Wellbeing for those facing deprivation in Lowestoft

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

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Only 41% of those facing deprivation in Lowestoft are meeting their Needs well overall

Sleep is the worst met Need on average

Community is the least met emotional Need on average

Retired respondents are the most well demographic group on average

Lowestoft'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

47% don't feel they have enough control over their lives

Contents

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

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

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

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

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

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

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

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

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!)

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

Key Findings

Just 41% of respondents facing deprivation in Lowestoft* are meeting their Needs well overall.

Wellbeing is lower amongst those facing deprivation in Lowestoft on average, when compared with the average wellbeing of Suffolk's general population.

Alongside the three physical Needs, there are three Needs that are particularly less well met amongst those who are facing deprivation in Lowestoft on average, and that could therefore benefit from targeted interventions to better support residents to meet these Needs.

These are:

1. Community

61% of respondents facing deprivation in Lowestoft are not meeting this Need well**

The biggest barrier to this Need being met?

Lowestoft's physical or mental health

The biggest supporting factor?

People's hobbies or interests

2. Status

53% of Lowestoft respondents are not meeting this Need well

The biggest barrier to this Need being met?

Lowestoft's physical or mental health

The biggest supporting factor?

People's relationships

3. Control

47% of Lowestoft respondents are not meeting this Need well

The biggest barrier to this Need being met?

Lowestoft's physical or mental health

The biggest supporting factor?

People's day-to-day environment

Please refer to Appendix 1 to see how this group is defined throughout this report.

*** 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 Lowestoft respondents are not meeting their Need for **Sleep** well

57% are not meeting their Need for **Movement** well

50% are not meeting their Need for **Food & Drink** well

The biggest barrier to these Needs being met?

Lowestoft's physical or mental health and the cost of living.

The biggest supporting factors?

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

Some groups of people within those facing deprivation in Lowestoft are notably more or less well than the average. Retired respondents were the most well group in Lowestoft on average, meeting 9 of the 15 Needs well on average.

Those least well on average are those who are unable to work, closely followed by those with mental health conditions. Both of these groups are meeting just one of their Needs well on average – their Need for Privacy.

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

Engagement from Lowestoft residents

We received 752 responses from those facing deprivation living in Lowestoft from 13th June 2022 to 20th 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:
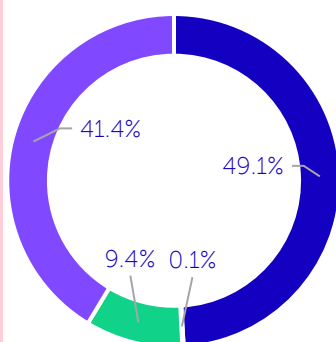
- 49% of respondents were women (including trans women)
- 9% were men (including trans men)
- 41% chose not to provide information on their gender
- 0.1% identified as non-binary or gender fluid

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 Lowestoft is only slightly lower than women's (average overall score of 0.25 for men, compared with 0.30 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 5 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:

Out of 457 respondents who provided information on their age, we heard the most from those between the ages of 35 and 64. We had the fewest responses from those over 75 and those aged between 18 and 24 years old, with just 2% of respondents in each of these groups. 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.

Legend:
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75+
- Did not provide information on their age
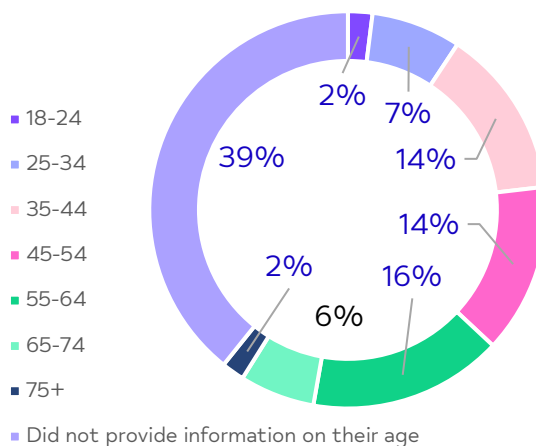
Where we receive fewer than 3 responses per reportable group, we do not report on the average wellbeing of this group – to ensure all responses remain anonymous.

Wellbeing in Lowestoft

Chart data (Lowestoft Average, n752):

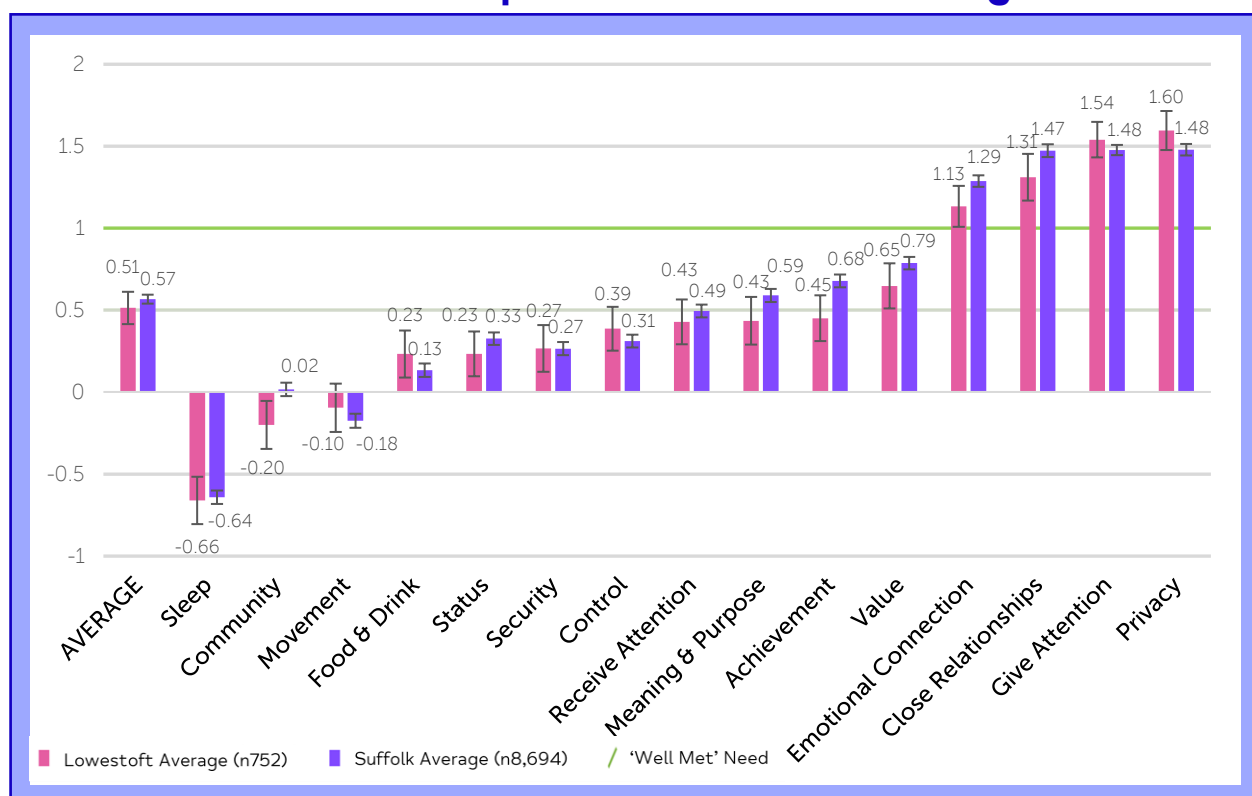| Need	Value
AVERAGE	0.51
Sleep	-0.66
Community	-0.20
Movement	-0.10
Food & Drink	0.23
Status	0.23
Security	0.27
Control	0.39
Receive Attention	0.43
Meaning & Purpose	0.43
Achievement	0.45
Value	0.65
Emotional Connection	1.13
Close Relationships	1.31
Give Attention	1.54
Privacy	1.60

