



Wellbeing in Felixstowe

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 41% of Felixstowe respondents are meeting their Needs well overall

Sleep is the worst met Need on average

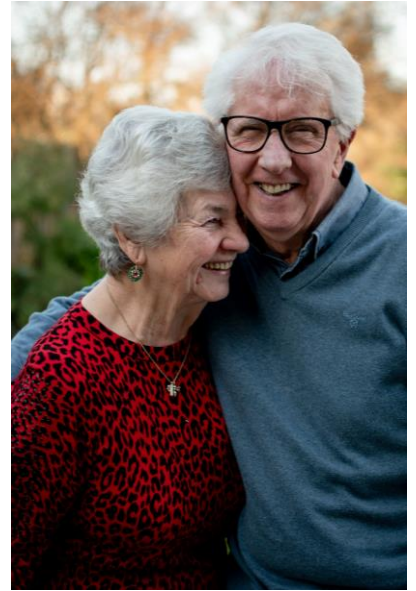
Community is the least met emotional Need on average

Over 75s are the most well demographic group on average

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

People with a disability caused by injury are the least well demographic group on average

51% don't feel they have enough control over their lives



Contents

The Emotional Needs	4
Key Findings	5
Engagement from Felixstowe residents	7
Wellbeing in Felixstowe	8
How does this compare to Suffolk's average?	9
Interpersonal and Relationship Needs	10
Achievement and Value Needs	13
Security and Control Needs	16
Physical Needs	19
Most well groups in Felixstowe	22
Least well groups in Felixstowe	24
Conclusions	25
Appendix 1 – Purpose of Report & Methodology	26
Appendix 2 – Overall Wellbeing & Suffolk Comparison Graphs	27
Appendix 3 – Most & Least Well Graphs	28

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 41.37% of Felixstowe respondents* are meeting their Needs well overall. This is very similar to the Suffolk-wide average, where 41.12% of respondents are meeting their Needs well overall.

Felixstowe is also meeting the same number of Needs (4 out of 15), on average, as the average for the general population of Suffolk. It even has the same overall average score as the Suffolk-wide average, both scoring 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 Felixstowe on average, and that could therefore benefit from targeted interventions to better support residents to meet these Needs.

These are:

1. Community

53% of Felixstowe respondents are not meeting this Need well*

The biggest barrier to this Need being met?

Felixstowe's physical and/or mental health

The biggest supporting factor?

People's work situations

2. Security

50% of Felixstowe respondents are not meeting this Need well

The biggest barrier to this Need being met?

Felixstowe's physical and/or mental health

The biggest supporting factor?

People's home environments

3. Control

51% of Felixstowe respondents are not meeting this Need well

The biggest barrier to this Need being met?

Felixstowe's physical and/or mental health

The biggest supporting factor?

People's home and day-to-day environments

** Throughout this report 'Felixstowe' is defined as being within the IP11 postcode 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

72% of Felixstowe respondents are not meeting their Need for **Sleep** well

54% are not meeting their Need for **Movement** well

55% are not meeting their Need for **Food & Drink** well

The biggest barrier to these Needs being met?

Felixstowe's physical and/or mental health

The biggest supporting factors?

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

Some groups of people within Felixstowe are notably more or less well than the average. Those aged 75 and over are the most well group in Felixstowe on average, meeting 11 of the 15 Needs well on average.

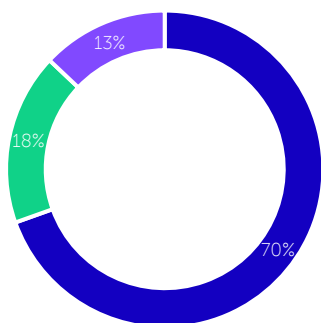
Those least well on average are people living with a disability caused by injury. This group is meeting just one of their Needs well on average, with this being Giving Attention.

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

Engagement from Felixstowe residents

We received 394 responses from those living in Felixstowe 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:



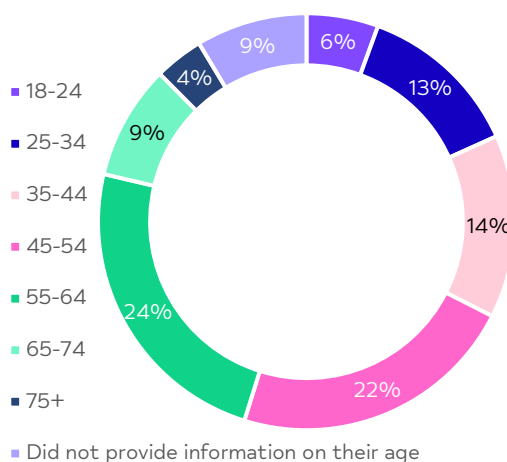
- 70% of respondents were women (including trans women)
- 18% were men (including trans men)
- 13% chose not to provide information on their gender

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 Felixstowe is only slightly lower than women's (average overall score of 0.61 for men, compared with 0.66 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. 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

