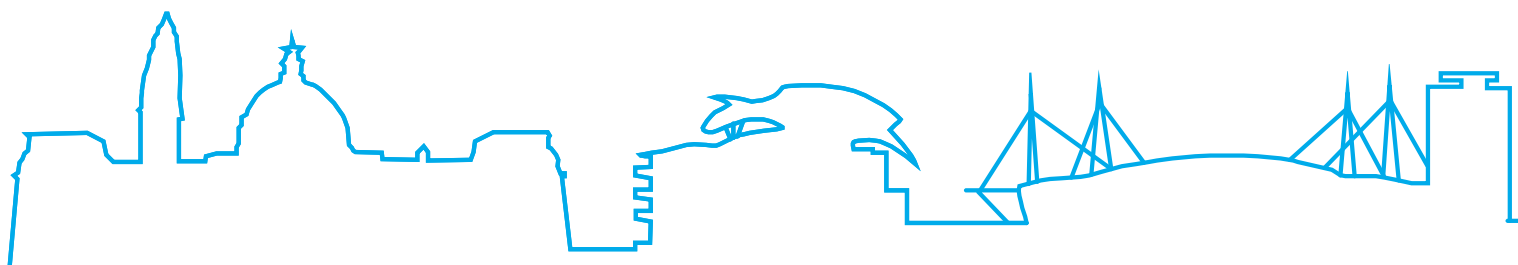


7. People in Cardiff are healthy

You can navigate the document using links in the table below:

7.1.1	To what extent are you satisfied or dissatisfied with the following? <ul style="list-style-type: none"> Your physical health Your mental and emotional health
7.2	<u>Public Health</u>
7.2.1	To what extent do you agree or disagree that you have the right information to decide how to live a healthy life?
7.2.2	Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks.
7.3	<u>Healthy Eating</u>
7.3.1	Have you or a family member missed a meal in the last two weeks due to a lack of money?
7.3.2	If you have a child of school age do they EVER go hungry in the school holidays?
7.3.3	Do money worries prevent you from inviting family or friends (including children's friends) for a meal once a month?
7.3.4	In the last 12 months have you participated in any of the following food activities? Please tick all that apply
7.3.5	On average how many pieces of fruit and vegetables (excluding potatoes) do you consume each day?
7.3.6	In the last week, how many times have you drunk full sugar soft drinks including sports drinks, energy drinks and/or fizzy drinks (not including diet or sugar free drinks)?
7.3.7	Thinking about how you feel about the sugar you get from your food and drink, please select one answer below:



7.3.8 Do you think publically funded facilities (e.g. hospitals, leisure centres, and parks) should be encouraging the promotion of healthy food and drink options?

7.3.9 We have a partnership called Food Cardiff which works with partners promoting healthy, local, affordable and sustainable food across the city. What key issue do you think this partnership should focus on?

7.4 Being Active Outdoors

7.4.1 How many visits to the outdoors have you made in the last 4 weeks?

7.4.2 Which of the following, if any, best describes the main type of place you visited on your most recent visit to the outdoors?

7.4.3 What reasons, if any, best describe why you made this visit to the outdoors?

7.4.4 For what reasons, have you not made visits to the outdoors in the last 4 weeks?

7.5 Current Well-being

7.5.1 Having considered the previous sections, what do you feel is the most important factor(s) in having a healthy and happy life?

7.5.2 Please share an example of a local service(s) or organisation(s) that has had a positive effect on you and your community's well-being.

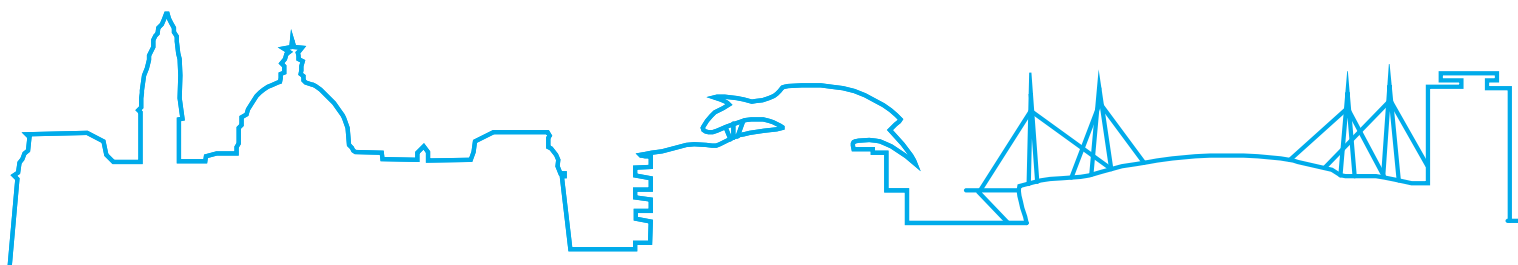
7.6 Future Well-Being

7.6.1 What do you think might affect your well-being over the next five years?

7.6.2 What services or support do you think are important to maintaining or improving your current level of well-being?

7.6.3 What changes to public services would have the greatest positive effect on your well-being?

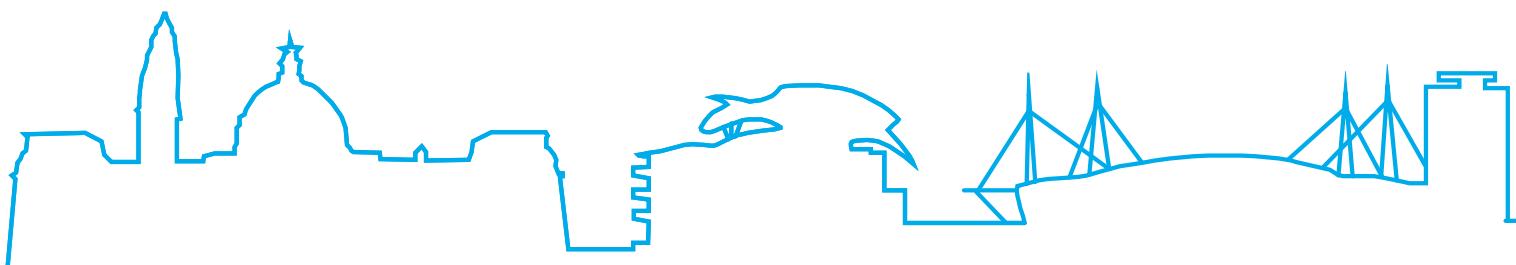
7.6.4 Welsh Refuge Council sessions: Health and Well-being



7.7

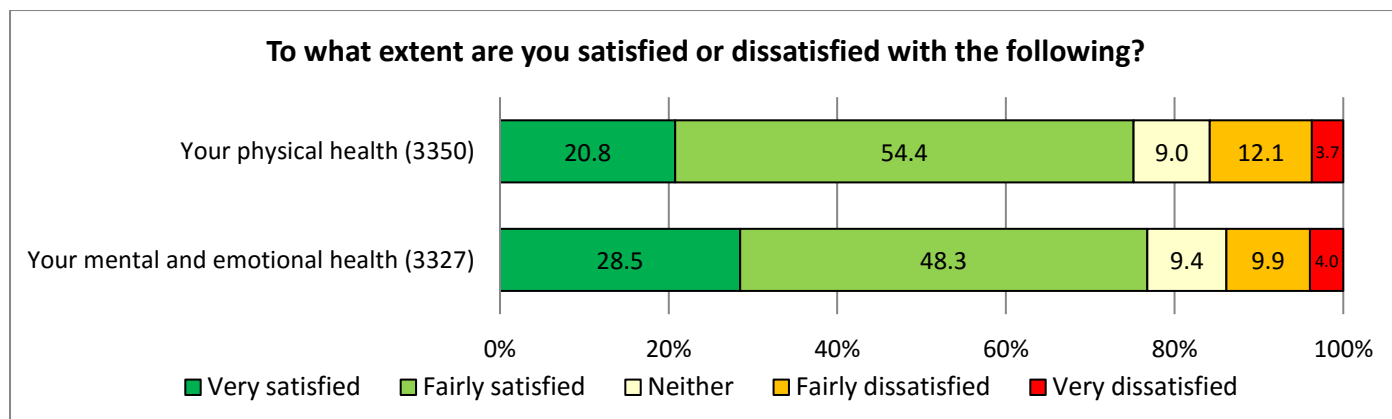
Carers

- 7.7.1 Do you consider yourself an unpaid carer/young carer?
- 7.7.2 On average how many hours per week do you spend carrying out unpaid caring responsibilities?
- 7.7.3 How satisfied are you with the level of support services for unpaid carers/young carers?



7.1.1 To what extent are you satisfied or dissatisfied with the following?

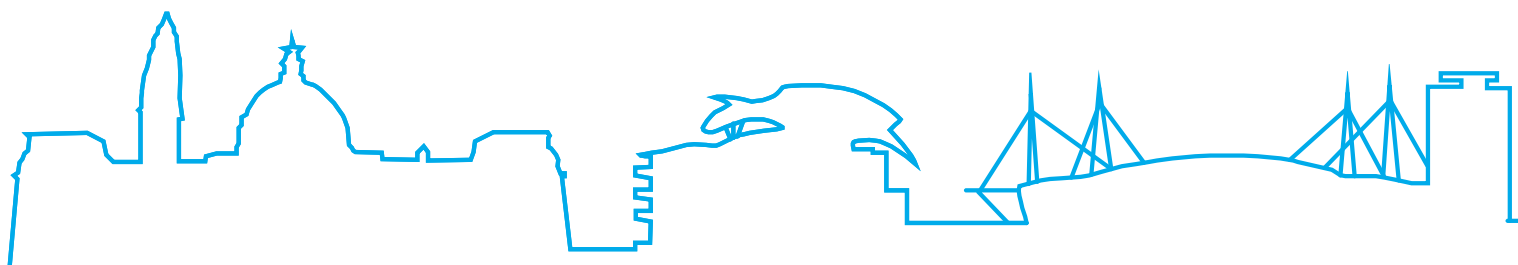
Around three quarters of respondents were 'satisfied' with their physical and mental health (75.2% and 76.8% respectively).



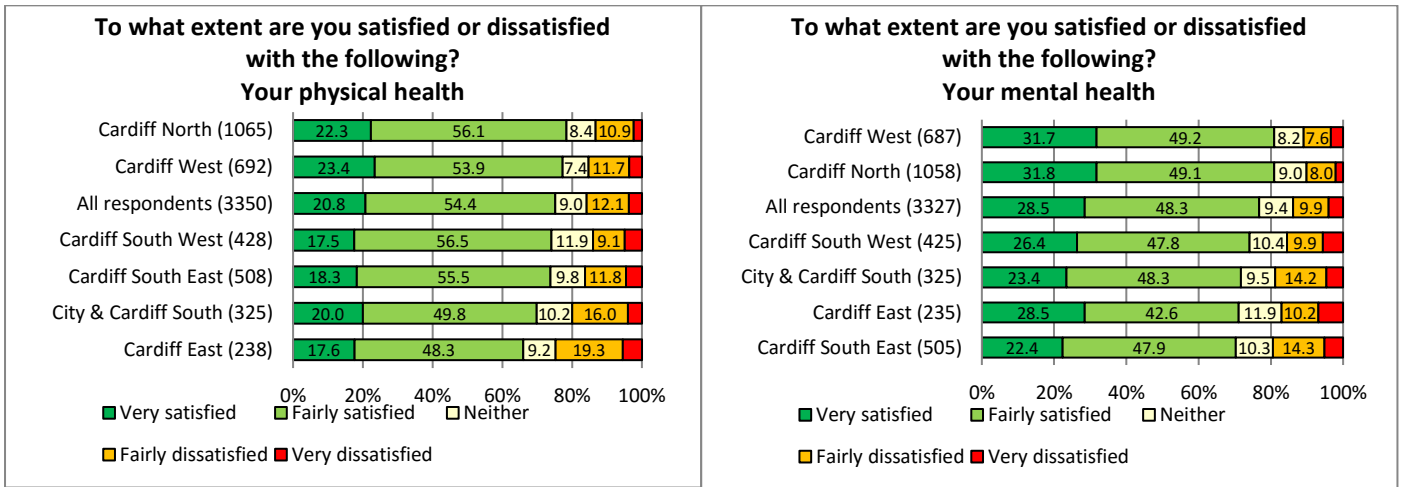
Base sizes shown in brackets. Excludes 'Don't Know' responses.

Amongst respondents in Cardiff North the proportion of respondent's satisfied with their physical health rose to 78.4% whilst in Cardiff East it fell to 65.9%.

Four fifths (80.9%) of respondents in Cardiff West and Cardiff North were either 'very' or 'fairly' satisfied with their mental health. In the areas of Cardiff East and Cardiff South East this proportion dropped by approximately ten percent (71.1% & 70.3% respectively).



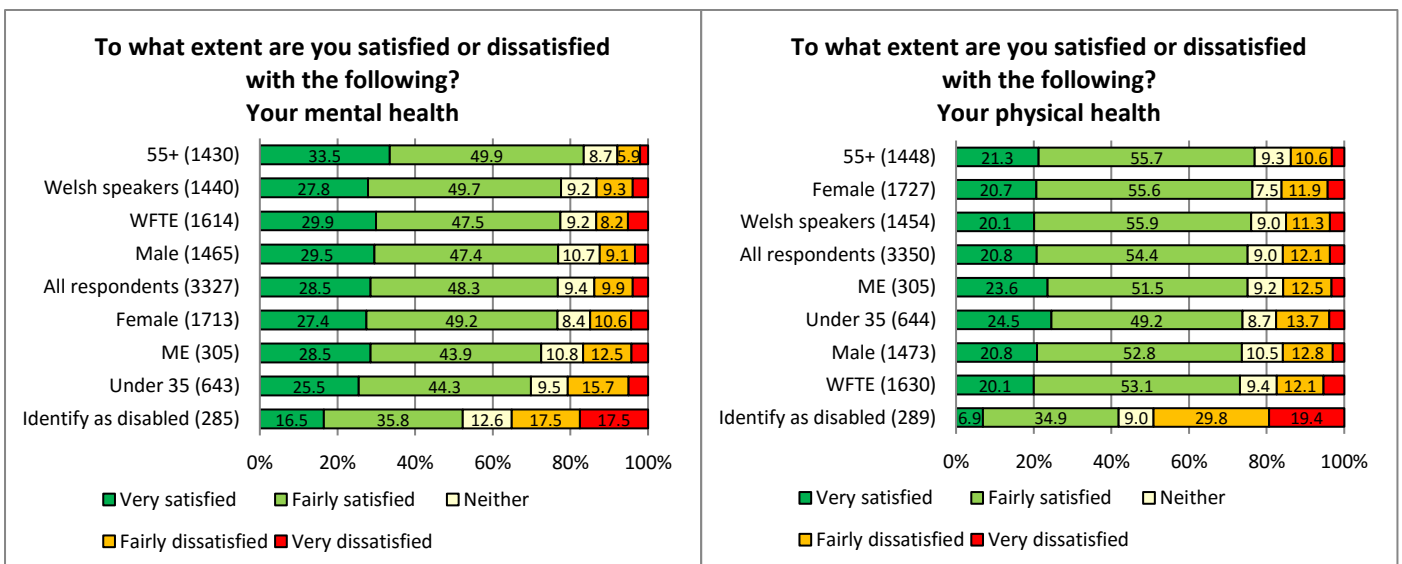
Ask Cardiff Residents Survey 2016



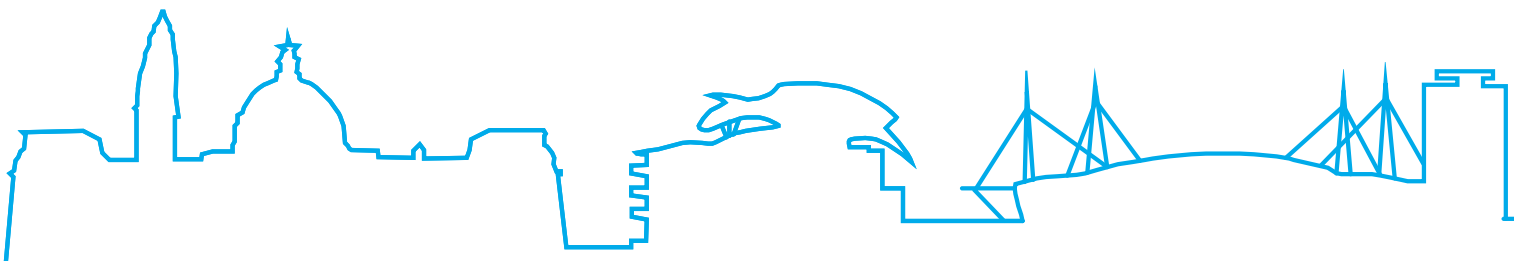
Base data shown in brackets. Excludes 'Don't Know' responses.

There was no significant difference between demographic groups as to how they rated their physical health, except for those identifying as disabled amongst whom the proportion satisfied with their physical health declined to just 41.8%.

Those aged over fifty five were found to be more satisfied with their mental health than those aged under thirty five (83.4% & 69.8% respectively). Amongst those identifying as disabled the proportion who were satisfied with their mental health reduced to just 52.3%.



Base sizes shown in brackets. Excludes 'Don't Know' responses.

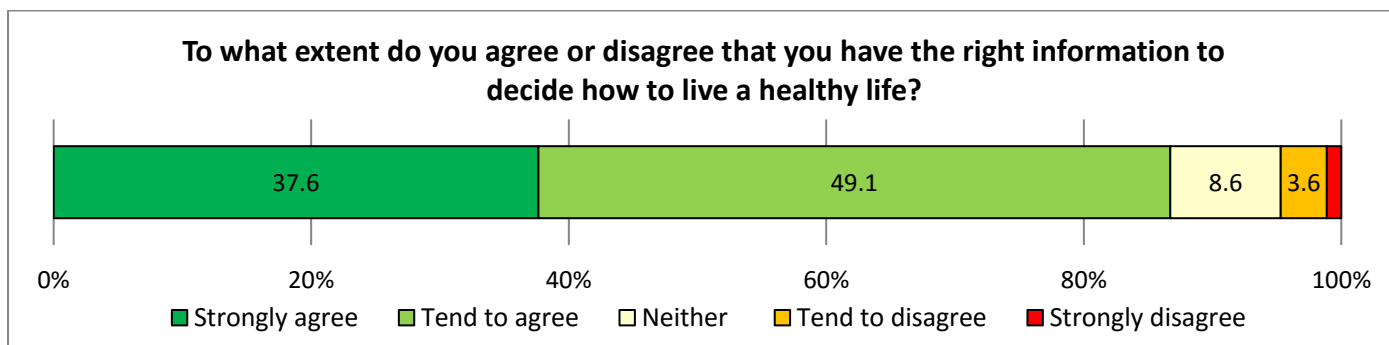


7.2 Public Health

The City of Cardiff believes in healthy living and the need for a positive lifestyle, including diet, exercise and the reasonable consumption of alcohol and tobacco.

