situation

Supporting factors

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

- 56% (n10) felt supported to meet this Need due to their work situation
- 50% (n9) saw their relationships as a supporting factor
- 33% (n6) believed that their home environments, day-to-day environment, community involvement or access to the nature and the outdoors enabled them to meet this Need well.

What helps people's wellbeing?

“My workplace are changing their values and helping as much as they can.”

“Appreciate the gentle nature of many people here and the pace of our lives together.”

“When I was over-stressed by my career I walked away from my job and was supported by private counselling and from regular yoga sessions. These both helped me to recover.”

What are specific barriers to wellbeing?

“Finding money for weekly sessions on top of finding money for fuel to get to these sessions on top of not being able to work and not being eligible for any benefits was a huge struggle”

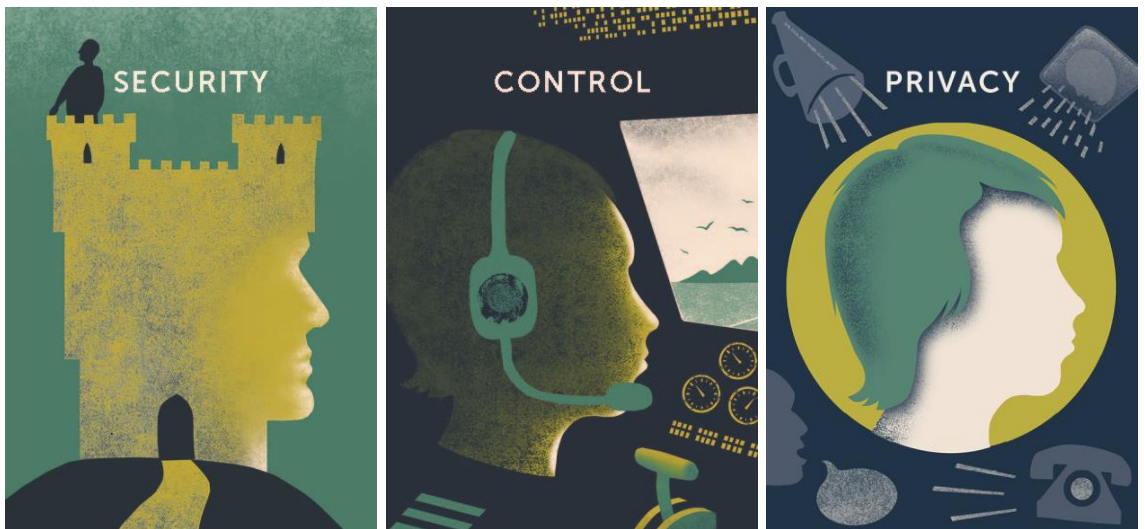
“The lack of a personal GP means I feel faceless and that no one picks up on signs I'm struggling.”

“Having young children impacts many of my emotional needs, and the things I can do to improve my situation is limited”

What would people like to see done to improve wellbeing?

“Lack of mental health support, nothing, of any use available in a crisis.”

“I would like to be access some counselling/support without having to spend a lot of money /go private.”

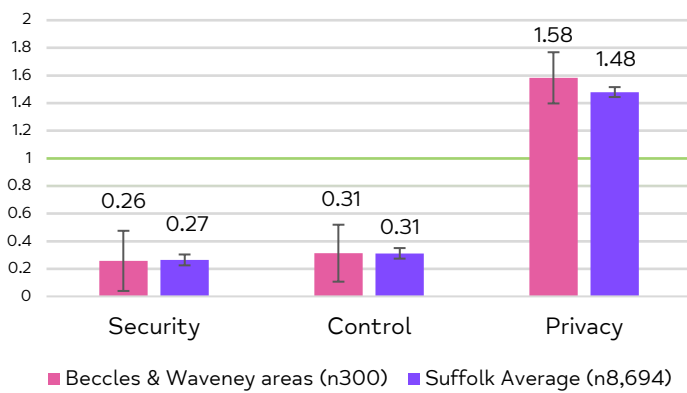


Security and Control Needs

Security is the third least met emotional Need on average for Beccles & Waveney, with a score of 0.26 (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 Beccles & Waveney meeting its Need for Security is individuals' physical or mental health, the cost of living, and people's work and financial situations. Comments from respondents tell us that people's finances are a significant barrier to their wellbeing, alongside feelings of being overworked or finding it difficult to secure work in the first place. Security was therefore a Need that was focused on during action planning.

Control is another less well met Need on average, having an average score of 0.31. This suggests that these 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. The Needs for Security and Control are strongly positively correlated within this data set, so it is unsurprising that both of these Needs are less well met and have similar barriers.

On the other hand, **Privacy** is a well met Need on average – scoring 1.58. 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 Beccles & Waveney respondents meeting this Need well being people's home environments.



Security is the second least met emotional Need

It's clear that current economic uncertainty and inflation is impacting upon Beccles & Waveney's Needs. Across both the Beccles & Waveney and Suffolk-wide data, those on the lowest household incomes (under £17,000) are meeting their Needs for Security and Control the least well on average, especially compared with those with household incomes of over £25,000 per year. For respondents in Beccles & Waveney, those with household incomes below £17,000 were scoring just -0.07 for Security and -0.05 for Control, on average, compared with those with household earnings over £40,000 per year scoring 0.75 for Security and 0.65 for Control. A number of comments we received from respondents mentioned difficulty in accessing services due to the cost attached.