Legend: ■ Lowestoft Average (n752) / 'Well Met' Need
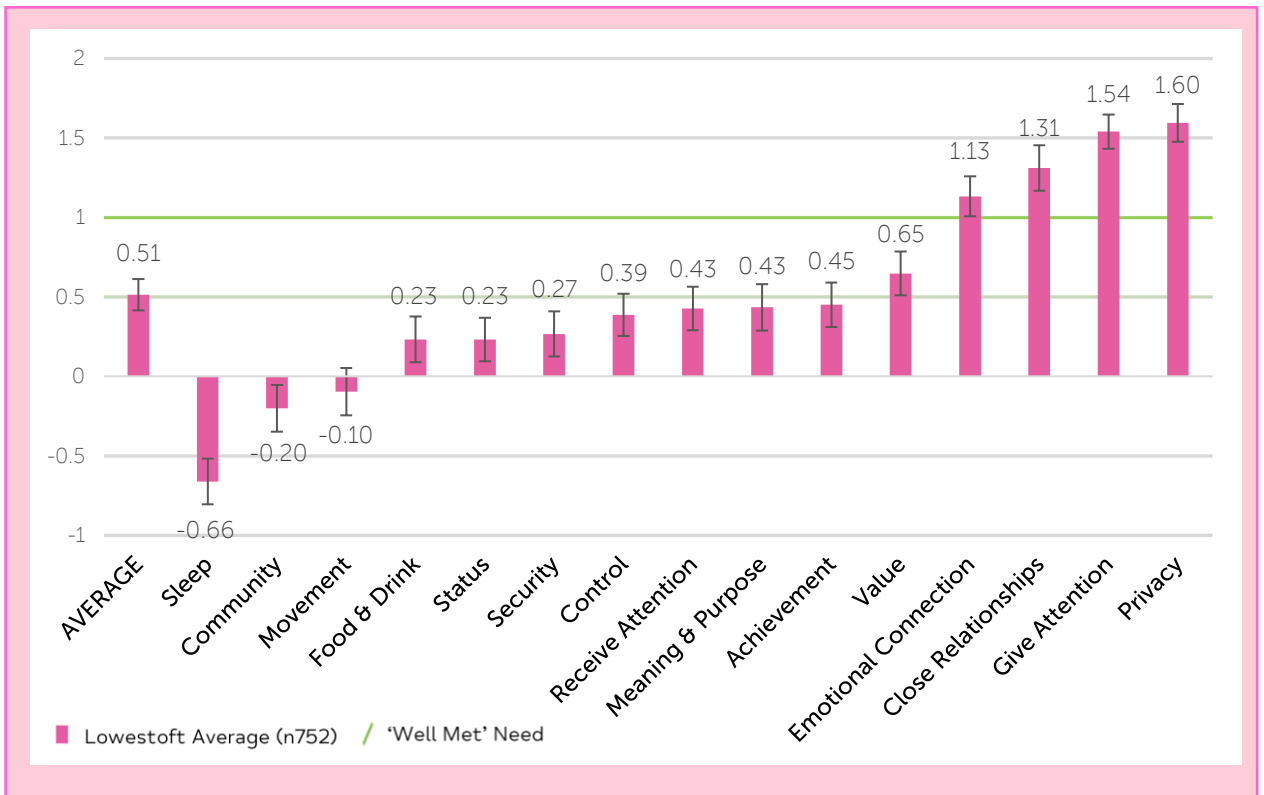
Here we have the average results from the Emotional Needs Audit for those who are facing deprivation living in Lowestoft. The Emotional Needs are along the bottom on the x axis, arranged from least to best met on average from left to right, with the overall average of all Needs on the far left. How well 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 facing deprivation in Lowestoft 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, on average, Needs are not well met by those facing deprivation in Lowestoft, with an average score of 0.51 (on a scale of -3 to 3), and with just 4 of the 15 Needs 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 40.69% of Lowestoft respondents (or 306 out of 752 respondents) are meeting their Needs well overall. Therefore, just 41% are classed as being in wellbeing on the mental health continuum. This is marginally worse 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 facing deprivation in Lowestoft, on average. Although, as we will see on the following page, average wellbeing amongst those facing deprivation in Lowestoft and Suffolk as a whole is not statistically significantly different, our findings still allow us to prioritise Needs and interventions with the aim of further improving wellbeing in Lowestoft.

How does this compare to Suffolk's average?

Chart data (Lowestoft Average vs Suffolk Average):

Need	Lowestoft Average (n752)	Suffolk Average (n8,694)
AVERAGE	0.51	0.57
Sleep	-0.66	-0.64
Community	-0.20	0.02
Movement	-0.10	-0.18
Food & Drink	0.23	0.13
Status	0.23	0.33
Security	0.27	0.27
Control	0.39	0.31
Receive Attention	0.43	0.49
Meaning & Purpose	0.43	0.59
Achievement	0.68	0.65
Value	0.65	0.79
Emotional Connection	1.13	1.29
Close Relationships	1.31	1.47
Give Attention	1.54	1.48
Privacy	1.60	1.48

Legend: ■ Lowestoft Average (n752) ■ Suffolk Average (n8,694) / 'Well Met' Need

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 those facing deprivation in Lowestoft 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 752 responses from those facing deprivation in Lowestoft.

