

# **Questionnaire 31**February 2014

Aberdeen City Voice!

**ABERDEEN'S CITIZENS PANEL** 

#### **MENTAL WELLBEING**

The Aberdeen City Mental Health Partnership Group has developed a Joint Mental Wellbeing Strategy, which aims to improve mental wellbeing and reduce stigma and inequalities. We would like to find out how City Voice panellists feel about their own mental wellbeing and how confident they are about maintaining their own, and their communities' mental health and wellbeing. We would also like to find out about panellists' awareness of the available services and supports.

Mental wellbeing is more than the absence of mental illness/disorder; it represents the positive side of mental health and can be achieved by people with diagnosis of mental disorder.

'Mental wellbeing' includes the capacity to:

- realise our abilities, live a life with purpose and meaning, and make a positive contribution to our communities
- form positive relationships with others, and feel connected and supported
- experience peace of mind, contentment, happiness and joy
- cope with life's ups and downs and be confident and resilient
- take responsibility for oneself and for others as appropriate.

1.	If you had a	a concern a	bout your	mental	wellbe	ing wl	nere '	would	you
	go to seek	advice and	or suppor	t? (Plea	ase tick	all tha	it app	oly)	

a) Employers/Occupational health	
b) GP	
c) Voluntary organisation	
d) Helpline	
e) Friends/family	
f) Nowhere	
g) Don't know	
h) Other (please specify)	

# 2. How do you think we should communicate information on mental wellbeing and support services? (Please tick all that apply)

a) Radio	
b) Newspaper	
c) Leaflets	
d) Website	
e) Social media	
f) Public events	
g) Other (please specify)	

When answering the following question, please bear in mind that your answers will be handled anonymously.

## 3. On a scale of 1-5 (where 1 = extremely poor and 5 = extremely good), how would you rate your own mental wellbeing?

1 extremely poor	2	3	4	5 extremely good

# 4. On a scale of 1–5 (where 1 = not at all confident and 5 = very confident), how confident are you that you are able to maintain your own mental wellbeing?

1	2	3	4	5
not at all confident				very confident

Mental health problems affect one in four people over their lifetimes. Poor mental wellbeing can mean a greater risk of developing mental health problems. If you are concerned about your mental wellbeing one of the first steps to feeling better about yourself is talking. Family and friends are often the first people we turn to. If you feel you need more support your GP will be able to give help and advice.

#### Further contacts are:

- The Scottish Association for Mental Health: http://www.samh.org.uk or Tel: 0800 917 3466
- Breathing Space: http://www.breathingspacescotland.co.uk or Tel: 0800 83 85 87
- The Samaritans: http://www.samaritans.org or Tel: 08457 90 90 90

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#### **EQUALITY FOR ALL**

Aberdeen City Council would like to establish whether or not the citizens of Aberdeen believe there is 'equal opportunities for all'. Equality of opportunity or equal opportunities should be understood as equality of access to opportunity. This means that equality or equal opportunity is not about treating everyone the same. It is rather about treating people differently to ensure they have access to that opportunity. We need to respond to people's different needs by tailoring our service provision to meet their requirement so that they can enjoy equal opportunities or equality of opportunity.

For example, if we treated everyone the same, then someone with a disability, may not be able to use public transport or go to a theatre. We have to put different arrangements in place to offer the person with a disability equal opportunities/ equality of opportunity. We need to take the necessary action to get everyone to the same starting place or to create a level playing field.

We would like to establish whether people feel there is equal opportunity in relation to:

- Access to employment
- Rates of pay
- Access to affordable housing (both in the rented and owner-occupied sectors)
- Access to education
- Access to healthcare
- Access to local authority care services
- Access to sport and leisure services
- Access to cultural services (libraries, galleries, theatres, cinemas and performance venues)

This information will be used to form part of the corporate business plan and as part of our public performance reporting.

 Do you feel that the citizens of Aberdeen have equal opportunities for: (Please tick all that apply)

	Yes	No	Don't know
a) Access to employment			
b) Rates of pay			
c) Access to affordable housing			
d) Access to education			
e) Access to healthcare			
f) Access to local authority care services			
g) Access to sport and leisure services			
h) Access to cultural services			
i) Overall			

#### **FAIRER – EQUALITY AND DIVERSITY**

Local authorities have a central role to play in improving the lives of the people in their cities. This includes tackling disadvantage and inequality wherever they exist and bringing people together. In addition to this, the Scottish Government introduced specific duties for public authorities to produce and publish a set of 'equalities outcomes' by April 2013. An 'equality outcome' is a result that the authority aims to achieve in order to further one or more of the following needs:

- eliminate discrimination
- advance equality of opportunity
- foster good relations

Aberdeen City Council published its Equality Outcomes in April 2013. Your answers to the following questions will help the Council to monitor the progress we have achieved in different areas of equality.