Barriers

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

- 60% (n37) viewed their physical or mental health as a barrier
- 44% (n27) identified the cost-of-living crisis as an obstacle
- 42% (n26) believed their financial or work situations prevent them from meeting this Need well

Supporting factors

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

- 83% (n19) felt their home environment or their relationships enable them to feel safe and secure
- 70% (n16) believe their day-to-day environment support them to meet this Need
- 57% (n13) viewed their work situation as a supporting factor

What helps people's wellbeing?

“Wonderful children who phone me regularly & good neighbours ”

“My husband and I changed our lifestyle some years ago so as to not fall in a trap of 'retired' in the accepted sense”

What are specific barriers to wellbeing?

“I don't like where I live - scared to go out unless I take my pet dog with me or have someone with me.”

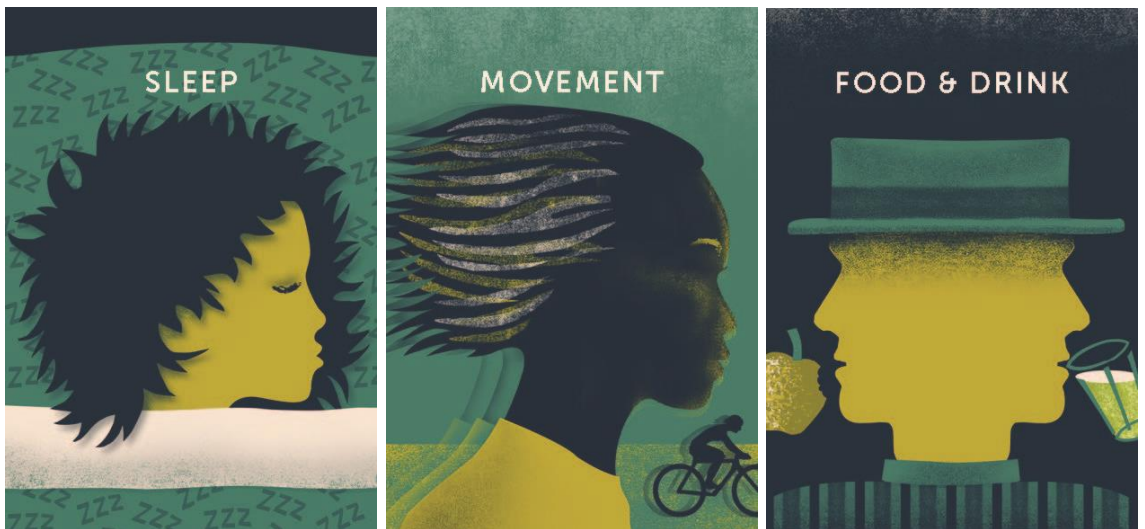
“Concerns about the future of the natural environment really have an effect”

“Widespread bullying, extreme social isolation, gossiping, indifference”

What would people like to see done to improve wellbeing?

“There is not enough access to free talking therapies”

“Better prices for disabled people to access sports facilities.”

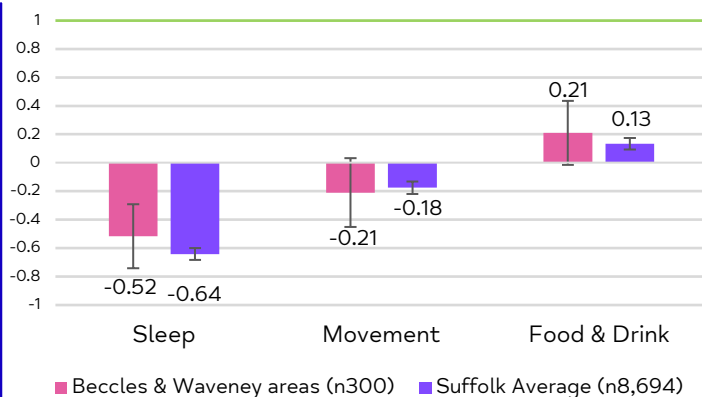


Physical Needs

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 Beccles & Waveney respondents, with Sleep being the worst met Need on average. The average score for Sleep is -0.52, and whilst there doesn't always feel like there is a huge amount we can do to improve our sleep, our Beccles & Waveney data shows that there is a strong positive correlation between Sleep and the Need for 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 -0.21 and 0.21, respectively. Food & Drink is also positively correlated to the Need for Control within the Beccles & Waveney data, so enabling residents to feel more in control of their lives and surrounding may, in turn, support them to feel better able to get a balance of energy, nutrition and pleasure from their diet.



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

Despite the three physical Needs being among the least well met Needs on average amongst Beccles & Waveney respondents, since the confidence intervals overlap, we cannot say with confidence that they are statistically significantly less well met than the Suffolk average. Despite these Needs not being well met on average, from the comments we received from Beccles & Waveney respondents, it's evident that residents really value the access they have to the green spaces and different landscapes locally. Some respondents have attributed staying well to being able to access these outdoor spaces, from being near the coast, to having the Waveney River, and local forests and parkland.