Here, we can see that the confidence intervals overlap between the Lowestoft overall average and the Suffolk-wide overall average. Therefore, we *cannot* deduce that the difference between how well Needs are met overall amongst Lowestoft respondents and the Suffolk-wide average is statistically significant. Although, there are some individual Needs that are met statistically significantly worse by those facing deprivation in Lowestoft compared with the Suffolk average, those being Community and Achievement.

Given that the difference between the overall average scores for Lowestoft and the Suffolk average is just 0.06, with the Suffolk average of 0.57 and the Lowestoft average of 0.51 (on a scale of -3 to 3), it is unsurprising that there is little statistical difference. 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 among the Lowestoft 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 Privacy and Giving Attention being 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.
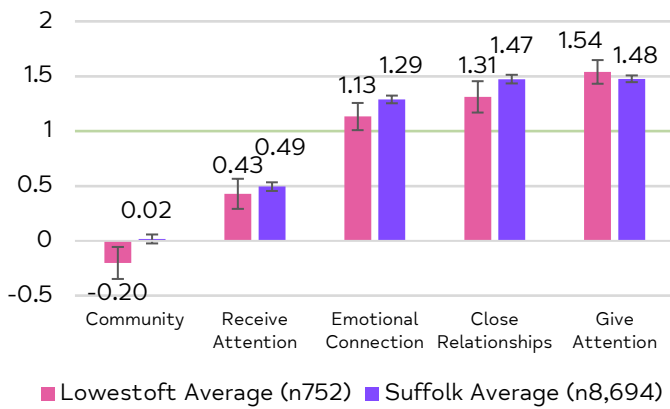
Interpersonal Relationship Needs

We can see that the Need for a **Close Relationship** is well met on average, with a score of 1.31 (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, it being a well met Need with an average score of 1.13, 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, even falling into the negatives, with an average score of -0.20. This suggests that people aren't feeling 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 among Lowestoft respondents, on average, is **Giving Attention**, with a score of 1.54, making it a well met Need. For both the Lowestoft and Suffolk average, Giving Attention scores much more highly than **Receiving Attention**, which is among the less well met Needs, with an average score of 0.43. 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.

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

Chart data (Lowestoft Average n752, Suffolk Average n8,694):
- Community: -0.20, 0.02
- Receive Attention: 0.43, 0.49
- Emotional Connection: 1.13, 1.29
- Close Relationships: 1.31, 1.47
- Give Attention: 1.54, 1.48

■ Lowestoft Average (n752) ■ Suffolk Average (n8,694)

Community is the **lowest** met emotional Need

Despite some of these Needs being slightly more or less well met, on average, by Lowestoft than Suffolk, since the confidence intervals overlap on most Needs, we cannot say that these differences are statistically significant. However, the difference between the averages for the Need for Community does not have overlapping confidence intervals, so we can say that difference is statistically significant. Using feedback gained from Lowestoft respondents and case study participants, we can hypothesise about why some Needs are less well met than others among Lowestoft respondents. The Need for Community is the least met emotional Need on average, with the cost of living and people's physical or mental health being among the top barriers identified by individuals in Lowestoft who aren't meeting this Need well.

Case study respondents said that more free local activities for working families could improve wellbeing in Lowestoft. When asked whether there was anything specific to Lowestoft that presents a barrier to wellbeing, a case study respondent identified the lack of safety around community centre areas due to anti-social behaviours. This, with the cost of parking fees in Lowestoft being too high for some respondents, may be preventing residents from building a sense of Community.

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:

- 64% (n61) believed that their physical and/or mental health presented an obstacle
- 33% (n31) reported that cost of living presented as a barrier
- 23% (n22) selected 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:

- 54% (n15) viewed their hobbies and interests as enabling them to meet this Need well
- 50% (n14) identified their day-to-day environment as a supporting factor
- 43% (n12) selected their access to nature or the outdoors.

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What helps people's wellbeing?

"I have a happy, settled home life and many hobbies to keep me interested and stimulated and able to meet people."

"My church family are supportive."

What are specific barriers to wellbeing?

"The town centre is lacking a community spirit. Many shops now are very basic or mobile phone shops and there are quite a few empty units."

"I think the access to initial mental health services is the biggest barrier".

"Anti social behaviour and rubbish everywhere. Poor levels of education. Lack of motivation in population. Unfriendly and hostile environment."

What could be done to improve wellbeing?

"It would be nice for there to be more awareness and places where mums can feel secure in breastfeeding."

"More stuff going on/a better social scene, particularly around the arts and drama, to build a better sense of community."

"Community get together in pubs like meet up Mondays."

ACHIEVEMENT   MEANING & PURPOSE   STATUS

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, scoring 0.45 on average (on a scale from -3 to 3). Achievement is statistically significantly better met by Suffolk as a whole compared with those facing deprivation in Lowestoft. We know that people's work situations can often affect their ability to meet this Need, with 50% of respondents not meeting this Need in Lowestoft reporting their work situations as a barrier. Looking at economic status, Achievement is least well met by those who are unable to work and those who are unemployed – falling as low as -1.33 on average for those unable to work..

Meaning & Purpose is strongly positively correlated to Achievement within this data set, meaning that on average we'd expect to see that if Achievement is high, so is Meaning & Purpose, and vice versa. It's therefore unsurprising that Meaning & Purpose is also less well met on average for those facing deprivation in Lowestoft, with an average of 0.43, showing that respondents may not always be feeling purposeful about their actions.

As with the other Needs in this group, **Value** is also not well met on average, at 0.65. Value indicates how much people feel others appreciate them for their actions and contributions. Therefore, since those facing deprivation in Lowestoft aren'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 0.23. 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.
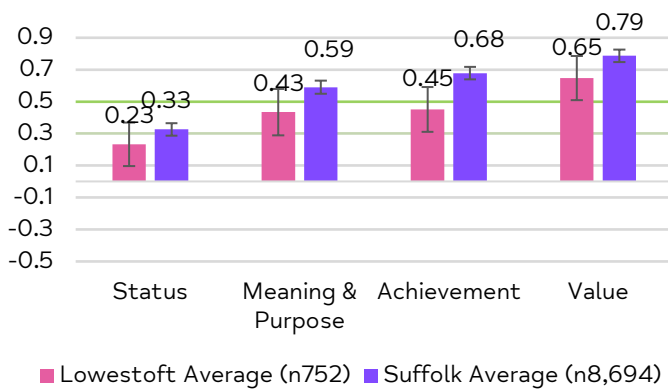
Status is one of the lowest met Needs

Chart legend: Lowestoft Average (n752), Suffolk Average (n8,694)

Although at first glance Lowestoft appears to be meeting its Achievement and Value Needs worse than Suffolk on average, since most of the confidence intervals overlap, the only difference we can say is statistically significant is Achievement, which 45% of those facing deprivation in Lowestoft aren't meeting well.

