

# **Questionnaire 32**June 2014

Aberdeen City Voice!

**ABERDEEN'S CITIZENS PANEL** 

### **HEALTHIER - ABERDEEN CITY DRUG AND ALCOHOL PARTNERSHIP**

Aberdeen City Alcohol & Drugs Partnership (ADP) is aware of increasing concerns and reported harms to people who have used New Psychoactive Substances (NPS) — also known as "Legal Highs". A Grampian monitoring group has been established to get a better understanding of the level of use of NPS in our communities.

#### What do we mean by NPS?

1.

4.

A NPS has properties that can stimulate and/or alter perception and mood (in various combinations). The sale/supply or use is not banned by current legislation in respect to the misuse of drugs or control of medicines acts. These substances are often sold as research chemicals, plant food, bath crystals or pond cleaner to avoid current medicines legislation.

NPS generally fall into four categories:

- Products branded and designed to attract the attention of young people and existing users which give no indication of actual content.
- Names and specific substances designed to mimic the effects of controlled and illegal drugs.

Before hearing about it in the City Voice, have you heard about NPS

- Substances related to or similar to medicines.
- Herbal and fungal materials and their extracts.

	.egal Highs") during the past 12 month period?
a)	Yes
b)	No (If no, go to Q8)
lf y	yes, how? (Please tick all that apply)
a)	Press or media coverage on a national basis
b)	Press or media coverage on a local basis
c)	Work related publicity
d)	Community related publicity
e)	Happened to someone I know
f)	Other, please provide details

b) 3 – 4 instances
c) 5 plus instances
d) Don't know

If yes, can you give an indication of how many instances in the last

12 months (could be an estimate if not known)?

a) 1 or 2 instances

<b>5</b> .	Did this involve: (Please tick all that apply)						
	a) Sale/purchase of NPS						
	b) Consumption of NPS						
	c) Anti social behaviour/and or other concerns related to the use of NPS						
	d) Other, please provide details						
6.	Who did this involve? (Please tick all that apply)						
	a) Young person/people under the age of 16 years						
	b) Young person/people 17 or 18 years of age						
	c) Adult(s) between the ages of 19 - 30 years						
	d) Adult(s) over 30 years of age e) Don't know						
	f) Other combinations — Please provide details if possible						
7.	Do you know if support was required or provided to those involved?						
	a) Yes						
	b) No c) Don't know						
	C) DOIL CKNOW						
8.	Do you feel there is easily accessible information on NPS available?						
	a) Yes						
	b) No						
	c) Don't know						
9.	Do you know where to find information on drug services in the city?						
	a) Yes						
	b) No						
10.	Do you know where to find information on alcohol services in the city?						
	a) Yes						
	b) No						
11.	Do you feel advice, information and help for drug and alcohol problems has a high enough profile in the city?						
	a) Yes						
	b) No						
	c) Don't know						
	d) If no, what could be done to increase the profile?						
12.	Information on services is currently available on the Alcohol & Drug Partnership website http://www.aberdeencityadp.org.uk/. Before reading about it in the City Voice, were you aware of this website?						
	a) Yes						
	b) No						

### 13. If no, where would you have looked for help/information?

a) Aberdeen based website with local information and links directing	
traffic for all alcohol and drugs related queries	
b) Grampian based website with local information and links directing traffic for all alcohol and drugs related queries	
c) National based website with information and links directing traffic	
for all alcohol and drugs related queries	
d) NHS Grampian health points information stands (e.g. Health Village,	
Aberdeen Royal Infirmary, Denburn Health Centre)	
e) Other, please provide details	

For further information about the Alcohol & Drug Partnership please go to: http://www.aberdeencityadp.org.uk/ or contact: 01224 557047.

### **HEALTHIER - WELLBEING - 65+ YEAR OLD**

The Aberdeen City Council Wellbeing Team has worked in partnership with voluntary, statutory and charitable organisations as well as with people who are 65+ years of age themselves to develop a wide range of sustainable, purposeful and meaningful activities within local communities and city wide areas. Examples of such opportunities include The Golden Games: Aberdeen's free sports and activity festival for over 65s, Technogym equipment, MyLife Reminiscence Software, the Castlegate Chorus, The Complementary Support Service, Wellbeing Circuits, Table Tennis, Ten Pin Bowling, Still Game and The Great Outdoors Project.

