



Warrington Health & Wellbeing Survey 2023

Home, Neighbourhood and Communities



WARRINGTON
Borough Council

HWB Survey Methodology

- Comprehensive large-scale survey of Warrington's adult population (18+ years).
- Methodology submitted and approved by Health Research Authority and NHS England.
- Invitation letters sent to large sample of named residents selected by age, gender and postcode to reflect Warrington population.
- 4,932 surveys completed – 8% response rate.
- Questionnaire covering range of topics known to impact health and wellbeing – 80+ questions.

Topics Explored

- General health
- Use of health services
- Social connectedness, participation and volunteering
- Activities, amenities and green spaces
- Physical activity (including active travel and cycling)
- Diet
- Smoking/Vaping
- Alcohol consumption
- Gambling
- Emotional health and wellbeing
- Caring responsibilities
- Impact of COVID-19 pandemic
- Digital inclusion
- Financial circumstances

Respondent Profile

Broadly representative of Warrington population

Gender:

- Female - 50%
- Male - 49%
- Non-binary/transgender/other - 0.5%
- Prefer not to say – 0.5%

Age-band:

- 18 to 39 years – 28%
- 40 to 64 years – 42%
- 65+ years – 30%

Socio-economic deprivation:

- 17% Quintile 1 (most deprived)
- 17% Quintile 2
- 9% Quintile 3
- 24% Quintile 4
- 33% Quintile 5 (least deprived)

HWB Survey by Broad Ethnic Groupings

Respondents by broad ethnic group	No. of respondents	Percentage (as a % of all who gave a valid response)	Census 2021
Asian / Asian British	240	6.5%	3.3%
Black, Black British, Caribbean or African	28	0.8%	0.7%
Mixed or Multiple ethnic groups	21	0.6%	1.6%
White English / Welsh / Scottish / Northern Irish / British	3,177	86.6%	88.1%
All other White combined due to very small numbers in some ethnic groups. Includes Census categories 'Irish', 'Gypsy/Irish Traveller', 'Roma', 'Any other white background' and 'White unspecified'.	190	5.2%	5.4%
Other ethnic group	12	0.3%	0.9%
Total known ethnicity	3,668	100%	100%
<i>Unknown: 'Prefer not to say'</i>	43		
<i>Unknown: no response</i>	1,221		

Neighbourhood Connectedness

Respondents were asked 9 questions to assess how they felt about living in their neighbourhood e.g. 'I feel like I belong to this area', which were scored. A total score of 28 or more was categorised as 'poor neighbourhood connectedness'.

Overall, 14.0% had poor neighbourhood connectedness.

Younger people were less connected to their neighbourhood.

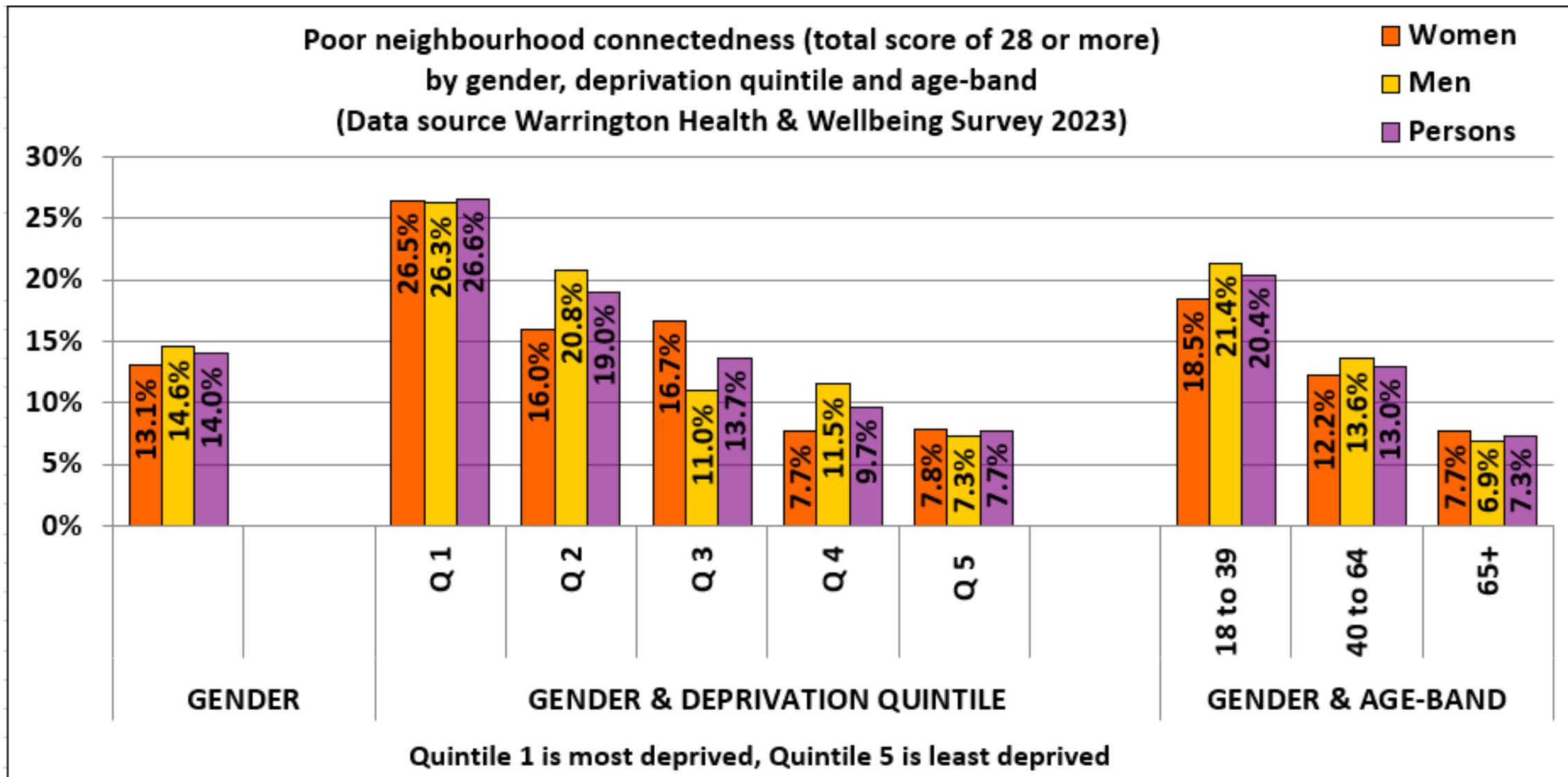
- 1 in 5 (20.4%) 18-39 year olds had poor neighbourhood connectedness, compared with 1 in 7 (13.0%) of those aged 40-64 and 1 in 13 (7.3%) aged 65+.