Barriers

Of the respondents who chose to identify barriers:

- 70% (n63) viewed their physical or mental health as a barrier to Sleep, while 63% (n57) identified this as barrier to Movement and 50% (n32) for Food & Drink
- 31% (n20) of people voiced that the cost-of-living crisis was preventing them from meeting their Need for Food & Drink
- 27% (n25) viewed their work situation as a barrier to their Need for Movement
- 31% (n28) identified their work situation as being an obstacle to feeling well rested after sleep

Supporting factors

Of the respondents who chose to identify supporting factors:

- 87% (n13) viewed their home environment as a supporting factor for Sleep
- 55% (n11) attributed meeting their Need for Food & Drink well to their home environments
- 84% (n16) of respondents saw their access to nature and the outdoors as supporting factors for Movement

What helps people's wellbeing?

“Beautiful area to live, there is lots to do if you look and taking part in activities helps”

“Great access to nature and the wildlife, parks, woodland and beaches.”

“Being able to walk out of my front door and into the countryside, hugely helps to support my well-being.”

What are specific barriers to wellbeing?

“Recently I broke an ankle and found it difficult to get out using a mobility scooter. Many paths are too uneven to ride on and there are very few places to cross the road (drop curbs).”

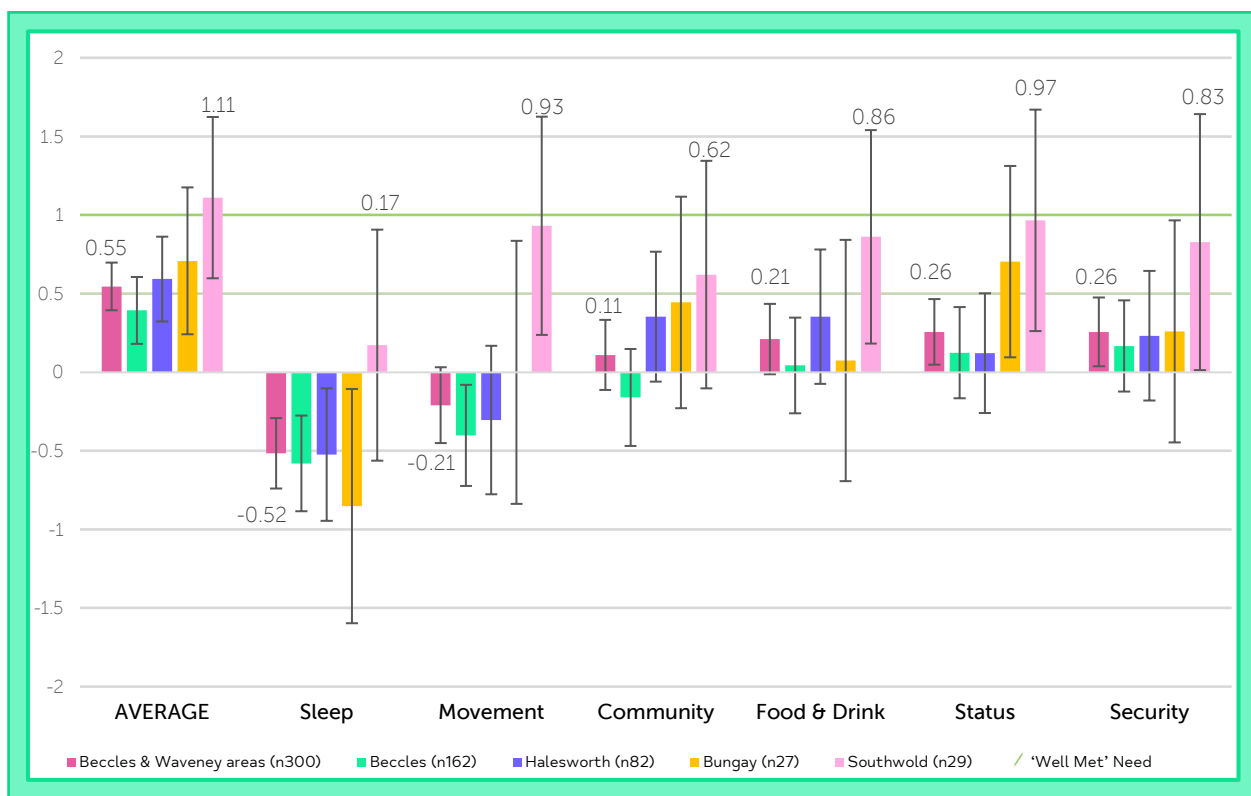
“Potential changes to planning law and the issue of sewage pollution in the water make me worry about access to the natural outdoors which is hugely important to me.”

What would people like to see done to improve wellbeing?

“Improved public transport in rural areas to account for increased fuel costs”

“Activities for working aged people needed.”

Across Beccles and Waveney



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

Although we are focusing on wellbeing as a whole across Beccles and the three Waveney areas, it can be helpful to briefly look at the differences in wellbeing between the areas of Beccles, Halesworth, Bungay, and Southwold.