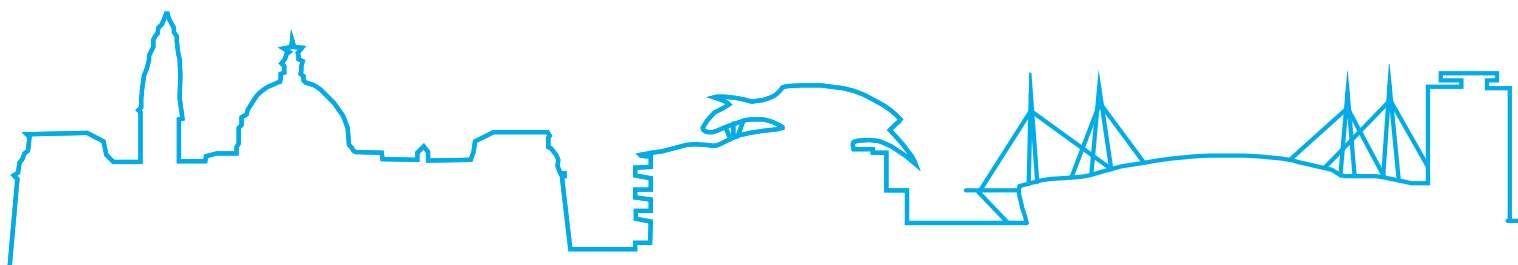
7.2.1 To what extent do you agree or disagree that you have the right information to decide how to live a healthy life?

More than five in every six people (86.7%) agreed that they have the right information available to help them live a healthy life.



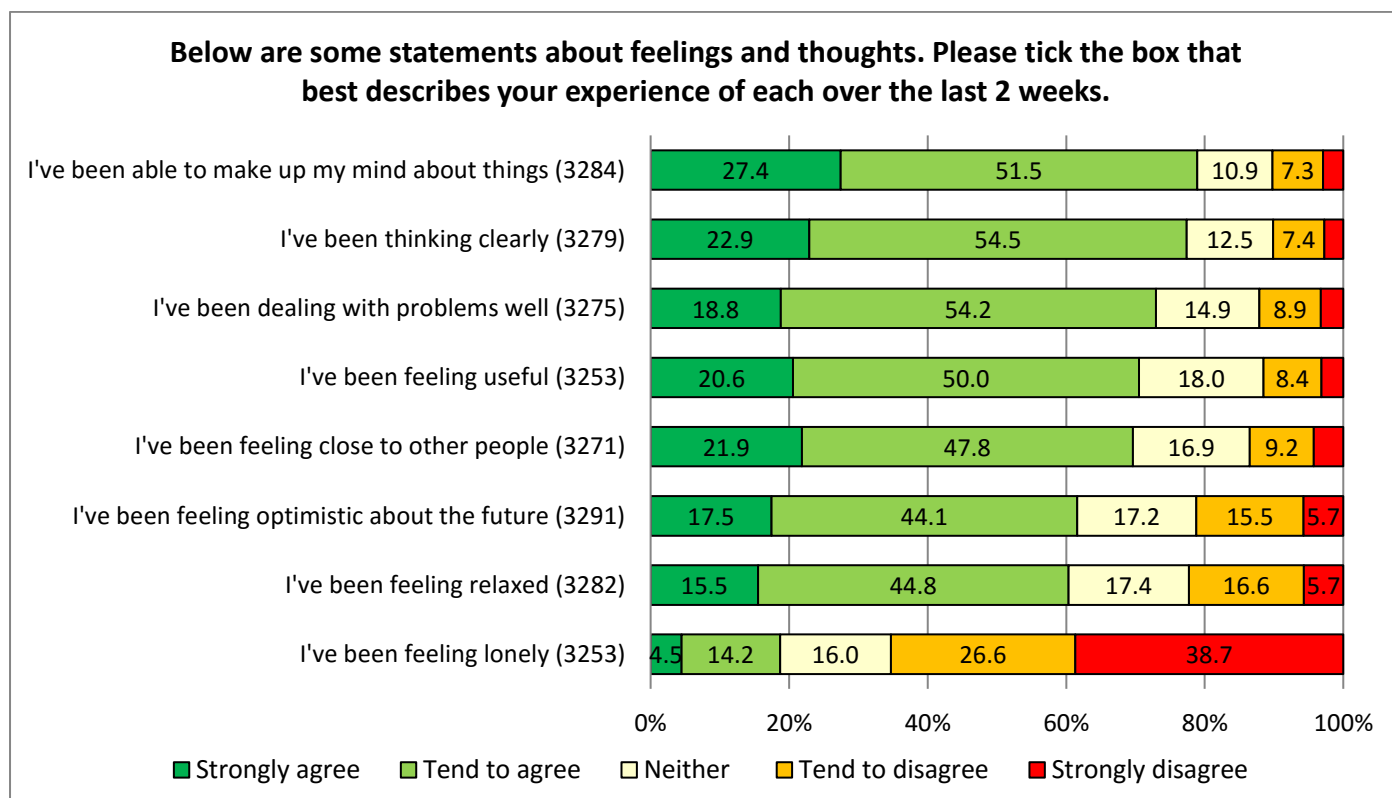
Base: 3300. Excludes 'Don't Know' responses.

Neither geography nor the demographic characteristics of those responding were found to significantly influence responses relating to this question.

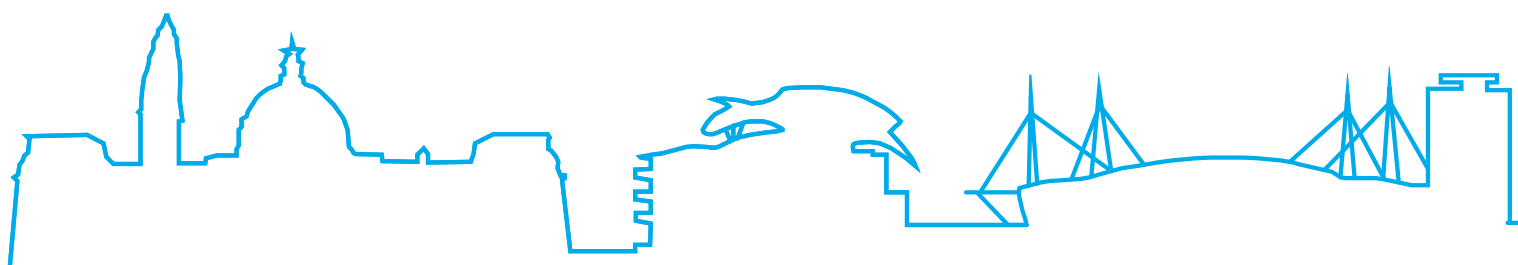


7.2.2 Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks.

More than three quarters of respondents reported that in the previous two weeks they had been thinking clearly (77.4%) and had been able to make their mind up about things (78.9%). In comparison just 60.3% described themselves as being 'relaxed' while 18.7% admitted to feeling lonely.



Base sizes shown in brackets. Excludes 'Don't Know' responses.



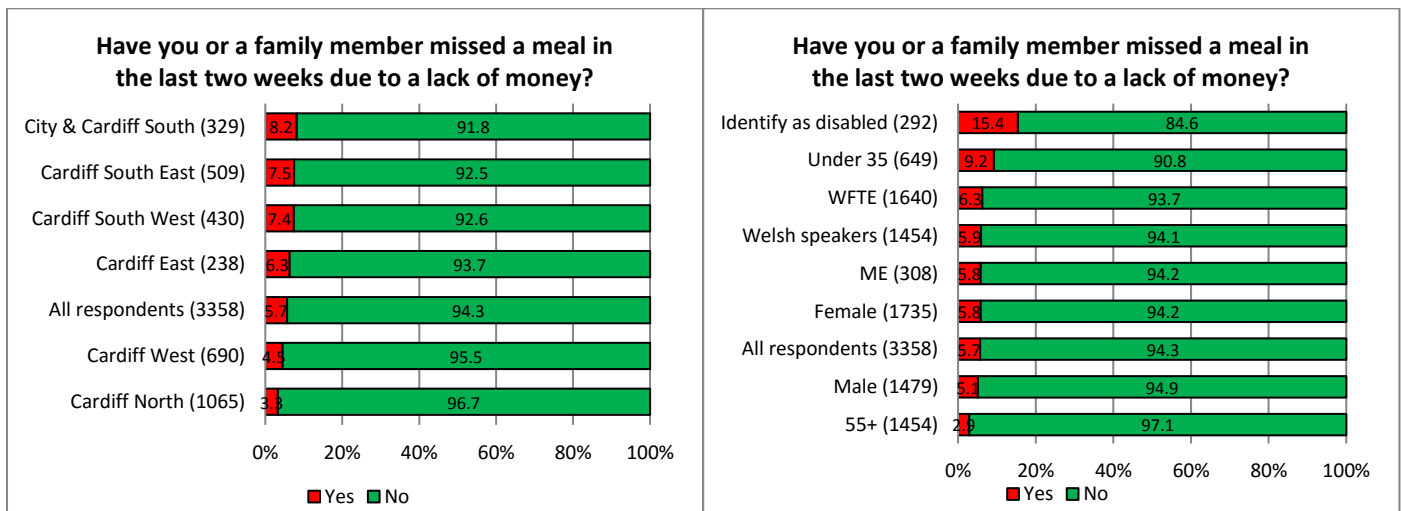
7.3 Healthy Eating

7.3.1 Have you or a family member missed a meal in the last two weeks due to a lack of money?

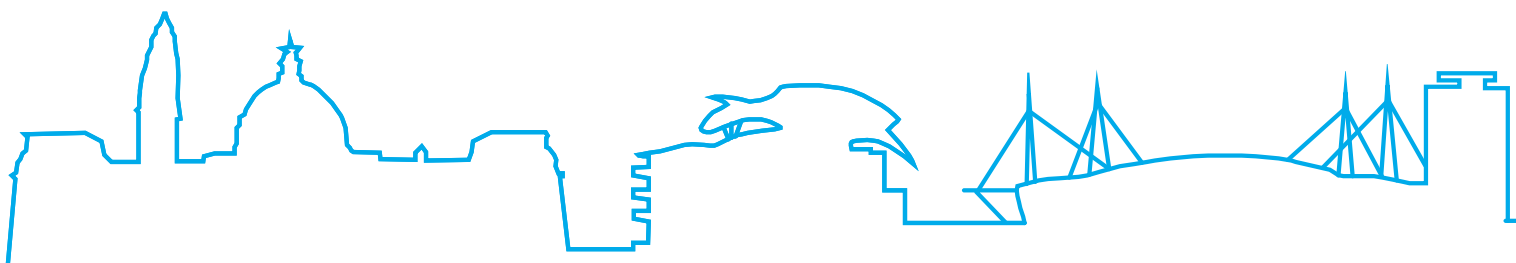
Approximately one in twenty respondents reported to have missed a meal in the last two weeks due to a lack of money (5.7%).

Areas in the south of the city had a higher proportion of respondents who reported missing a meal including 8.2% in City & Cardiff South, compared to 3.3% in Cardiff North.

Amongst those identifying as disabled the proportion reporting to have missed a meal in the previous two weeks rose to 15.4%. significantly higher than the overall figure (4.3%) and all the other demographics.

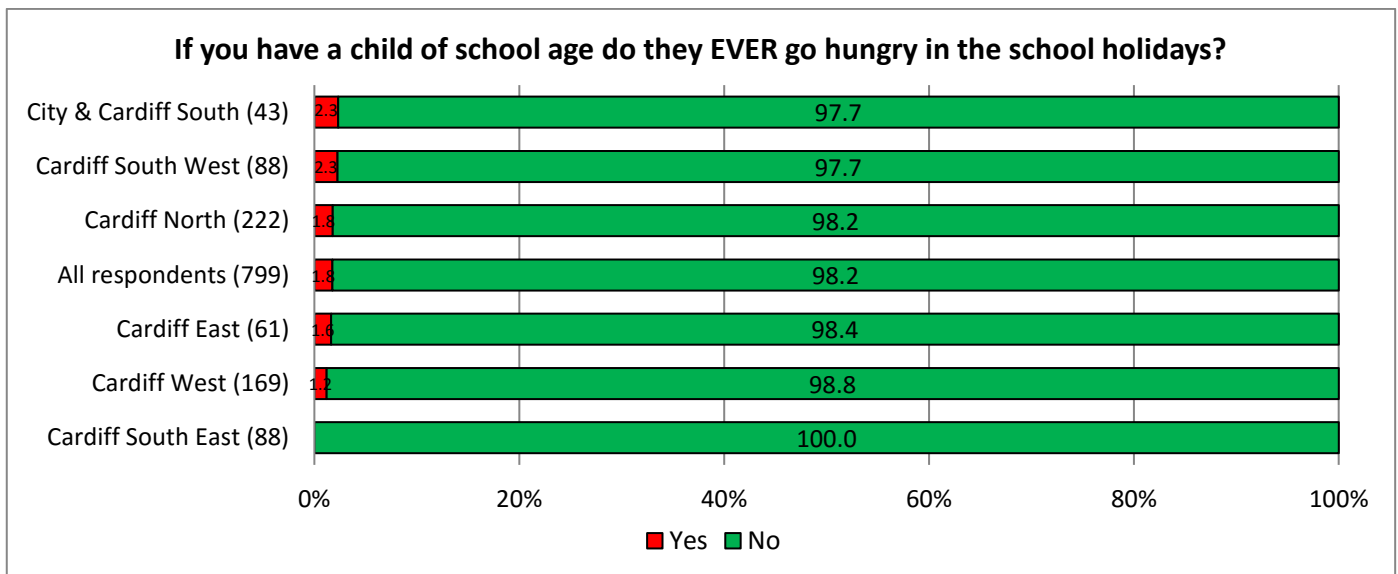


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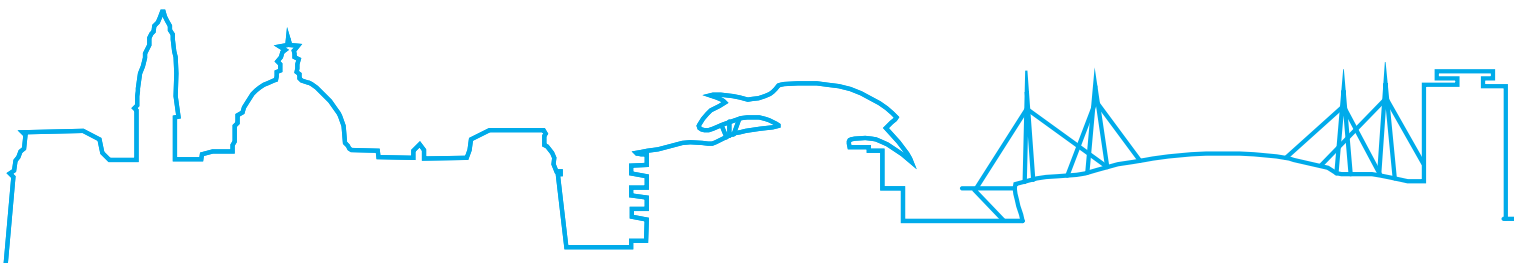


7.3.2 If you have a child of school age do they EVER go hungry in the school holidays?

Looking at these results geographically there was a slight variation between the different Neighbourhood Partnership Areas with 2.3% of respondents reporting that their child has gone hungry at least once during the school holidays in both City & Cardiff South and Cardiff South West. None of the 88 respondents in Cardiff South East reported that their child had ever gone hungry during the school holidays.