There was a stark relationship with deprivation

- Three times as many respondents living in the most deprived areas experienced poor neighbourhood connectedness (26.6%), compared with the least deprived (7.7%).

Almost 1 in 3 18-39 year olds and 1 in 4 40-64 year olds living in the most deprived areas had poor neighbourhood connectedness.

Poor Neighbourhood Connectedness



Volunteering

1 in 5 (21%) respondents had *frequently* volunteered in the past year, and 14% volunteered *occasionally* - over a third (35%) had volunteered at least occasionally in the past year.

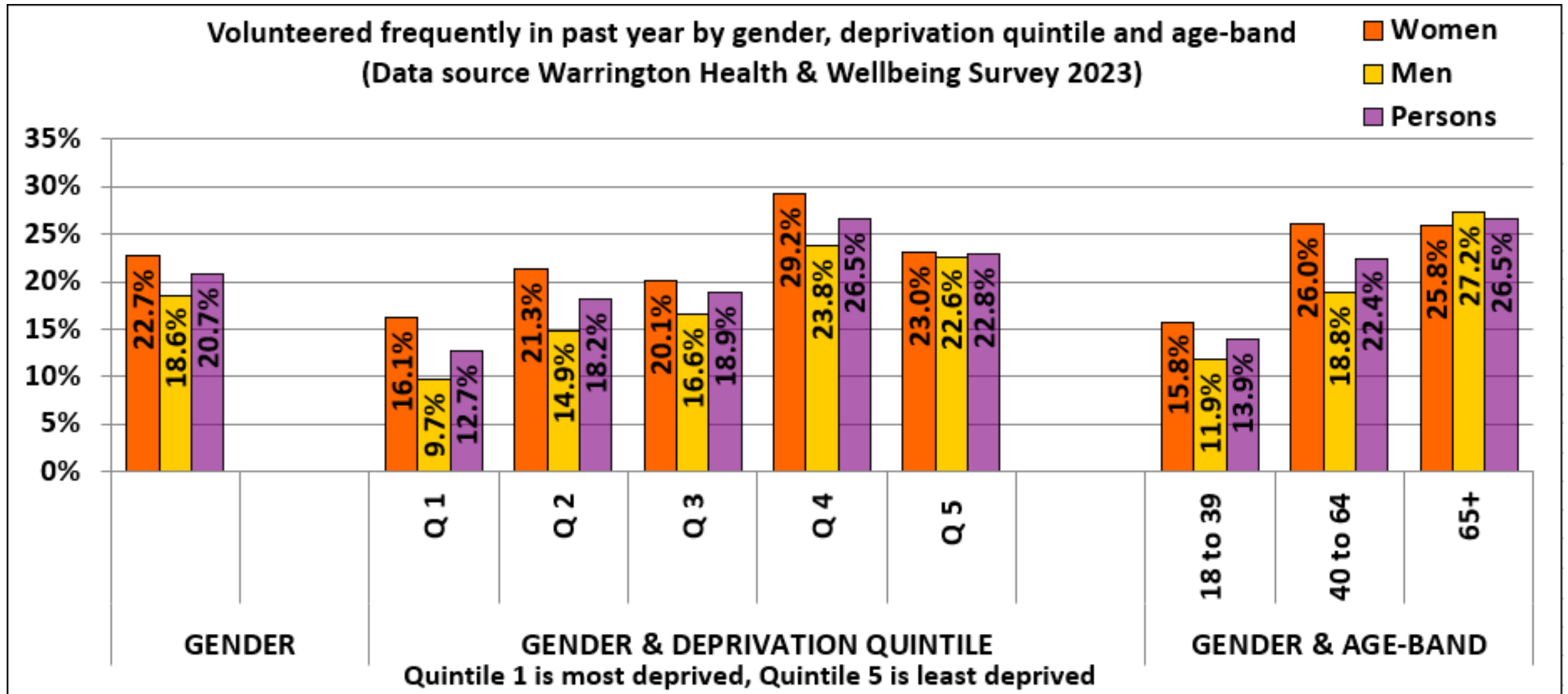
Women were more likely to frequently volunteer than men and volunteering increased with age.

- Men and women aged 18-39 years were significantly less likely to frequently volunteer (11.9% and 15.8% respectively) than Warrington overall.
- Men and women aged 65+ were significantly more likely to frequently volunteer (27.2% and 25.8% respectively).
- In 40-64 year-olds, women were significantly more likely to frequently volunteer (26.0%), but men were not significantly different (18.8%) to Warrington overall.

Volunteering was less common in deprived areas.

- Respondents living in more deprived areas were less likely to frequently volunteer than those in the least deprived, ranging from 12.7% in Quintile 1 to 26.5% in Quintile 4.

Volunteered Frequently in the Past Year



What Does This Suggest for Local Action on Neighbourhood Connectedness and Volunteering

- System partners to strengthen and expand pathways into community activities and services to improve levels of social connectedness and capital, with a focus on younger and middle-aged adults living in the most disadvantaged areas.
- System partners should sustain support Voluntary, Community, Faith and Social Enterprise organisations to build volunteering opportunities and social connectedness for younger adults aged 18-39 years and those living in deprived communities. This could include the creation of a buddy scheme to support residents to attend leisure activities.
- To support initiatives for younger adults to access recreational activities that are cost effective. With an emphasis on participation and future opportunities to develop skills and experience.
- Engage with younger adults to ascertain their requirements for participating in volunteering and raising awareness of opportunities and associated benefits in the short and long term.