 Have you, or a member of your household, experienced discrimination when receiving Council services because of the following during the past year? (Please tick all that apply)

a) Age	
b) Disability	
c) Gender reassignment	
d) Marriage and civil partnership	
e) Pregnancy and maternity	
f) Race	
g) Religion and belief	
h) Sex	
i) Sexual orientation	
j) Not experienced discrimination (go to question 5)	

2. Did you report this incident/experience to anyone?

a) Yes	
b) No (go to question 4)	

3. If yes, on a scale of 1-5 (where 1 = very dissatisfied and 5 = very satisfied) how satisfied were you with the response you received?

1	2	3	4	5	
very dissatisfied				very satisfied	

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4.

The term 'equality group' refers to persons who share a relevant protected characteristic. The public sector equality duty covers the following protected characteristics: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion and belief, sex and sexual orientation.

5. To what extent do you agree or disagree with the following statements?

		Disagree	Disagree	Agree	Agree	Don't know
weld men	berdeen is a coming place for nbers of equality ups to live and work.					
grou in th	eople from equality ups living and working he city are valued and hected.					
ì.	Did you know that the following form					vailable in
	<ul><li>a) Large print</li><li>b) Community langue</li><li>c) Audiotape / CD</li><li>d) British Sign Langue</li></ul>					
<b>'</b> .	How aware do you improve the qualit (Please tick one b	y of life fo				ng to
	a) Very aware b) Aware					
	c) Unaware					
3.	What more could to people from different					ife for
3.	What more could					ife for
3.	What more could					ife for

#### **Older People**

Aberdeen's Older People's Advisory Group (OPAG) includes representation from many agencies and organisations working to improve services for older people in the city. OPAG identifies and then takes action on priorities for older people. Your responses to the following questions will assist OPAG on actioning a work plan which will best deliver on the needs of older people.

The following questions relate to older people. You can answer these questions based on your own experience or the experience of an older person in your family.

1.	From the following list, who do you think older people usually turn to
	if they have a financial issue? (Please tick all that apply)

a) Friends/Family	
o) Council	
c) Voluntary organisation	
d) Other (please specify)	

2. Would you (or any other relevant family member) know where to find information on the following health issues?

	Yes	No
a) Attendance allowance		
b) Community alarm		
c) Blue badge		
d) Personal Independence Payment		
e) Carer's Allowance		

For information on Attendance Allowance, Personal Independence payment and/or Carer's allowance, please contact Cash in Your Pocket Partnership.

Tel: 01224 200221 or email info@ciypp.co.uk

For information on Community alarms, please contact Aberdeen Care and Repair, 11 Waverley Place, Aberdeen, AB10 1XJ or Tel: 01224 251133

For information on the Blue Badge Scheme, please contact Enterprise, Planning and Infrastructure, Aberdeen City Council on 01224 538048 or email disabledbadges@aberdeencity.gov.uk

3. It is often the case that older people require help to sort out finances when they return from hospital. In your experience is enough support given to sort out their finances when they return home?

a) Yes	
b) No	
c) Don't know	

4. Do you (or any other relevant family member) know how to access assistance with travel expenses for older people when having to travel to other regions for hospital care/treatment?

