



May 2017

The Impact of Planning Policy on Health Outcomes and Health Inequalities in Southwark and Lambeth

Appendices

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Appendix A: Methodological detail of quantitative survey

The methodology for the quantitative element of this research comprised of a face-to-face, in-home, survey of 352 residents aged 16+ of the Old Kent Road Opportunity Area and 101 residents ages 16+ of the Oval and Kennington Development Area. Fieldwork was undertaken between 19th October and 12th December 2016, and the average interview length across the two areas was 21 minutes. Interviews were conducted using CAPI (computer-assisted personal interviewing).

- The Old Kent Road Opportunity Area comprises c.13,700 residential addresses so a sample of areas/addresses were selected using a stratified approach. Twenty-two output areas (OAs) were selected by ranking all OAs in the area by discriminator (social graded %ABs) and then using a 1 in n approach to select the 22 areas.
- The Oval and Kennington Development Area comprises far fewer addresses. Therefore, all addresses in the area were selected and divided them into six sample points.^[1]

Interviewers were then assigned sampling points in which to achieve a particular number of interviews. Within each sampling point, interviewers were instructed to leave at least 1 residence between a successful interview and the next residence they approach for an interview. They were also asked to try and spread out the interviews they achieve over different roads (and different blocks of flats if applicable) within the list of addresses they have been given.

In order to ensure the sample of those interviewed was as representative of the local population as possible, quotas were set on key demographics within each point, based on data from the 2011 Census regarding age, sex, and working status.

At the analysis stage, data from the Old Kent Road Opportunity Area were weighted to the population profile of Southwark in terms of age, sex and working status, to counteract any non-response bias. Due to the small size of the sample, data from the Oval and Kennington Development Area were not weighted as there is no known population profile for this very small area and applying Local Authority level weights may have distorted the figures.

^[1] Due to the small size of the Old Kent Road Opportunity Area the sampling area also included those streets immediately adjoining, but not actually forming part of, the OKRDA. A map of both areas is included in Appendix A of this report.

Appendix B: Note on use of the shortened Warwick-Edinburgh Mental Wellbeing Score (SWEMWBS)

WEMWBS uses responses to a series of questions about people's recent state of mind to form a measure of mental wellbeing. Instead of the full list of 14 questions, this survey uses a recognised shorter form (SWEMWBS) of seven questions. In this survey, residents have been asked how often they have been:

- feeling optimistic about the future
- feeling relaxed
- feeling useful
- dealing with problems well
- thinking clearly
- feeling close to other people, and
- been able to make up my own mind about things,

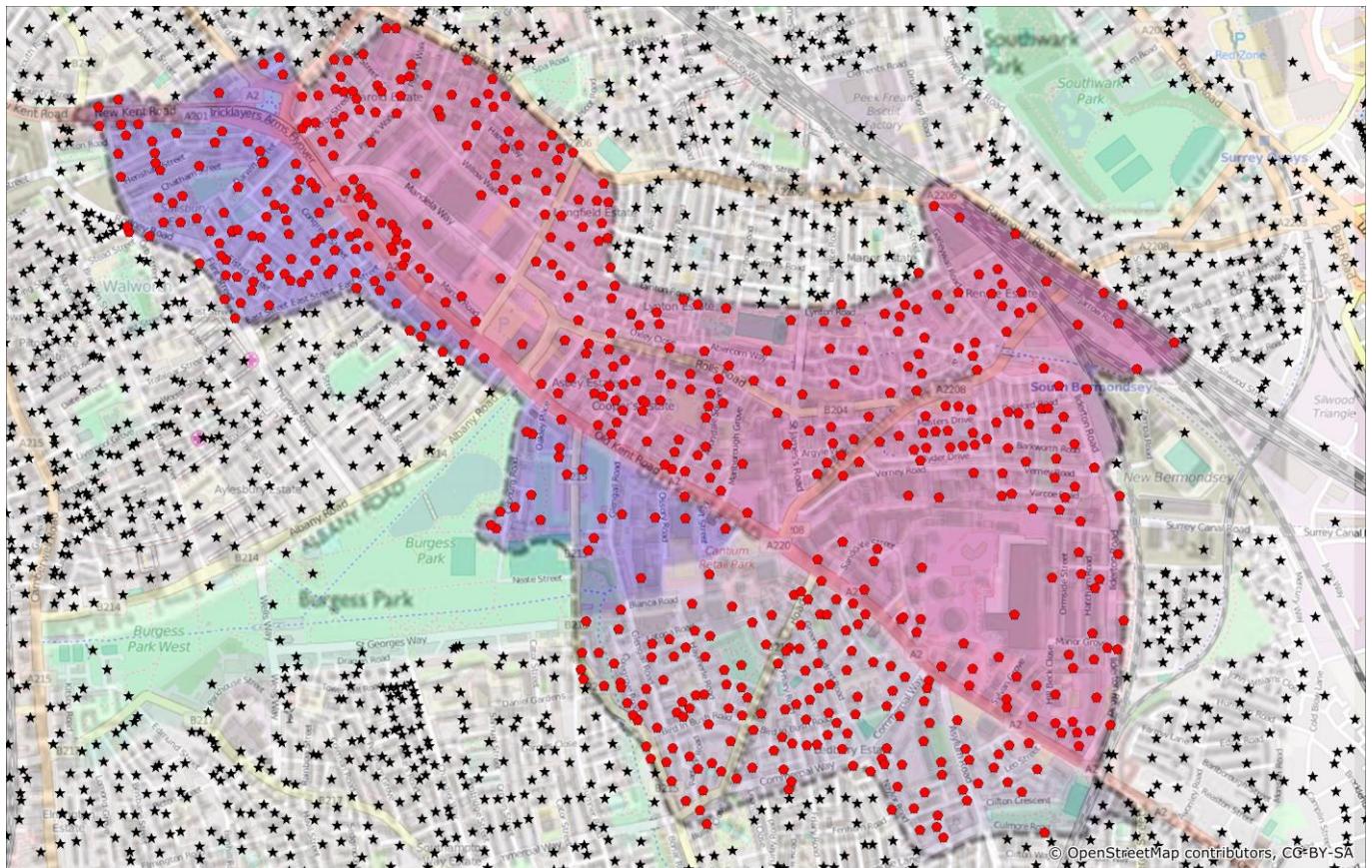
Using the value assigned to each 5-point answer scale, participants who give an answer to each of these seven questions are assigned a score of between 7 (the lowest level of mental wellbeing) and 35 (the highest). Summed scores are then transformed to metric scores using the SWEMWBS conversion table.

Appendix C: Note on the survey area and profile

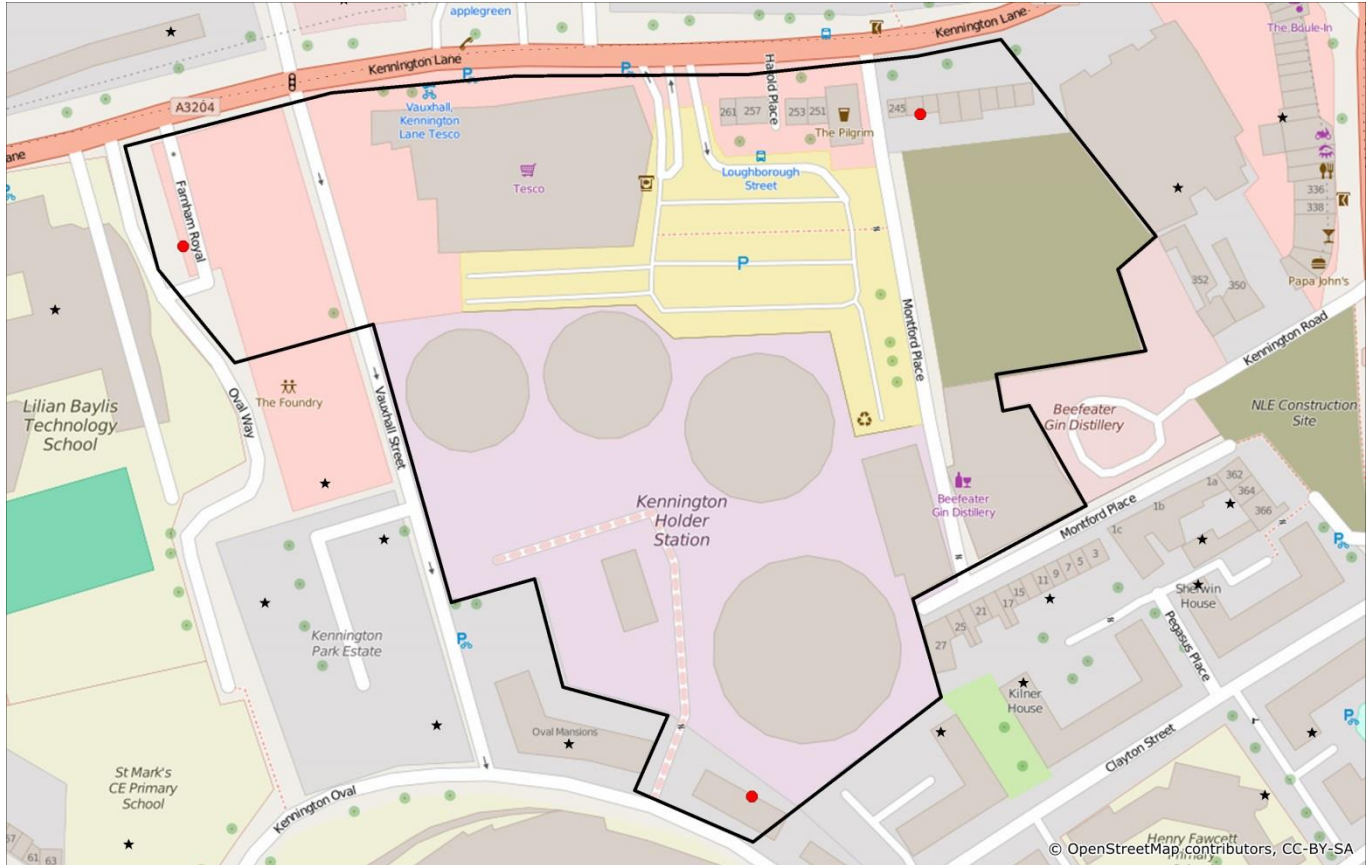
1.1 The survey area

As outlined in section 2.2 of this report, sample for the quantitative element of this research was drawn from two specific areas, one in the London Borough of Southwark (the Old Kent Road Opportunity Area) and the other in the London Borough of Lambeth (the Oval and Kennington Development Area).

The Old Kent Road Opportunity Area comprises c.13,700 addresses, and so sample for the quantitative study of residents of this area was drawn entirely from within the bounds of the map below. For the majority of the qualitative elements of the research, sample for Southwark was achieved through asking a re-contact question on the quantitative survey. The schools included in the healthy eating element of the research were also drawn from within the specific area in the map below.