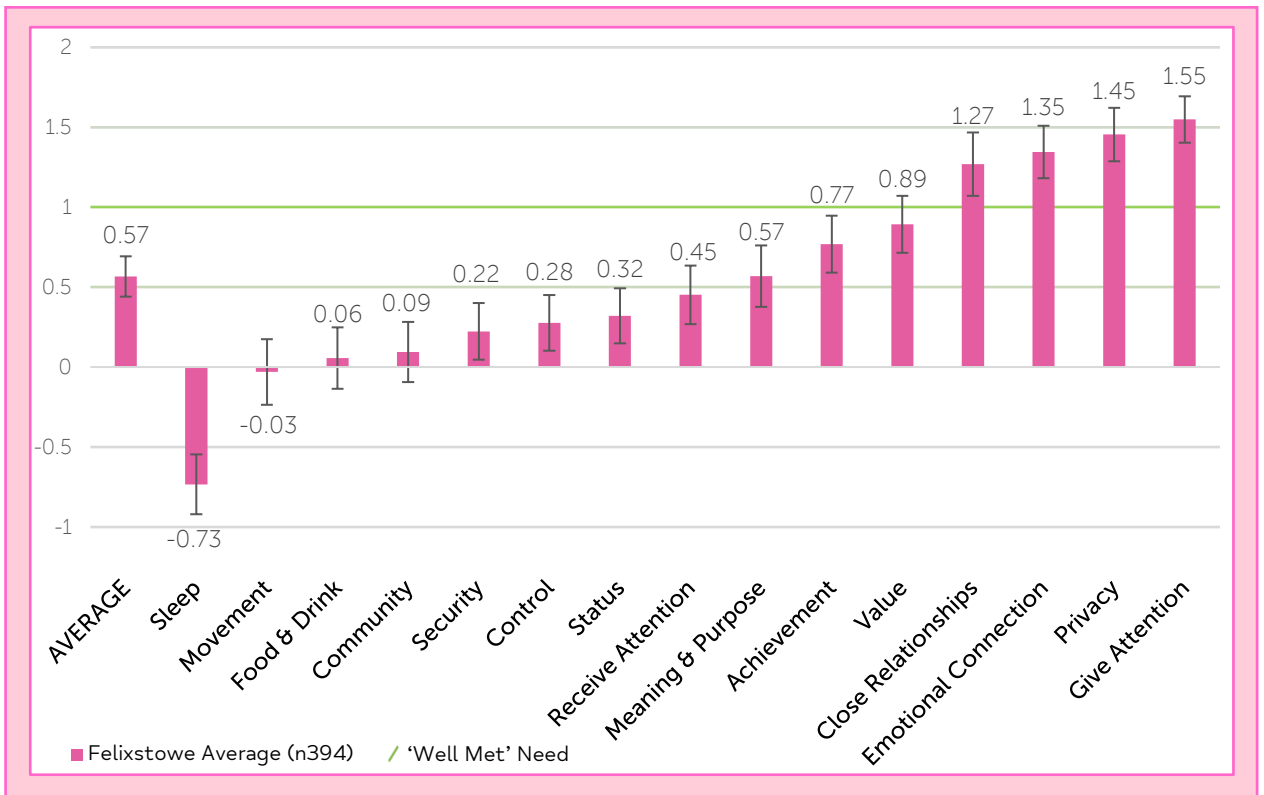
Response rates by age:

We heard the most from those aged between 35 and 64 years old. Just 4% of respondents were aged 75 and over, which is our most well demographic 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 Felixstowe



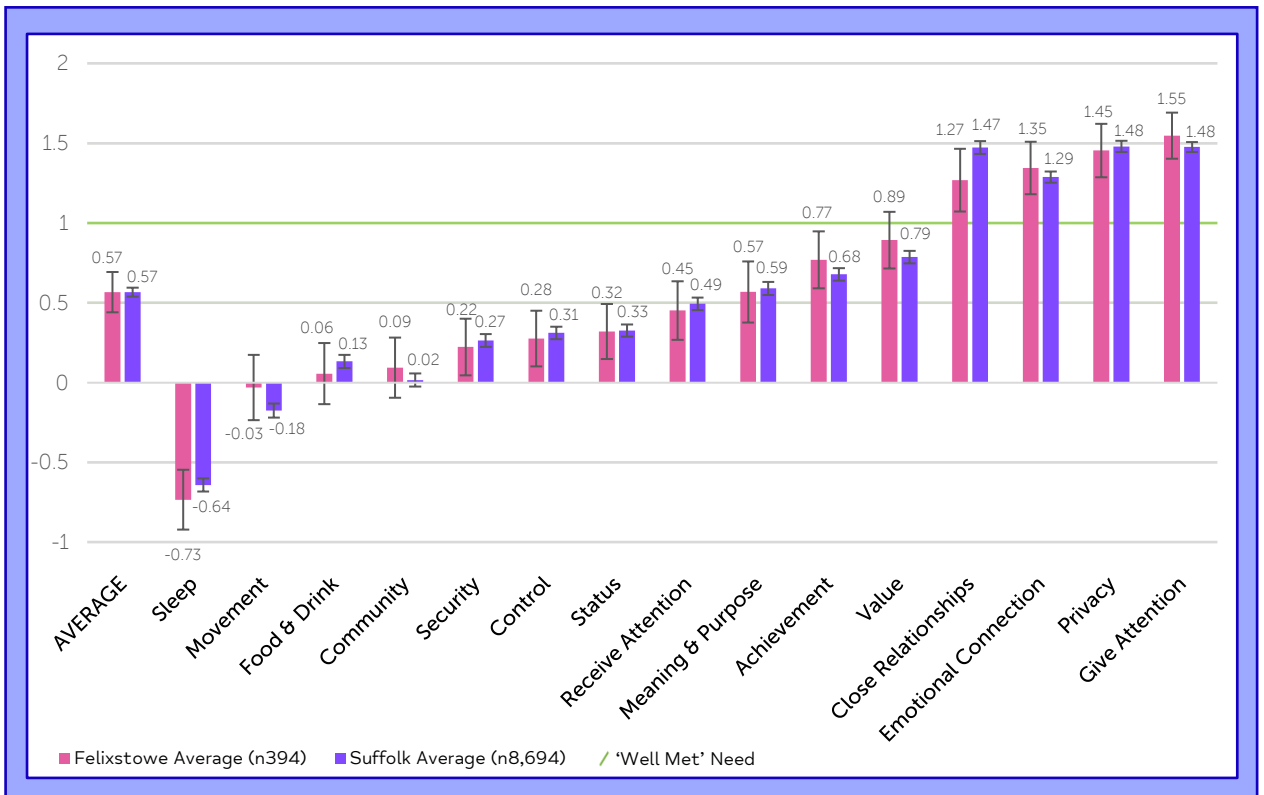
Here we have Felixstowe’s average results from the Emotional Needs Audit. The Emotional Needs are along the bottom on the x axis, arranged from least to best met on average from left to right, with the average of all Needs combined on the far left. How well the Needs are met is shown on the y axis. Within 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 Felixstowe 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 Felixstowe on average, with an overall average score of 0.57. 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 41.37% of Felixstowe respondents (or 163 out of 394 respondents) are meeting their Needs well overall. Therefore, just 41% 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 Felixstowe on average. Although, as we will see on the following page, wellbeing amongst Felixstowe 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 Felixstowe.

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 Felixstowe 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 394 responses from Felixstowe.

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

This is unsurprising, given the overall average score for both Felixstowe and the Suffolk average is 0.57 (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 datasets – with 41% of respondents meeting their Needs well amongst the Felixstowe and 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 Giving Attention 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.