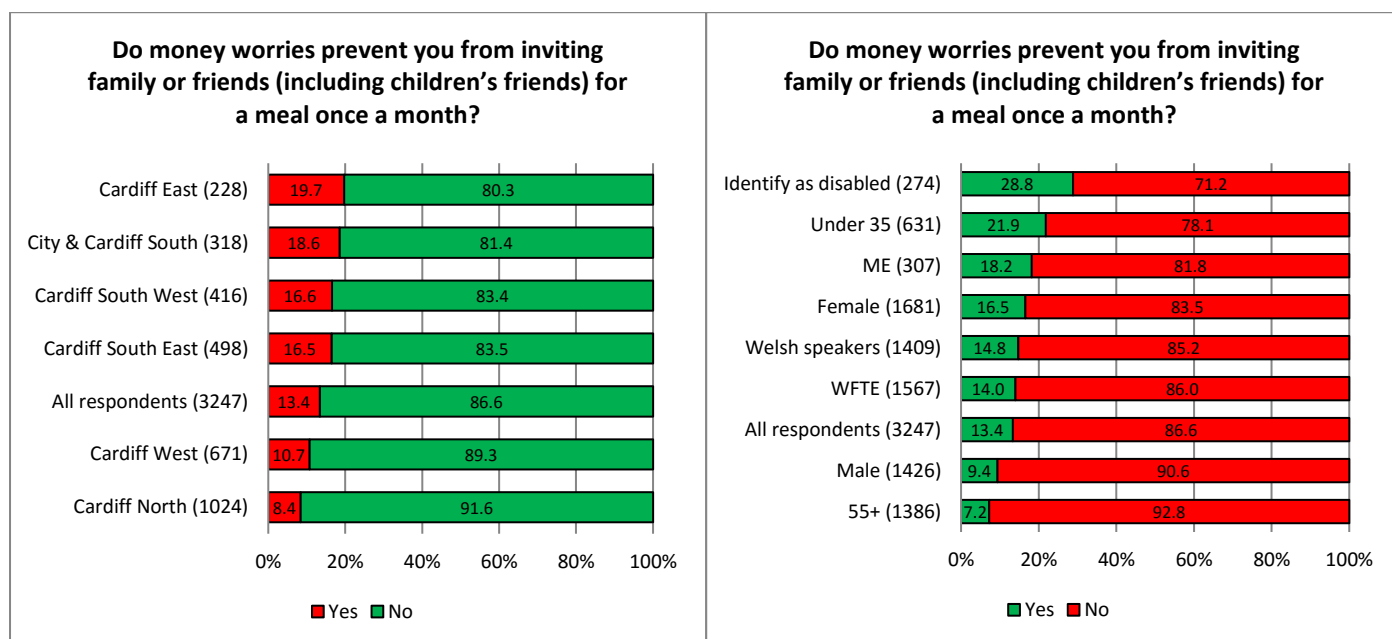
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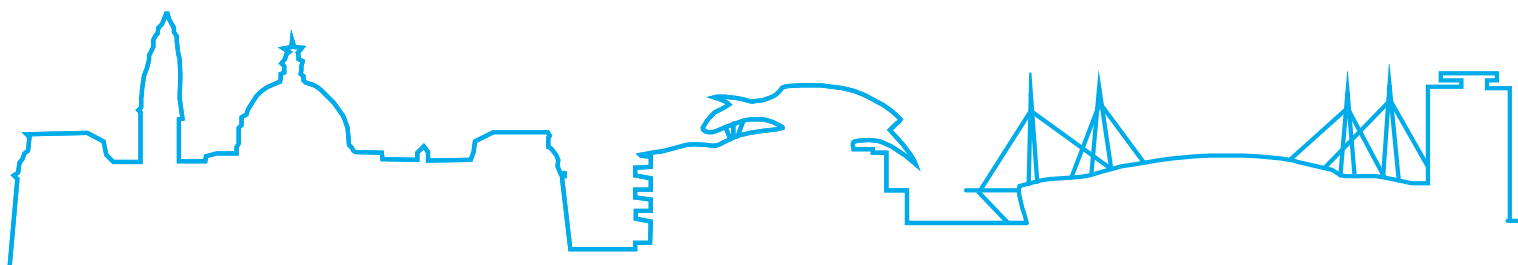
7.3.3 Do money worries prevent you from inviting family or friends (including children's friends) for a meal once a month?

Around a fifth (19.7%) of respondents in Cardiff East reported money worries that prevent them from inviting family and friends for a meal.

Money worries were found to be experienced most by those identifying as disabled (28.8%), under 35's (21.9%) and those from a minority ethnic background (18.2%) whilst males and those aged over fifty five were least likely to be affected (9.4% and 7.2% respectively).

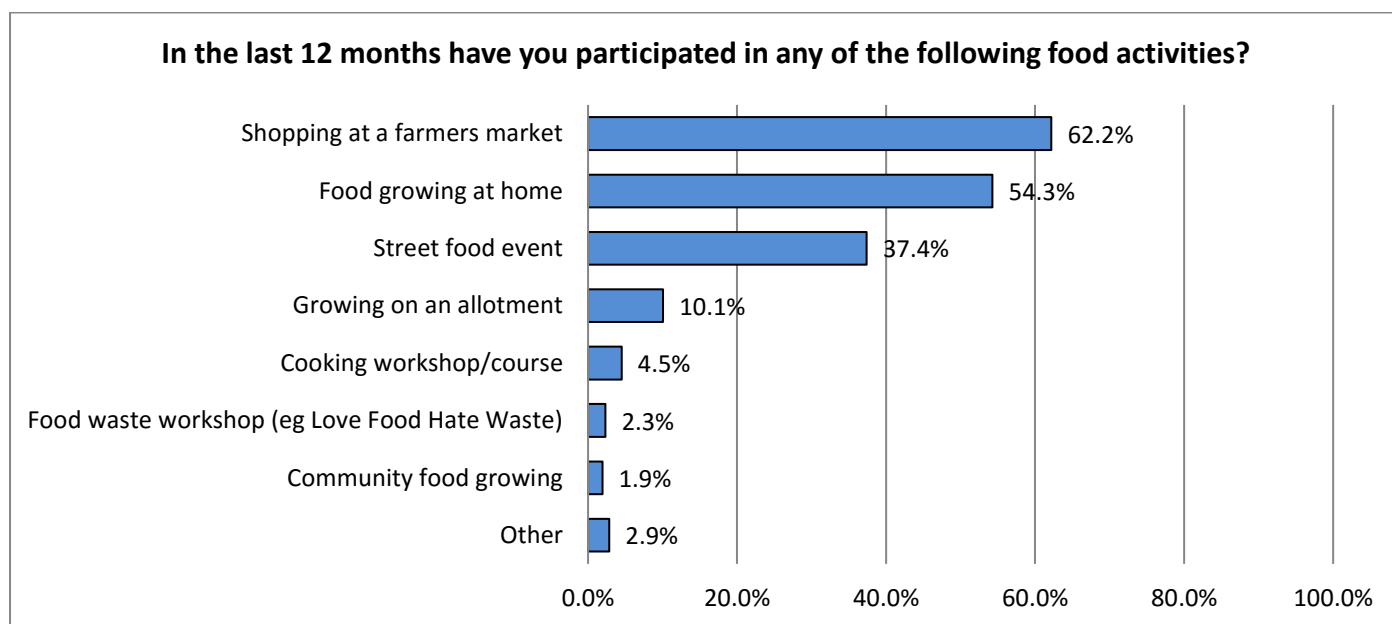


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7.3.4 In the last 12 months have you participated in any of the following food activities? Please tick all that apply.

More than three fifths (62.2%) of respondents reported to having been 'Shopping at a farmers market' in the previous twelve months whilst more than half (54.3%) were 'Food growing at home'.

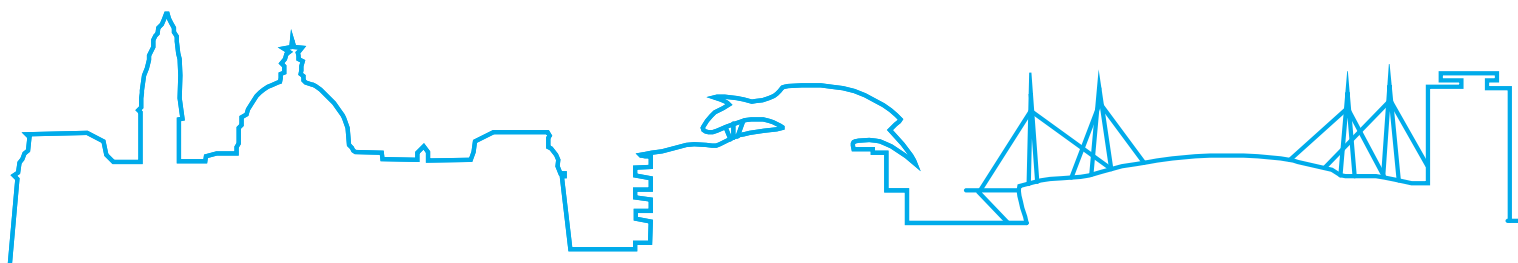


Base: 2067

The proportion of people visiting a 'Street food event' was found to differ significantly depending on geography. Just a quarter (25.4%) of respondents in Cardiff East were found to have visited a 'Street food event' in the previous twelve months compared to 60.2% of those in Cardiff City & South.

The age of respondents was also found to heavily influence participation in these kinds of activities with just 29.0% of those aged fifty five plus reporting to have attended a 'Street food event' in the last twelve months compared to 84.1% of those aged under thirty five.

Two thirds (66.1%) of respondents in Cardiff East reported 'Food growing at home' compared to just over a third (35.3%) in Cardiff City & South. In comparison just half (50.0%) of respondents in Cardiff East had 'shopped at a farmers market' in the last twelve months compared to 69.1% of those in Cardiff City & South.

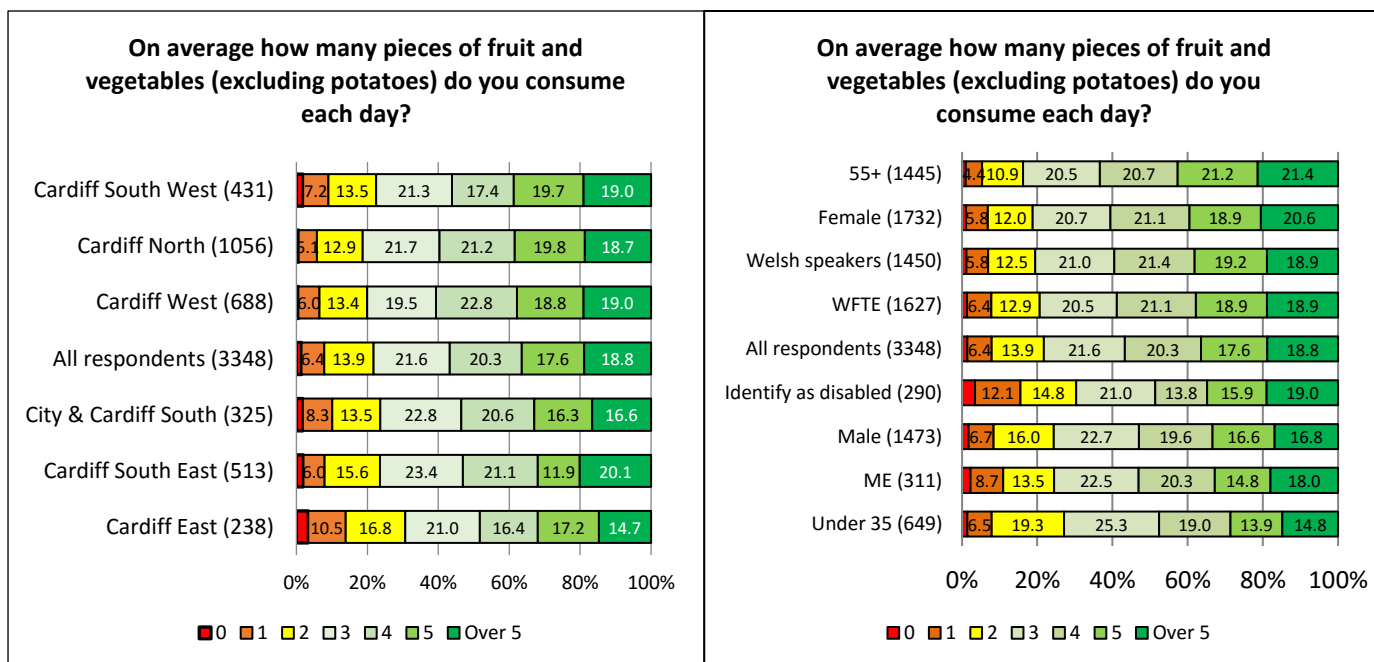


7.3.5 On average how many pieces of fruit and vegetables (excluding potatoes) do you consume each day?

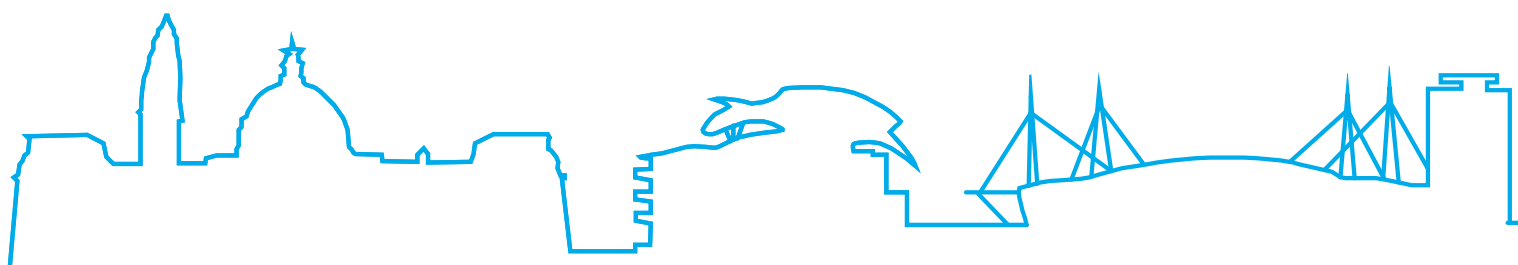
Just over a third (36.4%) of respondents reported that they eat five or more pieces of fruit and vegetables each day.

Respondents in Cardiff East were least likely to eat five or more pieces of fruit and vegetables each day (31.9%). At the other end of the scale Cardiff South West respondents were most likely to consume five or more (38.7%).

Those aged over fifty-five were more likely to eat the recommended daily amount of fruit and vegetables than those aged under thirty five (42.6% and 28.7% respectively). Respondents identifying as disabled were most likely to consume less than three pieces of fruit or vegetables each day (30.3%).



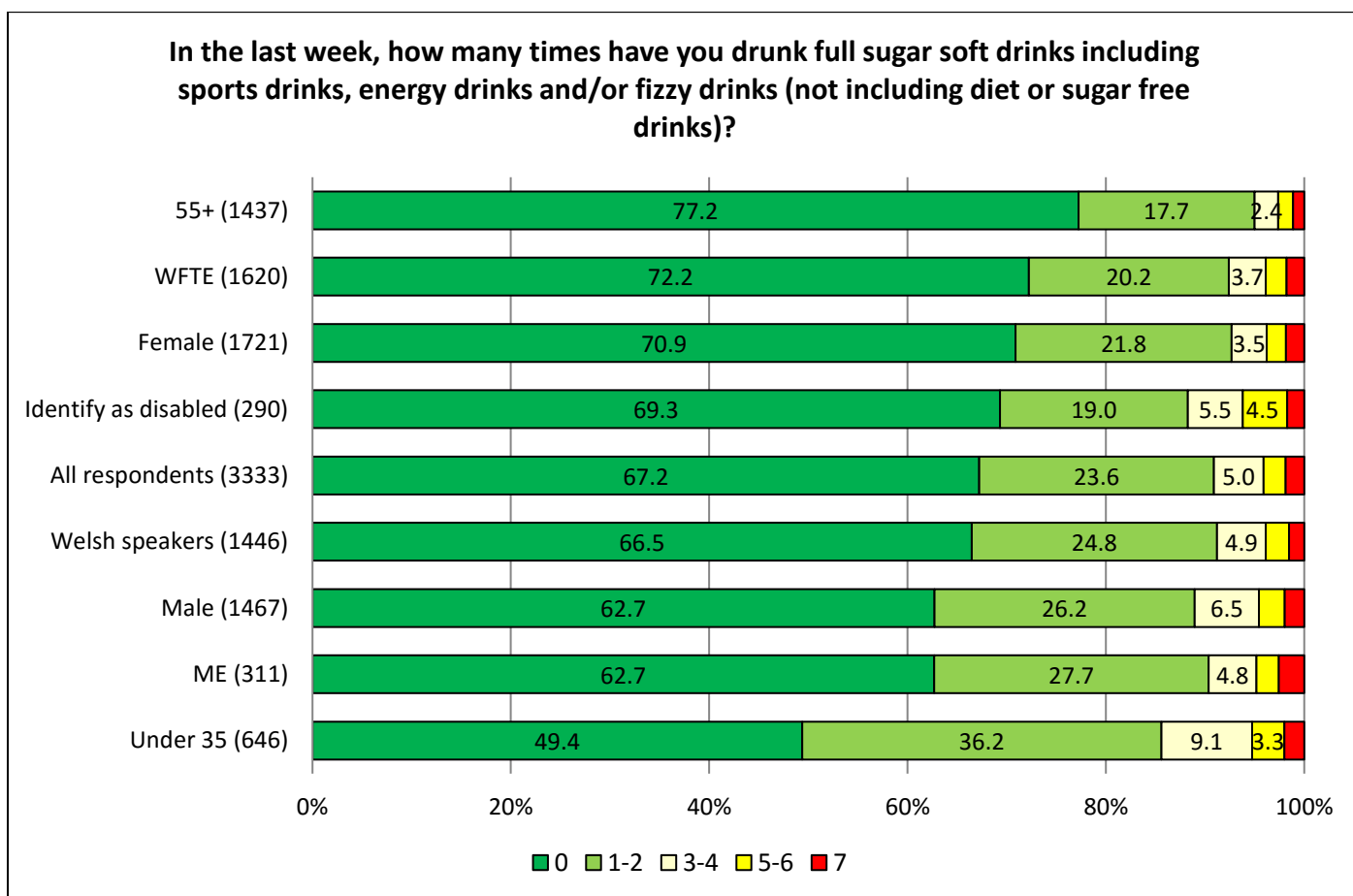
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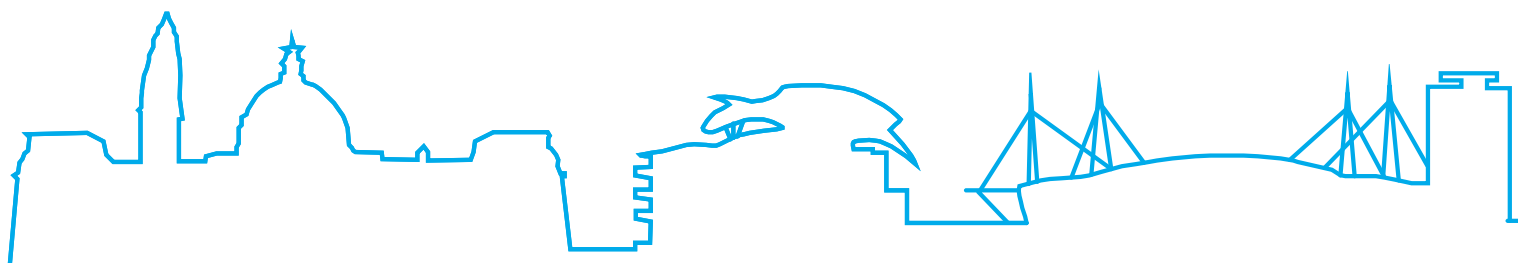
7.3.6 In the last week, how many times have you drunk full sugar soft drinks including sports drinks, energy drinks and/or fizzy drinks (not including diet or sugar free drinks)?