The Oval and Kennington Development Area, on the other hand, comprises far fewer residential addresses. In order to achieve sufficient sample for the quantitative study, sample was drawn from both within the area and from the immediately surrounding roads. A map of the extended area for sampling purposes is included below.



As in the Old Kent Road Opportunity Area, sample for the qualitative elements within the Oval and Kennington Development Area was achieved through contacting those who had taken part in the qualitative survey and who had agreed to be re-contacted. The schools included in the healthy eating element of the research were drawn from the area immediately surrounding that outlined in the map above.

1.2 The survey profile

Throughout this report we refer to a number of demographic sub groups. These groupings are based on demographic information collected as part of the quantitative survey, which is not discussed in its own right within this report. The table below gives a breakdown of the number of respondents falling into each of these demographic groupings, for both survey areas. Please note that, due to small base sizes, sub groups from within the Oval and Kennington Development Area are not discussed within this report.

Table 1.1: Demographic breakdown of the two survey areas

Demographic	Sub-group	Unweighted base size (Old Kent Road)	Unweighted base size (Oval and Kennington)
Gender	Male	162	48
	Female	190	53
Age	16 to 34 year olds	149	49
	35 to 54 year olds	128	52 (35+)
	55 and over	75	
Working status	Working	188	64
	Not working – retired	46	9
	Not working - other	118	28
Length of time lived in area	Less than 5 years	118	50
	5 years or more	234	51
Ethnicity	White	167	72
	BME	181	29

Health	Good/fair	328	98
	Bad/very bad	24	2
Financial situation	Living comfortably/doing alright	192	71
	Other	154	29
Children in household	Yes	130	29
	No	222	72
Housing situation	Rent from local authority or housing association	214	45
	Council leaseholder	21	0
	Other	112	56

1.3 Profile of participants in the qualitative research

Table 1.2: Breakdown of qualitative elements

Element/theme	Borough	Participants
Two workshops on social isolation (social isolation)	One in Lambeth, one in Southwark	20 participants in each workshop, recruited from those who had agreed (Southwark) or agreed/neither agreed nor disagreed (Lambeth) with the statement 'I would like to out to meet people more often'. A range of demographic quotas were set to ensure a good mix across age, gender, working status, ethnicity and length of time living in the area.

Focus group with Mothers (social isolation)	Southwark	10 participants, recruited through the Camberwell-based community group Mumspace. No demographic quotas were set.
Focus groups with school children on walking (obesity and inactivity)	One in Southwark, two in Lambeth	10 participants per group, recruited through the research team contacting specific schools in the area. In Southwark, the participants were Year 11 students. In Lambeth, one group was with Year 6 students, while the other was with those from Year 10.
Focus groups with school children on diet (obesity and inactivity)	Two in Southwark, one in Lambeth	10 participants per group, recruited through the research team contacting specific schools in the area. In Lambeth, the participants were Year 9 students. In Southwark, one group was with Year 5 students, while the other was with those from Year 8.
Focus group on local health services (health service provision)	Southwark	10 participants, recruited from a mix of those who agreed or disagreed that there are enough primary care services in the local area. A range of demographic quotas were set to ensure a good mix across age, gender, working status, ethnicity, state of health and whether or not respondents suffered from a long-term condition.
5 in-depth interviews with health professionals	Southwark	Five local health professionals, recruited by the core research team. Interviews were conducted with one clinical lead and four GPs.

Appendix D: Note on statistical reliability

When reading this report, it should be remembered that all results of the quantitative research are subject to sampling tolerances, which means that not all differences between results are statistically significant at the 95% confidence level. Indications of approximate sampling tolerances for this survey and for surveys of larger groups of participants are provided in the table below. As shown, sampling tolerances vary with the size of the sample and the size of the percentage results. This survey used a quota sampling approach. Strictly speaking the tolerances applied here apply only to random samples with an equivalent design effect. In practice, good quality quota sampling has been found to be almost as accurate.¹

Approximate sampling tolerances applicable to percentages at or near these levels at the 95% confidence level			
	10% or 90%	30% or 70%	50%
Size of sample on which survey result is based	±	±	±
101 interviews	6	9	10
352 interviews	3	5	5
400 interviews	3	5	5
500 interviews	3	4	4
600 interviews	2	4	4
700 interviews	2	3	4
800 interviews	2	3	4

¹ Orton, S. (1994), Evidence of the Efficiency of Quota Samples. Survey Methods Newsletter, vol. 15, no. 1; Stephenson, C. B. (1979), Probability Sampling with Quotas: Wan Experiment. POQ, vol. 43, no. 4.

900 interviews	2	3	3
1,000 interviews	2	3	3

Comparing the views of different groups within the sample surveyed

Different groups within a sample (e.g. men and women) may have different results for the same question. A difference has to be of a certain size in order to be statistically significant. To test if a difference in results between two sub-groups within a sample is statistically significant, at the 95% confidence level, the differences between the two results must be greater than the values provided in the table below. Again, strictly speaking the sampling tolerances shown here apply only to random samples with an equivalent design effect. In practice, good quality quota sampling has been found to be almost as accurate.²

Differences required for significance at or near these percentages at the 95% confidence level			
	10% or 90%	30% or 70%	50%
Size of sample on which survey result is based	±	±	±
50 and 50	12	13	14
50 and 100	10	16	17
100 and 100	8	13	14
100 and 150	8	12	13
100 and 200	7	11	12

² Ibid.

150 and 150	7	10	11
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Due to the small sample size in the Oval and Kennington Development Area, subgroups among respondents in this area have not been. When considering the results of sub groups among the Old Kent Road respondents, it is worth bearing in mind that findings for groups with 100 respondents can be subject to confidence intervals of +/- 10% - smaller groups will be subject to even larger confidence intervals. A full breakdown of the various sub groups discussed in this report can be found in appendix A (sample profile).

Appendix E: Quantitative survey questionnaire

Introduction

Good morning / afternoon / evening. My name is from Ipsos MORI, the independent research organisation. We are carrying out a survey among people in this area on behalf of Southwark and Lambeth Councils. The research is funded by Guy's and St Thomas' charity, and aims to understand what residents think about their local area, local services and their health and wellbeing. The research findings will be used to help inform the councils' future work.

The interview will take about 18 minutes.

I would like to assure you that all the information we collect will be kept in the strictest confidence, and used for research purposes only. It will not be possible to identify any individual person in the survey results.

Section A – Demographics for quotas and screening

I would like to start off by asking you a few questions about yourself.

Q1.

SINGLE CODE

[INTERVIEWER TO CODE GENDER]

Male

Female

ASK ALL

Q2.

SINGLE CODE

Can I ask how old you are?

[INTERVIEWER WRITE IN EXACT AGE – IF REFUSED, PROMPT FOR AGE BAND]

1. 16 – 17

2. 18 – 24

3. 25 – 34

4. 35 – 44

5. 45 – 54

6. 55 – 64

7. 65 – 74

8. 75+

9. Prefer not to answer

ASK ALL

Q3.

SINGLE CODE. SHOWCARD AA

Which of the following best applies to you? Are you....

1. In full-time work (30 hrs/wk+)
2. In part-time work (8-29 hrs/wk)
3. Registered unemployed (job seeker's allowance)
4. Unemployed, not registered, but seeking work
5. Not working but not seeking work
6. Retired
7. At home looking after family
8. Sick/disabled or a full time carer of a sick/disabled person
9. Full-time student
10. Other

Section B - The area you live in

I would now like to ask you some questions about the area you live in.

ASK ALL

Q4.

SINGLE CODE. SHOWCARD BB.

How long have you lived in this area? By this area I mean within a 15-20 minutes' walk from this address.

1. Less than 6 months
2. 6 months to one year
3. Over one and up to two years
4. Over two and up to 5 years
5. Over 5 and up to 10 years
6. More than 10 years

7. Don't know [NOT ON SHOWCARD]

ASK ALL

Q5 – Q8.

SINGLE CODE PER QUESTION. ROTATE ORDER OF Q5-Q8. SHOWCARD A. REVERSE ORDER.

I am now going to read out some statements about the local area. For each one, please tell me to what extent you agree or disagree.

- Q5. The local area is a place where people get on well together
- Q6. I feel a sense of belonging to my local community
- Q7. I feel safe in the local area when outside in the daytime
- Q8. I feel safe in the local area when outside after dark

[SHOWCARD]

1. Strongly agree
2. Tend to agree
3. Neither agree nor disagree
4. Tend to disagree
5. Strongly disagree
6. Don't know/not sure [NOT ON SHOWCARD]

ASK ALL

Q9.

SINGLE CODE.

Have you given unpaid help to a local group, club or organisation in the last 12 months?

1. Yes
2. No
3. Don't know

Section C - Social integration

I am now going to ask a few more questions about your local area and community, and the things you like to do and the places you like to go.

ASK ALL

Q10.

SINGLE CODE. SHOWCARD B. REVERSE ORDER

In your free time, how often do you see or spend time with other people who do not live with you? Please look at this card and tell me the number next to the answer that applies.

1. At least once a day
2. 6 or more times a week
3. 4 to 5 times a week
4. 2 to 3 times a week
5. Once a week
6. 2-3 times a month
7. Once a month
8. Once every couple of months
9. Once or twice a year
10. Less often than once or twice a year
11. Don't know [NOT ON SHOWCARD]

ASK ALL

Q11.

SINGLE CODE. SHOWCARD B. REVERSE ORDER

Not counting the people you live with, how often in your free time do you generally speak with other people over the phone, by text or email or over the internet for example using social media sites such as Facebook? Please look at this card and tell me the number next to the answer that applies.

1. At least once a day
2. 6 or more times a week
3. 4 to 5 times a week
4. 2 to 3 times a week
5. Once a week
6. 2-3 times a month
7. Once a month

8. Once every couple of months
9. Once or twice a year
10. Less often than once or twice a year
11. Don't know [NOT ON SHOWCARD]

ASK ALL

Q12.

MULTICODE. SHOWCARD C. REVERSE ORDER

Which of the following places in your local area, if any, do you typically go to when meeting up with or spending time with other people who do not live with you? Please tell me which of these places you socialise at. By local area I mean within a 15-20-minute walk from your home.

1. A hobby or social club
2. A group with activities that keep you active (including taking part, coaching or going to watch)
3. A local community centre or neighbourhood group
4. A group for children or young people
5. A college, university or adult education group
6. A group for older people
7. An environmental group
8. A health, disability or welfare group
9. A religious or faith group, including going to a place of worship
10. A pub/bar
11. A museum, art gallery or library
12. A park or green/open space
13. A communal garden/allotment/food growing space
14. A cinema, theatre or concert venue
15. A restaurant or cafe
16. A shop on the high street
17. A shopping centre

18. Local shops
19. Have other people visit me at my home
20. Visit someone else's home
21. None of these places

ASK ALL

Q13.

MULTICODE. SHOWCARD D. REVERSE ORDER

And which of these places do you typically go to outside of your local area?