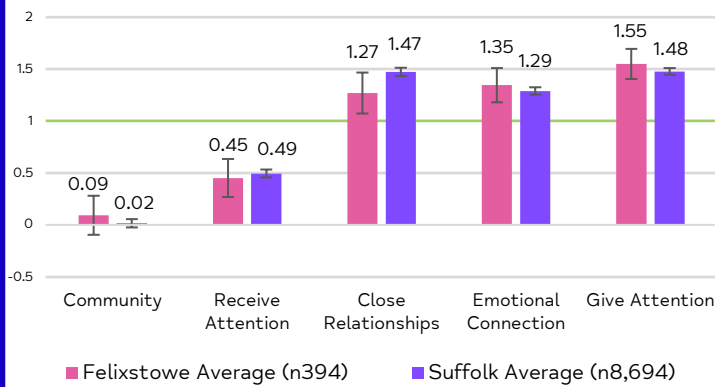
Interpersonal Relationship Needs

We can see that the Need for a **Close Relationship** is well met on average, with a score of 1.27 (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 1.35, 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 Felixstowe, with an average score of just 0.09. 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 best met Need amongst Felixstowe respondents, on average, is **Giving Attention**, with a score of 1.55 making it a well met Need. For both the Felixstowe 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 physical or mental health and their relationships.



Community is the lowest met emotional Need

Despite some of these Needs being slightly more or less well met, on average, by Felixstowe than Suffolk, since the confidence intervals overlap, we cannot say that these differences are statistically significant. However, using feedback gained from Felixstowe respondents and case study participants, we can hypothesise about why some Needs are less well met than others among Felixstowe respondents. The Need for Community is the least met emotional Need on average, with the cost of living and people’s caring responsibilities being among the top barriers identified by individuals in Felixstowe who aren’t meeting this Need well. Comments from Felixstowe respondents tell us that some feel unable to build a sense of community due to looking after young children. One case study respondent told us that more support is needed for working mums, as balancing home and work life can leave some feeling overwhelmed and left with little time to themselves. In such instances, people’s social lives may be the first to take a hit, which may result in them not feeling as though they are part of a group anymore.

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:

- 57% (n37) believed that their physical and/or mental health presented an obstacle
- 31% (n20) reported that the cost of living presented a barrier
- 31% (n20) viewed their caring responsibilities 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:

- 50% (n14) viewed their work situation as enabling them to meet this Need well
- 46% (n13) selected their hobbies or interests
- 46% (n13) identified their relationship as a supporting factor

What helps people's wellbeing?

“I think there's some extremely good groups out there, like the library. Some groups have a health and wellbeing focus, which is really good. There's some really positive activities”

“My own church community and links with other churches locally helps with my wellbeing and enables me to reach out to others and gives me purpose”

“Very supportive partner and lovely caring neighbours, family and friends”

What are specific barriers to wellbeing?

“Lack of personal child care”

“The lack of work and education available. It's hard to uplift yourself and the community. A lack of public transport and fundamental services”

“I don't feel I live in a very friendly and supportive community. I feel that although my work colleagues are friendly and supportive to a degree, they don't really want to talk about how I feel or what I need for my wellbeing”

What could be done to improve wellbeing?

“Access to information - such a reliance on things being online and there's an ageing population. Those who aren't computer literate or can't afford access to the internet/tech may not know what's going on or what's available”

“Better support for working mums and those working in general”

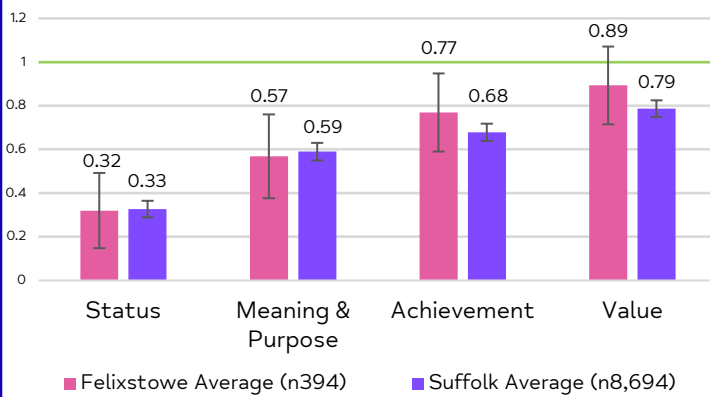


Achievement and Value Needs

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 0.77 (on a scale of -3 to 3). Achievement is better met by Felixstowe 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, we can see that Achievement is least well met by those who are unable to work (-0.95) or unemployed (-0.67) on average.

Meaning & Purpose is strongly correlated to Achievement within the Felixstowe 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 Felixstowe, with a score of 0.57, showing that respondents may not always be feeling purposeful about their actions.

As with the other Needs, **Value** is also not well met on average, at 0.89. Value indicates how much people feel others appreciate them for their actions and contributions. Therefore, since Felixstowe isn't meeting this Need well on average, this suggests that 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 other appreciate and respect them as a person. Status is significantly less well met than Value, with an average score of 0.32. 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

Although at first glance Felixstowe appears to be meeting its Needs for Achievement and Value better than Suffolk on average, since the confidence intervals overlap once again, we can't say with confidence that these differences are statically significant. As Status is the least well met Need out of the Achievement and Value Needs group, we'll take a look at factors that can prevent or enable Felixstowe residents to meet this Need well. The biggest barrier identified by respondents not meeting this Need is their work situation, with those who are unable to work once again meeting this Need the least well out of all economic statuses (-0.82, out of -3 to 3). Based on comments from Felixstowe respondents who are unable to work, some feel stuck in limbo from the little support out there for those with long-term health conditions, which may in turn be leaving some feeling unappreciated and unsupported as an individual.

Barriers

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

- 40% (n29) stated that their work situation prevented them from meeting this Need
- 39% (n28) attributed not meeting this Need well to their physical and/or mental health
- 32% (n23) identified their relationships as an obstacle

Supporting factors

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

- 57% (n16) felt supported to meet this Need due to the relationships in their lives
- 54% (n15) saw their work situation as a support factor
- 36% (n10) believed that their hobbies or interests enabled them to meet this Need well

What helps people's wellbeing?

"I feel I have great support. I reach out to SNO in the evening if I'm struggling"

"I go to a book group where I have met some lovely people"

"I am working on making more time for myself & meeting my physical & emotional needs. I have support from a friend who has helped me immensely"

What are specific barriers to wellbeing?

"Lack of opportunities in Felixstowe. No real ability to access adult education in the area, or change your income and prospects. If you can't improve your life, your wellbeing will be affected"

"The surgeries are very busy and limited and I would feel anxious gaining access to services when I feel vulnerable"

"There is nothing for people who struggle with their mental health permanently"

What would people like to see done to improve wellbeing?