As Status is the least well met Need out of this group, we'll take a look at the factors that can prevent or enable those facing deprivation in Lowestoft to meet this Need well. The biggest barrier identified was people's physical or mental health. This is demonstrated by the groups meeting this Need the least well being those with mental health conditions, and those unable to work, with average scores of -1.22 and -1.21, respectively.

Barriers

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

- 58% (n57) stated that their physical and/or mental health prevented them from meeting this Need

- 36% (n36) identified cost of living as an obstacle

- 35% (n35) attributed not meeting this Need well to their work situations

Supporting factors

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

- 65% (n13) felt supported due to the relationships in their lives

- 45% (n9) reported that their home environments enabled them to meet this Need well

- 45% (n9) also saw their hobbies and interests as a supporting factor.

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What helps people's wellbeing?

"Local craft groups & Suffolk Wildlife Trust"

"The Restoration Trust works well - a project that runs in and around Lowestoft, focusing on the arts and heritage for supporting mental health. This has helped my partner, who has a long-term mental health condition."

What are specific barriers to wellbeing?

"Have a job now but do not feel that sense of achievement. Continually have low mood and with the current economic climate, no money, energy so costly – this all seems a barrier."

"Where I lived before there was significant anti social behaviour and that really diminished my quality of life. Little to nothing was done to address this behaviour."

"The lack of resources in my particular area of interests."

What would people like to see done to improve wellbeing?

"Open a hub with Life Coaches to focus on help for people with low self-esteem and low confidence"

"More opportunity and support to volunteer at different groups"
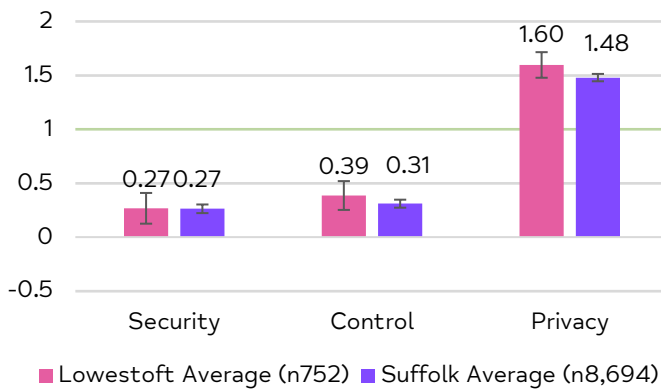
SECURITY   CONTROL   PRIVACY

Security and Control Needs

Security is the third least met emotional Need on average for those facing deprivation in Lowestoft, with a score of 0.27 (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. We can see that the top barriers to respondents meeting their Need for Security were their physical or mental health, the cost-of-living crisis, and their financial situations. A number of comments received from respondents tell us that the cost of living is a significant stressor and is worsening some people's anxiety, making it harder for residents to meet their Needs and stay well. It's therefore clear that the current economic situation is impacting upon Lowestoft's Needs. Security was therefore focused on during action planning.

Control is slightly better met than Security on average, with a score of 0.39, but is still not a well met Need, suggesting that people do not feel like they have enough control over their lives or their surroundings. Control and Security are very strongly positively correlated in this data set, so it is unsurprising that these are both less well met Needs. As with Security, financial concerns and current economic uncertainty are presenting real obstacles to individuals meeting their Need for Control – with 49% of respondents reporting their finances were a barrier to meeting this Need, and 56% citing the cost of living as a barrier.

On the other hand, **Privacy** is well met on average and is the best met Need overall, with an average score of 1.60. This is positive, since it reflects the fact that respondents feel able to take time to themselves when they need it. The top supporting factor for Lowestoft respondents meeting this Need well was people's home environments, with 69% of respondents meeting this Need selecting this.

Legend: ■ Lowestoft Average (n752) ■ Suffolk Average (n8,694)

Chart values:
- Security: 0.27, 0.27
- Control: 0.39, 0.31
- Privacy: 1.60, 1.48

Security is the **second least** met emotional Need

It's clear that current economic uncertainty and inflation is impacting upon Lowestoft's Needs. Among those who disclosed their household income, those on the lowest household incomes (under £17,000) are meeting their Needs for Security and Control significantly less well than those on higher household incomes. For those facing deprivation in Lowestoft, those with household incomes below £17,000 were scoring just -0.10 for Security and 0.07 for Control, on average, compared with those with household earnings over £40,000 per year scoring 0.79 for Security and 0.76 for Control. A number of comments we received from respondents voiced frustration and concern over the cost-of-living crisis. A handful of respondents have said also stated that recent financial hardship has led to unwanted lifestyle changes.

Barriers

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

- 67% (n59) respondents viewed their physical and/or mental health and cost of living as a barrier.

- 65% (n57) reported that the cost of living prevented them from meeting this Need well

- 58% (n51) identified their financial situation as an obstacle

Supporting factors

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

- 75% (n24) viewed their home environments as a supporting factor

- 66% (n21) identified the relationships as helping to meet this Need.

- 50% (n16) believed their day-today environment prevent them from meeting this Need well

What helps people's wellbeing?

"My employer is amazing, promotes well-being and mental health support"

"I think the mental health facilities in Lowestoft are very good. There seems to be a lot of places to go."

What are specific barriers to wellbeing?

"My mental health is only affected due to financial reasons and the stress causes pressure, horrible feeling of no matter how hard I work it's not enough to cover the bills."