We can see that, on average, respondents from the Southwold area are meeting their Needs better than those from the Beccles, Halesworth or Bungay areas. While Beccles, Halesworth and Bungay are meeting is meeting just 3, 4 and 5 of the 15 Needs well on average, respectively, the Southwold area is meeting 9 of the 15 Needs well on average. In fact, Southwold is the only area to be meeting its Needs well on average – with an overall average score of 1.11.

However, it is worth noting that due to the small sample size of just 29 respondents from the Southwold area, this data may not be representative of the local population. This limited data also doesn't give us a full picture as to why Needs are better met in the Southwold area, compared with the other areas, but there are a few reasons why this may be the case.

Just 3% of respondents from the Southwold area are not in formal employment (either unemployed, unable to work or not employed by choice), compared with 17% of respondents for all the Beccles and Waveney areas combined – and those not in formal employment are much less well than those in employment or retired on average, with the highest average score for those not in employment being -0.69 for those unable to work, and the lowest average for those in employment being 0.43 for those in full-time work, in the overall Beccles & Waveney data set.

Respondents in Southwold also mentioned that living by the coast helped their mental wellbeing significantly.

Who are the most well groups on average?



The graph above focuses on the most well met Needs amongst Beccles and Waveney respondents on average. To view the full graph, with each Need shown, see Appendix 4.

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 those in Beccles & Waveney.*

We can see that those who are aged 75 and over have the highest overall average score, at 1.76 (on a scale of -3 to 3). This followed by those who are self-employed, with an average score of 1.40, and those who work in human health and social work activities, with an average of 1.29. Out of these most well groups, all three are statistically significantly more well, on average, than the Beccles & Waveney average.

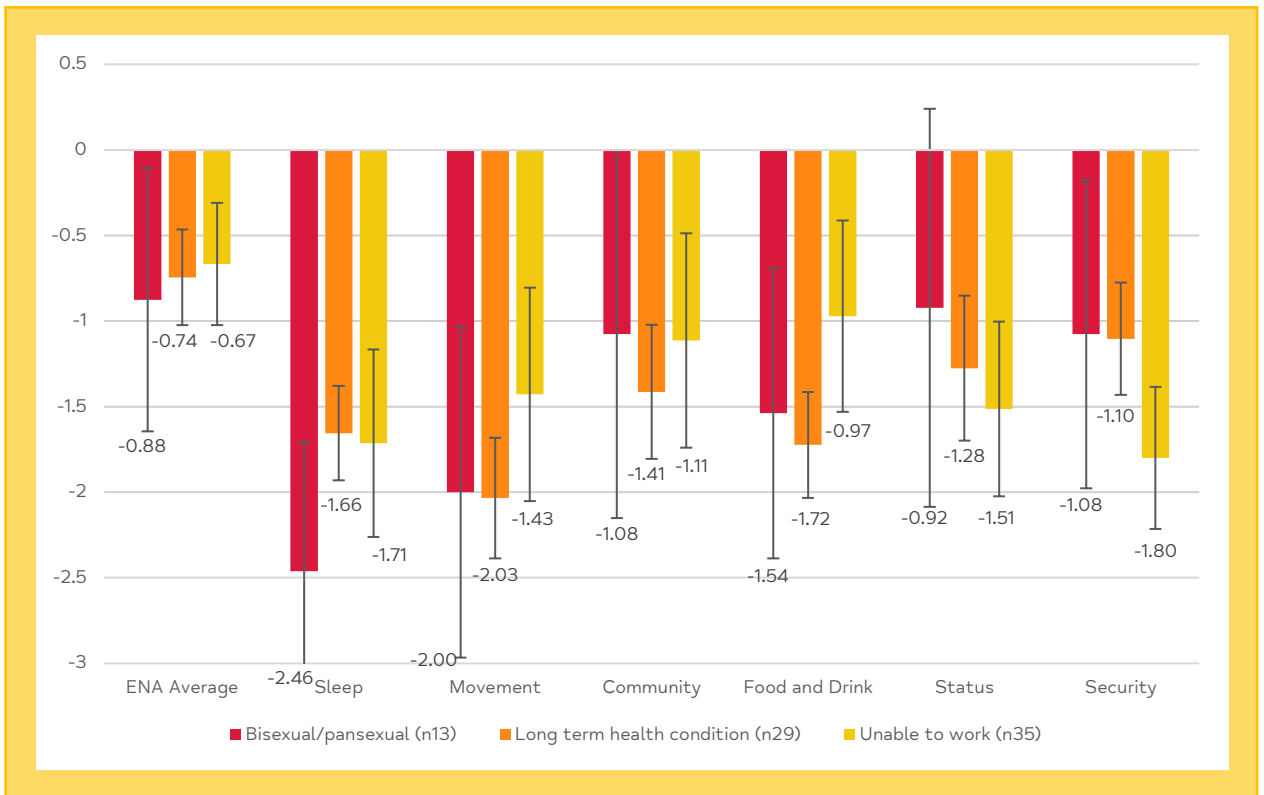
As the above graph demonstrates, even the most well groups aren't meeting some of the average least met Needs well. Each of these Needs is less well met by at least one of these groups. However, these groups are meeting some Needs statistically significantly better than the Beccles & Waveney average. For example, every group is meeting the Needs for Control, Meaning & Purpose and Emotional Connection statistically significantly better than the Beccles & Waveney average.