"More help for people with issues before they become ill. Prevention rather than cure"

"There are lots of homes being built but no obvious considerations as to what wellbeing support is needed and available"

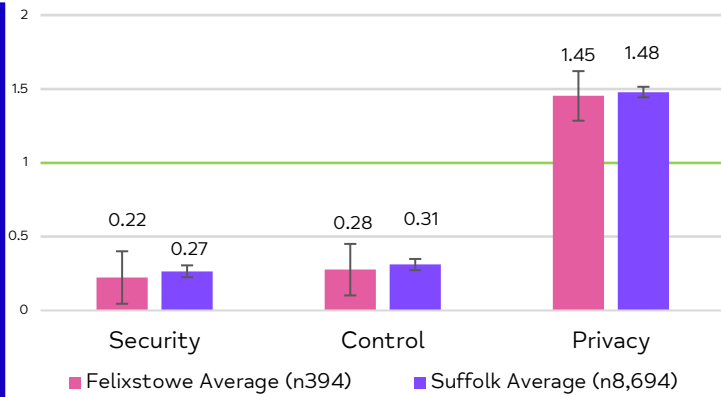


Security and Control Needs

Security is the second least met emotional Need on average for Felixstowe, with a score of 0.22 (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 Felixstowe meeting its Need for Security is individuals' physical or mental health, the cost of living, and people's 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 money worries made their return to work after having a child a very stressful experience. It's clear from the comments we received too that people's finances, and the cost of transport are negatively impacting upon people's mental health.

Control is another less well met Need on average, being the third least well met emotional Need and having an average score of 0.28. 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. Security and Control were therefore Needs that were focused on during action planning.

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 Felixstowe respondents meeting this Need well being people's home environments.



Security is the second least met emotional Need

Across both the Felixstowe 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 (i.e. compared with those with household incomes of over £17,000 per year). Among Felixstowe respondents, those with household incomes below £17,000 were scoring just -0.62 for Security and -0.38 for Control, on average, compared with those with household earnings over £40,000 per year scoring 0.83 for Security and 0.75 for Control. Based on the comments we’ve received from respondents, it’s evident that some feel unable to heat their homes or keep up with rising costs, and this is negatively impacting upon their wellbeing.

Barriers

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

- 64% (n50) viewed their physical and/or mental health as a barrier
- 46% (n36) identified the cost-of-living crisis as an obstacle
- 45% (n35) 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:

- 60% (n21) believed their home environments support them to meet this Need
- 57% (n20) felt their relationships enable them to feel safe and secure
- 43% (n15) viewed their day-to-day environment or their work situation as a supporting factor

What helps people's wellbeing?

“My ability to work and be employed in a role I enjoy enables independence and financial security”

“The fact that my children and wider family live some distance away can be a barrier but technology helps to lessen this somewhat, as does access to public transport to enable me to visit them”

What are specific barriers to wellbeing?

“I found it extremely difficult to return to work after my maternity leave but we couldn't have paid the mortgage and bills if I didn't. There was little help available and money worries made it so much worse”

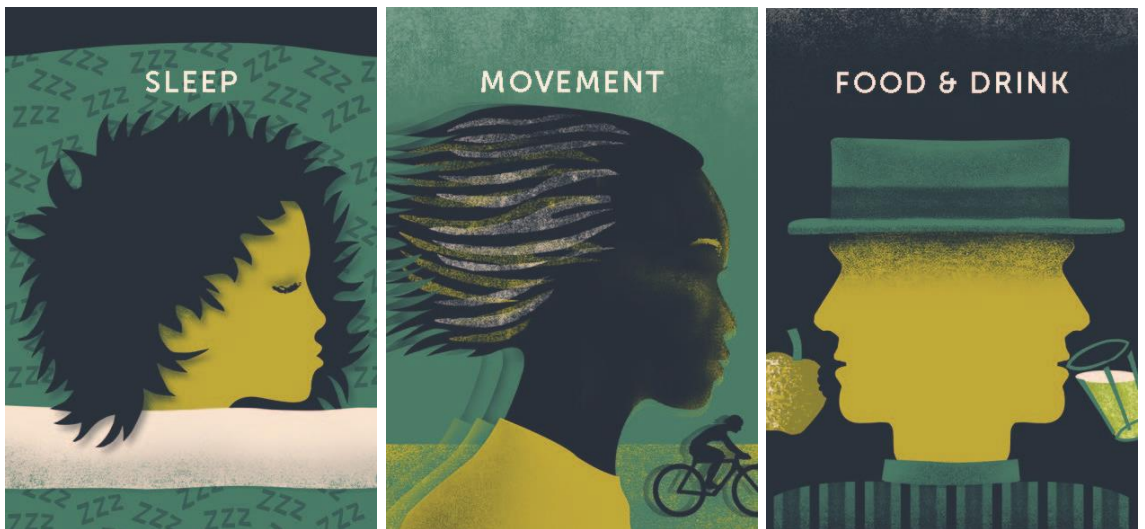
“Barriers are financial as we do worry most months sometimes day to day how we are going to get through some months as [a result of the] cost of living”

“Being a private tenant is one of the biggest barriers to feeling safe and secure... given the lack of rental properties and social housing”

What would people like to see done to improve wellbeing?

“Some financial support from government would be good, e.g. to help pay my heating bills (I get really cold through inactivity in cold weather despite wearing hats and gloves indoors and mostly being bed-bound)”

“There is little help and support for working mums to pay for childcare until your child reaches the age of 3 when childcare is free”

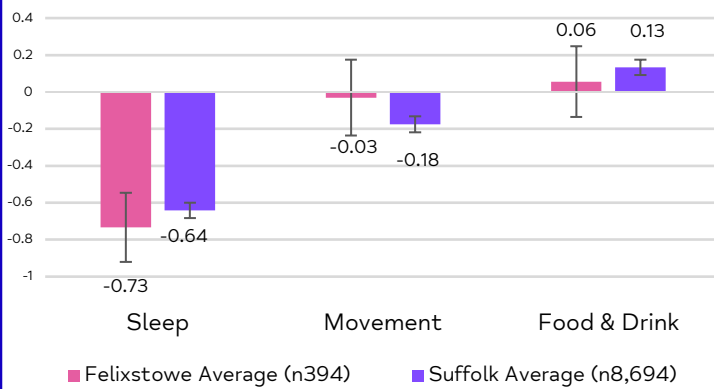


Physical Needs

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 Felixstowe respondents, with Sleep being the worst met Need on average. The average score for Sleep is -0.73, and whilst there doesn't always feel like there is a huge amount we can do to improve our sleep, our Felixstowe 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 -0.03 and 0.06, respectively. Food & Drink is also strongly positively correlated to the Need for Control within the Felixstowe 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**

The three physical Needs are all less well met Needs amongst Felixstowe 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 have been struggling to eat well or keep their gym memberships due to rising costs. Although some case study respondents have praised the availability of outdoor activities in Felixstowe, others have emphasised that getting a space on certain leisure activities or exercise classes that are run locally can be a challenge.