Two thirds (67.2%) of respondents reported that they had not drunk any full sugar drinks in the previous week.

Respondents aged under thirty five were the only demographic where more than half the population drank these types of drinks (50.6%). In comparison 77.2% of respondents aged over 55s did not drink these drinks at all during the last week.

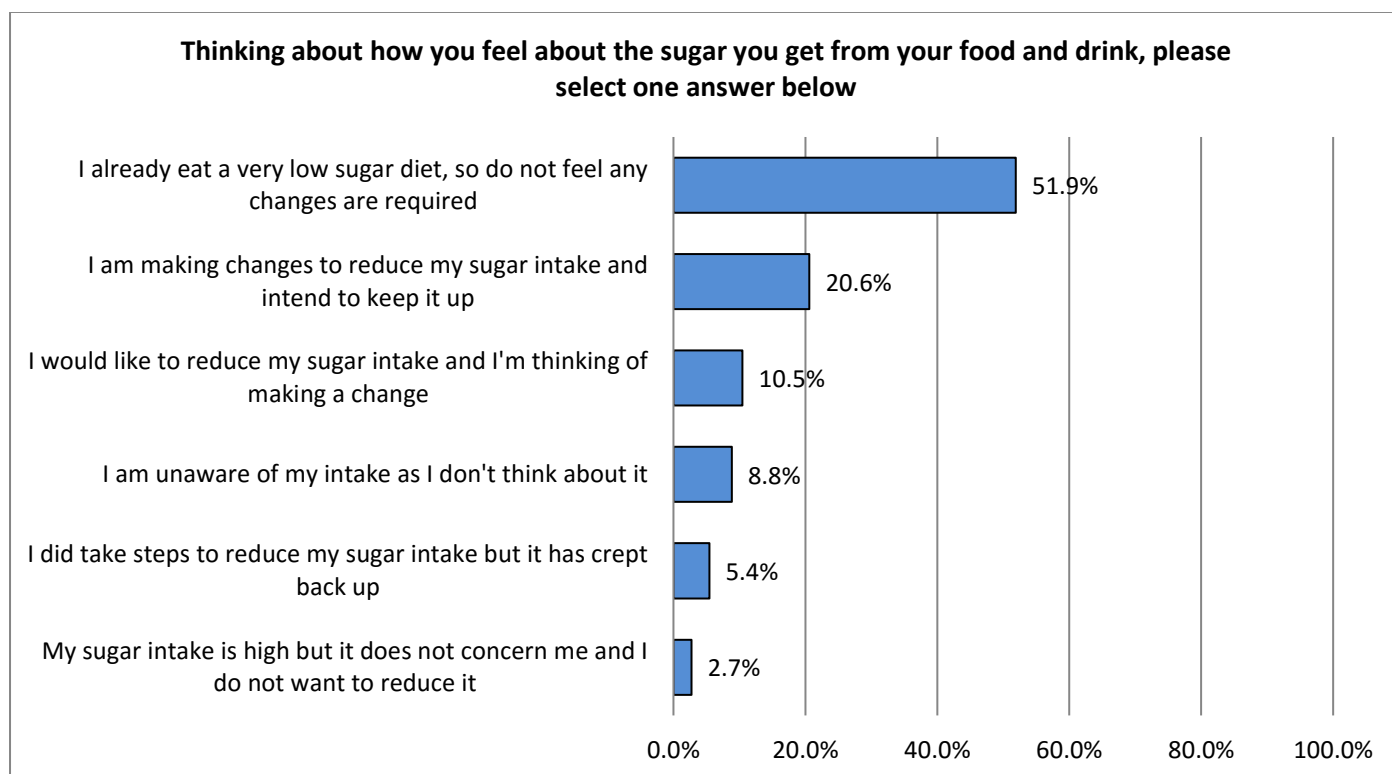


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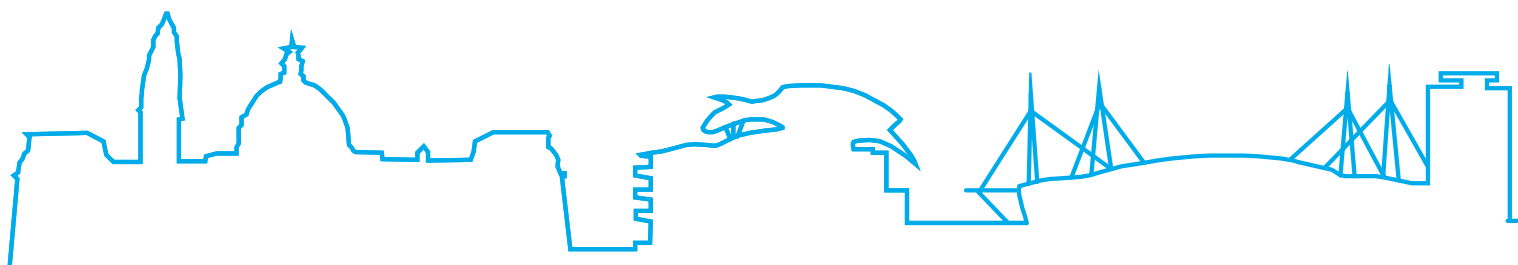
7.3.7 Thinking about how you feel about the sugar you get from your food and drink, please select one answer below:

Approximately half (51.9%) of respondents were satisfied that their diet was already relatively low in sugar and that no changes were required, with another 20.6% currently making changes.



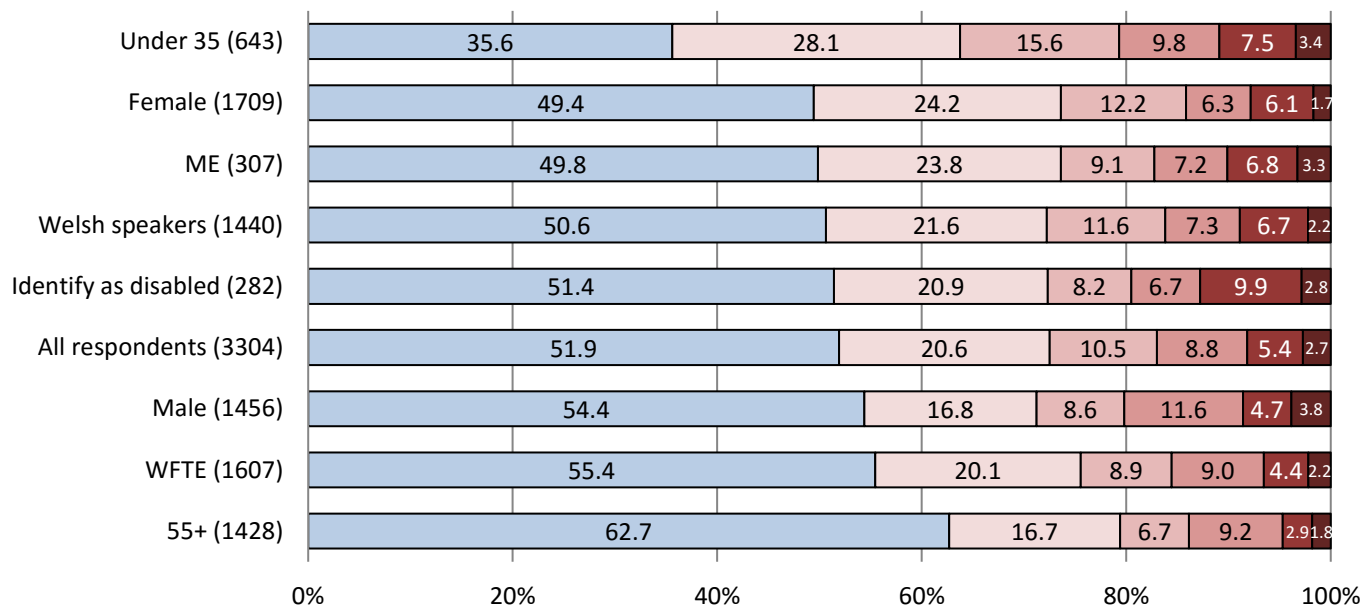
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When examined by demographics those aged fifty five plus were found to be far more likely to already be on a low sugar diet compared to those aged under thirty five (62.7% and 35.6% comparatively).



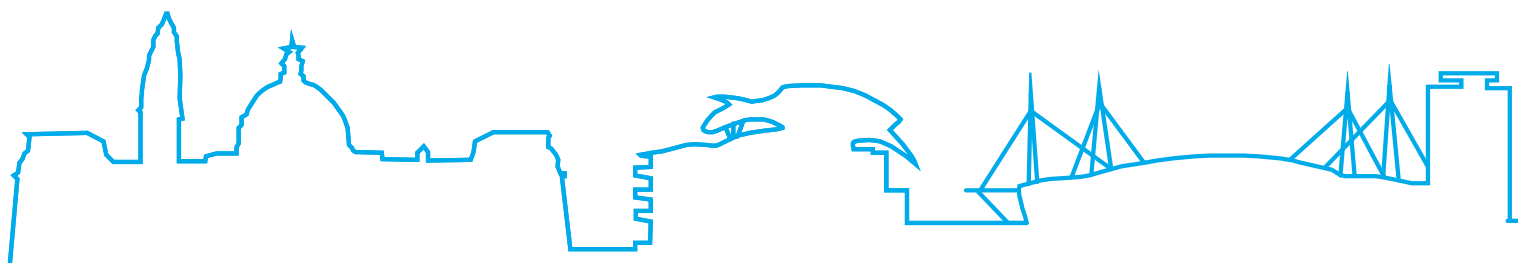
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Thinking about how you feel about the sugar you get from your food and drink, please select one answer below:



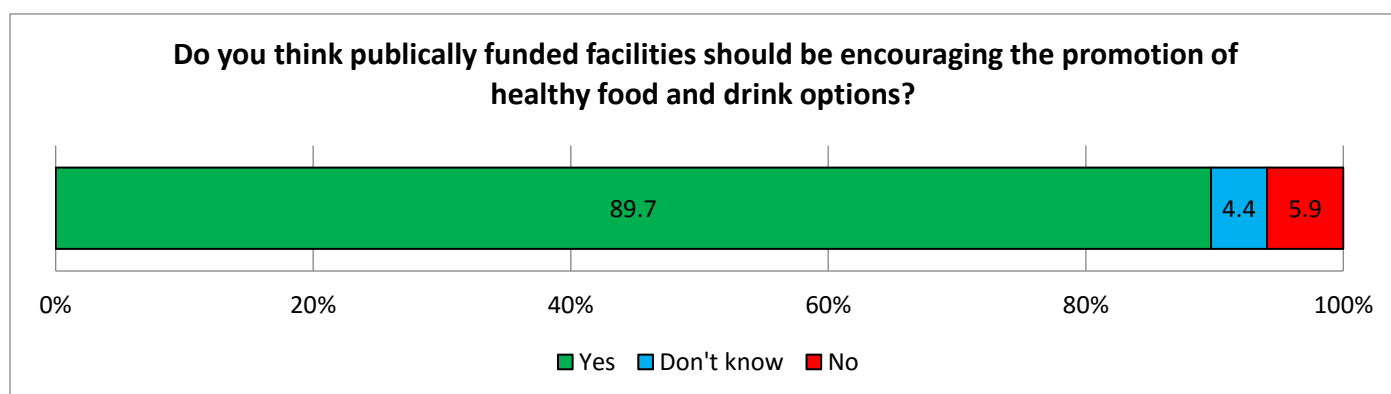
- I already eat a very low sugar diet, so do not feel any changes are required
- I am making changes to reduce my sugar intake and intend to keep it up
- I would like to reduce my sugar intake and I'm thinking of making a change
- I am unaware of my intake as I don't think about it
- I did take steps to reduce my sugar intake but it has crept back up
- My sugar intake is high but it does not concern me and I do not want to reduce it

Base sizes shown in brackets.

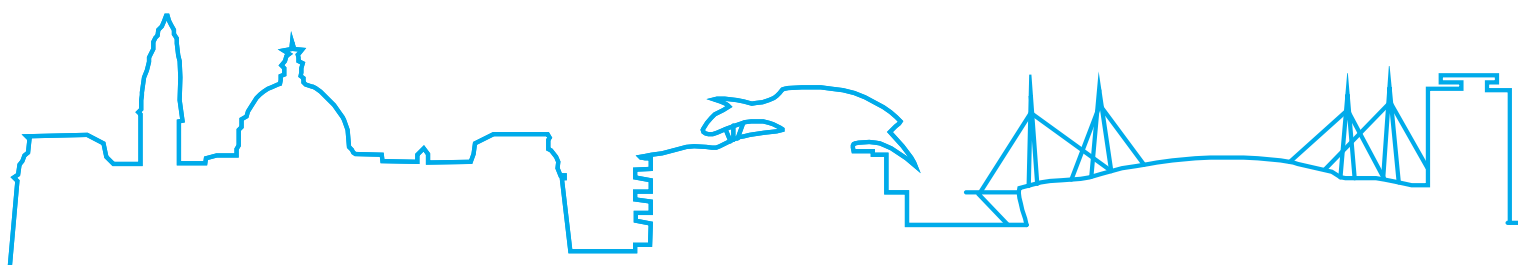


7.3.8 Do you think publically funded facilities (e.g. hospitals, leisure centres, and parks) should be encouraging the promotion of healthy food and drink options?

Nine in ten respondents (89.7%) agreed that healthy food and drink options should be encouraged in publically funded facilities.

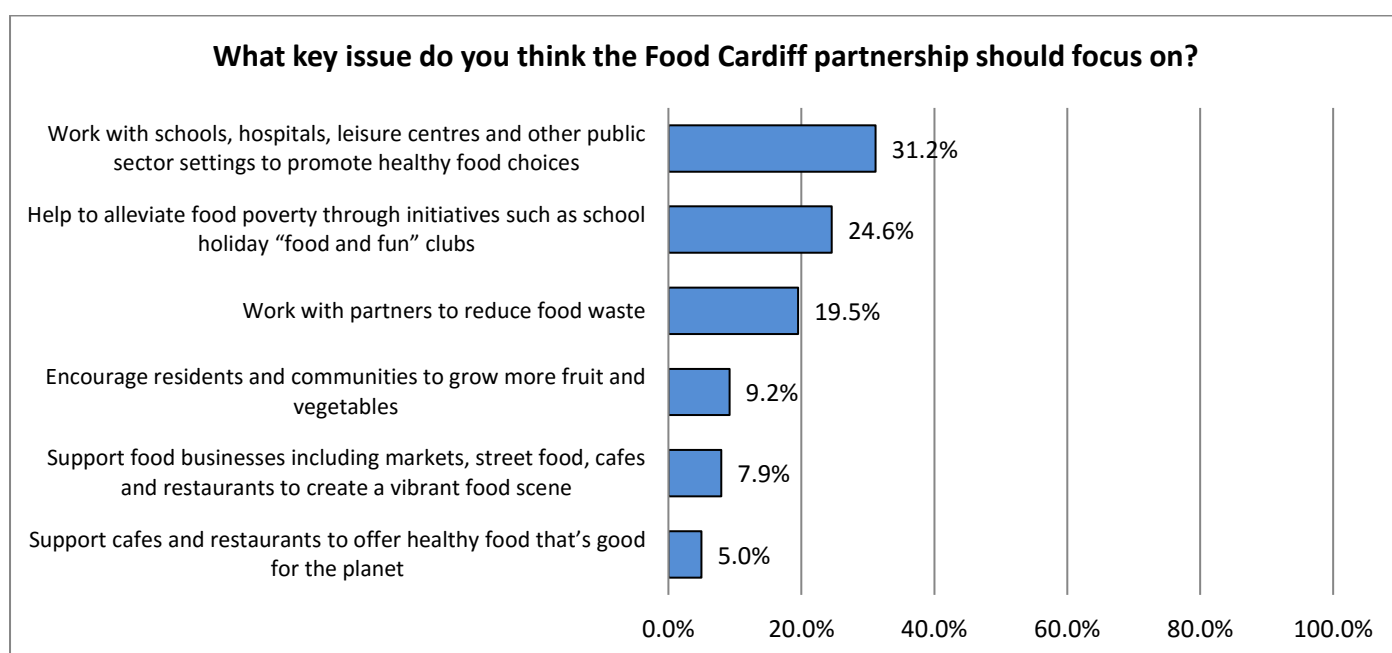


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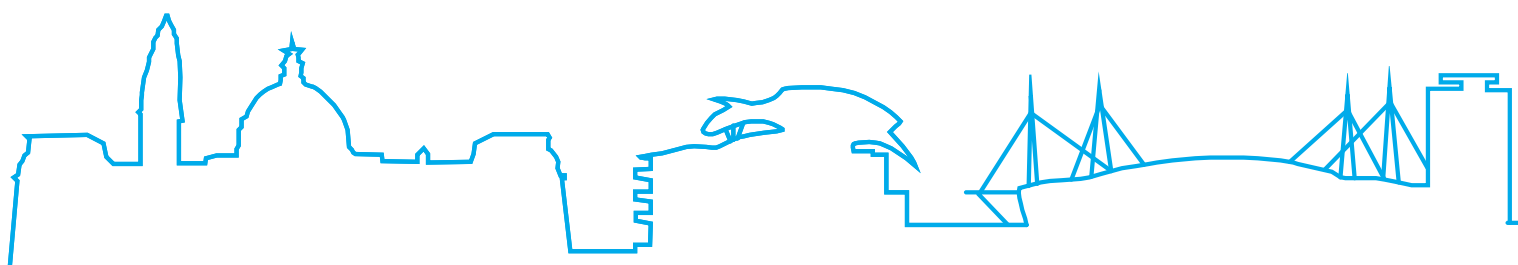


7.3.9 We have a partnership called Food Cardiff which works with partners promoting healthy, local, affordable and sustainable food across the city. What key issue do you think this partnership should focus on?

Around a third (31.2%) of respondents wanted to see a focus on work with public sector settings including schools, hospitals and leisure centres to promote healthy food choices whilst a quarter (24.6%) hoped to see food poverty alleviated through initiatives such as ‘food and fun’ clubs.