1. A hobby or social club
2. A group with activities that keep you active (including taking part, coaching or going to watch)
3. A local community centre or neighbourhood group
4. A group for children or young people
5. A college, university or adult education group
6. A group for older people
7. An environmental group
8. A health, disability or welfare group
9. A religious or faith group, including going to a place of worship
10. A pub/bar
11. A museum, art gallery or library
12. A park or green/open space
13. A communal garden/allotment/food growing space
14. A cinema, theatre or concert venue
15. A restaurant or cafe
16. A shop on the high street
17. A shopping centre
18. Visit someone else's home

19. None of these places

ASK ALL

Q14.

SINGLE CODE PER STATEMENT. ROTATE ORDER OF STATEMENTS. SHOWCARD E. REVERSE ORDER

I will now read out some statements about going out, in particular going out to meet people or socialise with friends or family. Please tell me how far you agree or disagree with each statement.

[READ OUT]

- There are enough places in the local area suitable for meeting with friends, relatives or work colleagues
- I would like to go out to meet people more often

1. Strongly agree
2. Tend to agree
3. Neither agree nor disagree
4. Tend to disagree
5. Strongly disagree
6. Don't know [NOT ON SHOWCARD]

ASK ALL

Q15.

MULTICODE. DO NOT READ OUT

What, if anything would make getting out more attractive to you?

Personal reasons/circumstances

1. If my health was better
2. Having a car
3. Having a bicycle
4. Having more spare time
5. Having someone/people to socialise with
6. Having someone/people to socialise with in the local area
7. If it was less expensive to go out/if I could afford it
8. If I could arrange childcare/a babysitter
9. If I could afford childcare/a babysitter

10. If my family/friends lived closer to me

Improvements to facilities/amenities

11. More/better recreational facilities, services or good places to go out in the local area
12. More/better quality pavements and footpaths
13. More/better quality cycle paths/routes/facilities for storing bicycles securely
14. If the shops/venues nearby were more accessible or inclusive (e.g. spoke my language, was disability friendly etc.)
15. If the shops/venues nearby were more family or child-friendly
16. More parks or green/open spaces nearby
17. More toilets/more accessible toilets
18. More seats/places to rest
19. More places/facilities for crossing roads safely
20. More bins/rubbish/litter collection

Safety

21. If I felt safer going out
22. If I felt safer going out in the local area
23. More/better street lighting after dark

Transport

24. More/better public transport
25. More/better public transport which is accessible for disabled people, or people with limited mobility
26. More affordable public transport
27. Less traffic congestion

Other/General

28. Less pollution in the environment
29. If the area was a more pleasant or attractive environment generally
30. Other (Please specify)

31. Nothing – I am happy with how often I get out [ALLOW MULTICODE WITH CODES 32 & 33 ONLY]
32. Nothing – I prefer to have contact/speak with others over the phone [ALLOW MULTICODE WITH CODES 31 & 33 ONLY]
33. Nothing – I prefer to have contact/speak with others online/on the internet [ALLOW MULTICODE WITH CODES 31 & 32 ONLY]
34. Don't know [SINGLE CODE]
35. Prefer not to say [SINGLE CODE]

Section D - Health services

Next I would like to ask you some questions about health services.

ASK ALL

Q16.

SINGLE CODE. SHOWCARD F

How long does/would it take to walk from your home to the GP practice where you are registered as a patient? Please tell me the length of time, in minutes, it would take to walk there. If you are unsure, please give your best estimate.

1. Less than 10 minutes' walk
2. Between 10 and 20 minutes' walk
3. Between 20 and 30 minutes' walk
4. Between 30 minutes and an hour's walk
5. More than an hour's walk
6. I am not registered with a GP
7. Don't know [NOT ON SHOWCARD]

I am now going to ask you some more questions about GP and primary care services in the local area. As well as GP practices, 'primary care' covers dental practices, community pharmacies and high street opticians/optometrists.

ASK ALL

Q17.

SINGLE CODE. SHOWCARD G. REVERSE ORDER

Please tell me to what extent, if at all, you agree or disagree with the following statement:

[READ OUT]

- There are enough primary care services in the local area that are conveniently located for people like me

1. Strongly agree

2. Tend to agree
3. Neither agree nor disagree
4. Tend to disagree
5. Strongly disagree
6. Don't know/not sure [NOT ON SHOWCARD]

ASK ALL

Q18.

OPEN. PROBE FULLY AND RECORD ALL ANSWERS GIVEN

Please tell me what, if anything, would improve your own experiences of primary care services in your local area? Please give me as much detail as possible in your answer.

ASK ALL

Q19.

MULTICODE. DO NOT READ OUT

I am now going to read a short description of a Health and Leisure Centre that exists in London; I would like to get your thoughts on this facility.

The facility brings together under one roof a gym, swimming pool and fitness centre as well as the local Council's customer centre, GP and dental services and community health services such as health visiting and healthy living support. It also has a community space for hire.

If a facility like this was set up in the local area, what benefits, if any, do you think that it would bring?

1. It would allow people to use more than one service or facility in one visit
2. It would be convenient to have these facilities in the same location
3. It would encourage people to use health services
4. It would encourage people to use other facilities located there
5. It would encourage people to register with a GP/dentist
6. It would make it easier for people to live healthier lifestyles
7. It would make the area more attractive
8. It would provide a place for people to meet
9. Other (Please specify)
10. None/no benefits/can't think of any [SINGLE CODE]
11. Don't know [SINGLE CODE]

ASK ALL EXCEPT THOSE WHO CODE 10 AT Q19
Q20.

MULTICODE. SHOWCARD H. REVERSE ORDER

If a centre like this was set up in the local area, what community facilities or public services other than a GP surgery would you like it to include? Please look at this card and tell me all answers that apply.

1. A dentist
2. Pharmacy/chemist
3. Community health services such as health visiting and stop smoking support
4. A swimming pool
5. A fitness centre
6. My local council's customer centre
7. Specialist housing for older people
8. My local council's housing services office
9. A crèche/nursery
10. Space for hire by the community
11. Other (Please specify)
12. I am not interested in a centre like this being set up in my local area [SINGLE CODE]
13. Don't know [SINGLE CODE. NOT ON SHOWCARD]

Section E - Physical activity & diet

Next I would like to ask you some questions about your lifestyle. Please remember that there are no right or wrong answers here and I would like you to be as honest as possible in answering the questions. All your answers will be kept in strict confidence.

ASK ALL

Q21.

SINGLE CODE. SHOWCARD I. REVERSE ORDER

How many portions of fruit or vegetables do you eat in a typical day? Please include all fruit and veg, including fresh, frozen, dried, stewed or tinned.

'A portion' could be for example 1 apple or banana or 3 heaped tablespoons of vegetables, beans or pulses. Please look at this card and tell me the number next to the answer that applies.

1. None
2. 1 or 2 portions
3. 3 or 4 portions
4. 5 or more portions
5. Don't know [NOT ON SHOWCARD]
6. Prefer not to answer [NOT ON SHOWCARD]

ASK ALL

Q22-Q24.

SINGLE CODE FOR EACH QUESTION. ROTATE ORDER OF QUESTIONS (Q26-Q28). SHOWCARD J: REVERSE ORDER

Thinking about the things that you eat and drink. How often, if at all, do you ...?

- Q22. eat food from a take-away such as a kebab, pizza, fried fish, chicken or chips or a burger?
- Q23. eat home-cooked meals made by you or a member of your household?
- Q24. eat ready-meals or packaged meals that you or a member of your household have purchased from a supermarket or shop and cooked at home?

1. Never
2. 1-2 times a week or less
3. 3-6 times a week
4. Daily
5. 2-3 times a day, or more often
6. Don't know [NOT ON SHOWCARD]
7. Prefer not to say [NOT ON SHOWCARD]

ASK ALL

Q25.

SINGLE CODE FOR EACH STATEMENT. ROTATE ORDER OF STATEMENTS. READ OUT. SHOWCARD K: REVERSE ORDER

I'm going to read out a list of things that some people have said. Please can you tell me the extent to which you agree or disagree with each?

- I find it difficult to buy fresh food in my local area
- Fresh food is too expensive

- In my local area it is easier to buy food from a take-away than it is to buy fresh, healthy food
- I need more information on how to eat healthily
- I try to shop, cook and eat healthily
- I do not know how to cook healthy meals myself
- I am not interested in cooking healthy meals myself

1. Strongly agree
2. Tend to agree
3. Neither agree nor disagree
4. Tend to disagree
5. Strongly disagree
6. Don't know [NOT ON SHOWCARD]
7. Prefer not to say [NOT ON SHOWCARD]

ASK ALL

Q26.

SINGLE CODE. SHOWCARD L. REVERSE ORDER

In an average week, how often do you do 30 minutes or more of moderate physical activity per day? The 30 minutes could be in one go or spread out across the day for example 3 lots of 10 minutes. Moderate activity includes brisk walking, dancing, cycling, bowling, golf, swimming, household tasks involving considerable effort and making you feel breathless. Would you say you do this...

1. Never
2. 1 or 2 times a week
3. 3 or 4 times a week
4. 5 or 6 times a week
5. Every day of the week
6. Don't know [NOT ON SHOWCARD]
7. Prefer not to say [NOT ON SHOWCARD]

ASK ALL

Q27.

SINGLE CODE. SHOWCARD M. REVERSE ORDER

And in an average week, how much time in total do you normally spend walking?

1. None
2. Less than 15 minutes
3. 15-30 minutes
4. More than 30 minutes, up to 1 hour
5. 1-3 hours
6. 4-5 hours
7. More than 5 hours
8. I am unable to walk
9. Don't know [NOT ON SHOWCARD]
10. 10. Prefer not to say [NOT ON SHOWCARD]

ASK ALL

Q28.

MULTICODE. DO NOT READ OUT

What, if anything, stops you from doing more exercise or being more physically active?

Ability/ prohibiting factors

1. I'm not fit enough
2. I'm too old
3. I don't know how to exercise or be physically active
4. I have a disability, illness or injury that prevents me from exercising/being physically active
5. I feel embarrassed when I exercise or am physically active/I'm not confident enough
6. I have no one to exercise/go to clubs/classes with
7. I've never been asked or encouraged to take part

Cost/ lack of opportunity

8. It costs too much

9. There is a lack of free gym classes/swimming in the area
10. There is a lack of facilities or clubs in the local area/ I don't know where to go (and learn)
11. It is too far / too difficult to travel to clubs / facilities
12. There is a lack of parks and green/open spaces in the area
13. I don't feel safe when walking, running or cycling in the local area
14. I don't have the right equipment/ clothing/ footwear
15. Lack of available childcare
16. Lack of affordable childcare

Time constraints

17. I'm too busy/ I haven't got around to it yet

Lack of interest/ inclination

18. It's too much effort / I can't be bothered
19. I would rather spend my leisure time doing other things
20. I don't like/ I'm just not interested in any form of exercise/physical activity
21. I don't see any benefits in taking part in exercise/physical activity

Other/None:

22. Nothing [SINGLE CODE]
23. Not applicable / I am already active enough [SINGLE CODE]
24. Other (specify)
25. Don't know [SINGLE CODE]
26. Prefer not to say [SINGLE CODE]

ASK ALL

Q29.