Barriers

Of the respondents who chose to identify barriers:

- 65% (n85) viewed their physical and/or mental health as a barrier to Sleep, while 71% (n67) identified this as barrier to Movement and 59% (n54) for Food & Drink
- 35% (n32) of people voiced that the cost-of-living crisis was preventing them from meeting their Need for Food & Drink
- 32% (n30) viewed their work situation as a barrier to their Need for Movement
- 23% (n30) 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:

- 69% (n11) viewed their home environment as a supporting factor for Sleep
- 53% (n18) attributed meeting their Need for Food & Drink well to their home environments
- 65% (n22) of respondents saw their hobbies or interests as a supporting factor for Movement

What helps people's wellbeing?

“As far as I know there a number of projects that promote outdoor activities and how getting outdoors improves mental health”

“Visiting forests and birdwatching”

“Access to outdoor spaces at home and in community, to walk, run, use the sea for recreation and sport or just sit to read a book, have a picnic etc”

What are specific barriers to wellbeing?

“The seafront is often over run with visitors and there are limited other green spaces to get out”

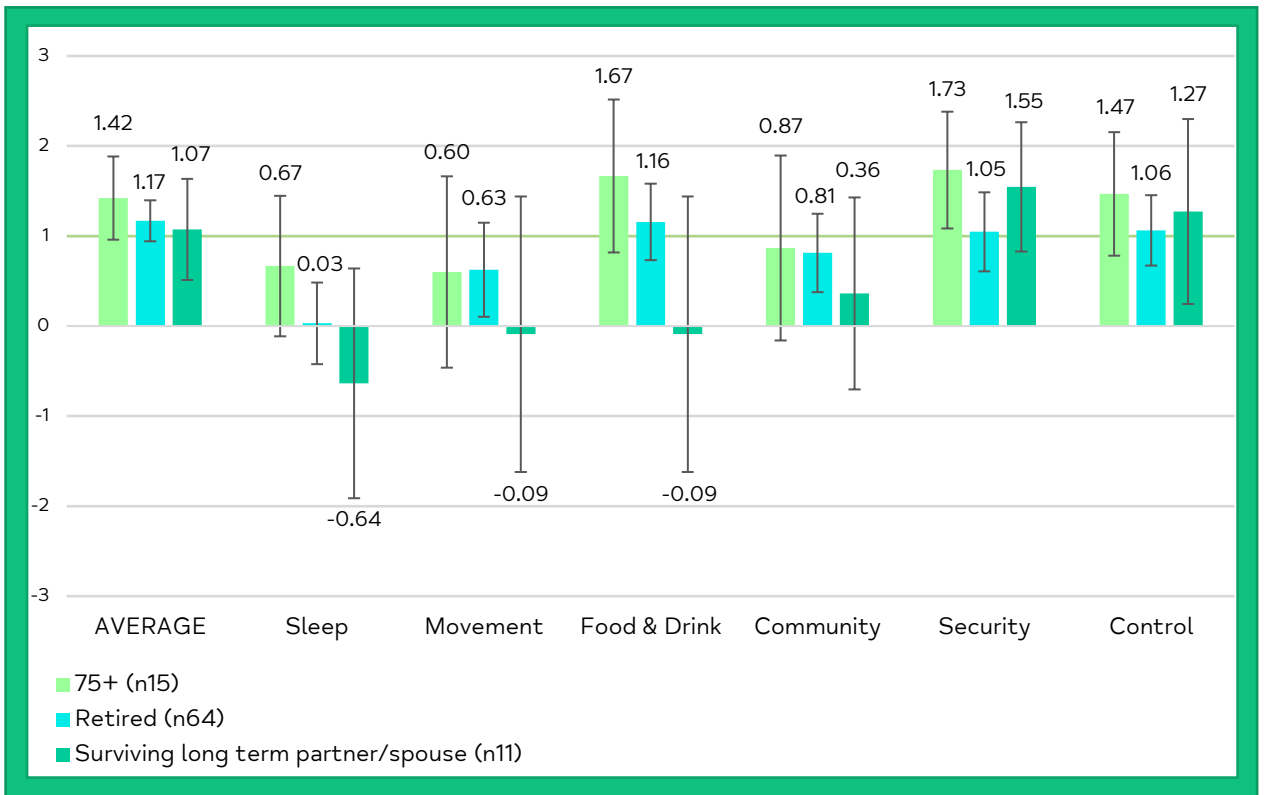
“I have agoraphobia. I would benefit from living in the town centre rather than further out. This would make it easier for me to leave the house”

What would people like to see done to improve wellbeing?

“Get Felixstowe Leisure Centre upgraded and more accessible to proper swimming and the gym refurbished”

“Quiet spaces need to be maintained for residents”

Who are the most well groups on average?



The graph above focuses on the most well met Needs amongst Felixstowe 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 Felixstowe respondents.*

We can see that those aged 75 and over have the highest overall average score, at 1.42 (on a scale of -3 to 3). This is followed by retired respondents, scoring an average of 1.17, and those who are surviving their long-term partner or spouse, who have an average of 1.07. Out of these most well groups, we can say that two of the three are statistically significantly more well than the Felixstowe average. Those aged 75 and over and those who are retired are significantly more well than the Felixstowe average.

Over 75s are meeting 11 of the 15 Needs well on average, compared with the Felixstowe average of 4 of 15. However, as the above graph demonstrates, even the most well groups aren't meeting some of the average least met Needs well. Sleep, Movement and Community are all less well met by these groups. However, these groups are meeting some of these Needs statistically significantly better than the Felixstowe average. For example, each group is meeting the Need for Security significantly better than the Felixstowe average.