"There needs to be more support for adults with additional needs and their carers. My big concern is what will happen to my autistic sons when I'm no longer around."
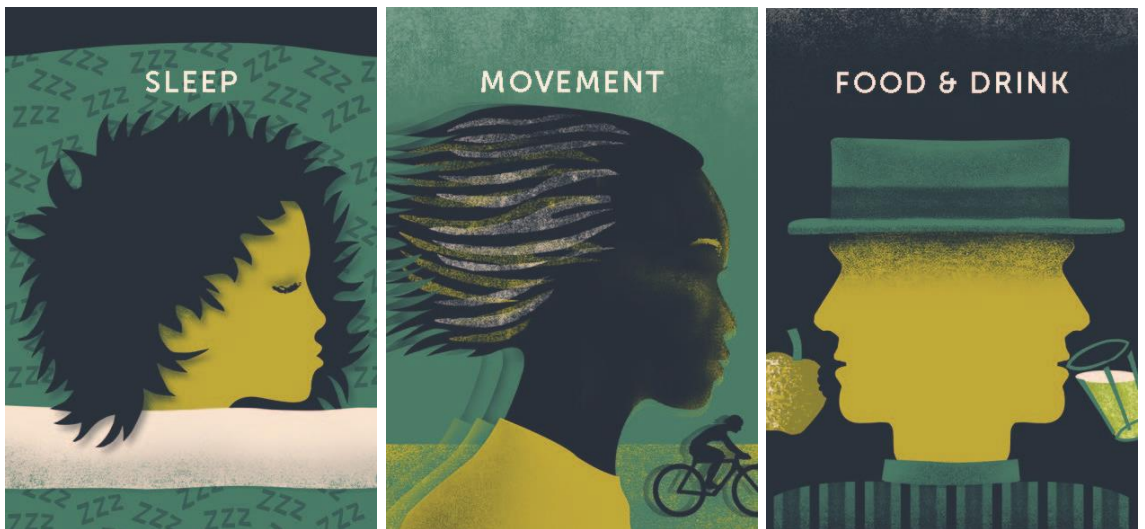
"I live in rented accommodation which I am struggling to afford and feel very insecure in."

What would people like to see done to improve wellbeing?

"Lower the cost of living"

"Local support groups for illness diagnosis. Access to local information via social media / online."

"Counselling for bereavement"

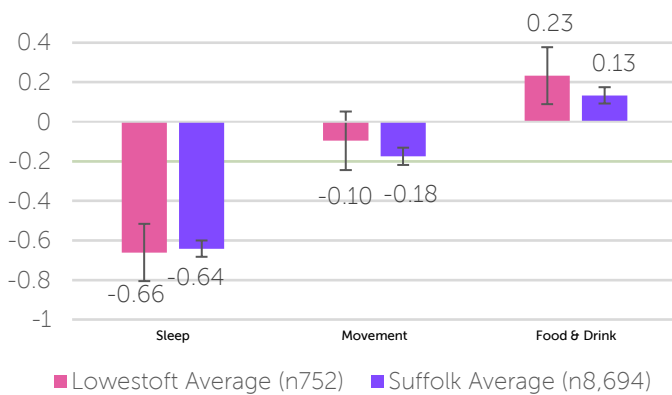SLEEP MOVEMENT FOOD & DRINK

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 the three physical Needs are amongst the four least well met Needs on average among Lowestoft respondents, with Sleep being the worst met Need on average. The average score for Sleep is -0.66, and whilst there doesn't always feel like there is a huge amount we can do to improve our sleep, our data among those facing deprivation in Lowestoft 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, or their financial security, for example, this may impact upon the quality of their sleep. Hence, if we make changes to better meet people's Needs for Control and Security, 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 -0.10 and 0.23, respectively. Food & Drink is also strongly positively correlated to the Need for Control within the Lowestoft 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.

The chart shows values for Sleep, Movement, and Food & Drink:
- Sleep: Lowestoft Average -0.66, Suffolk Average -0.64
- Movement: Lowestoft Average -0.10, Suffolk Average -0.18
- Food & Drink: Lowestoft Average 0.23, Suffolk Average 0.13

■ Lowestoft Average (n752)   ■ Suffolk Average (n8,694)

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

The three physical Needs are all less well met Needs amongst Lowestoft respondents on average. People's financial situations and cost of living are likely impacting upon their ability to meet these Needs well, with these being identified as some of the top barriers by those not meeting their Needs. When asked what respondents would change about Lowestoft, if they could change just one thing, a few case study respondents asked for more activities and increased greenery. There were also comments around the cost attached to activities stopping people from feeling able to access them anymore.

Barriers

Of the respondents who chose to identify barriers:

- 77% (n117) viewed their physical and/or mental health as a barrier to Sleep, while 73% (n82) identified this as barrier to Movement and 64% (n56) for Food & Drink.

- 51% (n44) voiced that the cost of living crisis was preventing them from meeting their Need for Food & Drink.

- 25% (n38) reported the cost of living crisis as being an obstacle to them feeling rested after sleep

Supporting factors

Of the respondents who chose to identify supporting factors:

- 72% (n13) viewed their home environment as a supporting factor for Sleep,

- 62% (n18) attributed meeting their Need for Food & Drink to their home environments.

- 57% (n24) saw their access to nature or the outdoors as a supporting factors to help them meet their Need for Movement.

What helps people's wellbeing?

"The area I live in is pleasant. There are nice pubs / restaurants / beach and countryside nearby."

"Walking always helps – the countryside or seafront."

"Fantastic access to the natural environment, great local projects and exciting community developments."

What are specific barriers to wellbeing?

"Economics, I have to work full time whilst being a carer so I can live and feed my children, but this limits my time to exercise, eat well and have friends".

"I felt better before when I went to fitness / dance classes. Due to low income, I no longer do these."

What would people like to see done to improve wellbeing?

"There's help for the old, disabled and benefits but not for people stuck in the middle bracket."

"Look at boxing clubs, gyms and martial arts venues to offer free sessions, which may help the younger teen feel empowered"