MULTICODE. SHOWCARD N. REVERSE ORDER

Which, if any, of the following would encourage you to lead a healthier lifestyle?

1. Lower prices for using leisure centres/free gym membership/swimming
2. Lower prices for healthy food
3. Better sports and leisure facilities in the local area (Please specify)
4. Having more time
5. Being told to by my doctor to do so for health reasons
6. Having more healthy food available in local shops and markets
7. Better access to weight loss services
8. Better access to parks and green/open spaces
9. Better information about how to eat healthily
10. Better information about how to be more physically active
11. Having help with my caring responsibilities
12. Better access to stop smoking services
13. Advice and support to stop/cut down drinking alcohol
14. More family-friendly/child-friendly facilities
15. More accessible facilities (e.g. spoke my language, was disability friendly etc.)
16. Something else (PLEASE SPECIFY)
17. Nothing, I already lead a healthy lifestyle [NOT ON SHOWCARD] [SINGLE CODE]
18. Don't know (NOT ON SHOWCARD) [SINGLE CODE]

ASK IF RESPONDENT IS WORKING (CODE 1 OR 2 AT Q3) AND WALKS IN A TYPICAL WEEK (Q27 = CODE2-7).

SHOWCARD O. REVERSE ORDER

Q30.

Can you please tell me the total length of time, in minutes, that you spend walking when travelling to and from work in a typical week? If you walk some or all of the way both to and from work, please add together the time you spend walking during both of these journeys.

1. None
2. Less than 15 minutes

3. 15-30 minutes
4. More than 30 minutes, up to 1 hour
5. 1-3 hours
6. 4-5 hours
7. More than 5 hours
8. Don't know [NOT ON SHOWCARD]
9. Prefer not to say [NOT ON SHOWCARD]

ASK IF DON'T CURRENTLY WALK WHEN TRAVELLING TO WORK (Q30 = CODE 1) AND ALL WHO WORK BUT DO NOT WALK AT ALL IN A TYPICAL WEEK (CODE 1 OR 2 AT Q3 AND CODE 1 AT Q27)

Q31.

MULTICODE

Some people complete all or part of their journey to work by walking. What would encourage you to walk more when travelling to and from work?

DO NOT READ OUT, PROBE FULLY

1. If I lived closer to work
2. If I had more time
3. If I felt safe walking that route
4. If there were more/better pavements along the route
5. If there was more/better lighting along the route after dark
6. If there was less traffic along the route
7. If there was less pollution along the route
8. More parks or green/open spaces nearby
9. More toilets/more accessible toilets
10. More seats/places to rest
11. Better/more/more accessible road crossings
12. If I had the right clothing/shoes for walking

13. If there was somewhere to shower/get changed at work
14. If I was in better health/if I was fitter
15. If I had someone to walk with
16. Other (PLEASE SPECIFY)
17. Nothing – I would not walk to work [SINGLE CODE]
18. Nothing – I cycle to work [SINGLE CODE]
19. Don't know [SINGLE CODE]

ASK ALL EXCEPT THOSE WHO CODE 8 AT Q27

Q32.

MULTICODE

What would encourage you to walk more often when making short journeys? (IF WORKING [CODE 1 OR 2 at Q3] INSERT <Please think about the other journeys you make besides getting to or from work>).

DO NOT READ OUT, PROBE FULLY

1. If I lived closer to the destination
2. If I had more time
3. If I felt safe walking that route
4. If there were more/better pavements along the route
5. If there was more/better lighting along the route after dark
6. If there was less traffic along the route
7. If there was less pollution along the route
8. More parks or green/open spaces nearby
9. More toilets/more accessible toilets
10. More seats/places to rest
11. Better/more accessible road crossings
12. More places/facilities for crossing roads safely
13. If I had the right clothing/shoes for walking
14. If I was in better health

15. If I was younger
16. If I was fitter
17. If I had someone to walk with
18. If there were more places within walking distance that I would want to walk to
19. Other (PLEASE SPECIFY)
20. Nothing – I would not walk for these journeys [SINGLE CODE]
21. Nothing – I cycle for these journeys [SINGLE CODE]
22. Don't know [SINGLE CODE]

Section F - General health

I would now like to ask you some questions about your health. I would like to remind you that all your answers will be kept strictly confidential

ASK ALL

Q33.

SINGLE CODE. SHOWCARD P

How is your health in general? Would you say it is...?

1. Very good
2. Good
3. Fair
4. Bad
5. Very bad
6. Don't know/not sure [NOT ON SHOWCARD]
7. Prefer not to answer [NOT ON SHOWCARD]

ASK ALL

Q34.

SINGLE CODE. SHOWCARD Q. REVERSE ORDER

Would you say that for your height you are...

1. about the right weight
2. underweight
3. slightly overweight
4. very overweight
5. Don't know [NOT ON SHOWCARD]
6. Prefer not to say [NOT ON SHOWCARD]

ASK ALL

Q35.

SINGLE CODE PER STATEMENT. SHOWCARD R. RANDOMISE ORDER OF STATEMENTS. READ OUT STATEMENTS.

REVERSE SCALE

I'm going to read out some statements about feelings and thoughts. For each one, please tell me how often, if at all, you have felt this way over the last two weeks? Please look at this card and read out the number that applies.

- I've been feeling optimistic about the future
- I've been feeling relaxed
- I've been feeling useful
- I've been dealing with problems well
- I've been thinking clearly
- I've been feeling close to other people
- I've been able to make up my own mind about things

1. None of the time
2. Rarely
3. Some of the time
4. Often
5. All of the time
6. Don't know [NOT ON SHOWCARD]

7. Prefer not to say [NOT ON SHOWCARD]

ASK ALL

Q36.

MULTICODE ALLOWED FOR CODES 1 & 2.

Do you, or anyone else in your household have any long-standing illness, disability or infirmity? IF YES: Is that you or someone else in your household?

1. Yes – myself
2. Yes - another person in my household
3. No (SINGLE CODE)
4. Don't know [SINGLE CODE]
5. Prefer not to answer [SINGLE CODE]

ASK IF 'YES - MYSELF' (CODE 1) at Q36

Q37.

MULTICODE. SHOWCARD S

Which of the following are affected by this health problem or disability?

1. Hearing
2. Vision
3. Mobility
4. Mental health
5. Memory
6. Or is this linked to learning difficulties?
7. Or is there some other form of health problem or disability? (PLEASE SPECIFY)
8. Don't know [NOT ON SHOWCARD] [SINGLE CODE]
9. Prefer not to answer [NOT ON SHOWCARD] [SINGLE CODE]

Section G - Additional demographic questions

We are almost at the end of the survey but I would like to ask a few more questions about you and your family situation. Again, I'd like to reassure you that your answers will be kept in the strictest confidence.

ASK ALL

Q38.

SINGLE CODE. SHOWCARD T

Which of the following best describes your current situation?

1. Married
2. In a civil partnership
3. Living with a partner
4. Single
5. Widowed
6. Divorced
7. Separated
8. Don't know [NOT ON SHOWCARD]
9. Prefer not to say [NOT ON SHOWCARD]

ASK ALL

Q39.

What is the total number of people living in your household including yourself and any children?

[INTERVIEWER WRITE IN]

ASK IF Q39>1

Q40.

How many children aged fifteen or under are there in your household?

[INTERVIEWER WRITE IN]

ASK IF CHILDREN IN HOUSEHOLD (CODE 1 OR ABOVE AT Q40)

Q41.

Are you the parent or legal guardian of any of the children in the household?

1. Yes
2. No

ASK ALL

Q42

SINGLE CODE

Do you look after, or give any regular help or support to family members, friends or neighbours because of long-term physical or mental ill-health, a disability or problems related to old age?

1. Yes
2. No
3. Don't know
4. Prefer not to answer

ASK ALL

Q43.

SINGLE CODE. READ OUT

Which of the following best describes the type of home you live in?

1. Detached house
2. Semi-detached house
3. Terraced house
4. Apartment or flat
5. Other
6. Don't know [DO NOT READ OUT]

ASK ALL

Q44.

How many bedrooms are there in the home you live in?

[INTERVIEWER WRITE IN]

ASK ALL

Q45.

SINGLE CODE. SHOWCARD U

Which of the following best describes your housing situation?

1. Council leaseholder
2. Owner occupier - private
3. Rent it from a private landlord
4. Rent it from the local authority/council
5. Rent it from a housing association
6. Shared ownership

7. Renting a room in a house or flat share with family member(s)
8. Renting a room in a house or flat share with non-family member(s)
9. Live with parents/grandparents/other family members
10. Other
11. Don't know [NOT ON SHOWCARD]
12. Prefer not to say [NOT ON SHOWCARD]

ASK ALL

Q46.

MULTICODE ALLOWED CODES 1 & 2

Do you or any members of your household own a car?

1. Yes – myself
2. Yes – someone else in my household
3. No (SINGLE CODE)

ASK ALL

Q47.

SINGLE CODE. SHOWCARD V

How well would you say you yourself are managing financially these days? Please look at this card and read out the number of the answer which best applies to you.

1. Living comfortably,
2. Doing alright,
3. Just about getting by,
4. Finding it quite difficult,
5. Or finding it very difficult?
6. Don't know [NOT ON SHOWCARD]
7. Prefer not to say [NOT ON SHOWCARD]

ASK ALL

Q48.

SINGLE CODE. SHOWCARD

Which ethnic group do you consider you belong to? Please choose one option that best describes your ethnic group or background.

WHITE

- 8. British
- 9. Irish
- 10. Any other white background

MIXED

- 11. White and Black Caribbean
- 12. White and Black African
- 13. White and Asian
- 14. Any other mixed background

ASIAN OR ASIAN BRITISH

- 15. Indian
- 16. Pakistani
- 17. Bangladeshi
- 18. Any other Asian background

BLACK OR BLACK BRITISH

- 19. Caribbean
- 20. African
- 21. Any other black background

CHINESE OR OTHER ETHNIC GROUP

- 22. Chinese
- 23. Any other background [NOT ON SHOWCARD]
- 24. Prefer not to say [NOT ON SHOWCARD]

ASK ALL

Q49.

SINGLE CODE. SHOWCARD X

Which of these best describes your religion?

1. Atheist
2. Buddhist
3. Christian
4. Hindu
5. Jewish
6. Muslim
7. Sikh
8. Other – please specify
9. No religion
10. Don't know
11. Prefer not to answer

ASK ALL

Q50.

SINGLE CODE. SHOWCARD Y

Looking at this list, can you please read out the letter next to the line which best describes you?