**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.*

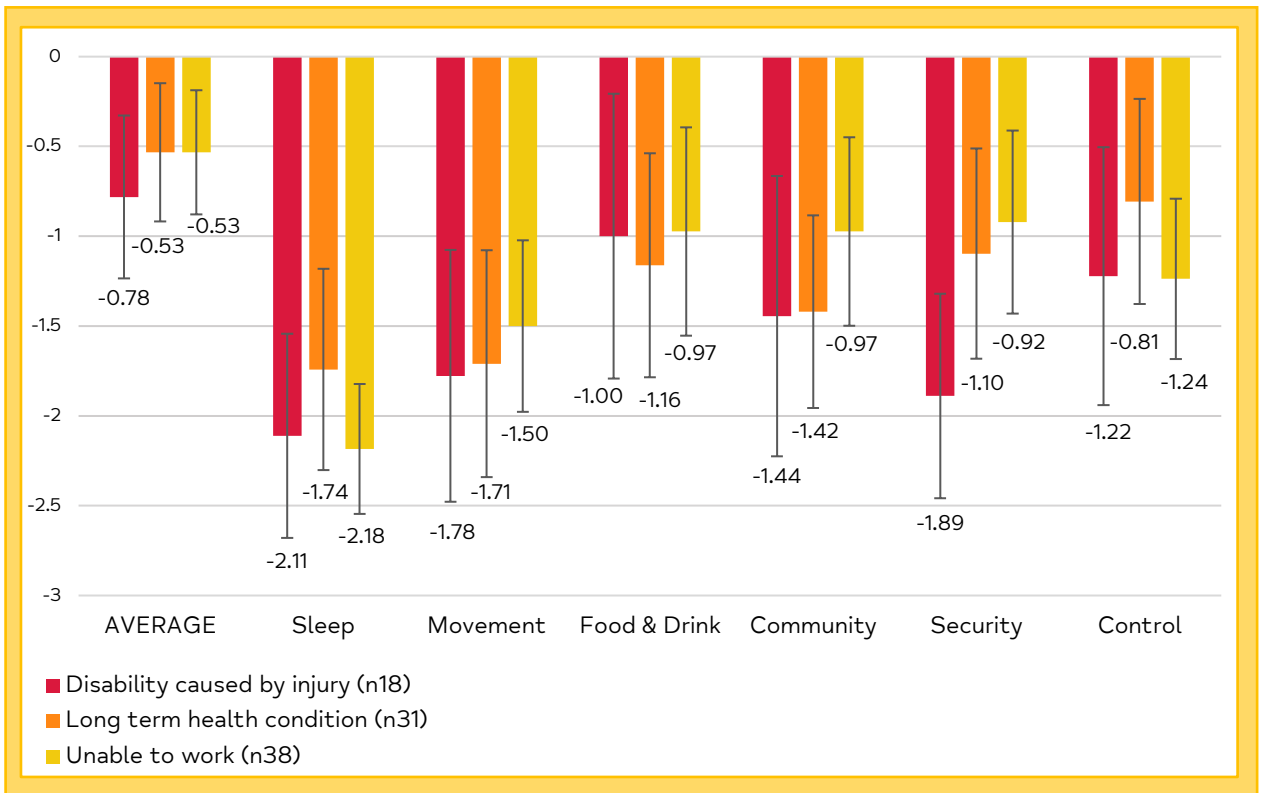
Who are the most well groups on average?

If we look at supporting factors for those aged 75 and over, we can see that people's surroundings help them to meet their Need for Security well – with individuals' day-to-day environment being the primary supporting factor for this group. Amongst retired respondents, people's financial situations also enable them to meet their Need for Security well. This group may also not be feeling the affects of the cost-of-living crisis as heavily as those who are currently in the workforce and could have worries about their job security due to current economic uncertainty.

Similarly, whilst it may seem surprising to see those who are surviving their long-term partner or spouse among the most well groups on average, looking at the demographics of this group can help to explain why this is the case. 64% of those who told us they are surviving their long-term partner or spouse also happen to be retired, and 81% are aged 65 or over. This group may therefore be more settled and may have established themselves more locally, and could feel more secure as a result of this.

Out of these three most well groups, retired respondents are the only one to be meeting their Need for Community significantly better than the Felixstowe average. Respondents who identified supporting factors have attributed this to their hobbies or interests, and based on the comments we've received from retired respondents, it's evident that group outdoor activities – like group swimming sessions in the sea – help some to stay well and feel connected.

Who are the least well groups on average?



The graph above focuses on the least well met Needs amongst Felixstowe 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 Felixstowe respondents, we can see that people living with a disability caused by injury are the least well on average, with an overall score of -0.78 (on a scale of -3 to 3). This is followed by individuals with long-term health conditions and those who are unable to work (either permanently or temporarily), both having average scores of -0.53.

All three of these least well groups are statistically significantly less well than the Felixstowe average. Those living with disability caused by injury, long-term health conditions, or being unable to work are also meeting all of the least met Needs (outlined in the graph above) significantly less well than the Felixstowe average.

Community is, therefore, significantly less well met by these groups than the Felixstowe average. One reason for this may be due to the average employment status of individuals within these groups, as we know from the Felixstowe average data that people's work situations are the top supporting factor for people meeting their Need for Community well. However, people's work situations, or the absence of work, can also be a primary barrier to them meeting this Need. Of those living with a disability caused by injury, 67% identified as being unable to work. 39% of those with a long-term health conditions also told us they were unable to work, with their work situation being a top barrier to meeting their Need for Community.

Therefore, being unable to work can present a barrier to building a community. Based on comments we received from respondents across all three groups, some people are also feeling isolated, trapped, and left without support in Felixstowe. Respondents raised their concerns over the lack of services for people with disabilities and lack of support for those with chronic health conditions, in particular. Therefore feelings of being left behind or side-lined may be contributing towards the Need for Community being especially unmet by these groups on average.



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 Felixstowe on average. Therefore, targeting local interventions to better meet these Needs could help to improve wellbeing in Felixstowe.

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

- Better support for people to get involved locally and more opportunities to socialise
- Access to information about local services, particularly for those who may not be digitally literate
- More opportunities for progression and adult education locally
- Support for those feeling the affects of the cost-of-living crisis
- Better access to services and therapies, particularly for those with long term conditions
- More wellbeing support and financial supporting for new mums who want to re-join the workforce

Our data and feedback collected on Felixstowe 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 Felixstowe.

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 Felixstowe, throughout this report defined to be the IP11 postcode area, 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.