Who are the most well groups on average?
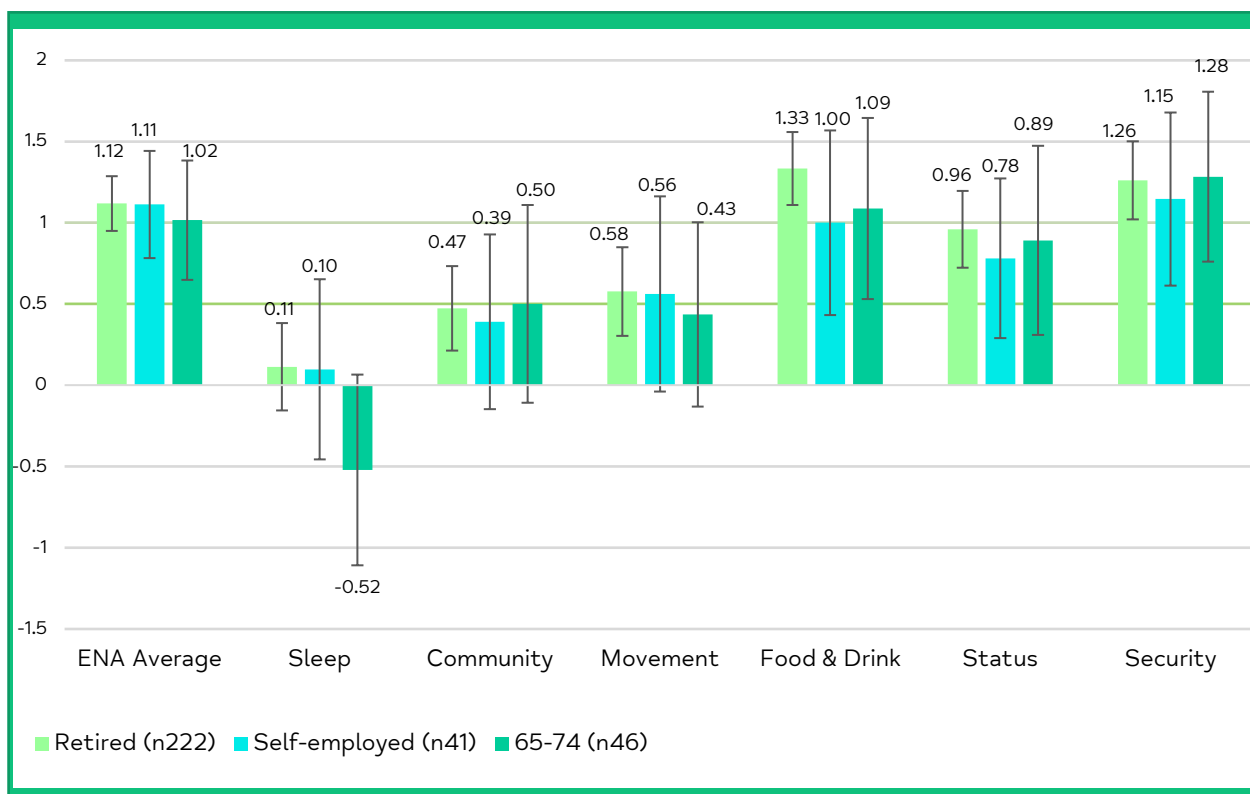
The graph above focuses on the most well met Needs amongst those facing deprivation in Lowestoft on average. To view the full graph, with each Need shown, see Appendix 3.

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 those facing deprivation in Lowestoft.*

We can see that those who are retired have the highest overall average score, at 1.12 (on a scale of -3 to 3). This is closely followed by those who are self-employed, with an average score of 1.11, and those between the ages of 65 and 74, with an average of 1.02. Out of these most well groups, all three are statistically significantly more well, on average, than the Lowestoft average.

As the above graph demonstrates, even the most well groups aren't meeting some of the average least met Needs well. Sleep, Community, Movement and Status are all less well met by these groups. However, these groups are meeting some of these Needs statistically significantly better than the Lowestoft average. For example, every group is meeting the Needs for Security and Food and Drink statistically significantly better than the Lowestoft average. Looking at supporting factors that help these groups meet their Need for Security, their home environment is the top factor by far, with 82% of retired respondents and 100% of both self-employed respondents and those aged 65-74 citing this as something helping them to meet this Need.

Retired respondents are the only group meeting the Needs for Status and Community statistically significantly better than the Lowestoft average. This seems to be considerably down to people's hobbies and interests, with 60% of respondents mentioning this helps meet their Need for Community, and 64% of respondents reporting this as supporting them meet their Need for Status. This could be because retired respondents have more freedom over the time in their day, and so are able to invest more time in their hobbies and interests, and meet Needs doing so. This is backed up in comments with one retired respondent saying it supports their wellbeing being able to do what they want, when they want.

*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?
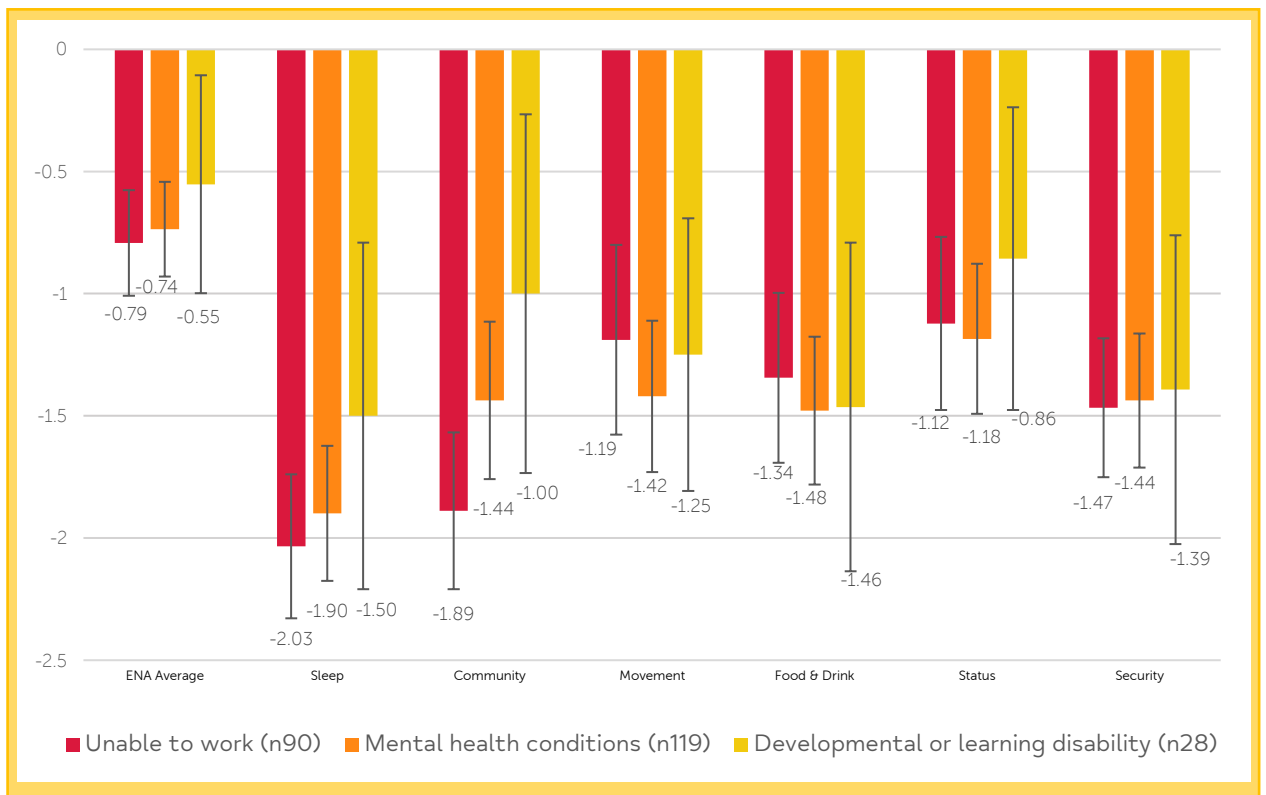
The graph above focuses on the least well met Needs amongst those facing deprivation in Lowestoft on average. To view the full graph, with each Need shown, see Appendix 3.