1. I am heterosexual/straight
2. I am gay or lesbian (homosexual)
3. I am bisexual
4. Other
5. I prefer not to answer this question
6. Don't know [NOT ON SHOWCARD]

ASK ALL.

Q51.

Could I please take your telephone number?

[ALL TELEPHONE NUMBERS SHOULD HAVE 11 DIGITS.]

ENTER MOBILE NUMBER

Don't know

No mobile number

Refused

[ALL TELEPHONE NUMBERS SHOULD HAVE 11 DIGITS.]

ENTER LANDLINE NUMBER

Don't know

No landline

Refused

ASK ALL.

Q52.

And could I please also record your address?

[INTERVIEWER RECORD: RESPONDENT'S HOME ADDRESS (STREET, TOWN, COUNTY, POSTCODE). PLEASE PUT FORWARD SLASH TO SEPARATE EACH LINE OF THE ADDRESS.FOR EXAMPLE: 10 PRACTICE ROAD/PRACTICE TOWN/PRACTICE COUNTY/PR1 AC2]

ENTER TEXT

Don't know the address

Refused

[Permission to re-contact](#)

ASK ALL

Q53.

SINGLE CODE

In the future Ipsos MORI and Southwark and Lambeth Councils or associated partners may want to re-contact some people we've talked to in this survey, for other research we might be doing about similar topics over the next few months.

Your contact details and some of your answers to this survey would be used to invite you to take part in these further studies. Your details would be kept in strict confidence by the research teams at Ipsos MORI and Southwark and Lambeth Councils. Participation in any further research is entirely voluntary and you will still be free to refuse to take part when we get back in touch.

Would you be willing to be re-contacted for this type of further research?

1. Yes
2. No

ASK IF YES - CODE 1 AT Q53

Q54.

Thank you very much. So that we can contact you to ask if you'd like to take part again, I'd like to record your email address. Are you happy for me to do this?

1. Yes
2. No

IF YES (CODE 1):

Please tell me the first part of the address before the @ sign?

[INTERVIEWER PLEASE CHECK WITH RESPONDENT WHICH LETTERS ARE UPPER OR LOWER CASE.]

Don't know

No answer

Refused

Thank you. Now please tell me the second part of the address after the @ sign.

1. Aol.com
2. Beeb.net
3. Blueyonder.co.uk
4. Btinternet.com
5. Btopenworld.com
6. Fsmail.com
7. Gmail.com
8. Hotmail.net
9. Hotmail.com

10. msn.com
11. ntlworld.com
12. supanet.com
13. tesco.net
14. tiscali.co.uk
15. virgin.net
16. yahoo.co.uk
17. yahoo.com
18. OTHER (PLEASE SPECIFY)

The email address you gave is [email address]. Is this correct?

1. Yes, correct
2. No, incorrect

IF INCORRECT (CODE 2) RE-RECORD EMAIL ADDRESS

THANK & CLOSE:

That is the end of the survey. Thank you very much for taking part.

Appendix F: Schools taking part in the qualitative discussions

Schools in Old Kent Road:

- City of London Academy Secondary school: <http://www.cityacademy.co.uk/page/default.asp?title=Home&pid=1>
- Surrey Square Primary school: <http://surreysquareprimary.co.uk/>

Schools in Oval:

- Archbishop Tenison Secondary school: <http://www.tenisons.com/custom/1/homepage/default.aspx>
- Henry Fawcett Primary school: <http://henryfawcett.org.uk/>

Appendix G: Schools strand discussion guides

'Healthy Eating'

First lesson (1 hour): lead by the teacher

Today we're going to be talking about being healthy or unhealthy.

TEACHER TO RECORD ALL RESPONSES ON AN ELECTRONIC WHITEBOARD.

When I say 'being healthy' what words, images or questions pop into your head first?

PROBE ON WORDS, IMAGES AND QUESTIONS THAT COME TO MIND E.G. EATING FRUIT / VEG, EXERCISE, HEALTHY WEIGHT, NOT SMOKING ETC.

And when I say 'being unhealthy' what do you think of?

PROBE ON WORDS, IMAGES AND QUESTIONS THAT COME TO MIND E.G. EATING FRUIT / VEG, EXERCISE, HEALTHY WEIGHT, NOT SMOKING ETC.

How important is it to you to be healthy?

- If it's important: Why?
- If it's not so important: Why not?

How healthy do you feel? Why?

- What things make you healthy and what not?
- Would your parents say that you lead a healthy lifestyle or not? Why?
- Do you think that your friends lead healthy lifestyles?
- What about your parents? Brothers / sisters?
- Do you think it matters if you try to be healthy or not? Why / why not?

What about healthy eating – what is it?

- What foods are healthy? Why?
- What foods are unhealthy? Why?

SHOW PICTURES OF GROUPS OF FOODS.

What foods in each of these do you think of as healthy?

- And which foods are unhealthy? What made you choose that as unhealthy?
- Which basket do you think is the healthiest choice? And which the least?
- How did you decide?

What foods do you mostly enjoy eating?

- Is it healthy/unhealthy food? Why?

ACTIVITY 1 – YEAR 9

- In groups plan the meals for breakfast, lunch and dinner for a family. Half the class produces a healthy version and half produces an unhealthy version.
- Groups to present and explain why they are healthy/unhealthy.
- Then do voting exercise on favourite daily meals to create a final meal plan.

Pre-task/homework (1 week to complete)

Keep a food diary to record daily food consumption over a week – including snacks. Detail to include:

- What was eaten
- Where food was consumed
- Who prepared food/where it was purchased / how much it cost (if the young person

purchased it themselves)

Template of the food diary to be provided by Ipsos MORI.

'Walking'

Introduction to pre-task: lead by the teacher
Ipsos MORI researchers want to talk to you about how you get around: to and from school and also to and from other places that you go. Before they do so, they would like you to complete a homework exercise.
Pre-task/homework (1 week to complete)
Activity diary: note down the day-to-day routes you take to and from school, and after-school or weekend activities over the course of a week. <ul style="list-style-type: none"> - Include significant locations: school, home, where their good friends live, youth clubs or libraries etc. - Include mode of transport (walking, car, bus, scooting, skating etc)
Introduction (5 mins)
<p>Introduce self and Ipsos MORI</p> <p>Briefly explain Southwark and Lambeth Council and why they want to do this work:</p> <ul style="list-style-type: none"> - They are interested in what young people think, and in particular understand how you feel about walking. - We're talking to people who live, work, or go to school around (Old Kent Road/Oval) about what they think about walking. - Your views are really important which is why we've asked you here today. <p>Confirm happy to record, MRS and anonymity. Reassure that no information will be passed on to teachers or parents.</p> <p>Reassure no right or wrong answers, their opinions matter, okay to disagree, important to let each other speak / listen to each other</p> <p>Ice-breaker – introduce their friend:</p> <ul style="list-style-type: none"> - Favourite things to do in leisure time? - Favourite foods and drinks? - Somebody they admire?
Getting around the local area (10 mins)
<p>Today we're going to be talking about walking and how you get around your local area.</p> <p>What are the different ways of getting around the local area?</p> <p>Year 10: What different transport links are there in the local area?</p> <ul style="list-style-type: none"> - Which ones do you use regularly?

How do you get to and from school?

- PROBE: car, bus, tube, train, walk, cycle
- ASK THOSE WHO DO NOT WALK OR CYCLE Have you ever walked to school?
- IF YES, how easy or difficult was this? Would you think about doing it regularly or not? Why?
- IF NOT PROBE: Why not? PROBE: too far, traffic, pollution, too dangerous, not allowed.

Think about the last time you walked somewhere...

- Where was it?
- Who do you walk with?
- Did you walk anywhere today? Why/why not?

How much do you enjoy walking?

- What's good and bad about walking? Why do they say that?
- How often do you walk? Where do you walk?

Deciding whether or not to walk

- In which situations do you decide to walk instead of getting a lift with someone or getting the bus/tube/train?
- What, if anything, stops you from walking when you do consider it as a means for getting from one place to another?

Walking routes (20 mins)**ACTIVITY 1 – Review activity diaries**

Choose 2 routes you take regularly: e.g. going to school/ a friends' house/ family member. One where you walk, and one where you don't walk:

- Draw a map (year 10) of how you carry out these routes: where do you go? What do you see?
- Describe to a partner:
 - How did you get from A to B?
 - What is a good thing/bad thing about this route?

FEEDBACK TO THE CLASS:

Describe partner's journeys

- One good thing and one bad thing about each of their journeys

PROBE:

- What routes do you use?
- How long do they take?
- How did you choose this way? PROBE: easiest way/ quickest way/ cheapest way/ weather
- In winter/ at night time – would that change?
- NON WALKING ROUTE: Why didn't you walk? How easy or difficult would it be to walk more as part of this journey?

Which places do you enjoy walking to?

- Why?
- In the local area, which places do you enjoy walking around? Why? Which places don't you enjoy walking around? Why?

How much choice do you have about how you get to different places?

- Do you think you have enough choice / too much or not enough?

What do you think would encourage you to walk more?

- What would encourage you to walk to school/ walk home?

- Is there anywhere you would like to walk to, but can't?
- What stops you walking in the local area? PROBE: busy roads/ street lighting/ other people

Barriers to walking and wrap up (10 mins)

ACTIVITY 2:

IN PAIRS: BARRIER TO WALKING/DETTERRANTS TO WALKING

- What about where you live/your local area might stop you walking?
- What about yourself might encourage you to walk more?
- What about where you live/your local area might encourage you to walk more?

FEEDBACK TO THE GROUP:

What two things would encourage you to be healthier?

- What would you change about yourself?
- What would you change about where you live/local area?

Appendix H: Social Isolation strand residents discussion guide

Pre-task:

Diaries: participants asked to complete a diary over the course of a week giving us a fuller understanding of their lives in the local area including any social networks they have, the key spaces and places they go to, or would like to go to, for social interaction.

We will also ask participants to take photographs of elements of the built environment that they think positively or negatively impacts upon their experience.

Introduction (5 mins)

LEAD MODERATOR TO INTRODUCE THE SESSION:

Introduce self and Ipsos MORI

Briefly explain Southwark and Lambeth Council and why they want to do this work:

- They are interested how communities in or near the (Old Kent Road/Oval) live and what they need to live happy, healthy lives.
- We're talking to people who live, work, or go to school in this area about what they think about the area, what's good about it and ways it can be improved.
- Your views are really important which is why we've asked you here today.

Confirm happy to record, MRS and anonymity. Reassure that no information will be passed on to teachers or parents.

Reassure no right or wrong answers, their opinions matter, okay to disagree, important to let each other speak / listen to each other

TABLE DISCUSSIONS:

Ice-breaker – in twos:

- How long have you lived in the area?
- What would you be doing today if you weren't at this workshop?

Warm up: Living in the local area and (dis)likes about the built environment. (10 mins)

How would you describe your local area to someone who doesn't live here?

- Would you encourage other people to live in this area? Why?

What do you like/dislike about the local area?

