

Lockdown wellbeing

Key findings

This report provides a summary of the key findings from the sixth Hampshire Perspectives survey, which sought to understand how Hampshire residents are coping during the third national lockdown.

Between 20 January 2021 and 2 February 2021, **747** residents shared their perspective to help the County Council understand the kind of assistance that might be needed to support residents' mental and physical wellbeing, as well as information that may be required to support the rollout of the COVID-19 vaccine in Hampshire.

Overall, the survey revealed that:

- although many respondents continued to leave their homes for shopping, exercise, work and medical needs, just over half felt safe when doing so, compared to a third who felt 'unsafe'.
- one in five respondents reported low levels of satisfaction with their life nowadays and the same proportion said that they felt anxious, nervous or on edge. A lack of social interaction was cited as the main cause of low mental health, followed by a perceived lack of freedom to travel or leave the home.
- just over half of respondents are doing less physical activity during this (winter) lockdown than before the outbreak in March 2020. Over three quarters said that this was because they missed the types of physical activity they were able to do before the outbreak, but the changes in weather and the number of hours of sunlight available over the winter months have also had a notable impact.
- responding parents who are currently home schooling spoke of difficulties combining their work with their child/ children's educational needs, with just under half finding that they had 'no time' for themselves.
- almost all respondents said that they were likely to get a Coronavirus vaccination when one is available.

The survey findings have been shared directly with the County Council's public health and social care teams, as well as with the COVID Recovery Group and Elected Members.

Formed in September 2020, Hampshire Perspectives is the County Council's online residents' forum – a diverse group of people who share their views to help the County Council to shape services and make decisions that are right for local residents. As yet, the forum is not fully representative of the Hampshire population, so findings are indicative, rather than generalisable to the county as a whole. For further information contact insight@hants.gov.uk