Looking at the least well groups on average among those facing deprivation in Lowestoft, we can see that people who are unable to work are the least well, with an overall average of -0.79 (on a scale of -3 to 3). This is followed by those with mental health conditions and individuals with development or learning disabilities, with averages of -0.74 and -0.55, respectively.

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

We can see that the Need for Sleep is much worse met by these three groups compared with the Lowestoft average. The biggest barriers across all groups were individuals' physical or mental health, followed by their financial situations and the cost of living. These same barriers are identified as the biggest obstacles to these groups meeting their Need for Security. Within the Lowestoft data, Sleep is also positively correlated to the Need for Security, meaning that if respondents feel as though they have a lack of financial security, for example, this may be impacting upon the quality of their sleep.

The biggest barrier across all Needs for these three groups is respondents' physical or mental health. This is exemplified in comments by mentions of feeling helpless from being passed around mental health services without getting support needed, and long waiting lists.

Looking at the Need for Community, those who are unable to work are meeting this Need the least well on average. Work often contributes towards people meeting this Need well, with it being a top supporting factors amongst Lowestoft respondents on average – therefore, being unable to work can present a barrier to building a community. This may leave people feeling as though they don't fit within a particular community – something we have also heard in relation to people living with developmental or learning disabilities, with one case study respondent telling us that people on the autistic spectrum don't always know where they fit within Lowestoft.

SLEEP **MOVEMENT** **FOOD & DRINK**

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 for those facing deprivation in Lowestoft on average. Therefore, targeting local interventions to better meet these Needs could help to improve wellbeing in Lowestoft.

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

- Increasing the number of services available.

- Financial support for pensioners who are just above the threshold to claim support.

- An increased police presence & the reduction of antisocial behaviors.

- More accessible support and access to clubs, support groups and maybe introducing wellbeing walks.

Our data and feedback collected on those facing deprivation in Lowestoft 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 for those facing deprivation in Lowestoft.

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 inventions 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 facing deprivation within Lowestoft, based on data gathered from 13th June 2022 to 20th March 2023. Throughout this report, we define those who may be experiencing or at risk of deprivation in Lowestoft to be people who live in any of the NR32 1, NR32 2, NR32 4, NR32 9, NR33 0, NR33 7 or NR33 9 postcodes, and anyone who lives in NR32 or NR33 and has a household income of less than £25,000 a year. 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.
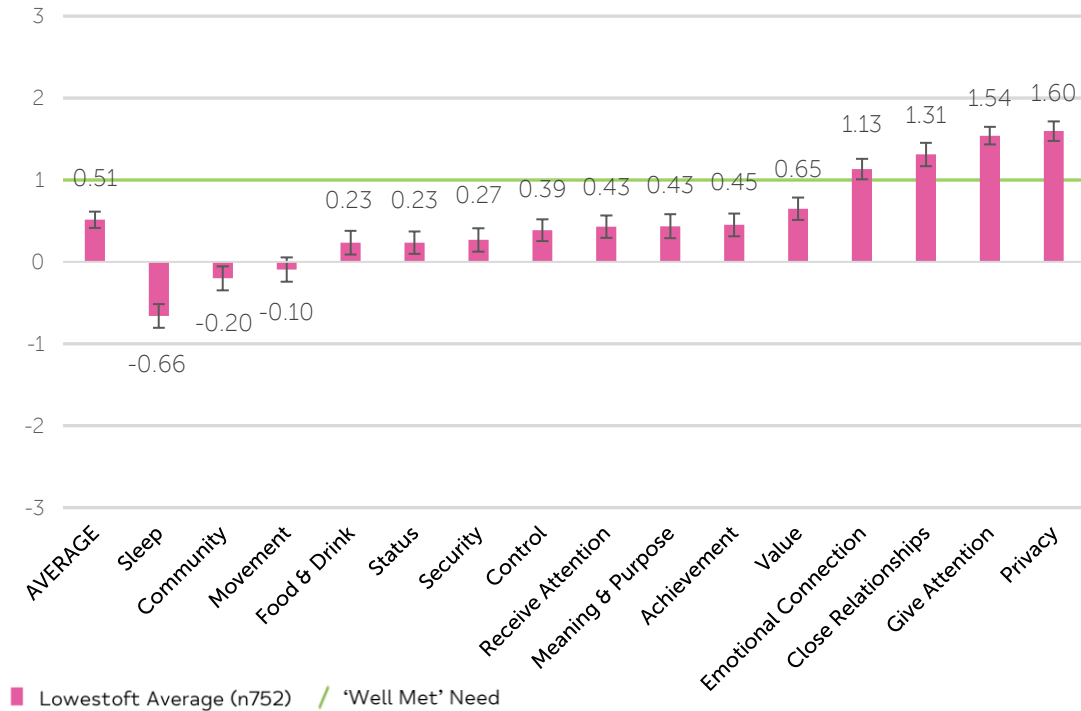
Methodology