- What's good about the (Old Kent Road/Oval)? What's bad about it?
PROBE: transport links/ friends or family living nearby/ shops/ community or social groups/ church/ pubs and bars/ libraries/ restaurants/ schools/ parks?
- Where are your favourite places?
- Are there any places you usually avoid? Why?

How the area has changed in the past five years?

- Would you say it has got better/worse/stayed the same? Why do you say that?
- Do you like how its changed? Why/ why not?

Current social interaction: (30 mins)

We now want to talk to you about the facilities you use in the local area and places you go to...

ACTIVITY – PAIRS

Review of pre-task in pairs:

- *Discuss pre-task in pairs (diary and photographs)*
- *LARGER MAP: Mapping of social networks: plot significant places (where people they know/are in contact with live, where the services they use are located and so on) on a map of the local area.*
- *Using photographs show which elements they like/dislike.*

Feedback to the table:

- What are the top 3 destinations/facilities you use in your local area? *Moderator to plot on an overall map*
- PROBE: transport hubs/ shops/ community or social groups/ church/ pubs and bars/ libraries/ restaurants/ schools/ parks?
- Where do people you know/have contact with live? Where do you walk?

Where would you go in the area to: meet friends/ shop/ buy food/ exercise/ go for a walk?

- How often do you do this?

How often do you leave the local area?

- Where do you go? Why?
PROBE: work/ visit people you know/ medical appointments/ exercise and sport/ shops and restaurants
- How do you get there?

Do you have contact with other people more/ less that you would like? Why?

- How does that make you feel?
- What things would allow you to see other people more? PROBE: better transport/ better health/ more spare time/ childcare/ safety/ knowing more people in the local area?
- What things would you like to do more of?

Is there anything in the local area you would like to get involved in? e.g. social group/ exercise class/ club or society?

- What stops you doing these things?
- How does that make you feel?

Do you think there are enough places in the area to meet up with other people? Why/ why not?

- How would you improve that?

ACTIVITY - PAIRS*In pairs complete task:*

- *Thinking about shops/restaurants, places, parks, and things to do in the area, discuss the following statements and fill in the blanks:*

There are too many XX in my local area**There aren't enough XX in my local area***Feedback to the group:*

- Why do you say that?
- If there were more XX how would you feel about the area?
- If there were less XX how would you feel?

PLENARY: MODERATOR AT EACH TABLE TO FEED BACK ON WHAT THE LOCAL AREA NEEDS MORE/LESS OF AND WHY

5 MINUTE COMFORT BREAK

Barriers in the local area (20 mins)

How would you describe the local community to someone who doesn't live here?

- What are the people like who live in this area? PROBE: Young or old/ friendly or unfriendly
- Is the community cohesive?
- Do you know the people in your local area? E.g. your neighbours? Why/ why not?
- How does that make you feel?
- Would you like to know more people in your local area? Why/Why not?

How safe would you say the local area is during the day time? How about at night? Why do you say that?

- PROBE: crime/ street lighting/ traffic
- How does that make you feel?

ACTIVITY – PAIRS

In pairs: look at maps again

- What are the key barriers to walking around the local area?
- In what areas do you not feel safe? Why?
- Where are there busy roads?
- Are there any places that are hard to get to? Why?

Feedback to the group and plot on master map:

- What are the key barriers? Why?
- How does that make you feel?

Accessing healthy foods (15 mins)

We're now going to talk specifically about buying food in the local area...

What shops/restaurants sell food in the local area?

- What food do they sell?
- Which ones sell healthy food? Which ones sell unhealthy food?

Where do you normally buy food?

- How often do you eat out? Where?
- What sorts of cafes/ restaurants do you like?
- Would you like eat out more? Why?
- How often do you eat at home? Do you cook for yourself?
- What sorts of foods do you eat at home?
- Where do you normally buy the ingredients?
- How often do you go out and buy ingredients to cook?

Where would you buy healthy food, e.g. fresh fruit and vegetables?

- Where would you want to buy this? PROBE ON: shops/ restaurants/ markets?
- What would encourage you to buy more healthy food? PROBE ON: Friends and family/ affordability/ availability?

PLENERAY: FEEDBACK ON THE KEY BARRIERS TO MOVING AROUND THE LOCAL AREA AND ACCESSING HEALTHY FOODS

Looking to the future (25 mins)

We're now going to think about this area in the future, and how you would like it to change...

Do you see yourself living here long-term? Why?

- What things would make you want to move to another area?
- What things would make you want to stay?

How would you like the area to change in the next five years?

- What things would make the area better? PROBE: transport links/ shops/ community or social groups/ church/ pubs and bars/ libraries/ restaurants/ schools/ parks?
- What things would allow you to get out more?
- What area might make the area worse? What things might stop you going out as much as you do now?

ACTIVITY – PAIRS

SMALLER MAPS: this area is being regenerated. What should the public space look and feel like in 2021?

- What key changes would you make to the area?
- What things would help you live a healthier life? Why?
- What changes would make you happier? Why?

Feedback to group:

- What changes would you make to built environment in your local area?
- What impact would this have on you?

Wrap up (10 mins)

Thinking about all these things we've discussed what would you want more of in the local area? What would you want less of?

What key changes would you make the local area? What would allow you to go out more?

PLENERARY: KEY CHANGES TO THE LOCAL AREA

End on a positive note: reiterate the potential positive impact that the workshop may have on planning policy in the area, confirming the benefits of the community coming together in this way to share ideas, discuss problems and help to improve the area. Note that as a result of these discussions, participants may have been made aware of new places/clubs in the area that they could go to for social interaction.

Hand out leaflets with contacts for activities, clubs, and helplines.

Appendix I: Social Isolation strand – ‘Mumspace’ discussion guide

Introduction (5 mins)

LEAD MODERATOR TO INTRODUCE THE SESSION:

Introduce self and Ipsos MORI

Briefly explain Southwark and Lambeth Council and why they want to do this work:

- They are interested how communities in or near the Old Kent Road live and what they need to live happy, healthy lives.
- We’re talking to people who live, work, or go to school in this area about what they think about the area, what’s good about it and ways it can be improved.
- Your views are really important which is why we’ve asked you here today.

Confirm happy to record, MRS and anonymity. Reassure that no information will be passed on to teachers or parents.

Reassure no right or wrong answers, their opinions matter, okay to disagree, important to let each other speak / listen to each other

TABLE DISCUSSIONS:

Ice-breaker – in twos:

- How long have you lived in the area?
- Why do you come to this mothers group?

Warm up: Living in the local area and (dis)likes about the built environment. (30 mins)

How would you describe your local area to someone who doesn’t live here?

- Would you encourage other people to live in this area? Why?

What do you like/dislike about the local area?

- What’s good about the Old Kent Road? What’s bad about it?
PROBE: transport links/ friends or family living nearby/ shops/ community or social groups/ church/ pubs and bars/ libraries/ restaurants/ schools/ parks?
- Where are your favourite places?
- Are there any places you usually avoid? Why?

How would you describe the local community to someone who doesn’t live here?

- What are the people like who live in this area? PROBE: Young or old/ friendly or unfriendly
- Is the community cohesive?
- Do you know the people in your local area? E.g. your neighbours? Why/ why not?
- How does that make you feel?
- Would you like to know more people in your local area? Why/Why not?

How safe would you say the local area is during the day time? How about at night? Why do you say that?

- PROBE: crime/ street lighting/ traffic
- How does that make you feel?

Current social interaction: (30 mins)

We now want to talk to you about the facilities you use in the local area and places you go to...

Where would you go in the area to: meet friends/ shop/ buy food/ exercise/ go for a walk?

- How often do you do this?

How often do you leave the local area?

- Where do you go? Why?
PROBE: work/ visit people you know/ medical appointments/ exercise and sport/ shops and restaurants
- How do you get there?

How did you find out about this group?

- How often do you attend this group?
- What do you like/ dislike about this group?
- Does anything stop you coming to this group as much as you'd like? Why?

Do you have contact with other people more/ less than you would like? Why?

- How does that make you feel?
- What things would allow you to see other people more? PROBE: better transport/ better health/ more spare time/ childcare/ safety/ knowing more people in the local area?
- What things would you like to do more of?

Is there anything in the local area you would like to get involved in? e.g. social group/ exercise class/ club or society/ specialist service?

- What stops you doing these things?
- How does that make you feel?
- What things would allow you to get involved in these things?

Do you think there are enough places in the area to meet up with other people? Why/ why not?

- How would you improve that?

ACTIVITY - PAIRS

In pairs complete task:

- *Thinking about shops/restaurants, places, parks, and things to do in the area, discuss the following statements and fill in the blanks:*

There are too many XX in my local area

There aren't enough XX in my local area

Feedback to the group:

- Why do you say that?
- If there were more XX how would you feel about the area?
- If there were less XX how would you feel?

Looking to the future (15 mins)

We're now going to think about this area in the future, and how you would like it to change...

Do you see yourself living here long-term? Why?

- What things would make you want to move to another area?
- What things would make you want to stay?

How would you like the area to change in the next five years?

- What things would make the area better? PROBE: transport links/ shops/ community or social groups/ church/ pubs and bars/ libraries/ restaurants/ schools/ parks?
- What things would allow you to get out more?

- What area might make the area worse? What things might stop you going out as much as you do now?

Wrap up (5 mins)

Thinking about all these things we've discussed what would you want more of in the local area? What would you want less of?

What key changes would you make the local area? What would allow you to go out more?

PLENERARY: KEY CHANGES TO THE LOCAL AREA

Appendix J: Health Services strand residents discussion guide

Pre-task
Leaflet introducing new integrated health service in the local area. What would you think if you received this leaflet?
Introduction (5 mins)
<p>Introduce self and Ipsos MORI</p> <p>Briefly explain Southwark Council and why they want to do this work:</p> <ul style="list-style-type: none"> - They are interested how communities in or near the Old Kent Road live and what they need to live happy, healthy lives. - We're talking to people who live here about what they think about the health services in this area, what's good about them and ways they can be improved. - Your views are really important which is why we've asked you here today. <p>Confirm happy to record, MRS and anonymity. Reassure that no information will be passed on to teachers or parents.</p> <p>Reassure no right or wrong answers, their opinions matter, okay to disagree, important to let each other speak / listen to each other</p> <p>Ice-breaker – in twos:</p> <ul style="list-style-type: none"> - How long have you lived in the area? - What would you be doing today if you weren't at this focus group?
Current habits and service use (25 mins)
<p>How do you know what is 'healthy' and 'unhealthy'?</p> <ul style="list-style-type: none"> - What words or phrases come to mind when you think of being healthy/unhealthy? - How healthy do you think you are? Why? <p>How do you stay healthy? What have you done to be more healthy recently?</p> <p>FLIPCHART: What different types of services are available that help people stay healthy?</p> <ul style="list-style-type: none"> - PROBE: health services (e.g. GP practices, pharmacies, hospitals, walk in centres); fitness centres (e.g. leisure centres, gyms, sport centres); community centres, dental practices, opticians etc. <p>ACTIVITY – PAIRS</p> <p>Using maps: Which of these health and wellbeing services are available in the local area? Include: GP practices, pharmacies, leisure centres, dental practices, opticians etc.</p> <p>Feedback to group and plot on master map</p> <p>When was the last time you used one of these services?</p> <ul style="list-style-type: none"> - Was it in the local area? Was it elsewhere? - What do you like about these different services? What's good about them? - What don't you like about these different services? How could they be improved? - How easy is it to access these different services? What challenges did you face? - How could it be easier? - What other services would you like in your local area?
Case studies (45 mins)

Review pre-task:

- What would you think if a service was being introduced like this in your local area?
- What services would you like it to include? Why?
- Where would you like it to be located? Why?