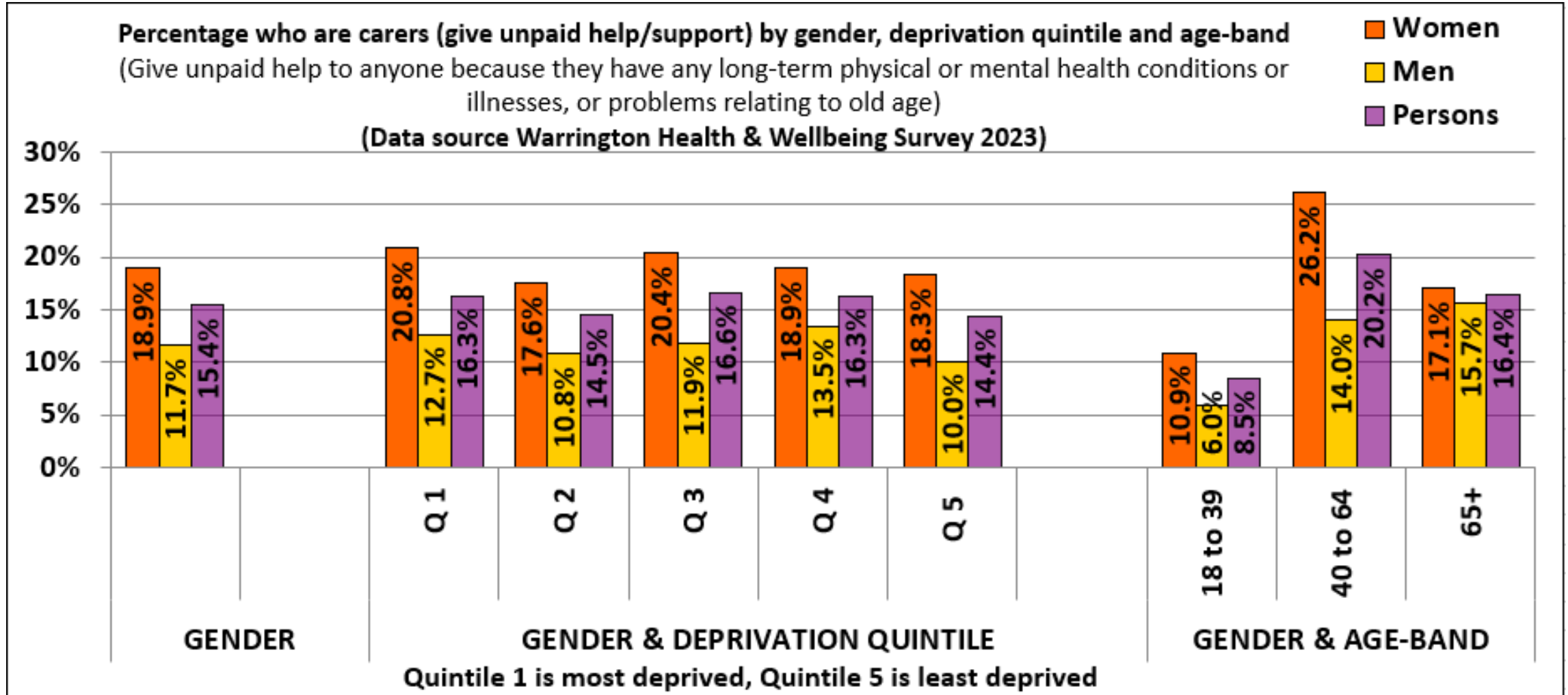
Provision of Unpaid Care or Support

1 in 6 (15.4%) respondents provided unpaid help or support to someone that was either living with a long-term physical or mental health condition, or experiencing issues related to older age.

- **Women, particularly middle-aged women, were more likely to provide unpaid care.**
- 1 in 5 (18.9%) women provided unpaid help and support compared with 1 in 8 men (11.7%).
- A higher proportion of 40-64 year-olds provided unpaid care (20.2%) compared with the 18-39 (8.5%) and 65+ (16.4%) age groups.
- **Notably, more than 1 in 4 (26.2%) women aged 40-64 years provided unpaid care.**

Around half (51%) of those providing unpaid care lived separately from the person they were supporting, whilst 38% lived with them all the time and 3% lived with them some of the time.

Provision of Unpaid Care or Support



Provision of Unpaid Care or Support

Sources of support to help with caring role

- Family and friends (32%)
 - Social services e.g. care package (9%)
 - Charity/voluntary organisation (7%)
 - GP (5%)
 - Private sector (4%)
 - Warrington Carers Centre (3%)
 - Carers support group (3%)
- **A third (32%) reported that they had no support, and a quarter (23%) didn't identify themselves as a 'carer'.**

Carer Health

- Two-thirds (68%) said that they could look after themselves in terms of getting sufficient sleep and eating well.
- **1 in 9 (11%) felt that they were neglecting themselves.**
- **1 in 5 (21%) reported that sometimes they could not look after themselves well enough.**

Provision of Unpaid Care or Support continued...

Those providing unpaid care were less likely to say their general health is good.

They were more likely to:

- Say caring responsibilities were a barrier to participating in leisure and physical activities.
- Have low emotional wellbeing.
- Be troubled by sleep.
- Be frequently stressed for at least 3 reasons.

Due to financial circumstances, they were more likely to:

- Go without food or heating at least sometimes.
- Borrow money to buy basic necessities.
- At least occasionally miss work or important appointments.
- At least occasionally be unable to pay for prescriptions or medication.

What Does This Suggest for Local Action for Carers

- Develop a communications plan to raise awareness of the support services available for residents providing unpaid care to maintain their health and access advice on debt and benefits from organisations e.g. Citizens Advice, Warrington Carers Centre.
- Work with system partners to strengthen pathways and increase referrals into carer services.

Internet Use and Digital Skills

The majority of respondents (92%) said they use the internet daily or almost every day.

Daily or almost daily internet use was highest in younger adults and decreased with age.

- 97% of 18-38 year-olds, 95% of 40-64 year-olds and 80% of those aged 65+.
- More men aged 65+ reported daily use than women (84% vs 76% respectively).