Most notably, over 75s and those working in human health and social work activities are meeting their Need for Security well on average. If we look at supporting factors for those working in human health and social work activities, we can see that individuals feel that their work situation enables them to meet this Need. However, people's work situations can also present a barrier to meeting this Need – with it being the number one barrier identified by self-employed individuals who weren't meeting their Need for Security well on average.

Respondents who are 75 and over are meeting their Need for Community statistically significantly better than the Beccles & Waveney average. Community is strongly positively correlated with the Need for Meaning & Purpose in this data set, which implies that contributing towards something bigger than ourselves, which can enable us to better meet our Need for Meaning & Purpose, may in turn also support our Need for Community. It may, therefore, be worth considering if there are ways to create a better sense of community amongst those not meeting this Need well – for example, those with long-term health conditions – by enabling them to contribute towards something bigger than themselves.

**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 Beccles and Waveney respondents on average. To view the full graph, with each Need shown, see Appendix 4.

Looking at the least well groups on average among respondents in Beccles & Waveney, we can see that people who are bisexual or pansexual are the least well, with an overall average of -0.88 (on a scale of -3 to 3). This is followed by those with long term health conditions and individuals who are unable to work (either temporarily or permanently), with averages of -0.74 and -0.67, respectively.

All three of these least well groups are statistically significantly less well than the Beccles & Waveney average. Those unable to work and those with long term health conditions are also meeting all of the least met Needs (outlined in the graph above) statistically significantly less well than the Beccles & Waveney average.

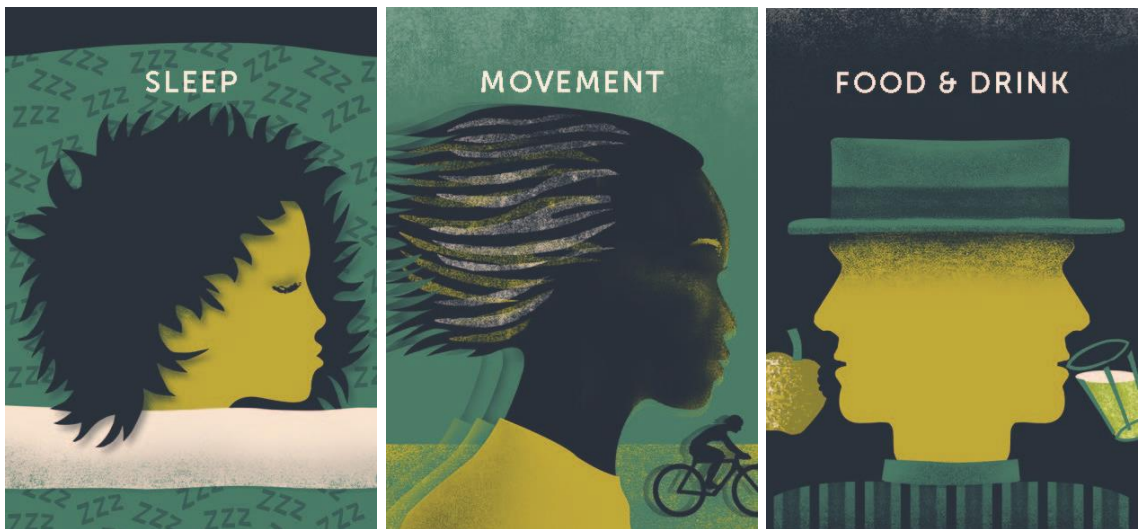
All three groups are meeting their Need for Sleep statistically significantly worse than the Beccles & Waveney average. The biggest barriers to these groups meeting all three physical Needs are individuals' physical or mental health, followed by their work and financial situations, and the cost of living. These factors also present the biggest barriers to these groups meeting their Need for Control. With Sleep and Control being strongly positively correlated, it's therefore possible that financial concerns – particularly potential feelings of a lack of control over one's finances – may be keeping people up at night and impacting upon their quality of sleep.

If we look at the Need for Community, individuals living with long-term health conditions are meeting this Need the least well on average – with their physical or mental health and day-to-day environments being the biggest barriers. With 54% of respondents with long-term health conditions also identifying that they are unable to work, this may be contributing towards them not meeting this Need well on average, as work often contributes towards people meeting their Need for Community well – with it being among the top supporting factors for residents who are meeting this Need well.

Who are the least well groups on average?

Although it's not clear why bisexual or pansexual respondents are the least well on average, due to the small sample size and therefore limited data, this may be in part due to just over half (58%) of these respondents not being in official employment or being on a zero-hour contract. Within this data set, respondents who are unable to work, unemployed, or not employed by choice have much lower average scores than those who are in some kind of employment or are retired. Security is particularly less well met by those who are unable to work, with the cost of living and individuals' financial situations having been identified as significant obstacles to them feeling safe and secure in their daily lives.