We're going to look at a few different types of health and wellbeing services to get your feedback on them.

Hand out each case study between 2/3: (West Norwood/ Bromley by Bow/ Dulwich Hospital)

- What's good about this service?
- What are the health benefits of this service?
- Is there anything that could be improved about this service?

Pairs present their service

What do you think about the service in this example? What do you like/dislike?

- Is it helpful to have everything in the same place? Why?
- What do you think about having leisure services and health services in one place? What's good about this? What's bad about it?

Who would use a service like this?

- Do you think it would work for you? Why/why not?
- What services would you use? How would you like to access these different services?
- IF RELEVANT:
 - o How likely are you to use the leisure facilities when visiting the GP? Why/ why not?
 - o Would you use these leisure facilities at the same time as visiting the GP? Why/ why not?
 - o What might stop you using the leisure facilities? Would you still like to visit them?
- Do you think other people would want to use this facility? Who? Why?
- What other services could this facility include? PROBE: other health services/ other leisure facilities/ crèche or soft play area
- ASK IF ANY PARENTS IN THE ROOM: Would the addition of a crèche make you more likely to use the facilities, rather than going elsewhere to use similar facilities?
- What would encourage you to use this service?

What are the main benefits of this service?

- Do you think this service would help you to live healthier lives? Why?
- What else, if anything, would enhance the facility further?

Introduce patient case studies to the table:

- How might this person benefit from a service like this?
- What else would they need?

FLIPCHART – PROS AND CONS: Overall, what are the good things about these different services? What don't you like about these services?

Wrap up (15 mins)

FLIPCHART: Imagine there was a new health and wellbeing service in your local area. What would you like it to look like?

- Where is it located?
- What services does it include? e.g. GP practices, pharmacies, hospitals, walk in centres); fitness

centres (e.g. leisure centres, gyms, sport centres); community centres, dental practices, opticians etc. Why these services?

- What kinds of residents/patients would use this service?

Appendix K: Health services strand - case studies on integrated health facilities

The West Norwood centre



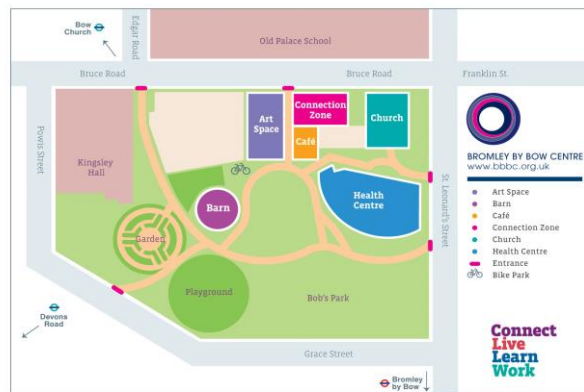
The West Norwood centre hosts both health and leisure facilities, including:

- GP services
- Dental services
- A gym and swimming pool
- A Council customer centre
- Community health services
- Community space for hire

The centre is situated in a green area, next to local housing estate, a children's playground and a school, as well as being only five minutes from West Norwood over ground station.

The idea is that parents will be able to attend a dental appointment whilst their children are having a swimming lesson, or that people will be able to seek advice about welfare from the council customer centre before using the gym.

The Bromley by Bow Health Partnership



'The Bromley by Bow Health Partnership' (BBBHP) consists of 110 people – a great team of varied health professionals – who provide healthcare service to over 26,000 patients, operating from 3 surgeries across Tower Hamlets.

Services:

- Health and wellbeing services including:
 - A Health Centre with GP services
 - Weight management support
 - Physical activities for older residents
- Advice services on benefits, housing, and debt
- Employment Advisor Team
- Money management support
- Art classes and exhibitions
- Volunteering opportunities

BBBHP have developed a method of "social prescribing". This recognises that when people come to us they may arrive with symptoms such as headache or low mood and that the cause of these ailments may be related to issues of debt, housing, immigration status or employment. So we "prescribe" a visit to the welfare advice worker, or to the employment team or to volunteering opportunities.

The Dulwich Hospital Scheme



Southwark Council's Planning Committee is making plans for a **new healthcare centre** and **community secondary school** to be built on the Dulwich Community Hospital site.

The new health centre will provide a range of services including:

- GP services
- A pharmacy
- Some diagnostics (such as X-ray and blood tests)
- A physiotherapy unit
- Community mental health services
- Services for patients with long term conditions.

The new centre and school will replace the hospital that is currently situated on the site.

Brockwell Park Surgery



- At the back of the surgery there is a large garden and allotment.

- The garden is available to sit in and to be enjoyed at anytime, for instance when waiting for an appointment or picking up a prescription.
- 2 gardening sessions a week, to which anybody is welcome to join.
- Vegetables grown in the garden is sold at reception on Tuesdays, Wednesdays and Thursday.
- The surgery also offers community walking groups, each aimed at patients with different health problems. For example, those with cancer, anxiety or depression.

Appendix L: Health Services strand clinician discussion guide

Interviews with Southwark GPs/clinical lead (3 interviews)

Introduction (5 mins)

Introduce self and Ipsos MORI

Explain purpose of interview: Southwark Council is interested how communities in or near the Old Kent Road live and what they need to live happy, healthy lives. Specifically, today we want to discuss the current provision of health services in this area, what's good about them and ways they can be improved.

Interview should last 30 minutes.

Confirm happy to record, MRS and anonymity.

Can you tell me about your role?

- What are your key responsibilities?

How long have you been working in Southwark?

Health and health services in Southwark (5 mins)

How would you describe the local population?

- PROBE: age/ ethnicity/ affluence/ health

How would you describe the health service provision in the area?

- PROBE: GP services, social care services, hospital services, other healthcare services
- Do the services meet the needs of the local population? Why/ why not?

How well do GP services work with other local health and care services in the area? What makes you say that?

- Can you provide any examples where this works well?

What key improvements to the health services in Southwark would you like to see?

- Are there any new services/facilities you would like to introduce?
- What do you think the local population needs/wants?

Integrated health facilities (10 mins)

I want to talk to you about a new integrated health facility in West Norwood. Do you know anything about this service? *MODERATOR NOTE: CCGs may have been involved in the design of these services and therefore will be aware of integrated health facilities.*

The West Norwood centre hosts both health and leisure facilities on one site. It has GP and dental services, a gym and swimming pool, a council customer centre, community health services, and a community space for hire.

The idea is that parents will be able to attend a dental appointment whilst their children are having a swimming lesson, or that people will be able to seek advice about welfare from the council customer centre before using the gym.

What do you like/dislike about this service?

- What are the advantages of having a service like this? Are there any disadvantages?

What are the benefits of having these services co-located?

- What are the benefits to you/ clinicians? PROBE: signpost or refer patients/ visibility of services
- What are the benefits to patients? E.g. higher use of services/ better health and wellbeing.
- Do you think they would use the different services more, e.g. leisure services?

Do you think residents in Southwark would benefit from a service like this?

- Why/ why not?
- What benefits would this have in the area?
- Do you think local residents would use a service like this? Which ones?
- What would you change about this service so that it meets the needs of Southwark residents?
- Is there anything missing?

What challenges might a service like this face?

- Peckham pulse – why didn't this service work? How can you make these kinds of services work well for patients?

Wrap up (10 mins)

If you were overseeing the design of a new integrated health facility in the area....

- What services would you include? PROBE: health, care, leisure services
- Where would you build it?
- Which patients would you target?
- Which patients would you target for the leisure facilities? Do you think they would use them? What support would they need?

Overall, thinking about the health services in Southwark, what's the most important message we can bring back to Southwark council?

Have you got anything else to add?

Interviews with GPs in the West Norwood Health and Leisure Centre (WNHLC)

Introduction (5 mins)

Introduce self and Ipsos MORI

Explain purpose of interview: Southwark Council is interested how communities in or near the Old Kent Road live and what they need to live happy, healthy lives. Specifically, today we want to discuss the West Norwood Health and Leisure Centre (WNHLC) and your experiences working there.

Interview should last 30 minutes.

Confirm happy to record, MRS and anonymity.

Can you tell me about your role?

- What are your key responsibilities?

How long have you been working in the WNHLC?

The WNHLC (15 mins)

How would you describe the WNHLC to someone who has never seen it?

- What services does it provide?
- Hi

- What's different about this facility, compared to other local health services?

Can you tell me a bit more about how the service works...

- How do you work with the other services in the building? How joined-up are the different services?
- PROBE: GP service/ leisure facilities/ dentist/ community services
- Do patients use the different services on offer?
-

What do you like/dislike about this service?

- What are the advantages of having a facility like this? Are there any disadvantages?
- PROBE: for healthcare professionals/ for patients/ for residents
- What feedback do you get from patients?
-

What are the benefits of having these services co-located?

- What are the benefits to you/ clinicians? PROBE: signpost or refer patients/ visibility of services
- What are the benefits to patients? E.g. higher use of services/ better health and wellbeing.
- Do you think they patients use the different services more, e.g. leisure services?

What improvements would you make to the WNHLC?

- How could it work better for patients/residents of West Norwood/ Bromley by Bow?

Setting up similar services elsewhere (5 mins)

Do you know of other similar facilities elsewhere?

- How do they compare to the WNHLC?

Southwark Council are thinking about different ways of delivering health services in the Old Kent Road area. Do you think residents in Southwark would benefit from an integrated service like this?

- Why/ why not?
- What benefits would this have for Southwark?
- What would you change about this service so that it meets the needs of Southwark residents?
- Do you think local residents would use a service like this? Which ones?
- Is there anything missing?

Wrap up (5 mins)

If you could share one learning from your time working at the WNHLC, what would that be?

If you were overseeing the design of a new integrated health facility....

- What services would you include? PROBE: health, care, leisure services
- Where would you build it?
- Which patients would you target?
- Which patients would you target for the leisure facilities? Do you think they would use them? What support would they need?

Overall, thinking about setting up similar health facilities in Southwark, what's the most important message we can bring back to Southwark council?