Over half (54%) of respondents felt they had sufficient digital skills to manage their day-to-day life.

- 11.2% said they said they had very limited, or no, digital skills.

Older respondents were more likely to report limited or no digital skills; 25.6% of those aged 65+, 9.4% of the 40-64 age group and 3.0% of 18-39 age group.

- More women in the 65+ age group felt they had very limited or no digital skills than men (28.2% versus 22.5%).

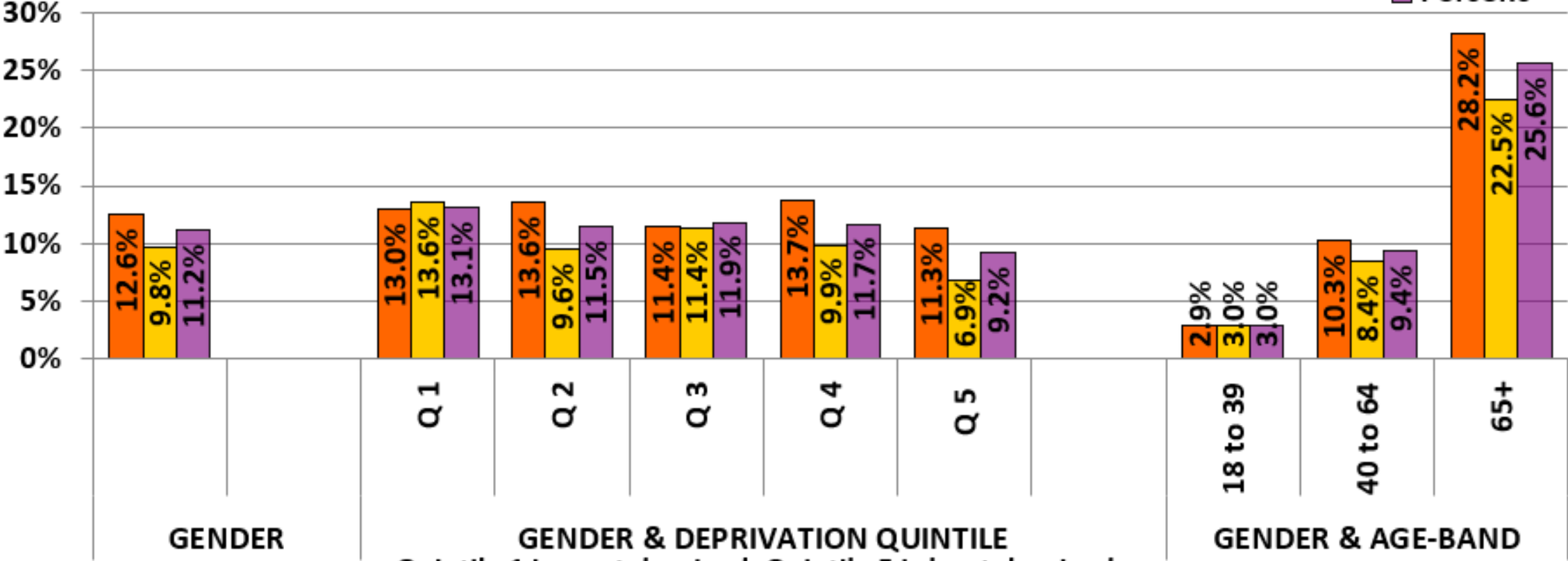
2.2% of respondents said they never or hardly use the internet, of whom 79% were aged 65+.

- Common reasons for non-use: no interest (46%), lack of equipment (26%) or knowledge (24%) and distrust (17%).

Limited or No Digital Skills

Percentage who have very limited or no digital skills
by gender, deprivation quintile and age-band
(Data source Warrington Health & Wellbeing Survey 2023)

- Women
- Men
- Persons



Quintile 1 is most deprived, Quintile 5 is least deprived

What Does This Suggest for Local Action on Digital Inclusion

- Under the framework of the poverty action group, and informed by the poverty truth commission approach, develop our strand of activity linked to digital inclusion.
- Provide comprehensive support for residents, particularly those aged 65+, to access digital resources and services through delivery of digital inclusion initiatives in local venues to guide them to effectively navigate online platforms. This includes assistance with:
 - Online shopping
 - Accessing NHS services
 - Utilising the Job Centre Plus platform

Access to Facilities and Services

Respondents were asked to rate how easy it was to access a range of facilities and services from their neighbourhood. Easy access was defined as within a 15-20 minute walking distance from the home.

Overall, difficulty was reported accessing:

- Hospital A&E department (25%)
- Leisure facilities (20%)
- Colleges (19%)
- Libraries (14%)
- GP surgery (11%)
- Supermarkets (10%)
- General shops (6%)
- Schools (4%)
- Green spaces (4%)

- Older respondents more likely to report difficulty accessing facilities.
- In the least deprived areas worse reported access to colleges, hospital A&E department, and general shops.
- In the most deprived areas worse reported access to libraries and green spaces.
- Wide variation by geographical area.

What Does This Suggest for Local Action on Access to Facilities and Services

- Local planning and transport infrastructure should design developments that support community connectivity and cohesion, including:
 - Good transport links
 - Co-housing
 - Co-location of schools, retail, health, leisure and community facilities
 - Provision of communal green spaces
- Raise awareness of current transport initiatives, services and resources through promotional campaigns, and work with providers to identify gaps in accessibility providing a coordinated approach to facilities and services.

Access to a Car or Van

- Over three-quarters (77.0%) of respondents own a car or van and 9.2% said they have regular access to one but don't own it.
- 13.8% do not have regular access to a car or van.