a) Yes	
b) No	
c) N/A	

	repairs and maintenance, adaptations to meet the needs of the older person, minor aids to assist independent living, home care?  a) Yes b) No	Syst is in	tem. Given the co	urrent econo ng out pane	omic climate in t Ilists' awarenes	the country, Abe s of these chan	es to the Welfare erdeen City Council ges, their impact on ity.
,	c) N/A u require further information please contact Aberdeen Care and Repair, //averley Place, Aberdeen, AB10 1XJ. Tel: 01224 251133		being developed	,			and services that response to Welfare
6.	Do you think there is enough support/opportunities available for older people in Aberdeen who would like to get back into employment or volunteering?	1.	how well do	o you feel y		d the changes	= very aware) in Welfare Benefit
	a) Yes b) No c) Don't know		1 not at all aware	2	3	4	5 very aware
7.	Are you aware of any services that currently provide support of this nature for older people?	2.	•	Reform ch	nanges that ha	•	affected by any of luced since 2010?
	a) Yes b) No c) If yes, please specify		b) Yes, a mer	mber of my er I nor a me	ctly affected sind family has been ember of my fam tion 6)	directly affecte	
8.	Footprints and the Silver City Surfers have been key projects for ensuring that Older People are linked in to the potential benefits of information technologies. What can support services do to ensure that older people, who cannot/have no interest in using the	3.	-	a positive o	uestion above or a negative v cone box)	-	-
	Internet, are not left disadvantaged through lack of access to online information?		a) Positively b) Negatively				
		4.	If negatively these chang	-	please provid	e information	on the impact of
	u would like to know more about the work we do on equalities, please contact: Equality Team at: equality_and_diversity@aberdeencity.gov.uk						
		5.	If positively these chang		please provide	information o	on the impact of

WEALTHIER & FAIRER – WELFARE REFORM

**5**.

Do you (or any other relevant family member) know how to access

assistance with issues around the home? For example regarding

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6.	How many of these had you heard of before reading about them in	Livin	g Wage
	the City Voice? (Please tick all that apply)  a) The Welfare Matters website (www.welfaremattersaberdeen.org.uk) b) The Aberdeen City Council Welfare services c) The Aberdeen City Council Housing services d) The Aberdeen City Council Debt advice services e) Scottish Welfare Fund	Agree receiv in Sco	deen's Community Planning Partnership as part of its Single Outcome ement is committed to achieving an outcome that all employees in the city we as a minimum "Living Wage" – currently recognised as £7.45 per hour otland. Please note the term "Living Wage" is different from the National num Wage of £6.31 per hour for adults over 21 years of age.  Are you currently in employment? (Please tick one box)
	f) Cash In your Pocket Partnership and website		a) Yes
	g) Citizens Advice Bureau		b) No
incre appli	of the changes being introduced as part of welfare reform will be the asing use of digital forms of communication for benefit claimants to complete cations for benefit by themselves online. Also, in the future as part of Welfare	14.	If yes, is this part-time or full-time employment? (Please tick one box)  a) Part-time employment
Refor accou	m changes, benefit payments recipients will be required to have a bank unt.		b) Full-time employment
7.	Do you have access to a computer, tablet, smart phone or other form of access to the internet? (Please tick one box)	15.	If yes, do you currently receive as a minimum £7.45 per hour wage rate? (Please tick one box)
	a) Yes		a) Yes
	b) No		b) No
8.	On a scale of 1-5 (where 1 = not at all confident and 5 = very confident) how confident are you in relation to completing online	16.	Do you support the concept of promoting a "Living Wage" for all people in employment in the city?
	forms?		a) Yes
	1 ont at all confident 2 3 4 5 very confident		b) No
	The de directification of the directification	17.	Can you please explain why you feel this way?
9.	For people who do not have access to digital technology and the internet but will be required to apply for benefits online do you feel the public sector should provide support through services such as libraries, community centres, literacy support and welfare advice and information services? (Please tick one box)		Banks
	a) Yes b) No	In oth been	hay be aware of the growth of Food Banks in the city and across the country. Her parts of the UK and in France there has been the development of what has termed "Social Solidarity Shops". These are shops (like a small supermarket)
10.	If yes, why do you feel the public sector should provide support?	groce	sively for those receiving benefit where they can purchase subsidised ries and other household products and can receive other support services such lp with household budgeting and employment.
		18.	Before reading about it in the City Voice were you aware of the existence of Food Banks in the city? (Please tick one box)
11.	If no, why do you feel the public sector shouldn't support this?		a) Yes
			b) No
12.	In future, benefit payments may need to be paid into a recipient's	19.	Have you either had to use a Food Bank or donated food to a Food Bank provider e.g. via a supermarket collection or a workplace collection? (Please tick one box)
12.	own bank account. Do you have a bank account in your own name?		a) Used
	a) Yes		b) Donated
	b) No		c) Both
			d) Never used or donated

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a) Yes b) No c) Don't know
If yes, who do you think should meet the cost of subsidising this? (Please tick one box)
a) UK government
b) Scottish government
c) Local authorities
d) Voluntary sector e) Retailers
f) Other (please specify)
Which of the following do you think is causing the greatest financ concern for households in the city? (Please tick one box)
a) Cost of food b) Rising fuel prices
b) Rising fuel prices c) Welfare benefit cuts
b) Rising fuel prices

#### **ROADS**

Aberdeen City Council is continuing to participate in a nationwide project to develop an Asset Management Plan for its roads. The Council has to maintain 500 miles of road, 1,000 miles of footway and 30,000 street lights. Feedback on the public perception of the quality of Roads Maintenance is vital to the Asset Management Plan.