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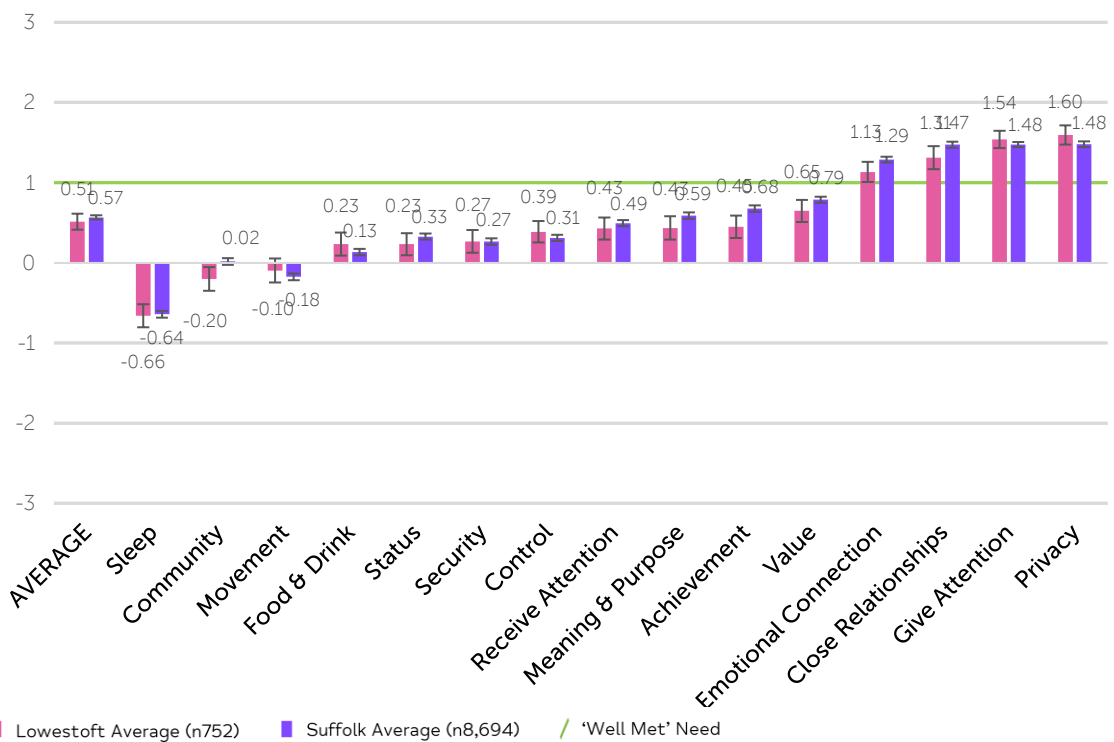
In the ENA, we ask 15 questions that encompass all elements of the 12 Needs, containing both emotional and physical aspects. These are scored on a scale from -3 (not at all met) to +3 (very well met). We also ask respondents to identify any environmental barriers that may prevent them from meeting their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

Appendix 2 – Overall Wellbeing Graphs

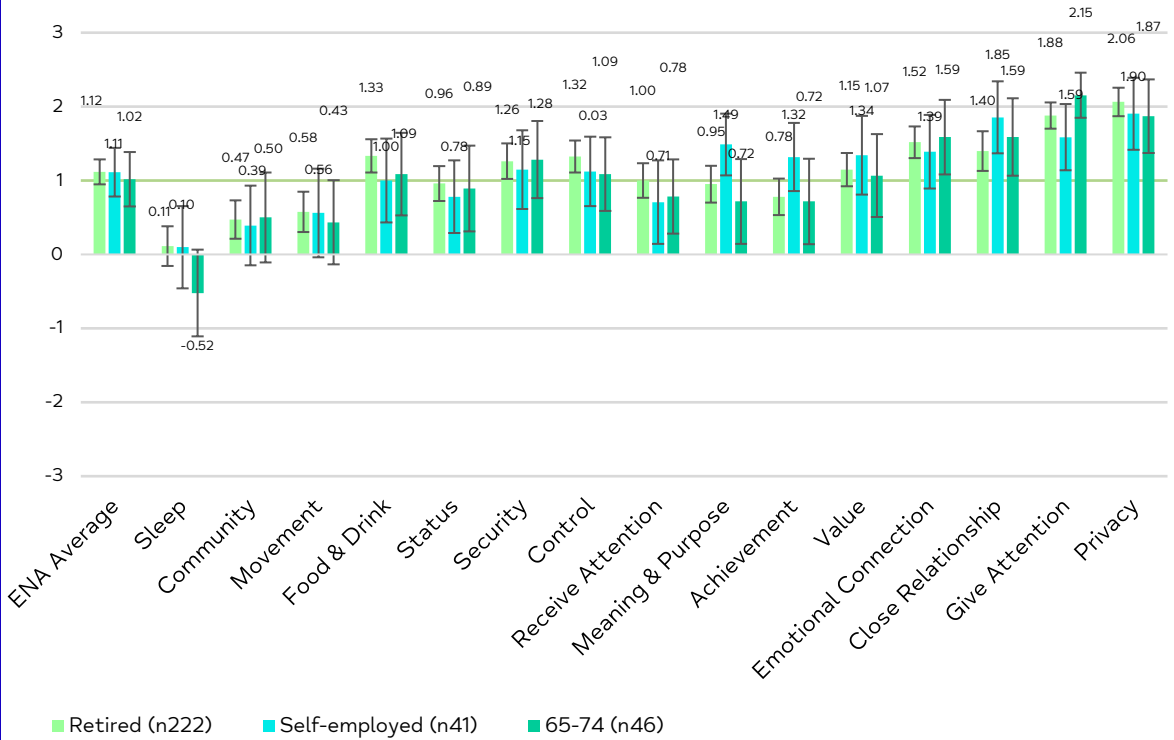## Average wellbeing amongst those in Lowestoft:

Legend: ■ Lowestoft Average (n752)   / 'Well Met' Need

Values (left to right): AVERAGE 0.51, Sleep -0.66, Community -0.20, Movement -0.10, Food & Drink 0.23, Status 0.23, Security 0.27, Control 0.39, Receive Attention 0.43, Meaning & Purpose 0.43, Achievement 0.45, Value 0.65, Emotional Connection 1.13, Close Relationships 1.31, Give Attention 1.54, Privacy 1.60

Average wellbeing compared with the Suffolk average:

Legend: ■ Lowestoft Average (n752)   ■ Suffolk Average (n8,694)   / 'Well Met' Need

Values (Lowestoft / Suffolk, left to right): AVERAGE 0.51 / 0.57, Sleep -0.66 / -0.64, Community -0.20 / 0.02, Movement -0.10 / -0.18, Food & Drink 0.23 / 0.13, Status 0.23 / 0.33, Security 0.27 / 0.27, Control 0.39 / 0.31, Receive Attention 0.43 / 0.49, Meaning & Purpose 0.43 / 0.59, Achievement 0.45 / 0.68, Value 0.65 / 0.79, Emotional Connection 1.13 / 1.29, Close Relationships 1.31 / 1.47, Give Attention 1.54 / 1.48, Privacy 1.60 / 1.48

Appendix 3 – Most & Least Well Graphs

The most well groups on average:

Legend: Retired (n222) | Self-employed (n41) | 65-74 (n46)

The least well groups on average:

Legend: Unable to work (n90) | Mental health conditions (n119) | Developmental or learning disability (n28)