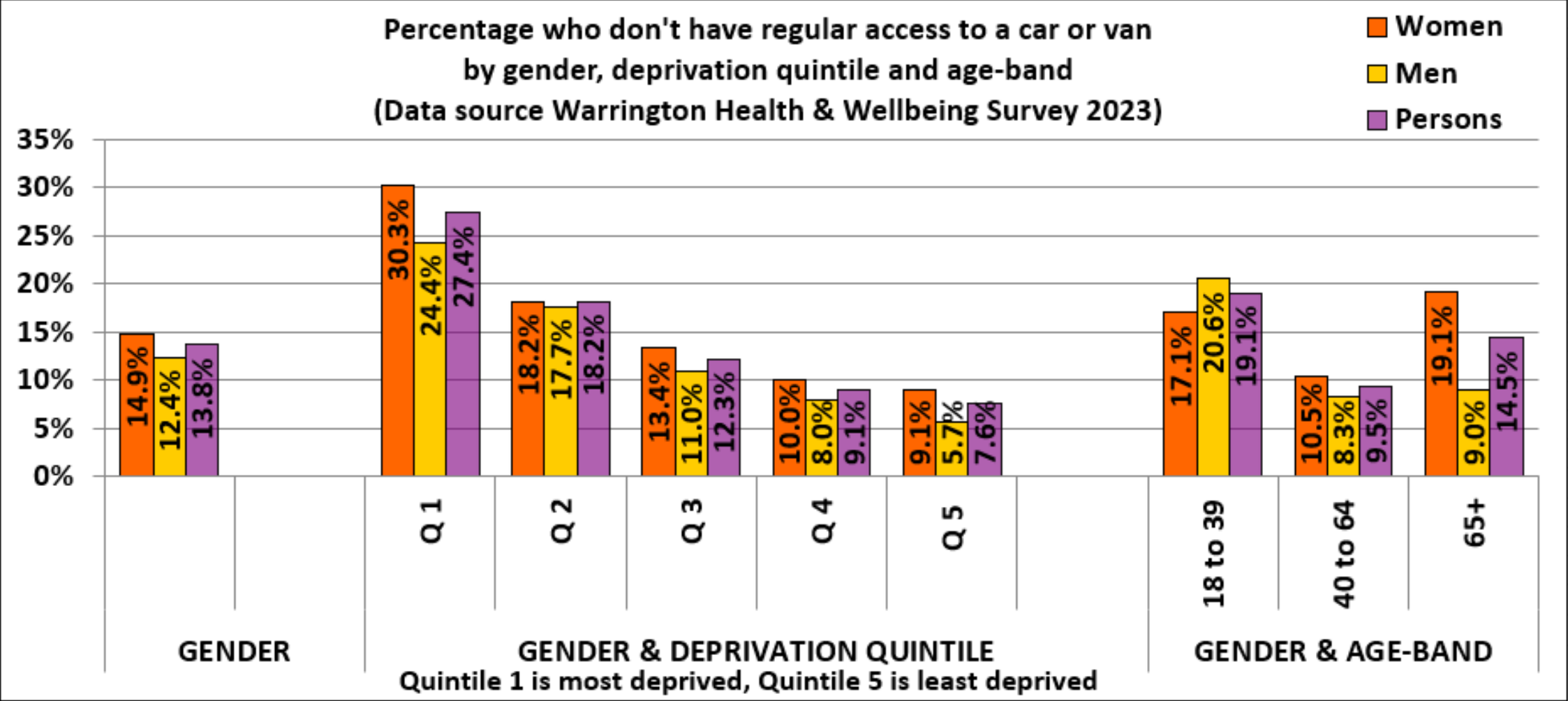
Vehicle ownership was:

- Higher in men (85.2%) than women (73.0%).
- More common in 40-64 year-olds (84.1%), than those aged 65+ (75.6%) and 18-39 year-olds (68.6%).

There was an inverse relationship between car or van ownership and deprivation, rising from 61.6% in Quintile 1 to 85.5% in Quintile 5.

More than 1 in 4 (27.4%) respondents living in the most deprived areas had no regular access to a vehicle.

No Regular Access to a Car or Van



Public Transport

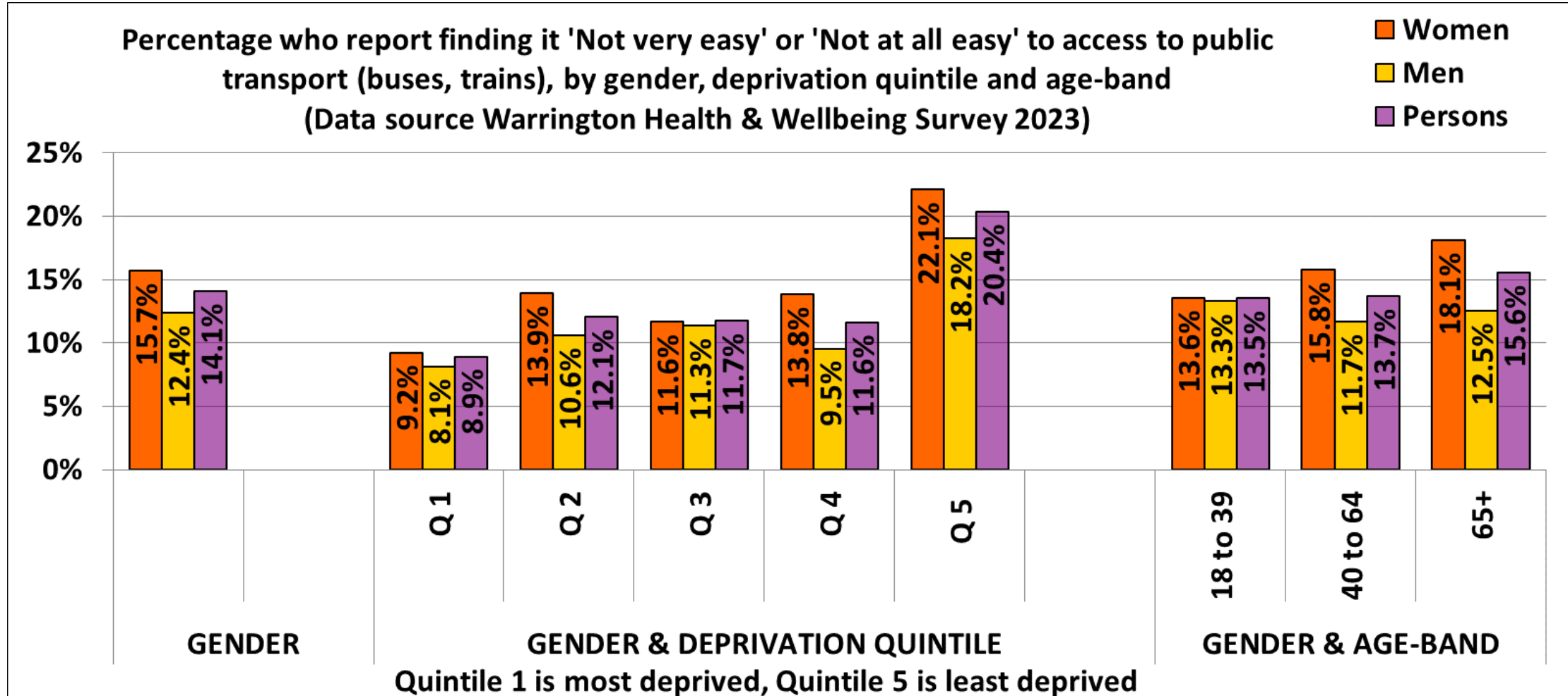
14.1% felt it was not easy to access public transport.