People's socio-economic status also seems to be impacting upon their ability to meet their Need for Status, with those who are unable to work meeting this Need the least well on average. The top barriers identified by this group are people's physical or mental health, followed by their work and financial situations. From the comments we've received from respondents who are unable to work and are living with mental health conditions, it's clear that some feel as though they have been left behind and that their concerns are dismissed by medical professionals. If respondents are feeling as though they're not being listened to and that there's not the help out there that they need, this may be impacting upon how appreciated and respected they feel as individuals.



What conclusions can we draw from these results?

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

When asked what they would change about Beccles & Waveney, if they could change just one thing, case study respondents had a number of suggestions, including:

- Improved transportation services
- More support across different age groups
- Access to support groups

Our data and feedback collected on Beccles & Waveney 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 Beccles & Waveney.

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 Beccles and certain Waveney areas, throughout this report defined by the postcode areas NR34 (Beccles), NR35 (Bungay area), IP18 (Southwold area) and IP19 (Halesworth area), based on data gathered from 13th June 2022 to 2nd April 2023. We have also restricted this analysis to data collected from those who identified that they live in Suffolk, so those in Waveney who technically live in Norfolk are excluded from this analysis. 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.

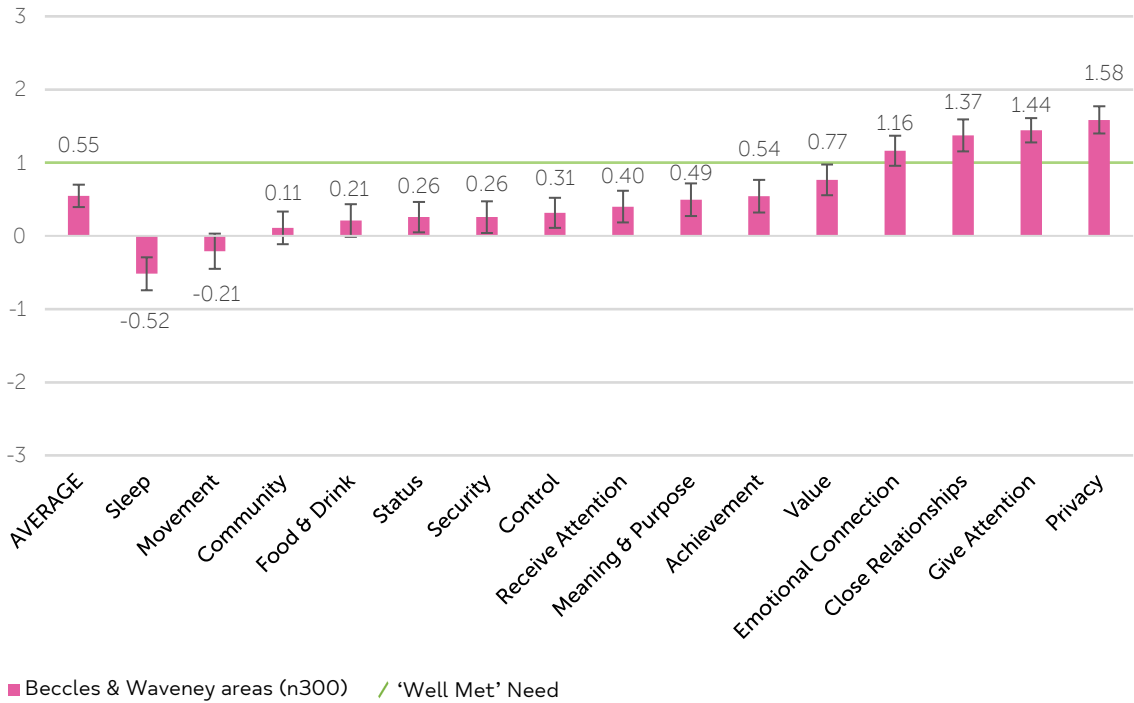
Methodology

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.