The following questions were set a couple of years ago and we would like to develop a continuing picture of the response to our efforts to use the Roads Maintenance budget to best effect. This will involve setting these or very similar questions at regular intervals.

1. To help prioritise limited budgets, please indicate whether you are satisfied or dissatisfied with our present performance in each of the following areas. Please note, those options marked with a \* refer to quality and upkeep, not how clean they are.

	Very satisfied	Fairly satisfied	satisfied or dissatisfied	Fairly dissatisfied	Very dissatisfied	Don't know	
a) The condition of bus routes and other main roads*							
o) The condition of side / ocal roads*							
c) Time taken to repair roads							
d) The condition of busy ootways* (e.g. near schools, shops etc.)							
e) The condition of local cootways*							
Time taken to repair ootways							
g) Intensity of street ighting (city centre)							
n) Intensity of street ighting (residential areas)							
) Time taken to repair street lights							

2. In order to help us to prioritise our budget, from the areas listed below, which (if any) would you like to see us spend more on, or be prepared for us to spend less on?

	More	the Same	Less
a) Main roads			
b) Side roads			
c) Busy footways			
d) Local footways			
e) Street lighting			

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#### **HOMES**

#### **Fuel Poverty**

One of the challenges outlined in Aberdeen's Community Plan is to 'eradicate as far as possible, fuel poverty in Aberdeen'. The term 'fuel poverty' is defined as 'paying more than 10% of your disposable income on heating your home to a comfortable standard'. The Council is already working to reduce fuel poverty but is calling on the City Voice panel to provide further information that will enable them to target their work more effectively.

Your responses to the following questions will help the council to measure the extent of fuel poverty in the City and identify the number and type of households that are more likely to be affected. This information will be used to focus resources on households that are most at risk of fuel poverty.

Trinat io the main rate type about to heat your nome. It reads then one	1.	What is the main fuel type used to heat	your home? (Please tick one
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a) Mains Gas	
b) Electricity	
c) Liquid Petroleum Gas (LPG)	
d) Oil	
e) Solid fuel (wood, coal)	
f) Renewable source	
g) Other (please specify)	

2.	Do you usually heat your whole house (all rooms) during the winter
	months?

a) Yes (go to question 4)	
b) No	

## 3. If no, can you tell us which of these rooms you heat? (Please tick all that apply)

	N/A, I don't have this room	Yes, I heat this room	No, I don't heat this room
a) Living room			
b) Hallway			
c) Bedroom 1			
d) Bedroom 2			
e) Bedroom 3			
f) Bathroom			
g) Kitchen			
h) Other rooms			

# 4. Approximately, how much of your disposable income (i.e. income after mortgage/rent has been deducted) is spent on heating your home? (Please tick one box)

a) Less than 5%	
b) 5-10%	
c) 10-15%	
d) 15-20%	
e) More than 20%	
f) Unsure/don't know	

### 5. If you ticked 'unsure/don't know' in Question 4, please complete the box below and we can work this out for you.

a) Approximate annual income (less mortgage / rent)	
b) Approximate annual spend on heating	

For further information or advice on fuel poverty and/or energy efficiency please contact Aberdeen City Council's Home Energy Team. Tel: 01224 522016 or 01224 522094. More information and advice on energy saving in your home can be found at:

http://www.aberdeencity.gov.uk/housing/council\_tenants/home\_energy\_saving/hoa\_HomeEnergySaving.asp

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#### Thank you . . .

for taking the time to complete this questionnaire. Please return in the pre-paid envelope provided or send it to

Aberdeen City Voice Freepost Plus RLZR-RYJT-KXJU Business Hub 18 4th Floor West Marischal College Broad Street ABERDEEN AB10 1AB



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