- Difficulty accessing public transport was more commonly reported by women (15.7%) than men (12.4%).
- More respondents aged 65+ (15.6%) reported difficulty accessing public transport than those aged 40-64 (13.7%) and 18-39 years (13.7%).

Access to public transport was worse in the least deprived areas of Warrington

- 20.4% respondents in Quintile 5 reported difficulty accessing public transport compared to 8.9-12.1% in the other Quintiles.

Public Transport continued...



Walking and Cycling for Travel

59.4% of respondents reported walking for travel at least once a week.

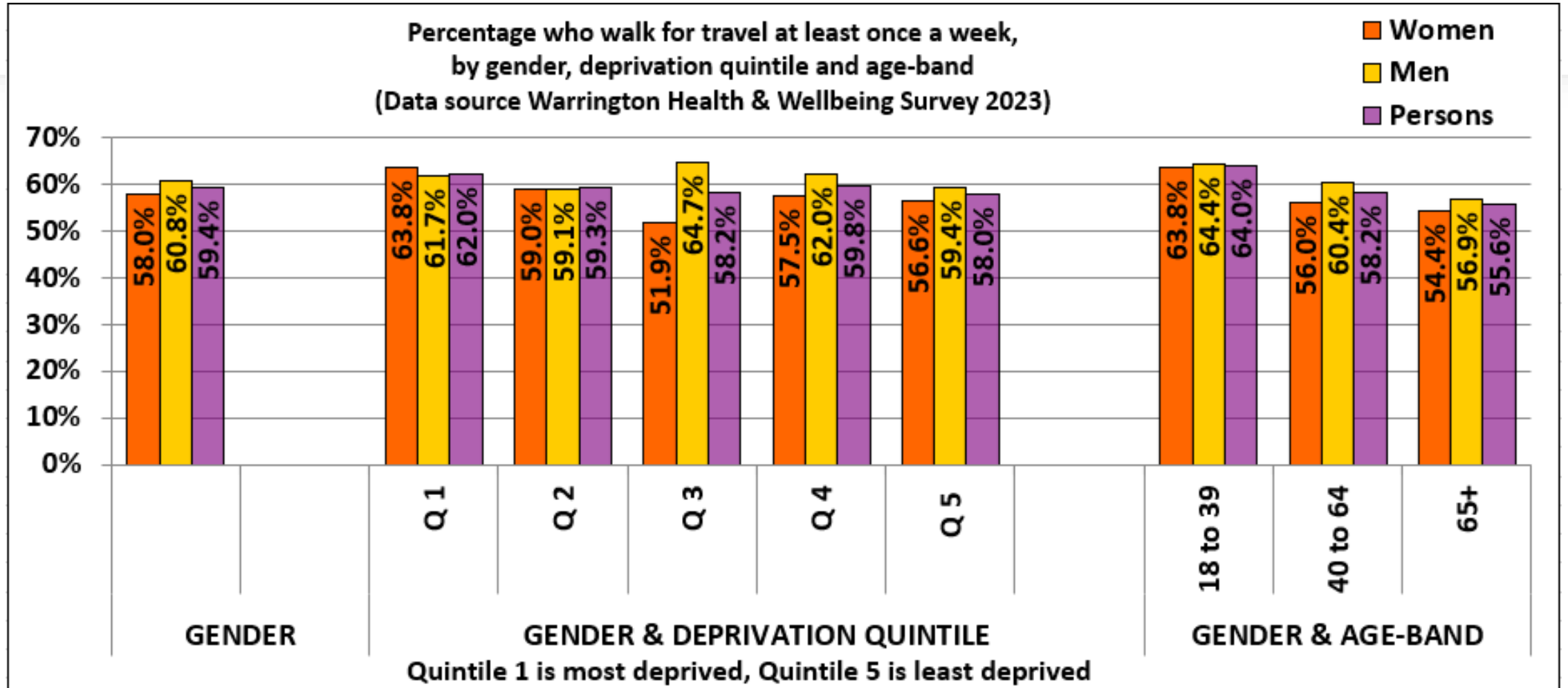
Walking for travel was more common in younger respondents and decreased with age, from 64.0% of 18-39 year olds to 55.6% of those aged 65+.

- There was little difference between men and women and no clear pattern by deprivation quintile.