Base: 3245.



7.4 Being Active Outdoors

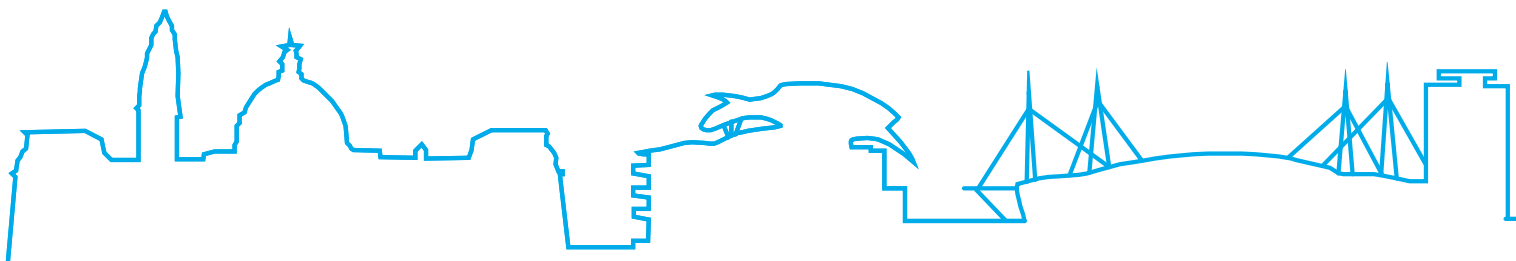
7.4.1 How many visits to the outdoors have you made in the last 4 weeks?

This was an open question where 2,856 responses were received. A third of respondents (33.6%) visited the outdoors between 1 and 14 times over the previous 4 weeks, with a quarter (24.8%) between 15 and 28 times over this period. Just over one in six respondents (17.4%) made a visit to the outdoors more often than this, whilst one in fifty (1.9%) had not made a visit to the outdoors in this time.

An additional 14.0% visit the outdoors 'Every day' with 5.9% outside 'Lots' over the four week period.

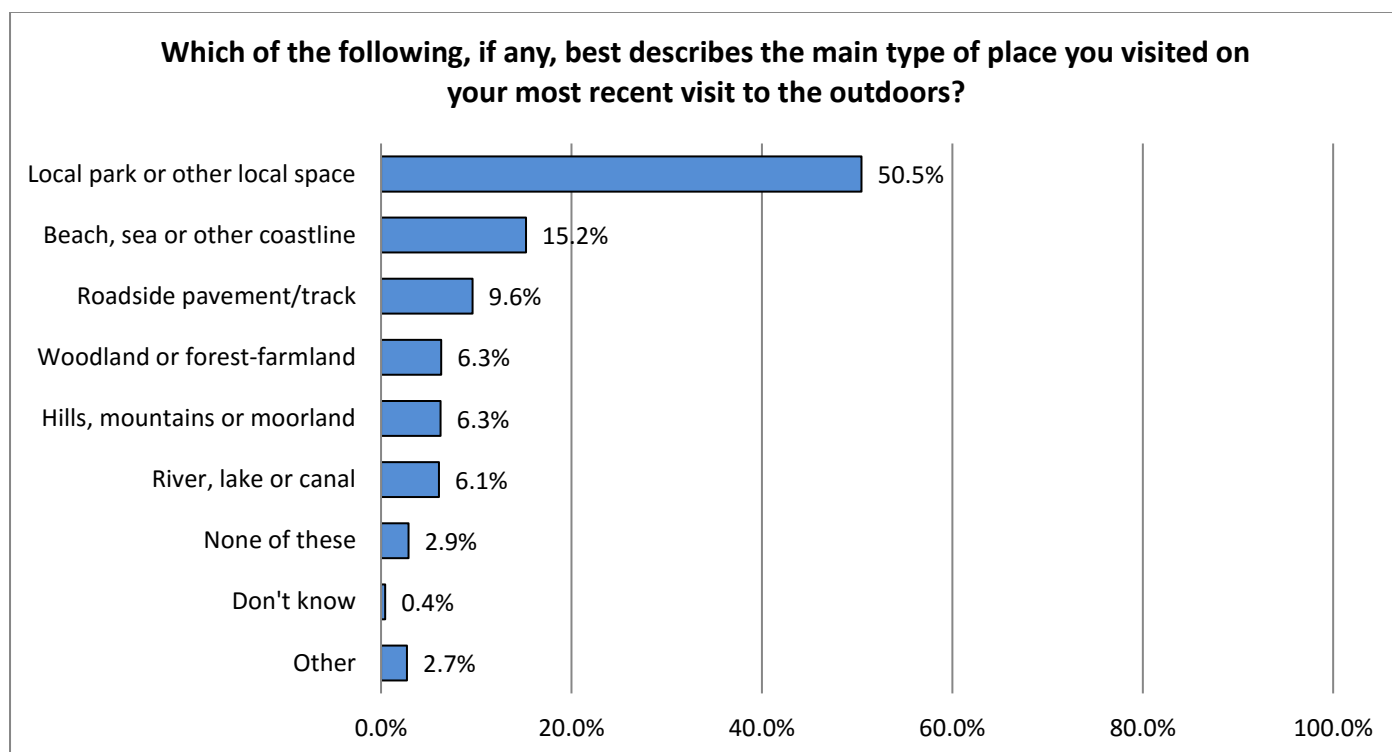
Number of times in outdoors	No	%
0	53	1.9
1-14	961	33.6
15-28	709	24.8
29-50	317	11.1
51-75	116	4.1
76-100	30	1.1
100+	30	1.1

Theme	No	%	Example comments
Every day	401	14.0	<ul style="list-style-type: none"> Walk daily at least 2 miles usually through Bute park. Out in the garden and walking the dog every day. I go outside every day. I attend the gym once/twice a week, often cycle there and like to go for a walk when the weather is nice. Numerous, daily.
Lots / Many	168	5.9	<ul style="list-style-type: none"> Lots, always trying to get out and about. Many.. I live by a lake, walk it twice a day, and cycle past on the way to work, as well as visit Bute park, Roath park lake and Heath cemetery. Been outdoors a lot during last few weeks, when weather good as during school holidays.
Don't know	66	2.3	<ul style="list-style-type: none"> What do you call outdoors - I go out every day but sometimes do not go very far. Ambiguous question. Don't know. Can't remember.
Several	37	1.3	<ul style="list-style-type: none"> Several, daily.
A few	8	0.3	<ul style="list-style-type: none"> Few, hard when my young child has anxiety and panic attacks.
Other	55	1.9	<ul style="list-style-type: none"> I used to go out every day for a run with my dog but since April I am caring for my disabled mother, so in between working full time and caring for my mother it doesn't leave me with time for myself. I work outdoors.

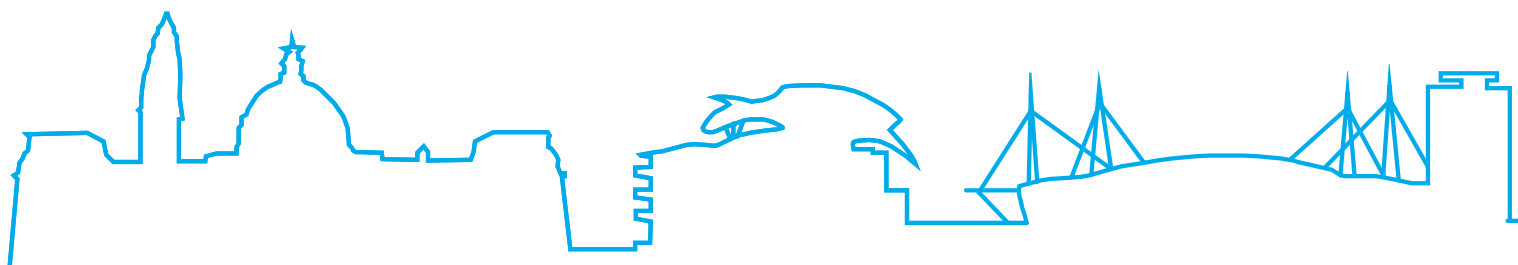


7.4.2 Which of the following, if any, best describes the main type of place you visited on your most recent visit to the outdoors?

Half of those surveyed (50.5%) had visited their 'Local park or other local space' most recently, with around one in seven (15.2%) visiting the 'Beach, sea or other coastline'.

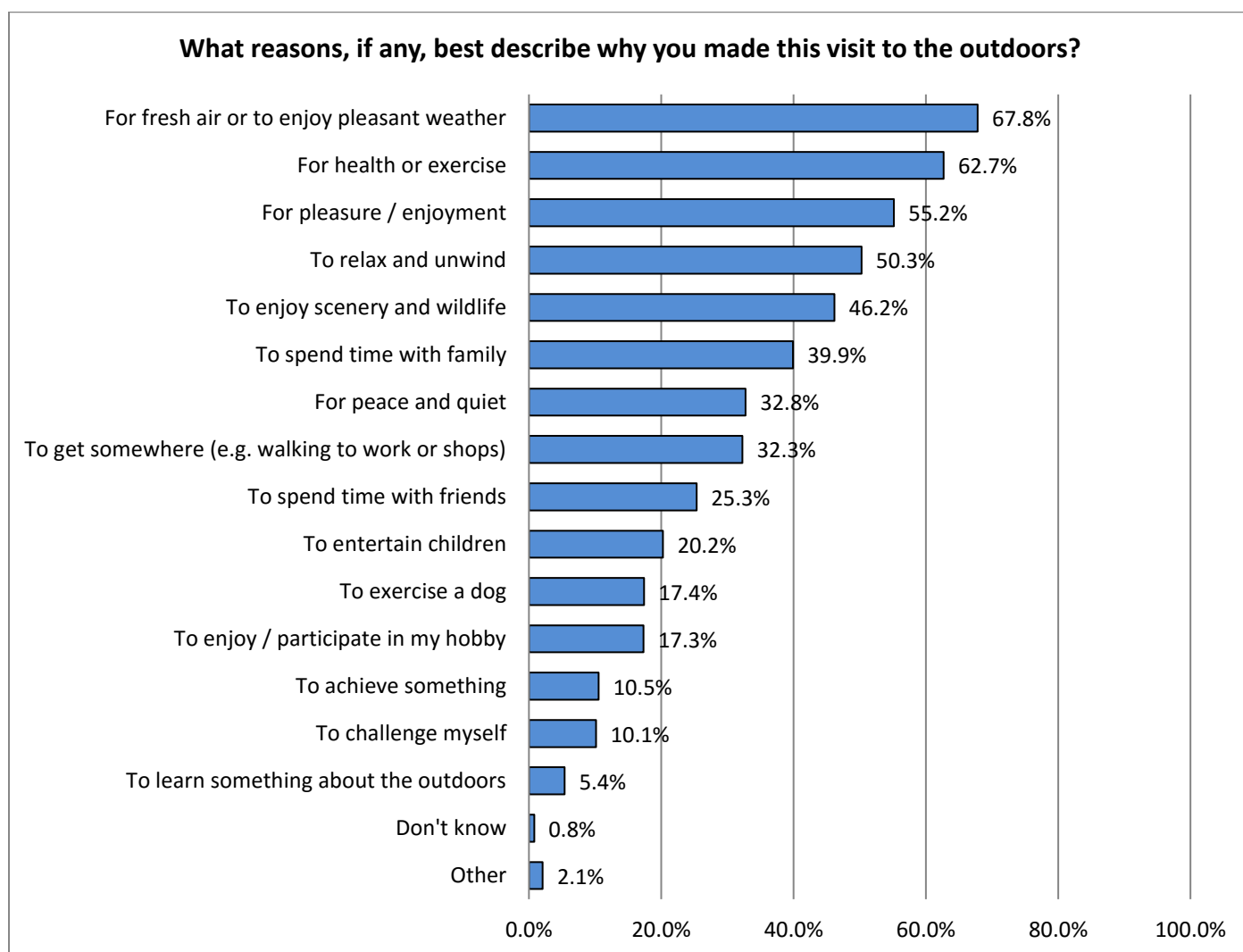


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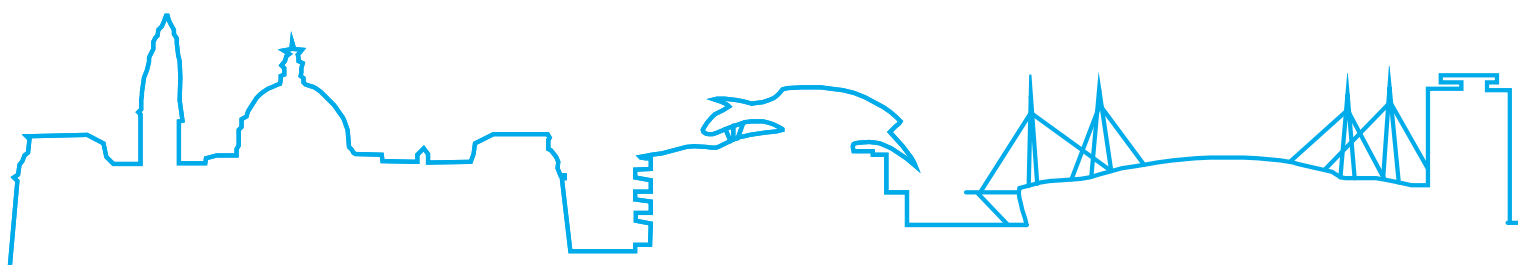


7.4.3 What reasons, if any, best describe why you made this visit to the outdoors?

Two-thirds of respondents (67.8%) made a visit to the outdoors 'For fresh air or to enjoy pleasant weather'. Slightly fewer (62.7%) made this visit 'For health or exercise' reasons. Just over half made a visit to the outdoors 'For pleasure/enjoyment' (55.2%) or 'To relax and unwind' (50.3%).

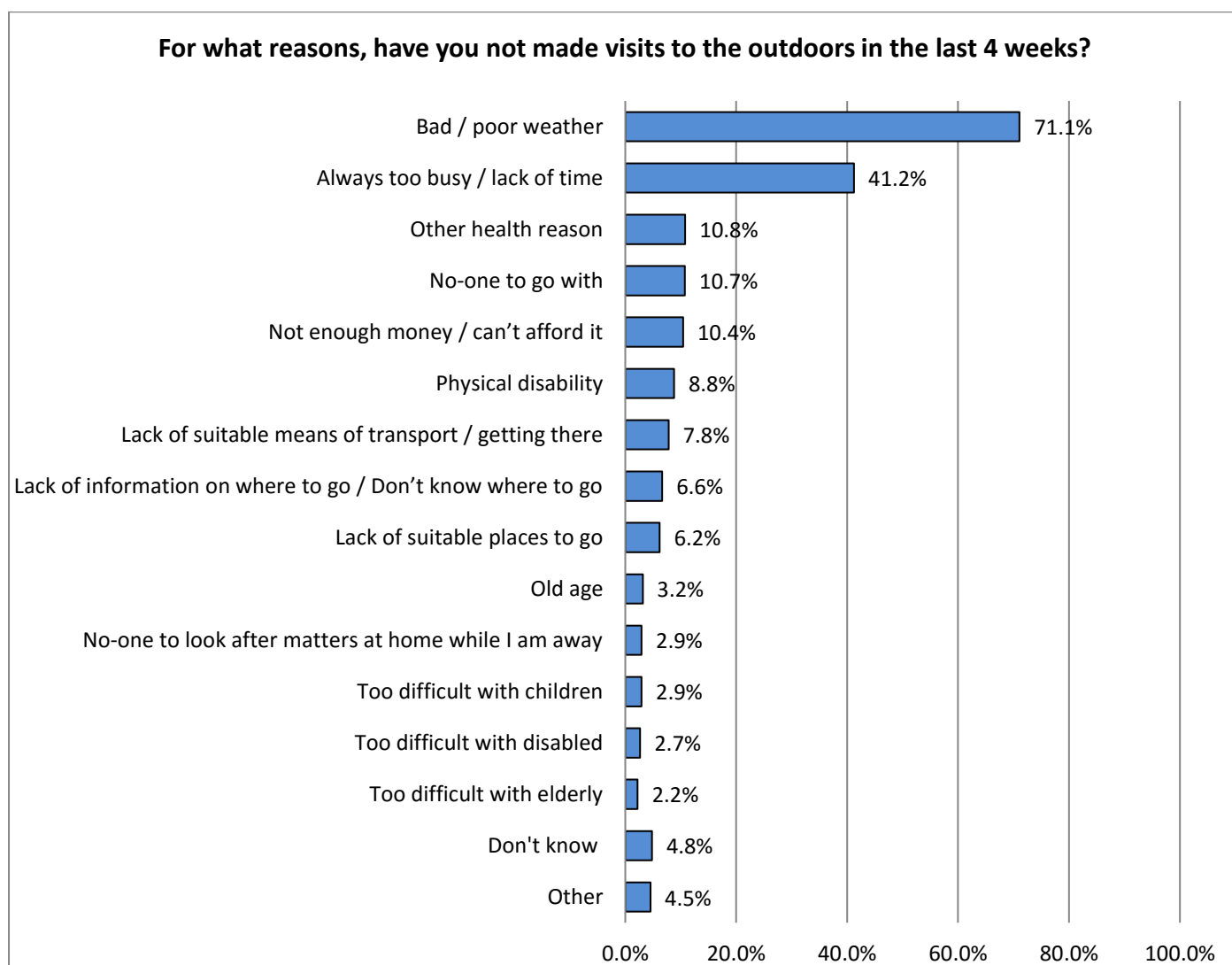


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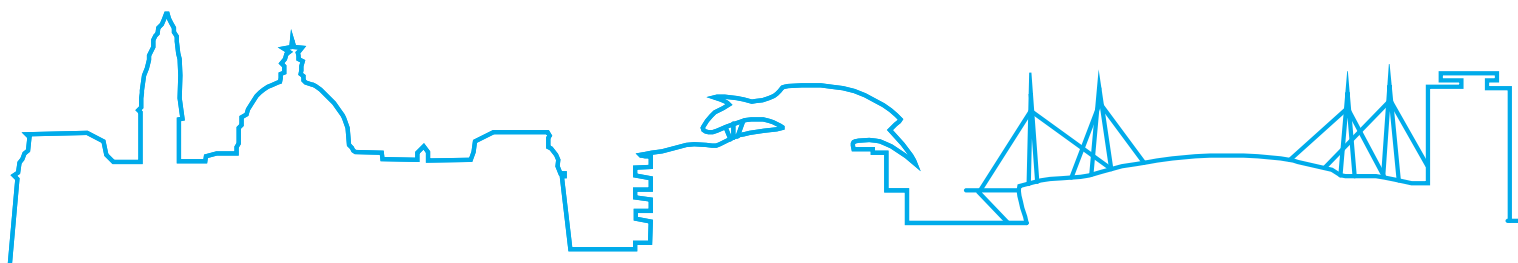


7.4.4 For what reasons, have you not made visits to the outdoors in the last 4 weeks?

'Bad/poor weather. (71.1%) was the primary barrier to visiting the outdoors, ahead of a lack of time (41.2%). Three other options polled at over a tenth of the population; 'Other health reason' (10.8%), 'No-one to go with' (10.7%) and 'Not enough money' (10.4%).