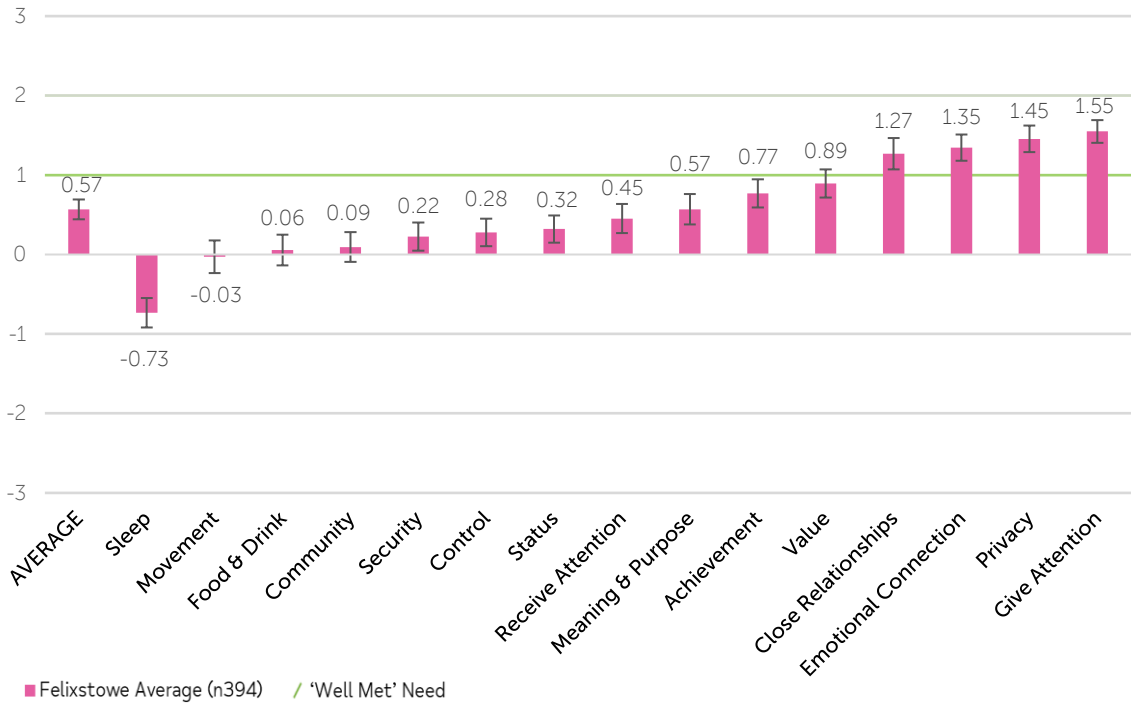
Methodology

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.

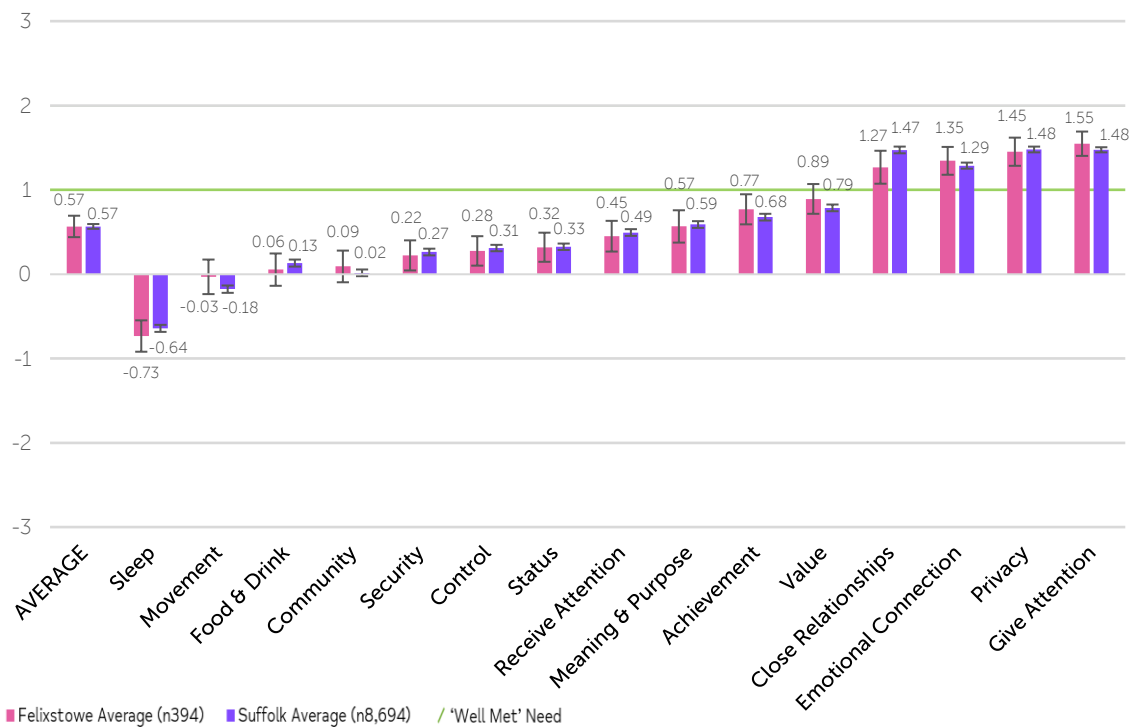
In the ENA, we ask 15 questions that encompass all elements of the 12 Needs, containing both emotional and physical aspects. These are scored on a scale from -3 (not at all met) to +3 (very well met). We also ask respondents to identify any environmental barriers that may prevent them from meeting their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