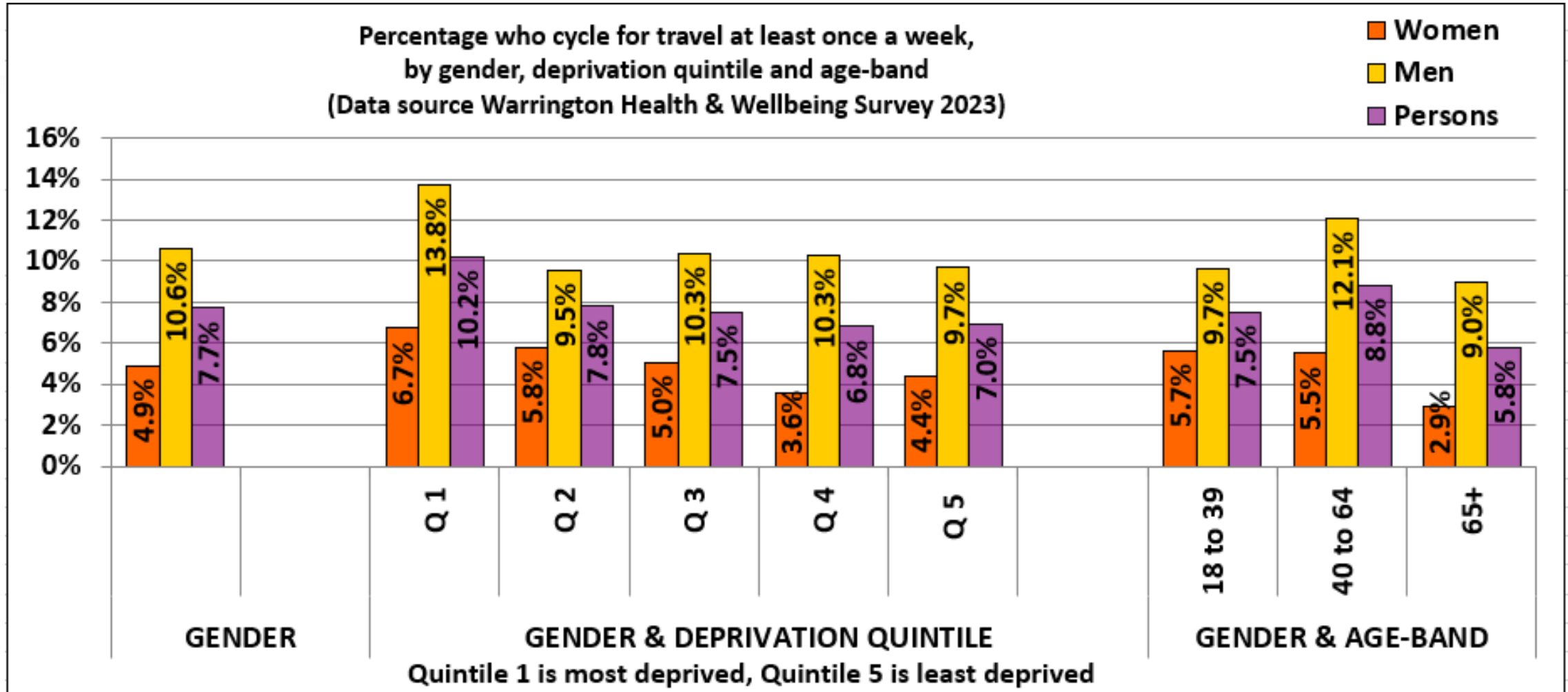
7.7% of respondents reported cycling for travel at least once a week.

- Twice as many men (10.6%) than women (4.9%) reported cycling for travel.
- Cycling for travel was highest amongst men living in the most deprived quintile (13.8%) compared to 9.5-10.3% in other areas.

Walking for Travel



Cycling for Travel



What Does This Suggest for Local Action on Transport

- Local planning and transport infrastructure should continue to prioritise active design that provides a supportive environment for all residents to walk, wheel, or cycle for travel. This includes the delivery of the Local Walking and Cycling Infrastructure Plan ([LCWIP](#)), which comprises:
 - Primary Routes connecting to the town centre, key hubs and employment areas
 - Neighbourhood Routes improving access by foot and cycle to local destinations and facilities
 - Strategic Greenways, which maximise the benefit of the parks and opens spaces in Warrington.
- Improve pedestrian priority through delivery of crossing improvements and measures to reduce dominance of traffic.
- Through the planning process, new developments receive design guidance support to help them to produce a Travel Plan. This will provide sustainable transport choices including active travel and public transport to enhance connectivity for residents, the community, schools and businesses.
- Review public transport provision and services to ensure they provide an affordable, attractive and viable option for all residents. This includes both less deprived communities living within the outer wards of Warrington who typically have fewer service options, as well as those residents in more deprived central areas, who still require a better range of bus services, but for whom affordability and cost is a key issue. This work is enshrined within the Bus Services Improvement Plan ([BSIP](#)), which seeks to deliver cheaper fares, more frequent, punctual services, highest standard vehicles, faster and more reliable journeys.

What Does This Suggest for Local Action on Transport continued...

- Provide opportunities to support residents, particularly women to regularly cycle, including bike loan and hire schemes, cycle awareness and bike repair programmes, provision of cycle route maps and secure bike storage, workplace cycle mileage allowance and on-site changing facilities.
- Continue to provide a comprehensive range of accredited cycle training activities for pupils in primary and secondary school alongside adult cycle training and led guided rides.
- With support from Warrington Cycle Hub, Warrington Borough Council will continue to raise awareness of guidance and resources available to enable cycling across the community.
- Support delivery of active travel resources, advice and promotion of opportunities to Warrington residents using the Living Well Hub by all constituent organisations.

Leisure Activities

Overall, 80% of respondents reported undertaking leisure activities at least once a week.

The most popular activities were:

- Walking for travel (59%)
- Walking or cycling in green spaces (47%)
- Attending a fitness activity or exercise class (25%)
- Participating in a group activity e.g. football, netball or walking (12%)

Factors that prevented more involvement in leisure activities:

- Lack of time (27%)
 - Being too tired or not having enough energy (15%)
 - Unable to afford activities (14%)
 - Not knowing what activities are on offer (14%)
 - Health issues (13%)
 - Having no-one to go with (10%)
 - Lack of confidence or embarrassment (10%)
- **Lack of time and feeling too tired were more commonly reported by the youngest age group (39%), whilst those aged 65+ were more likely to cite health issues (23%).**
 - **Women in the most deprived areas were more likely to report affordability (31%), feeling embarrassed or lacking confidence (22%), and having no-one to attend activities with (17%).**