Base: 1805.



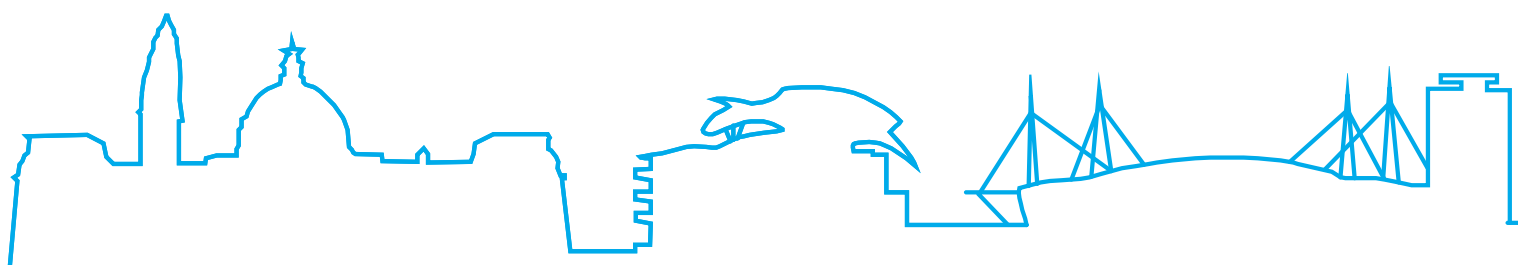
7.5 Current Well-being

The Council is currently assessing well-being, meaning the general healthiness and happiness of everyone in the city. This is part of our new duties under the Well-Being of Future Generations Act and the Social Services and Well-Being Act. This includes assessing the cultural, social, economic and environmental well-being of the whole population but also specific groups who receive care and support.

7.5.1 Having considered the previous sections, what do you feel is the most important factor(s) in having a healthy and happy life?

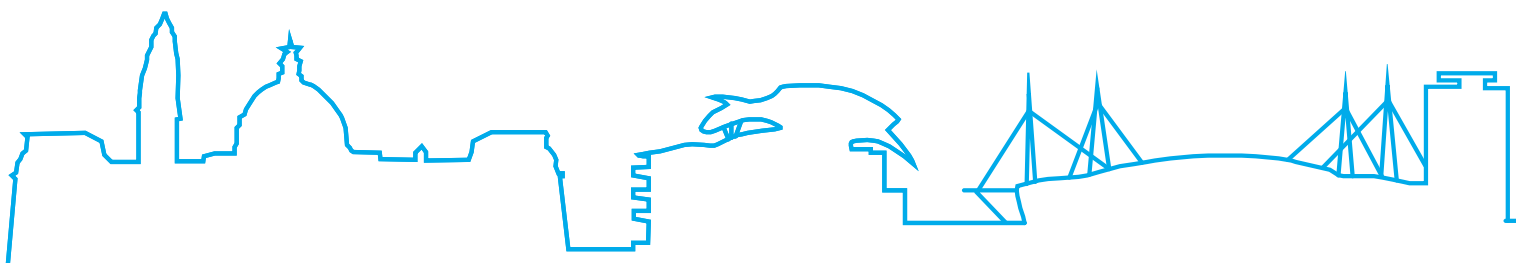
This question received a significant response with 2,535 respondents leaving comments. 'Being fit and healthy' was the dominant theme (37.6%), narrowly ahead of 'Having friends and family around you' (33.8%). 28.7% also felt that 'Eating well' was important. Full details and example comments for the 20 themes are included below.

Theme	No	%	Example comments
Being fit and healthy	954	37.6	<ul style="list-style-type: none"> • A range of physical activities that can be undertaken free of charge, taster sessions for various sports/physical activities. Healthy eating initiatives. • Social health events. Initiatives such as walking groups, park run have a two-fold benefit: physical and mental healing. • Good health and living in a safe environment. • Family, health. • Fitness and health.
Having family and friends around you	857	33.8	<ul style="list-style-type: none"> • Social interactions - Not being alone or isolated. • A stable family situation. • Feeling supported to achieve what you want out of life, whether that is through family and friends or other organisations. • Good support networks. Able to access services. Good health (including mental health).
Eating well	727	28.7	<ul style="list-style-type: none"> • A good balanced diet. • Ability to have a decent diet and access to shops with fresh produce. • Availability of cheap sustainable healthy food. • Do everything in moderation, including eating.
Financial Security	488	19.3	<ul style="list-style-type: none"> • Being financially secure and stable is the primary factor. • Maintaining income as a pensioner. • Not having money concerns. • Having enough money to pay all the necessary bills.



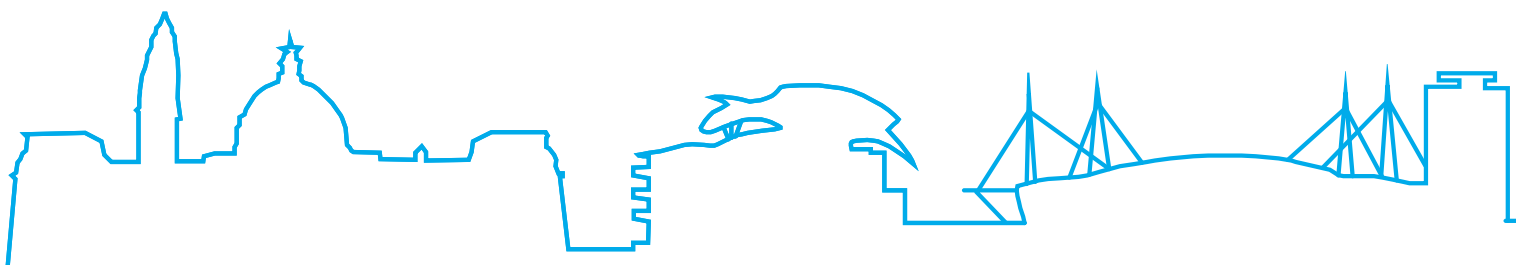
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Happiness and good mental health	466	18.4	<ul style="list-style-type: none"> • Contentment and wellbeing. • Having a sense of fulfilment. • Good mental health. • Mental health - if you have mental health everything else follows.
Access to green spaces	407	16.1	<ul style="list-style-type: none"> • Access to good quality out door spaces - including "wild" places, as well as allotments, parks and gardens. • Being able to get out and about - not always possible if one is infirm. • Having access to public spaces. We are very lucky in Wales as we have many beautiful public spaces and NRW look after Wales very well - I live near parks and can drive to the coast and the mountains - that's why I've chosen Cardiff as my home. • Spending more time outdoors.
Engagement in community activities	361	14.2	<ul style="list-style-type: none"> • Having facilities that are affordable for the general public, conveniently situated and accessible. • Opportunity to participate..... Keeping costs low. • Belonging to a supportive local community. • For me it's feeling connected to your local neighbourhood, and being part of the community. At the moment I don't really know anyone on my street, and I don't think anyone really knows each other.
Affordable and accessible services	296	11.7	<ul style="list-style-type: none"> • Having family and friends as well as access to good health service from the NHS. • Good access and provision to Arts and Culture in the city. Theatres, Concert Halls, Art Galleries, festivals and public art. • Opportunities to interact with others through cultural and other events.
Being in good quality employment	258	10.2	<ul style="list-style-type: none"> • For me it's about employment as I feel best when being a productive member of society. • Rewarding employment. • Having a job preferably full-time and permanent certainly helps.
Balanced stress free life	257	10.1	<ul style="list-style-type: none"> • A happy environment free of stress. • To have a stress free life, not always possible if you live inner city. • Finding an outlet for stress.
Clean local environment	244	9.6	<ul style="list-style-type: none"> • Clean, well looked after/cared for local environment and access to beautiful green spaces/nature. • Clean sustainable environment which is safe and reasonably supported by the necessary transport/retail facilities. • Having a safe clean environment.
Being safe	172	6.8	<ul style="list-style-type: none"> • Feeling safe and secure in my street and across central Cardiff. • Safe environment. • Feeling safe in your community and being provided with good health care services.
Education and support on health and well-being	164	6.5	<ul style="list-style-type: none"> • Education. • Children being well-catered and cared for / educated. • Access to cheap fruit /veg and the education to cook and understand that it's your responsibility to look after yourself properly.



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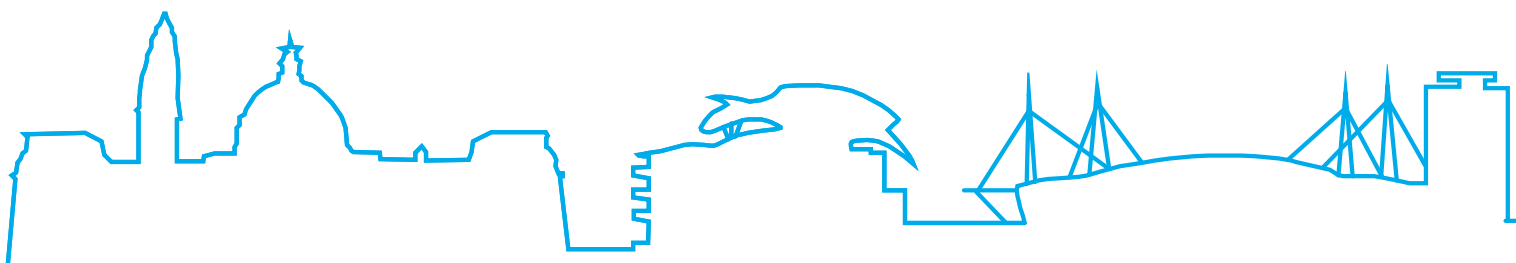
Decent housing	146	5.8	<ul style="list-style-type: none"> • <i>Being able to afford your own home.</i> • <i>A stable job and affordable housing.</i> • <i>Cosy home with no money problems.</i>
Public Transport / Infrastructure	87	3.4	<ul style="list-style-type: none"> • <i>Improving cycling infrastructure in Cardiff as I cycle daily.</i> • <i>Ease of transport and active travel provision, as well as lowering the cost of living: rent/mortgage, bills.</i>
Equality	36	1.4	<ul style="list-style-type: none"> • <i>Shared prosperity, equality and a fair distribution of wealth for all.</i>
Choice and freedom	34	1.3	<ul style="list-style-type: none"> • <i>Knowledge/information available to enable informed choices.</i>
Religion	32	1.3	<ul style="list-style-type: none"> • <i>Religious faith.</i>
Other factor	80	3.2	<ul style="list-style-type: none"> • <i>A dog!</i> • <i>Nice weather always makes me feel better.</i>
Miscellaneous comments	29	1.1	<ul style="list-style-type: none"> • <i>This is not the Councils job.</i>



7.5.2 Please share an example of a local service(s) or organisation(s) that has had a positive effect on you and your community's well-being.

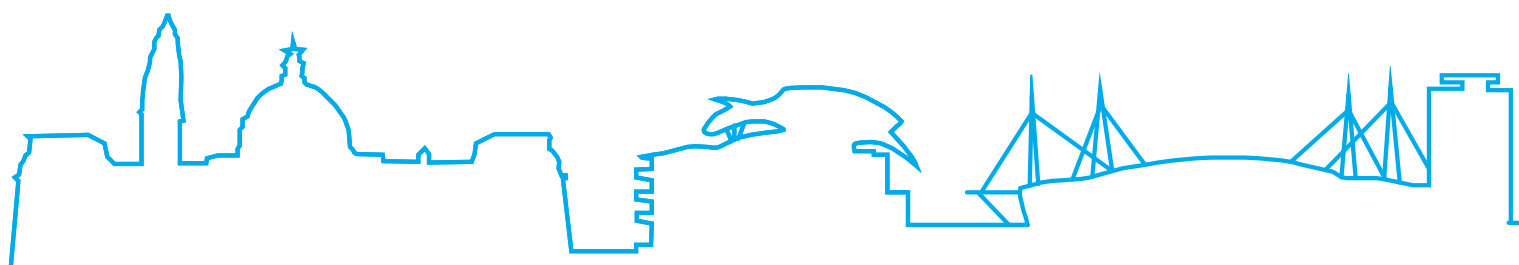
The dominant theme of the 1,883 comments were 'Parks and open spaces' (28.6%) with respondents suggesting a variety of spaces across Cardiff. Responses relating to this were more than double all other themes which included 'Library/Hub' (13.4%), 'Leisure centres' (9.6%) and 'Health and social care' (6.9%).

Theme	No	%	Example comments
Parks / Open spaces	538	28.6	<ul style="list-style-type: none"> • <i>Llandaff Fields, Thompson and Victoria Parks.</i> • <i>I think Hailey Park, the River Taff and the Taff Trail is a fantastic resource for Llandaff North.</i> • <i>Parks services maintaining Cardiff's parkland.</i> • <i>The park's and green spaces in Cardiff are amazing.</i>
Library / Hub	252	13.4	<ul style="list-style-type: none"> • <i>The Library! It always has events for the children and local people that are free. It is so important for our well-being.</i> • <i>Going to the library in Cathays - a fabulous building and a wonderful resource.</i> • <i>Penylan library. The people who work there have been very helpful in getting me back into reading</i>
Leisure Centres	180	9.6	<ul style="list-style-type: none"> • <i>My local leisure centre at Maindy, where all the staff are friendly and encouraging.</i> • <i>Being able to attend the Llanishen Leisure Centre without having to pay a large amount of money.</i> • <i>The local leisure centre and access to high quality personal training.</i>
Health and social care	130	6.9	<ul style="list-style-type: none"> • <i>Our health centre provides a help service for the elderly which I think is a very good idea. Too many old people are left alone.</i> • <i>Local health centre it is excellent.</i> • <i>UHW maternity, very very good in dealing with the birth of my child recently.</i>
Places of worship	121	6.4	<ul style="list-style-type: none"> • <i>St. Teilo's Catholic Church, Whitchurch.</i> • <i>Dar ul isra Mosque.</i> • <i>The Buddhist Centre in Canton</i>
None	116	6.2	<ul style="list-style-type: none"> • <i>Can't think of a single one.</i> • <i>None that I am aware of.</i> • <i>Nothing - rely on self. Best option if in normality.</i>
Community Run events	109	5.8	<ul style="list-style-type: none"> • <i>Village association who hold Fetes and other local activities.</i> • <i>Local community group getting together to improve local services.</i> • <i>The festivals in Rhiwbina are a great way of engaging the local community and bringing everyone together.</i>
Arts and culture	104	5.5	<ul style="list-style-type: none"> • <i>Local art centres such as Chapter and Oriel Canfas in Canton.</i> • <i>I am in a community choir (Songbirds Choir) and singing in that group has a positive effect on my wellbeing - this is true for all the women in the choir.</i> • <i>Music performances at St.David's Hall and the Millennium Centre and attending events at my local church.</i>



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Education	70	3.7	<ul style="list-style-type: none"> • Evening adult learner language courses at Cardiff University – superb. • Adult learning courses have really increased my and my daughters confidence and self esteem.
Volunteering with charites	59	3.1	<ul style="list-style-type: none"> • Oasis on Splott Road. I've volunteered there in the past. They provide an excellent service for refugees living in my community. • Pedal Power is an excellent organisation, supports lots of people, lovely surroundings, great café, really nice staff and volunteers.
Waste services	50	2.7	<ul style="list-style-type: none"> • Street cleaners picking up & removing the extraordinary amount of rubbish/fly tipping on Seawall Road. • Waste disposal Staff are very Diligent in their Work.
Transport	39	2.1	<ul style="list-style-type: none"> • A frequent and reliable bus service.
Support and advice	39	2.1	<ul style="list-style-type: none"> • The Citizen Advice Bureau helped me with some issues regarding job, money and immigration.
Community Centre	37	2.0	<ul style="list-style-type: none"> • Moorland community Centre.
Shops and commerce	32	1.7	<ul style="list-style-type: none"> • Riverside Food Market (and its partner market in Roath) has been a great place to make connections and invest in local produce that's good for the environment and not ridiculously expensive.
Allotments	28	1.5	<ul style="list-style-type: none"> • Our Allotment Site, not only does it allow us to eat healthily, get exercise tending it but there is also a great community spirit. If people are absent, missed or in need of help there is a "community" that look out for others.
Sports Based	26	1.4	<ul style="list-style-type: none"> • Local Running Clubs and Parkrun.
Neighbourhood groups	23	1.2	<ul style="list-style-type: none"> • STAR Communities First - they are wonderful.
Other examples	41	2.2	<ul style="list-style-type: none"> • Police.
Miscellaneous comments	38	2.0	<ul style="list-style-type: none"> • if you improved the pavements it would be easier to walk - particularly in winter.