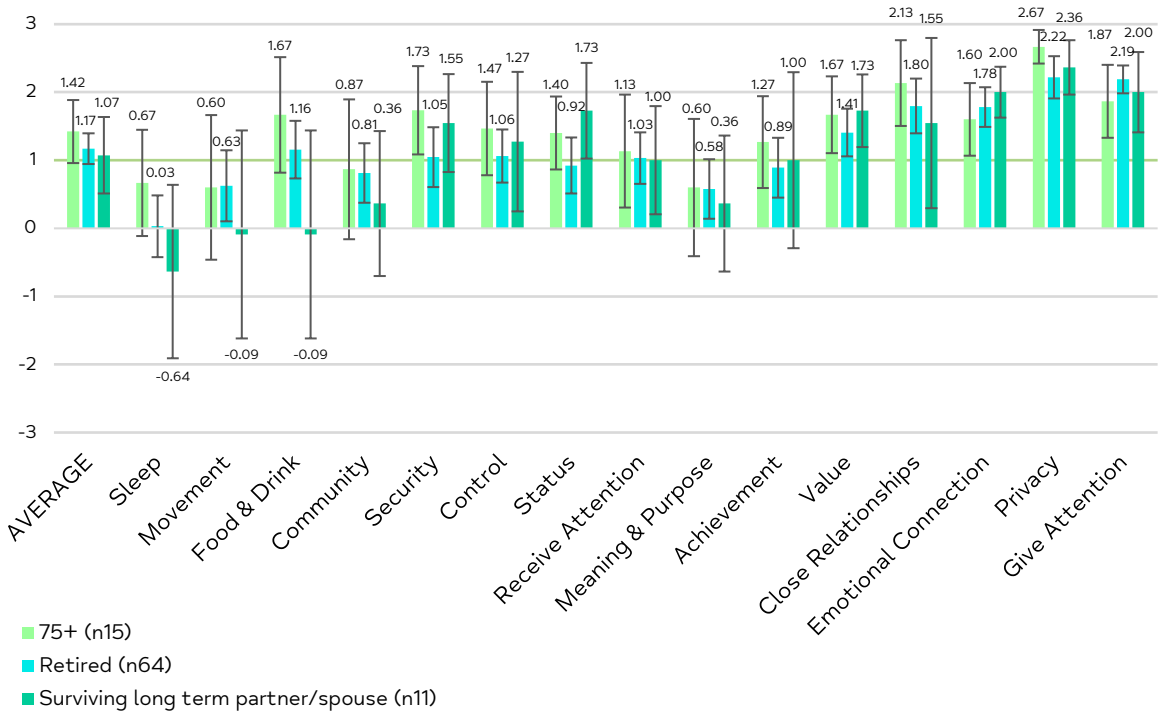


Average wellbeing compared with the Suffolk average:

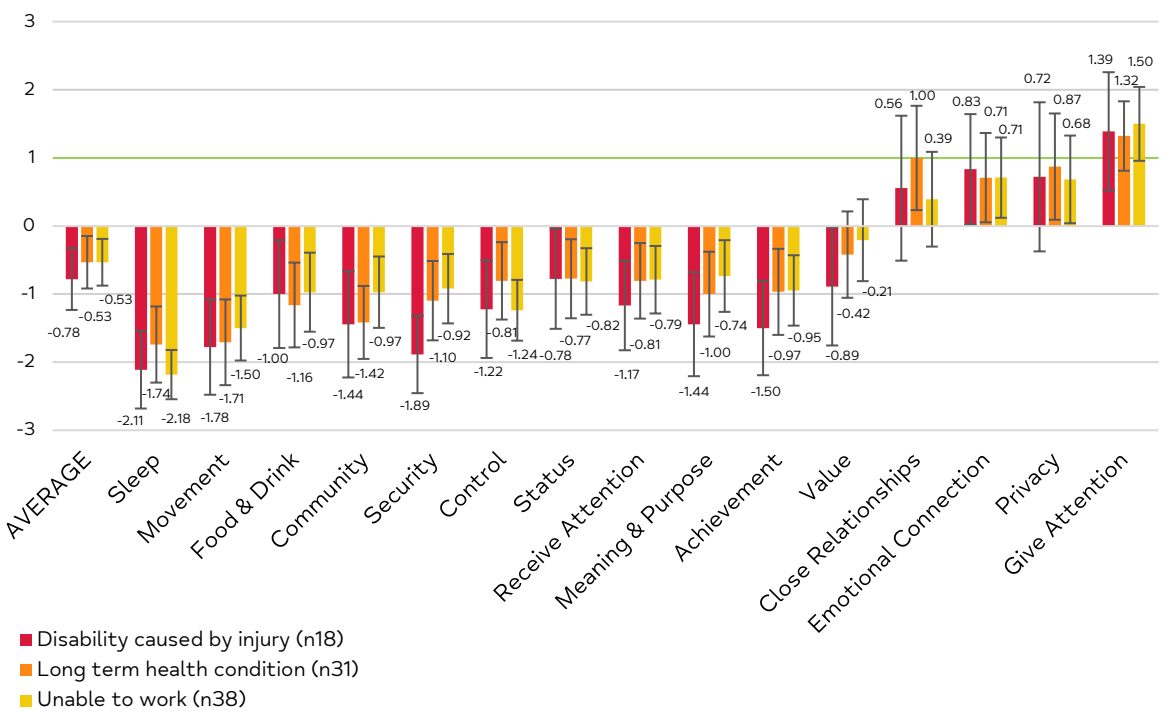


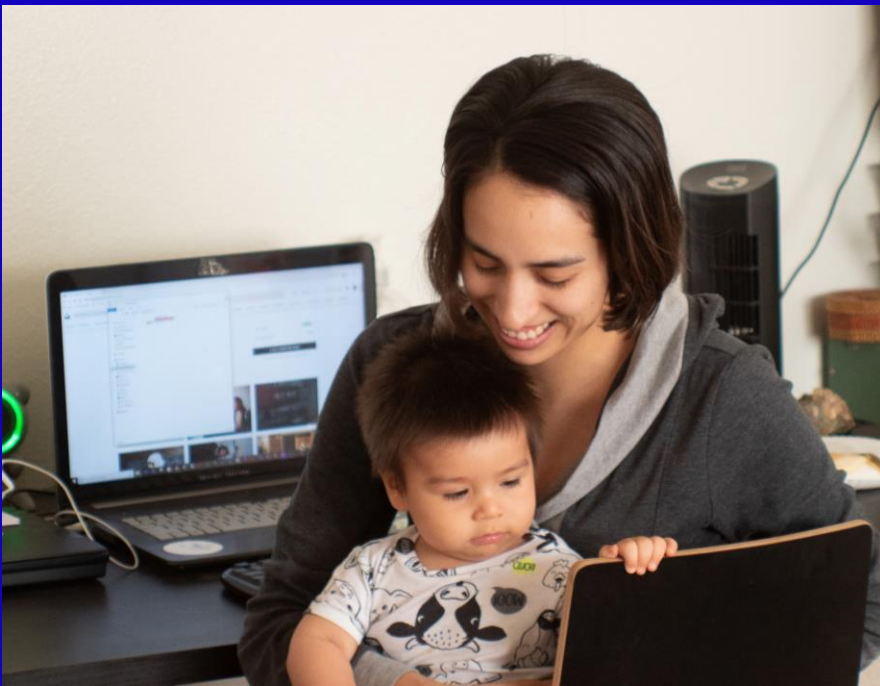
Appendix 3 – Most & Least Well Graphs

The most well groups on average:



The least well groups on average:





 mind Suffolk

 **Suffolk**
County Council