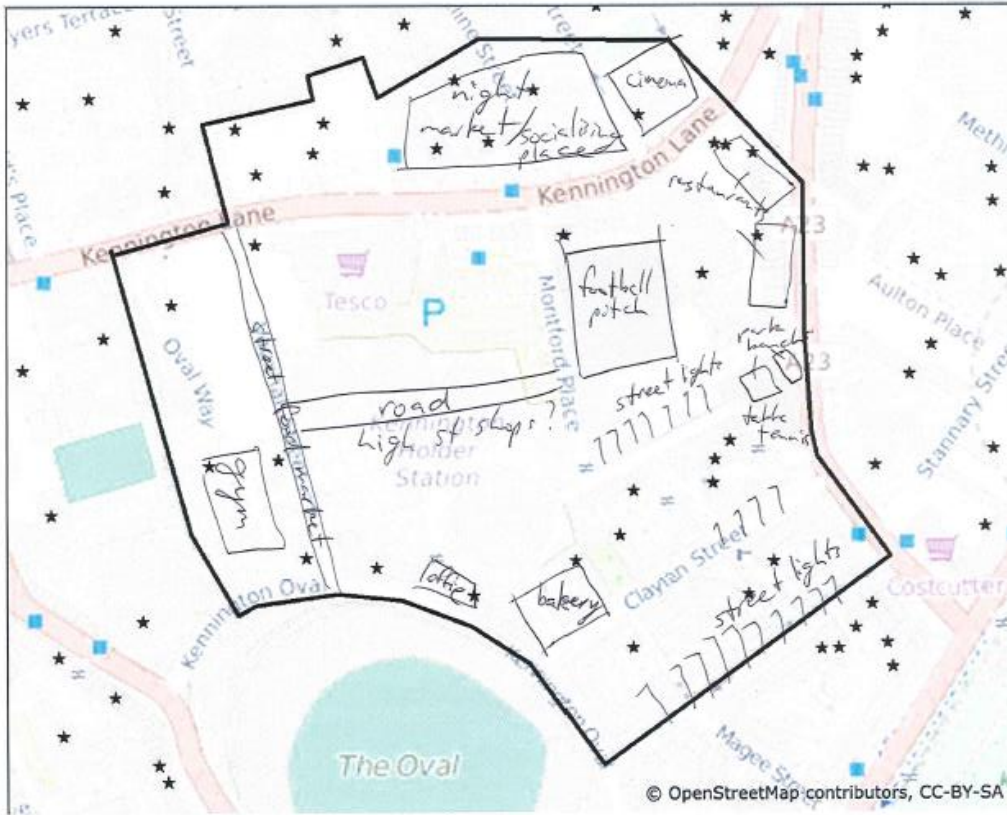
Have you got anything else to add?

Appendix M: Example outputs from discussion groups

Activity diary: pre-task for Social Isolation workshops:

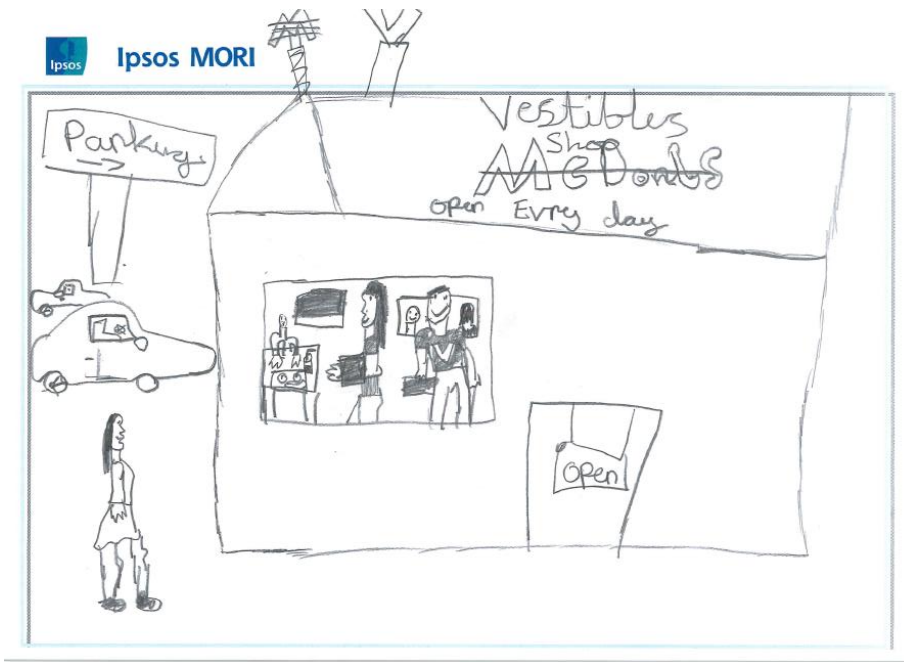
Ipsos MORI	
Monday	<ul style="list-style-type: none"> • I would like to go to more mother & baby places.
Tuesday	<ul style="list-style-type: none"> • I go to the library at 10:30 - 12:00 to the baby & toddler sing a long play group
Wednesday	<ul style="list-style-type: none"> • I take my children to soft play at peckham pulse
Thursday	<ul style="list-style-type: none"> • I take my youngest to a park in leyton square (the only place close that has baby swings)
Friday	<ul style="list-style-type: none"> • I go to Peckham pulse for the free gym/swim
Saturday	<ul style="list-style-type: none"> • I would love to attend maybe a club for adults or maybe a drama course
Sunday	<ul style="list-style-type: none"> • I go to peckham pulse for the free gym/swim

Map exercise for Social Isolation workshops:

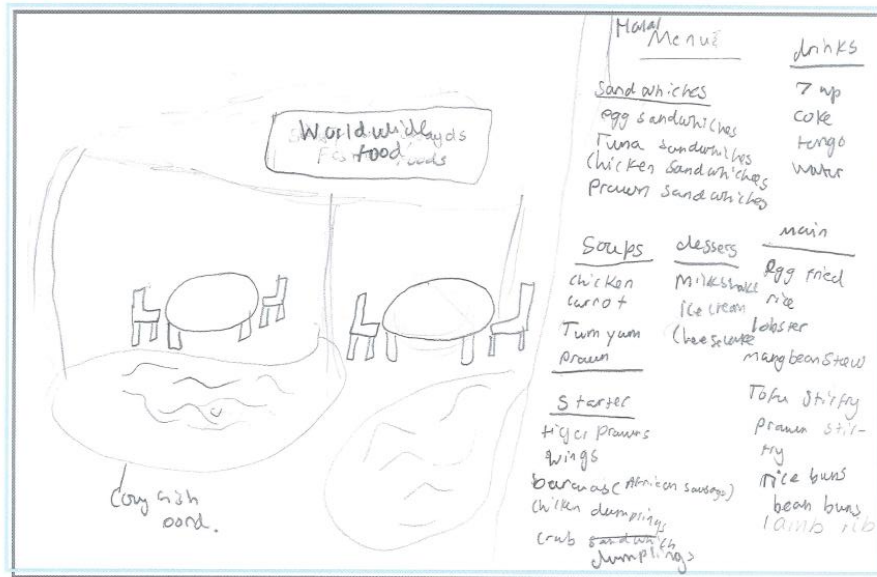


- Brighter lights
- Trees
- Clean Streets
- Needs fresh Paint.
- Upgrade the children take-away Shops.
- Upgrade the Parks in the center of estates.

Designs for a new café from focus groups with school children:



Ipsos MORI Sahra Wajid



Walking diary from focus groups with school children:

	Routes Include routes to the main places and the types of transport that you used or how you got there.
Monday	Start = Black prince Road Unussule things I see = lots of road works transport taken = walked = 10 mins walk Finish = Henry jawcett Primary school
Tuesday	Start = Black prince Road unussule things I see = same as monday Transport taken = car = 4mins Finish = Henry jawcett Primary school
Wednesday	<u>Same as tuesday</u>
Thursday	School same as Friday Transport taken = Bus (59) (5min)
Friday	Start = Black prince Road unussule things I see = some traffic because of the platform work and the station these buildings. Transport taken = walked to school Finish = Henry jawcett Primary school
Saturday	Start = Black prince Road unneccessery things I see = Rubbish on the floor, transport taken = car = dad drives Finish = Billiey quays <small>lots of road work not going to be done Not enough space for pedestrian</small>
Sunday	Start = Black prince Road Unneccessery things I see = Broken fence for Transport taken = Car = dad drives Finish = Teeco = In Ken-old Kent Road <small>names</small>
	Next to our house they are building a house that is a step away from us and it's really tall and my family feels uncomfortable because they could see us So I think that's not the right space to put it.

Walking diary from focus groups with school children:

	Breakfast What/where/who/how much?	Lunch What/where/who/how much?	Dinner What/where/who/how much?	Snacks/drinks What/where/who/how much?
Monday	<ul style="list-style-type: none"> Cereal/toast Home Mum or me Medium portion 	<ul style="list-style-type: none"> Nothing 	<ul style="list-style-type: none"> Cereal Home me Medium portion 	<ul style="list-style-type: none"> Chips/Crisp/biscuits After school Shop Medium
Tuesday	<ul style="list-style-type: none"> Cereal/Toast Home Mum or me Medium portion 	<ul style="list-style-type: none"> Sandwich/Baguette School Dinner lady Small portion 	<ul style="list-style-type: none"> cereal Home me Medium portion 	<ul style="list-style-type: none"> Nothing
Wednesday	<ul style="list-style-type: none"> Cereal/Toast Home Mum or me Medium portion 	<ul style="list-style-type: none"> Nothing 	<ul style="list-style-type: none"> cereal Home me Medium portion 	<ul style="list-style-type: none"> Fruits Home Shops Small portion
Thursday	<ul style="list-style-type: none"> Cereal/toast Home Mum or me Medium portion 	<ul style="list-style-type: none"> Sandwich/Baguette School Dinner lady Small portion 	<ul style="list-style-type: none"> Cereal with fruit Home me Medium portion 	<ul style="list-style-type: none"> Nothing
Friday	<ul style="list-style-type: none"> French toast Home Mum Medium portion 	<ul style="list-style-type: none"> Nothing 	<ul style="list-style-type: none"> Chicken nuggets and chips/garlic bread with vegetables Home Mum Medium portion 	<ul style="list-style-type: none"> Chicken & chips Fruits After School Shops Small portion
Saturday	<ul style="list-style-type: none"> Scrambled Egg and toast Home Mum Medium portion 	<ul style="list-style-type: none"> Chicken & rice/pasta Home Mum Large portion 	<ul style="list-style-type: none"> Fast Food Home Mum or me Medium portion 	<ul style="list-style-type: none"> Fruit/yoghurt Home Mum Medium portion
Sunday	<ul style="list-style-type: none"> Egg, baked bean, sausages, hash brown, mushrooms. Home Mum Large portion 	<ul style="list-style-type: none"> Chicken & rice/pasta Home Mum Large portion 	<ul style="list-style-type: none"> Fast food Home Mum or me Large portion 	<ul style="list-style-type: none"> Fruit/yoghurt Home Mum Medium portion