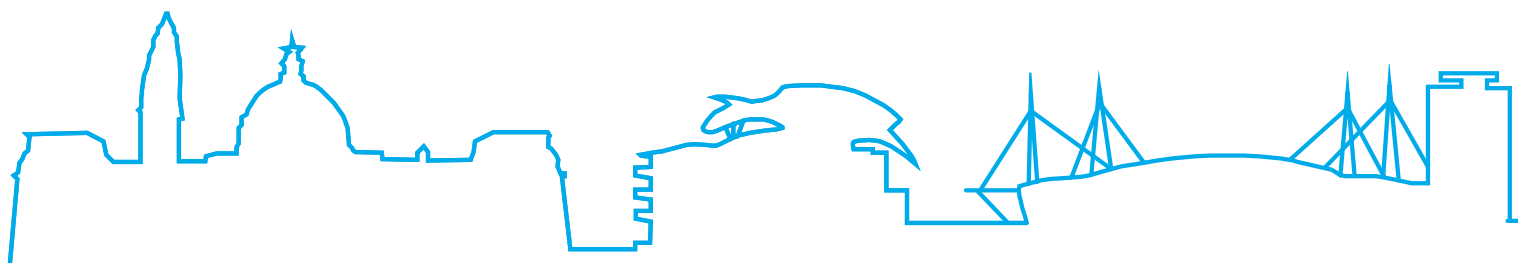


7.6 Future Well-being

7.6.1 What do you think might affect your well-being over the next five years?

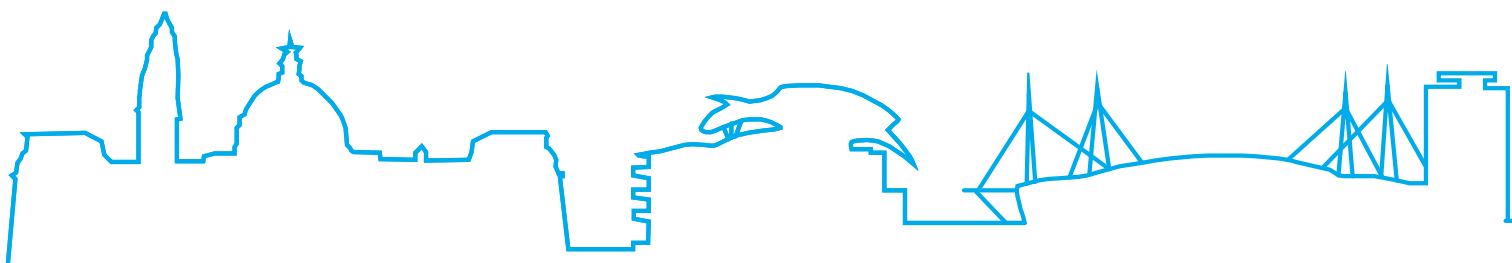
Response was high to this question with 2,353 open comments analysed into 20 themes. Almost a third of respondents felt that 'Health and mobility' might affect their well-being in the next five years (32.6%). This was significantly ahead of all other factors including 'Finances' (19.3%), 'Ageing' (16.3%) and 'Decent employment' (13.3%).

Theme	No	%	Example comments
Health and mobility	766	32.6	<ul style="list-style-type: none"> • <i>Should my health deteriorate will have a major impact, external sources which are outside my control that may impact financially.</i> • <i>If my health declines any more than it already has, which would affect my mobility and decrease my personal freedom.</i> • <i>My general health preventing me from getting around as and when I want.</i> • <i>Keeping healthy mentally and physically.</i>
Finances	454	19.3	<ul style="list-style-type: none"> • <i>Fear over rising costs. It's a constant balancing to maintain living costs.</i> • <i>Financial security and cost of utilities like energy.</i> • <i>Money and cost of living a healthy lifestyle.</i> • <i>Not being able to afford healthy food and live in a good standard of accommodation.</i>
Ageing	384	16.3	<ul style="list-style-type: none"> • <i>Still keeping active. For the positive. Getting older may have adverse effect on well being through no fault of one's own.</i> • <i>Age and long term health condition - ability to earn money.</i> • <i>Age!!!! I am 61 My back problem, I am having spinal injections.</i> • <i>General wear and tear due to aging process.</i>
Decent employment	313	13.3	<ul style="list-style-type: none"> • <i>Working full-time whilst managing a home and family.</i> • <i>Brexit!! Job insecurity as my organisation is re-organising and there is a possibility of the office being relocated.</i> • <i>Income and redundancy, no of working hours, more pressure and fewer staff at work.</i> • <i>Hopefully a better paying job, so more money.</i>
Accessible and affordable services	229	9.7	<ul style="list-style-type: none"> • <i>Access to healthcare if I get ill. Can't even get a GP appointment now and local healthcare is getting worse not better (and seeing the impact of this on my elderly parents I see this as my next likely challenge).</i> • <i>Constant worry over finances and services being slashed to nothing as I am growing older and become more likely to need them.</i> • <i>Cost of services increasing considerably which would make it difficult to continue to enjoy leisure facilities - theatres/events- to the extent that we do at the moment.</i>
Stress and worry in life	177	7.5	<ul style="list-style-type: none"> • <i>Worsening health as I age coupled with work related stress if I can't retire early.</i> • <i>Ever increasing housing costs putting strain our finances. Lack of job opportunities in Cardiff. Feeling like we can't afford to have children because cost of living is so high and childcare is too expensive. This kind of stress threatens my mental well-being.</i> • <i>Work life balance.</i>



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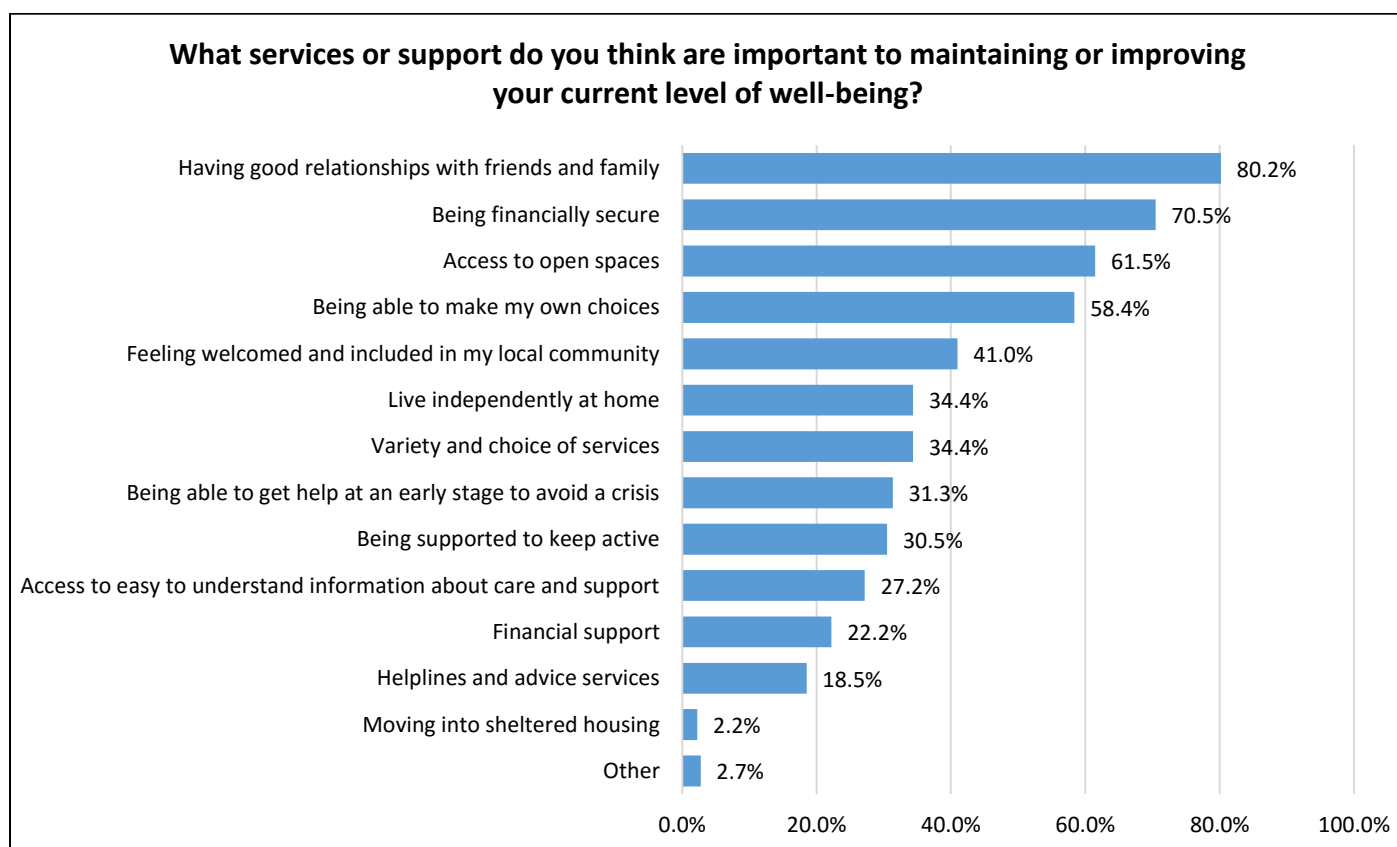
Healthy lifestyle	168	7.1	<ul style="list-style-type: none"> • The ability to find time to exercise and to prepare healthy meals and to then commit to sticking at it. • Keeping fit, avoiding hassle and having time to sit down and contemplate life. • My lifestyle - I over-consume alcohol and I smoke. Hopefully Cardiff wont get any more congested as travelling on a bicycle through heavy traffic is very stressful - especially Lowther Road. I work in an open plan office - some people are very noisy and it causes me stress as my job involves a lot of focus - this has a knock on effect to the rest of my day/week.
UK politics and economy	164	7.0	<ul style="list-style-type: none"> • Negative impact of Brexit in Wales - I think will devastate economy and regeneration. • General economic climate and pressures of caring for elderly relatives. • Political changes, lack of funding from Westminster, Brexit, financial concerns, employment concerns.
Well-being of others	144	6.1	<ul style="list-style-type: none"> • Worrying about money and worrying about world problems and their potential impact on my friends and family. • Parental responsibilities. • Kids health, mine and partners health.
Improving roads and transport	128	5.4	<ul style="list-style-type: none"> • Poor air quality is a huge problem in the city. The council should aim to reduce road vehicles and invest in affordable CLEAN public transport. • Less congestion on roads. • Additional pressures on the highway infrastructure.
Parks and environment	124	5.3	<ul style="list-style-type: none"> • I hope that all the green belt areas are preserved so we do not see an erosion of our beautiful countryside. • Tackling a range of environmental challenges and deteriorations locally and across Cardiff. • The standard of public open spaces and parks.
Having friends and family	107	4.6	<ul style="list-style-type: none"> • Being able to afford to start a family. • Potential loneliness. • Support for the elderly esp issues around loneliness.
Safety and cohesion	79	3.4	<ul style="list-style-type: none"> • Reaction of community to divisive influences. • Anti-social behaviour from neighbours.
Being involved in community	50	2.12	<ul style="list-style-type: none"> • I think most importantly, improving my mental and physical health by becoming more engaged will be very important. • If we can stay active and engaged generally.
Population growth	37	1.6	<ul style="list-style-type: none"> • The increasing population in Cardiff. It is getting too crowded and congested for me.
Streets	35	1.5	<ul style="list-style-type: none"> • Being distressed at the litter problem mentioned above which I feel will get worse.
Lack of support for carers	22	0.9	<ul style="list-style-type: none"> • General economic climate and pressures of caring for elderly relatives.
Nothing	19	0.8	<ul style="list-style-type: none"> • Hopefully nothing.
Global events	18	0.8	<ul style="list-style-type: none"> • Worrying about money and worrying about world problems and their potential impact on my friends and family.
Other factors	84	3.6	<ul style="list-style-type: none"> • Many things "might". It's how we react to them that will affect us. Broadly, the economy then family impacts and personal health. • Eating healthily, enjoying watching my children grow and mature and continuing with my Christian life.



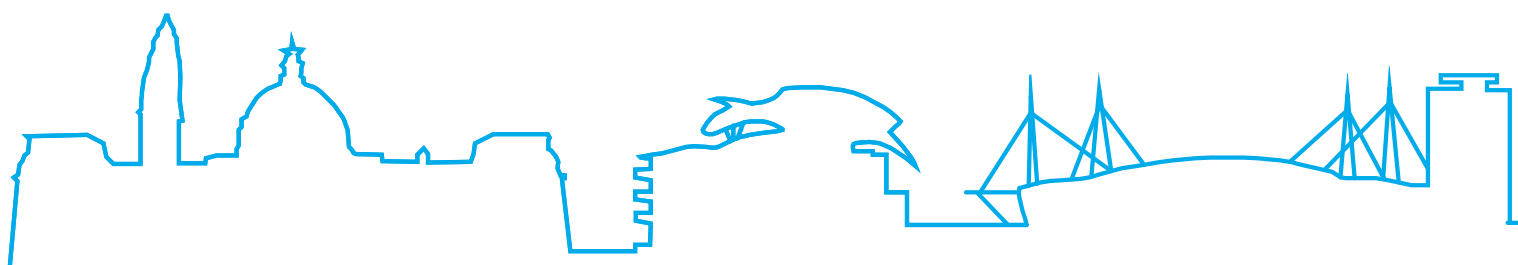
7.6.2 What services or support do you think are important to maintaining or improving your current level of well-being?

Respondents were presented with a list of services and support networks, and asked to identify which they considered to be important to maintaining or improving their current level of well-being. More than one option could be selected, and there was the opportunity to add in other services that had not been listed.

'Having good relationships with friends and family' was seen as the most important support to maintain or improve their current level of well-being, with over four-fifths (80.2%) citing this option. This was followed by 'Being financially secure' (70.5%) and 'Access to open spaces' (61.5%).



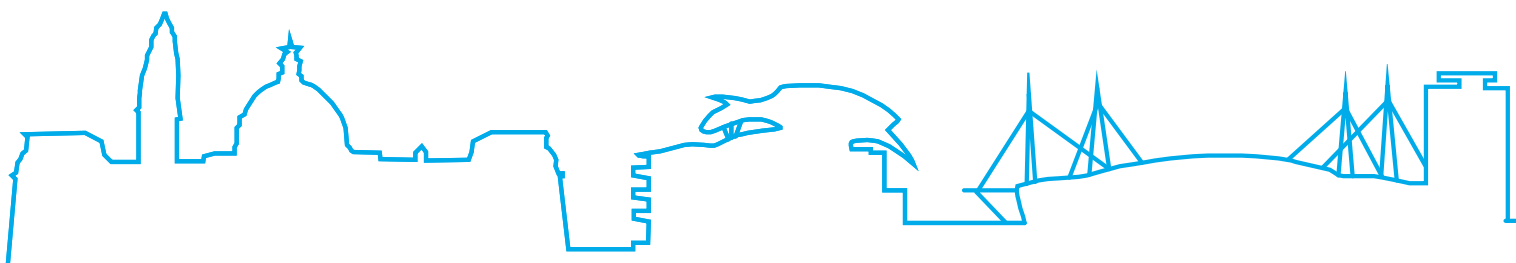
Base: 3028.



7.6.3 What changes to public services would have the greatest positive effect on your well-being?

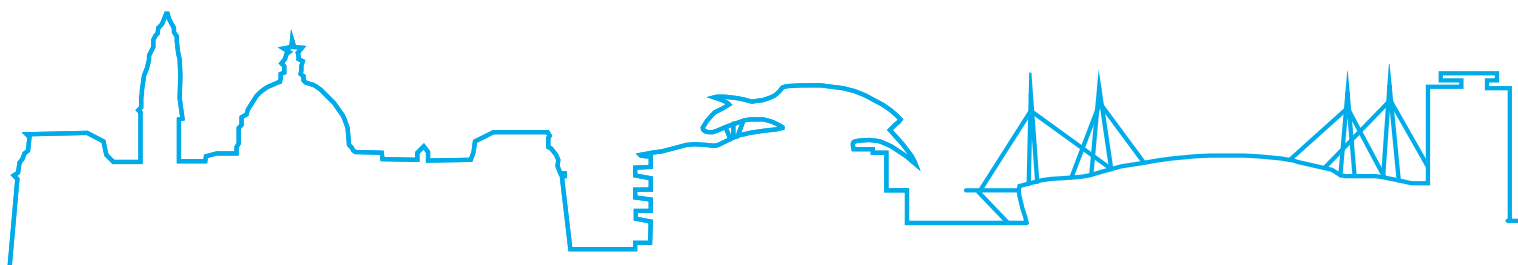
1,402 open comments were received for this questions with the themes and example comments included below. Almost a quarter of respondents supported Improving transport and reducing congestion (24.0%), with 15.0% supporting a Cleaner local environment. Quality, value, public services was selected by 10.1% with each of the remaining 21 themes polling at under 10%.