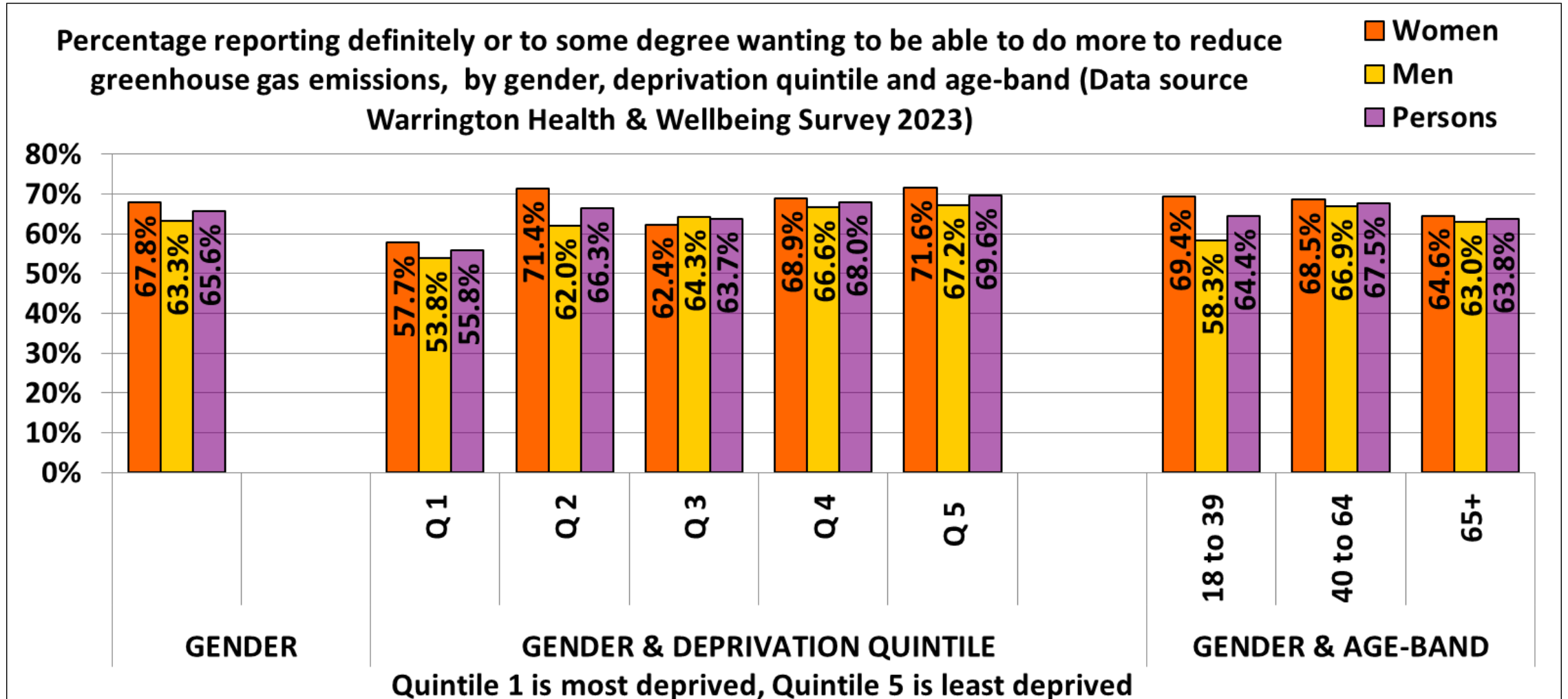
What Does This Suggest for Local Action on Leisure Activities

- 1 in 7 respondents cited affordability as a barrier to participating in leisure activities. Leisure, community and VCFSE sectors should consider opportunities for widening the range of activities provided to include inexpensive options that enable all community members to take part, especially women living in our most deprived areas. These could utilise our existing green spaces to support civic participation in local amenities and social connectivity.
- Consideration should be given to develop schemes to support female residents living in our most deprived areas to overcome confidence issues and attend leisure activities, such as community buddies, or targeted group activities.
- System partners should support and maintain a directory within the virtual Living Well Hub that outlines the range of local leisure activities available for our citizens.
- Continue to invest in improvements for walking and cycling in parks and open spaces through delivery of Strategic Greenways and Neighbourhood Routes outlined in Local Walking and Cycling Infrastructure Plan.

Climate Change

- **Most (89.5%) respondents stated that they believe climate change is happening, although this was lower among those living in the most deprived areas (85%).**
- 79.5% were aware of the expected changes to the local climate over the remainder of the century.
- Three-quarters (74.4%) knew what they could do to adapt to changes in the climate.
- Two-fifths (39%) were aware of the amount of greenhouse gas emissions associated with their activities.
- Over half (55.1%) knew how to reduce greenhouse gas emissions.
- Two-thirds wanted to do more to adapt to changes in the climate (70.2%) and reduce greenhouse gas emissions (65.6%).
- 69% had already changed their behaviour to adapt to changes in the climate, and 53% had taken steps to reduce greenhouse gas emissions.
- **Respondents from Quintile 1 were less likely to know about future expected climate change, how to adapt or reduce greenhouse gas emissions, or have already changed their behaviour.**

Climate Change continued...



What Does This Suggest for Local Action on Climate Change

- People are keen to take more action related to climate change, although many did not always know their impact or what further actions they can take. Coordinated communications and engagement activities including guidance on practical action should be undertaken to address this, e.g. Warrington Climate Emergency Newsletter, Warrington Climate Action website.
- Respondents living in the most deprived areas of Warrington are least engaged yet most vulnerable to the immediate impacts of climate change. The Warrington Climate Emergency Commission and other system organisations supporting local action on climate change, should consider targeting engagement activity to younger groups and those in the most deprived areas.
- Further, more in-depth research on actual climate change awareness and activity could be undertaken.
- Reduce use of fossil fuels by supporting residents to transition to electric vehicles through delivery of the WBC [Electric Vehicle Strategy](#) and rollout of on street and charging hubs in local areas.
- Reduce use of fossil fuels by supporting residents to reduce their reliance on the car by providing more opportunity to travel on foot, cycle and by public transport through delivery of the [Local Transport Plan 4](#), LCWIP and BSIP.

The Home, Neighbourhoods, and Communities report is available via the JSNA webpage: [Joint Strategic Needs Assessment \(JSNA\) | warrington.gov.uk](https://www.warrington.gov.uk/jsna)



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