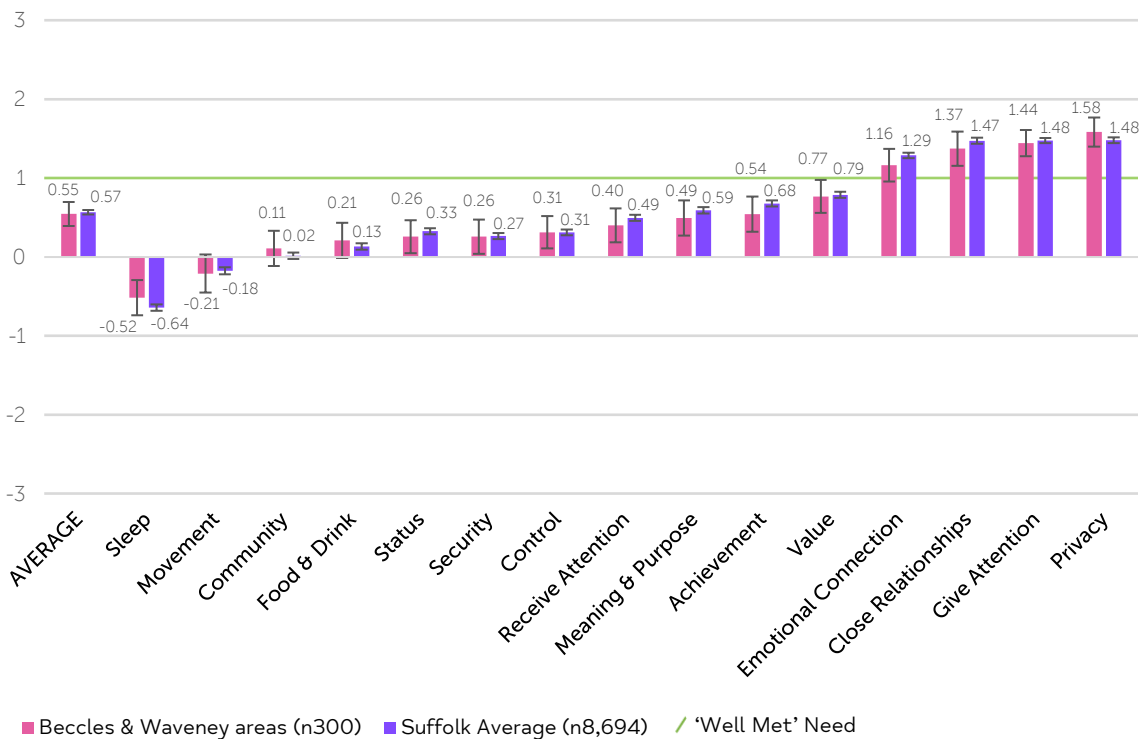
In the ENA, we ask 15 questions that encompass all elements of the 12 Needs, containing both emotional and physical aspects. These are scored on a scale from -3 (not at all met) to +3 (very well met). We also ask respondents to identify any environmental barriers that may prevent them from meeting their 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 in Beccles & Waveney:

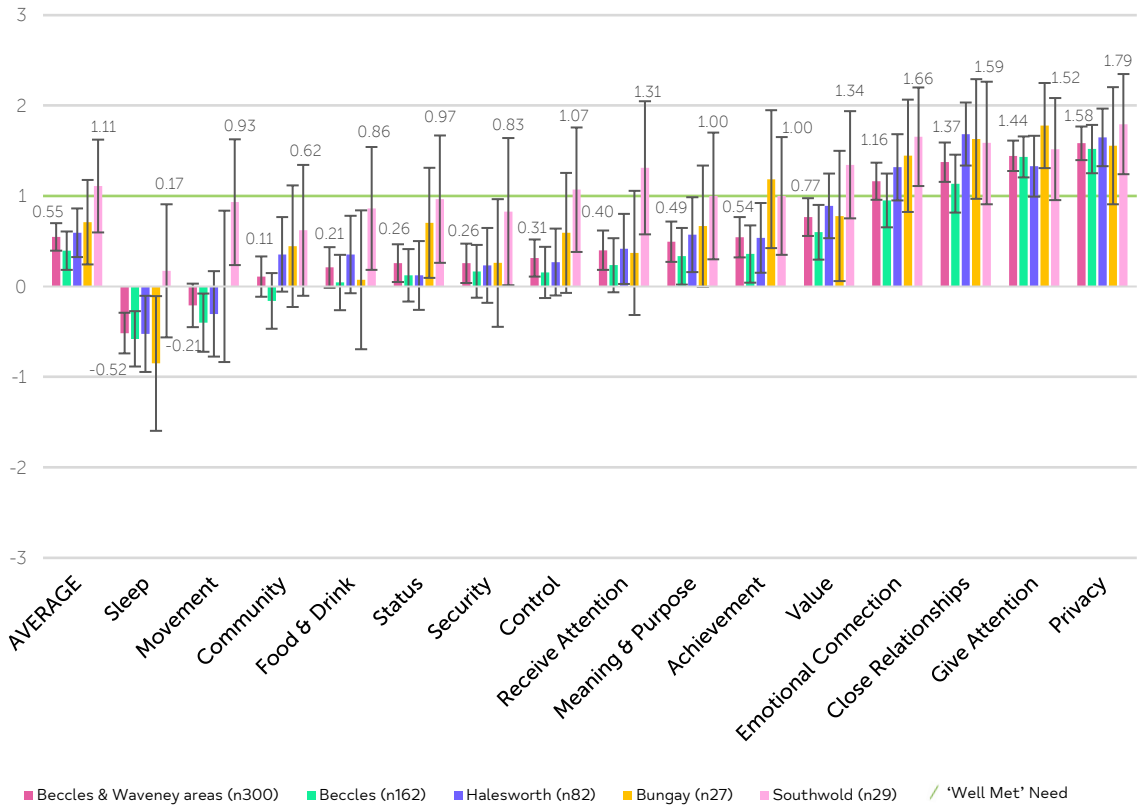


Average wellbeing compared with the Suffolk average:



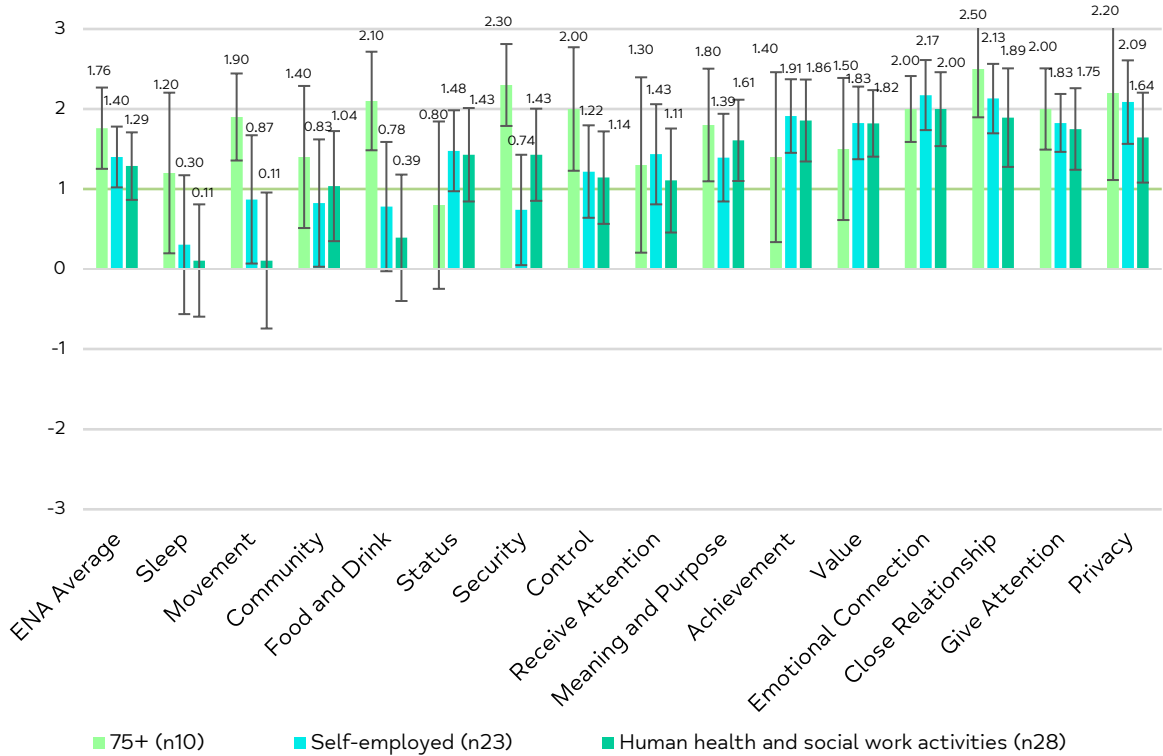
Appendix 3 – Wellbeing by Area Graph

Average wellbeing amongst those in different Beccles & Waveney areas:

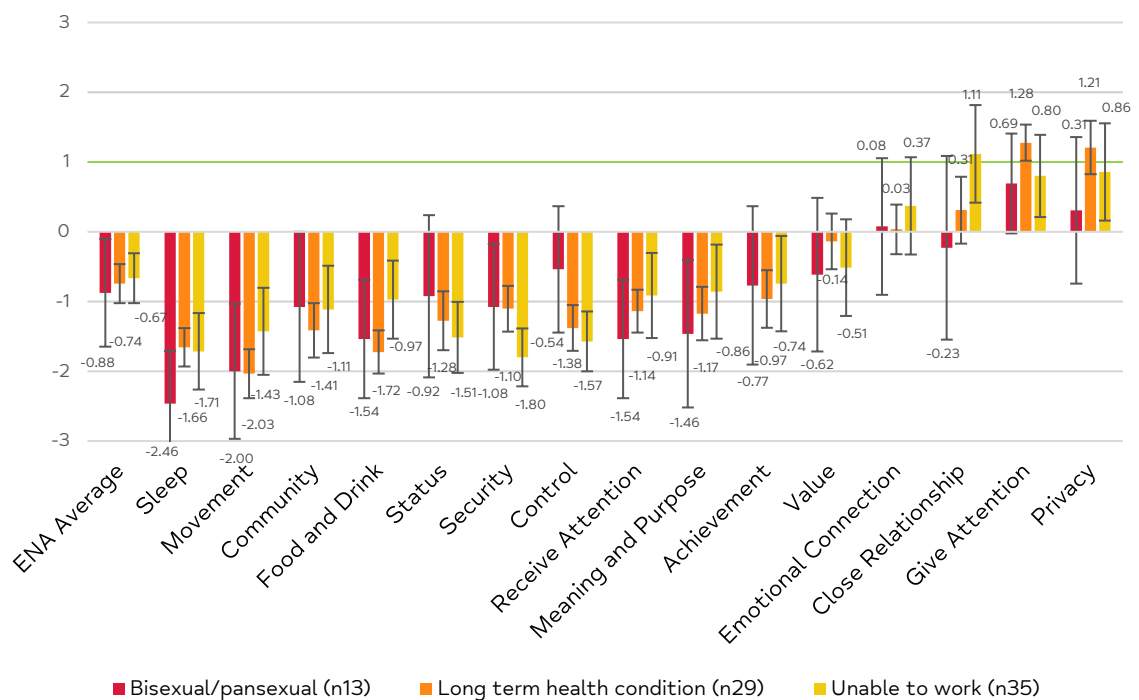


Appendix 4 – Most & Least Well Graphs

The most well groups on average:



The least well groups on average:





 mind Suffolk

 **Suffolk**
County Council