Theme	No	%	Example comments
Improving transport and reducing congestion	337	24.0	<ul style="list-style-type: none"> • <i>Transport improvements - trains overcrowded and expensive.</i> • <i>Road resurfacing in Cardiff. Removal of speed humps//introducing a properly integrated public transport network in Cardiff and the region.</i> • <i>Better control of traffic and vehicle pollution in Cardiff: reduction in the number of cars using/travelling through the city centre, reduction in the amount of inconsiderate parking, elimination of congestion on roads to improve bus services.</i> • <i>Probably getting around Cardiff quickly & easily on public transport.</i>
Cleaner local environment	211	15.0	<ul style="list-style-type: none"> • <i>Better waste service, street cleansing and the ability of the Council to tackle dirty/unsafe properties.</i> • <i>City and neighbourhood cleanliness - I get so frustrated when I see so much litter around as a result of residents' carelessness and laziness.</i> • <i>AN IMPROVEMENT IN REGULATING THE WAY PEOPLE STORE THEIR WASTE AND USE CORRECT TYPE OF BAGS ETC. I GET VERY CONCERNED ABOUT THIS IN OUR AREA, AS WE HAVE HAD AN INFESTATION OF RATS NEARBY, AND ALTHOUGH THE PEST CONTROL SERVICE DEALT WITH THIS THOUGHTFULLY AND EFFICIENTLY, THE EDUCATION OF THIS ISSUE WITH THE OFTEN CHANGING RESIDENTS IN THIS AREA, WOULD MAKE THE LIVES OF OTHERS A LOT BETTER.</i>
Quality, value public services	142	10.1	<ul style="list-style-type: none"> • <i>Decent budget to spend on keeping standards of services up to date.</i> • <i>Choice, accessibility and affordability.</i> • <i>Affordable services for all.</i>
Improving health and social care	121	8.6	<ul style="list-style-type: none"> • <i>More obvious access to mental wellbeing services.</i> • <i>Better access to doctor's surgeries. Due to the difficulty in gaining an appointment, I tend not to bother with ailments that really should be checked by a GP and suffer from the worry and/or the ailment itself.</i> • <i>Overhaul the provision of social care! For the council and social services to think about the impact of their decisions on the care user. Years ago my mum needed care from social services for 6 weeks as she broke her leg. At the time the care staff still worked directly for the council, the standard of care she received was amazing which is in stark contrast to the standard of care she now receives from the care company contracted to look after her by social services.</i>



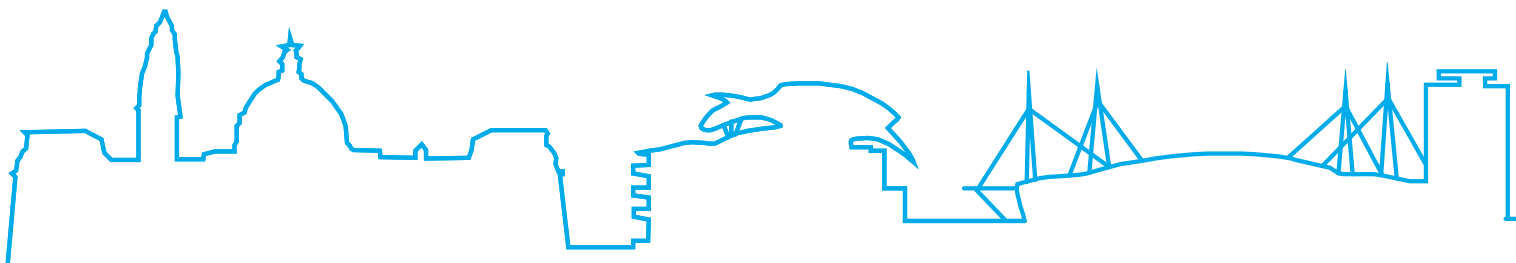
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Providing safe cycling routes and facilities	112	8.0	<ul style="list-style-type: none"> Improved cycling infrastructure and better balance away from being car led. More safe cycle routes and cycle parking facilities. Improving cycle paths on roads and also attitudes and making Cardiff a pro-cycling city. It helps stress, wellbeing, fitness, happiness, pollution, traffic congestion, strain on NHS and builds a community.
Maintaining/improving parks quality	94	6.7	<ul style="list-style-type: none"> Volunteers to help with running of Park and Leisure Facilities. Positive management of parks and green spaces. Regeneration of children's play areas.
Quality leisure centres	93	6.6	<ul style="list-style-type: none"> Continued easy access to libraries and leisure activities. Limit charges on leisure centres to promote healthy lifestyle.
Varied cheap sports facilities	65	4.6	<ul style="list-style-type: none"> As someone who is 61, I get free swimming which has helped me with my health problems. If this were to stop it would have a detrimental effect on my life. Any closure of a sports centre.
Increasing access to health services	64	4.6	<ul style="list-style-type: none"> I would like to say better medical services so that you don't have to wait months or years for something like a knee operation. Mobility is very important for me. More funding for mental health services to reduce waiting time.
Accessible local libraries/hubs	58	4.1	<ul style="list-style-type: none"> Opening not closing libraries. Securing and enhancing library services and more options for accessing leisure services outside of working hours (e.g. in evenings and weekends).
Improving information/communication	56	4.0	<ul style="list-style-type: none"> Helplines and information and advice services. Developing a portal/website that has all events coming up in the area for people to attend. Quite regularly you only hear about an event when its been and gone. There is no one place you can visit to find out what is going on. The whole system is fragmented and that is a view of a lot of my friends.
Community safety and cohesion	52	3.7	<ul style="list-style-type: none"> I think making my area feel safer at night, by having more community police. I do feel scared to walk alone after dark, which in the Winter months is very early at night. I spend a fortune on taxi services getting me into town and home safe, because I am genuinely scared on my walk into town from Plasnewydd. Feeling safe and supported and being part of the local community.
More quality services for older people	51	3.6	<ul style="list-style-type: none"> Recognition that older people like me who has been active and volunteering all my life, can help themselves if they are given access to warm safe places to meet, and encouraged to become self-supporting as a group To ensure elderly people have access to help they need especially with dementia.
No changes	41	2.9	<ul style="list-style-type: none"> None public services are available for any activities etc I wish to participate in.
Improve efficiency	38	2.7	<ul style="list-style-type: none"> Reduce council costs, rates here far too high.
Support arts	35	2.5	<ul style="list-style-type: none"> Stop cutting the Arts! Support and fund them properly.
Services for children	35	2.5	<ul style="list-style-type: none"> Keeping the youth service.



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Improving education	29	2.1	<ul style="list-style-type: none"> A wide varied of Adult Education services. Provided in localities in the city.
Community involvement	26	1.9	<ul style="list-style-type: none"> Community representatives from the local authority who can work with communities to provide way finding solutions for community generated ideas and or improve signage in areas / older housing developments to keep up expectations of a clean / well looked after community.
Other changes	80	5.7	<ul style="list-style-type: none"> Changes that are redistributive (increase equality). Environmental health to act more strongly on noise. More police taking control. More houses being built as the laws where private rent is concerned are useless.
Miscellaneous	49	3.5	<ul style="list-style-type: none"> This is not the Councils job.



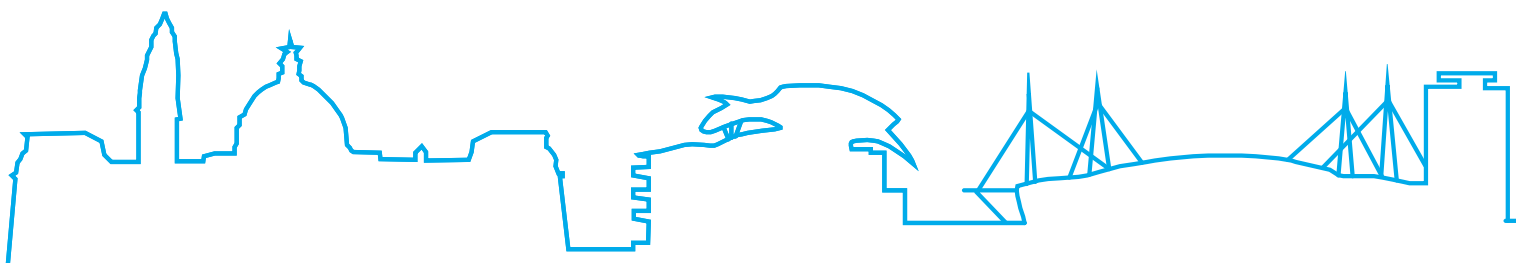
7.6.4. Welsh Refuge Council sessions: Health and Well-being

Ask Cardiff 2016 included Cardiff Research Centre trialing engagement workshop with a view to expanding them to other groups in the future. Two activity-based workshops were held with WRC service users, with a focus on particular Ask Cardiff topics including health and well-being.

We introduced the area of physical health in terms of having energy and not being prone to injury and illness. All the service users involved in both groups reported being physically well with the exception of one member who was injured due to exercise.

Similarly mental health was introduced as being happy in everyday life, and having a lack of stress and the support of family and friends. Most had high levels of mental health which they attributed to have family with them in Cardiff and knowing others in the UK from their home country. One of the service users who had recently arrived in Cardiff from the Middle East reported that they worry about friends and family due to recent terrorism events.

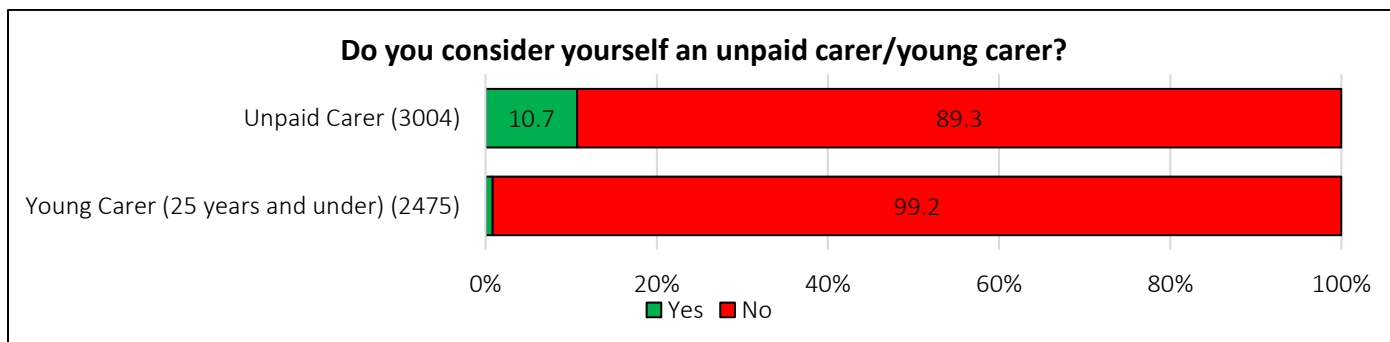
We also considered what makes a healthy lifestyle with a focus on healthy eating, regular exercise and not smoking excessively. Everyone involved felt that they receive enough information for them to make informed choices about their health.



7.7 Carers

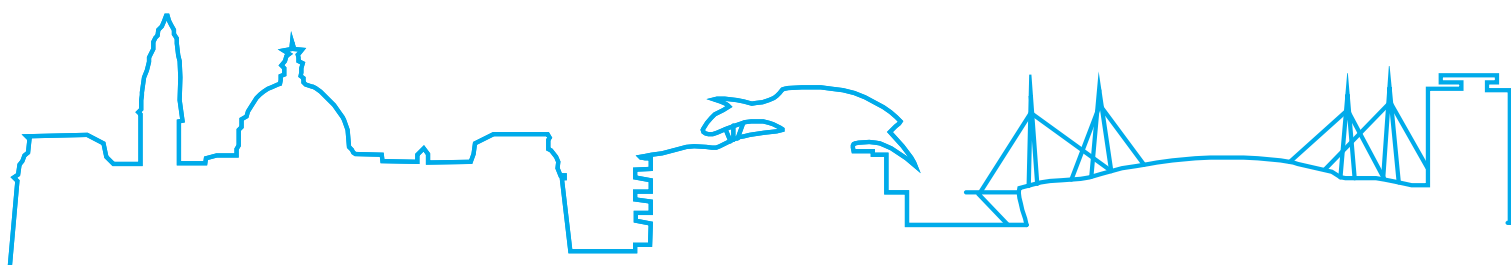
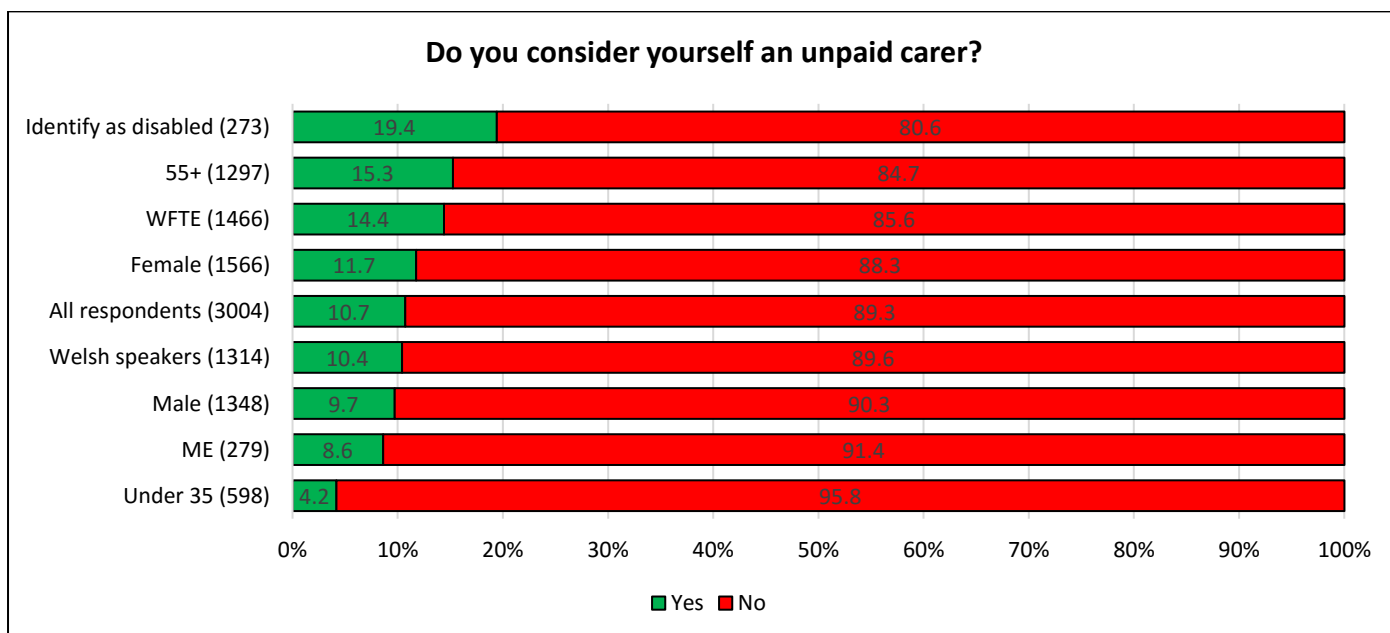
7.7.1 Do you consider yourself an unpaid carer/young carer?

One in ten respondents described themselves as an Unpaid Carer (10.7%); less than 1% of respondents (0.8%) considered themselves to be a Young Carer (aged 25 or younger).



Base sizes shown in brackets. Excludes 'Don't Know' responses.

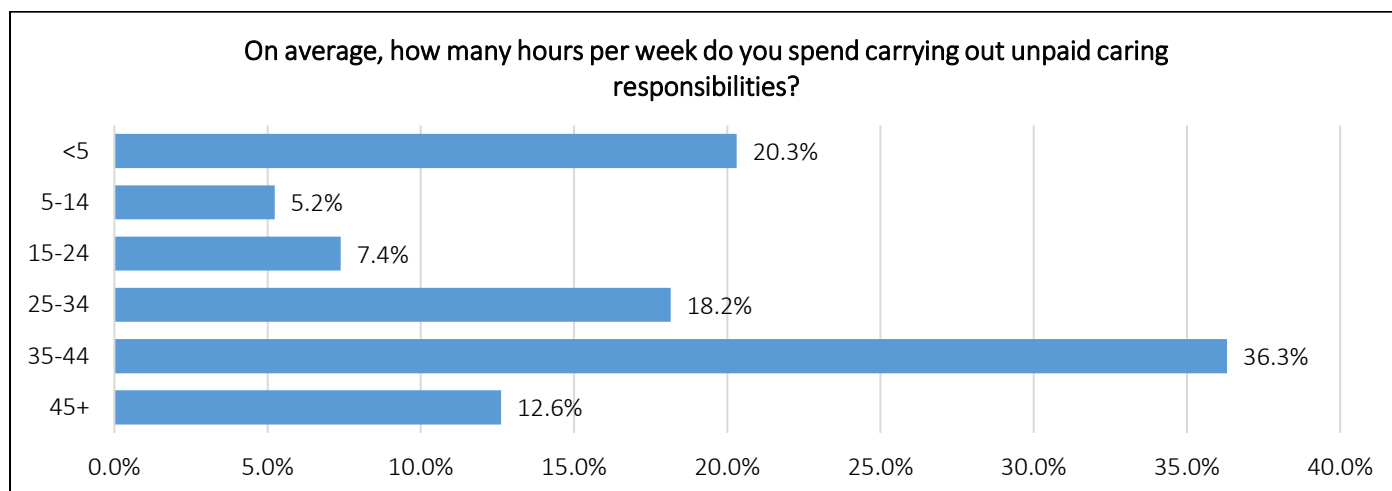
Respondents who identified themselves as disabled were the group most likely to identify as an unpaid carer (19.4%), followed by those aged 55 or over (15.3%).



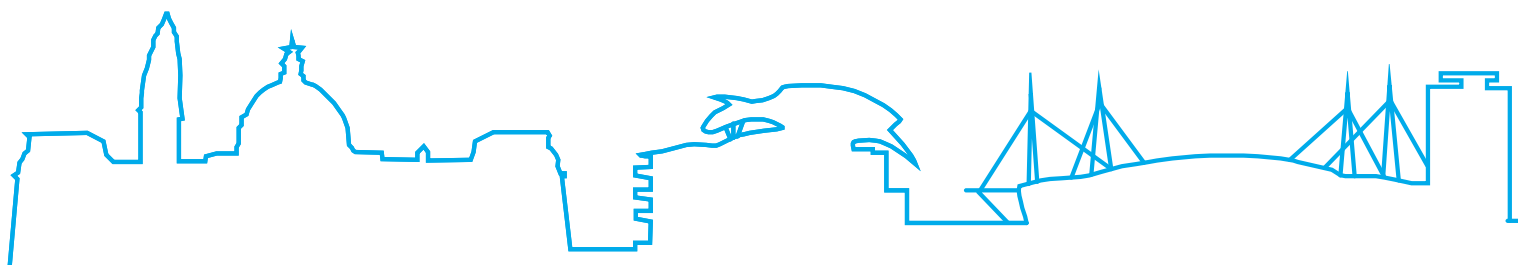
Base sizes shown in brackets.

7.7.2 On average how many hours per week do you spend carrying out unpaid caring responsibilities?

Almost half (48.9%) of the carers identified in the survey reported they spent at least 35 hours a week carrying out unpaid caring responsibilities.



Base: 325.



7.7.3 How satisfied are you with the level of support services for unpaid carers/young carers?

Around one in eight respondents (13.6%) described themselves to be 'very' or 'fairly satisfied' with the level of support available to unpaid and/or young carers, contrasting with 52.1% who were 'very' or 'fairly dissatisfied'.