We are seeking your views on wellbeing opportunities for over 65's from all citizens of Aberdeen. Your responses will contribute to our future work stream priorities and help to inform us as to how we may best support citizens aged 65+, to remain active, healthy and engaged.

. \ \ /				
a) Yes	go to questi	on 4)		
b) 140 (11 110	go to quosti	011 17		
lf yes, hov	v did you he	ar about it?		
		ı feel that the		
	•	ar olds to mai	•	
Dlagge ind	dicate on a s	scale of 1-5 (w	here 1 = not a	at all
and 5 = ve		3	4	5
	ry well)	3	4	5 very wel
and 5 = ve	ry well)	3	4	
and 5 = ve	ry well)			very wel
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and 5 = ve  1 not at all  Which of improving 65+ years (Please tie a) More ph b) More cu c) More re	the followin and sustain old within y ck all that a	ng suggestions ning health an your local com pply) ies es ual activities	s do you feel r d wellbeing d	nay contribut
which of a improving 65+ years (Please tice) More published b) More cut c) More red) More so	the following and sustain old within yock all that a mysical activitilitural activitiligious/spiriticial interacti	ng suggestions ning health an your local com pply) ies es ual activities	s do you feel r d wellbeing o nmunity and c	nay contribut

aberdeencity.gov.uk / 01224 522270

### **HEALTHIER - PHYSICAL ACTIVITY**

Regular physical activity each week is good for all of us. It helps to promote mental wellbeing and plays a part in protecting us from a number of physical health conditions. The benefits to adults' health and wellbeing can be achieved by doing at least 10mins of physical activity on most days of the week amounting to 150mins (2.5hours) each week. The benefits can be achieved through a range of activities done at a level that raises your heart rate and when you can still hold a conversation whilst doing them.

The community planning 'Health and Wellbeing' group in Aberdeen is interested in finding out about the type of physical activity people do each week; what helps them to do physical activity and the type of barriers that may get in the way of this happening.

1.	What type of physical activity do you mainly do each week
	(Please tick all that apply)

a) Walking	
b) Cycling	
c) Running	
d) Gardening	
e) Exercise classes/gym	
f) Swimming	
g) Heavy housework	
h) Sporting activities (e.g. football, tennis)	
i) Other (Please specify)	

### On average, how much physical activity do you do each week? (Please tick one box)

a) None	
b) Less than an hour each week	
c) 1-2 hours	
d) 2-3 hours	
e) More than 3 hours each week	
f) Don't know	

### On average, how often do you do physical activity each week?(Please tick one box)

a) Never	
b) Once	
c) 2-3 times	
d) 4-5 times	
e) 6-7 times	

## 4. What encourages you to do regular physical activity each week? To what extent do you agree or disagree with the following statements?

	Strongly Agree	Agree	Disagree	Strongly Disagree	Don't know
a) Friends and family encourage me					
b) My work gives me information and opportunities					
c) A professional has advised me to do physical activity, e.g. nurse, carer, doctor					
d) I have easy access to recreation opportunities and facilities					
e) I get about during the day by walking or cycling					
f) I go for walks					
g) Other (please specify)					
a) To control my weig b) To keep fit c) To feel good about d) To help me relax/u e) To stop me taking t f) Other (please speci	myself nwind ooo much a fy)	doing reg			•
statements.	Strongly Agree	Agree	Disagree	Strongly Disagree	Don't know
a) I can't afford it					
b) It is not easy for me to get to recreation opportunities and facilities					
c) I have a disability or illness					
d) My age					
e) I use public transport or the car for getting about					

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f) Family/work commitments

g) I feel it isn't safe h) I don't like it

i) Other (please specify)

# 7 On a scale of 1–5 (where 1 = not at all confident and 5 = very confident), how confident are you to do regular physical activity each week?

1	2	3	4	5
not at all confident				very confident

# Where do you get local information on recreation opportunities, activities and facilities for doing physical activity? (Please tick all that apply)

a) TV, magazines, newsletters, newspapers	
b) Social media	
c) Website (please specify)	
d) Health care professionals (e.g. doctor or nurse)	
e) Information at work	
f) Friends/family	
g) I don't get any local information on the health benefits of	
physical activity	
h) Other (please specify)	

### 9 What would help you to do regular or more physical activity each week?

	Strongly Agree	Agree	Disagree	Strongly Disagree	Don't know
a) Having more time					
b) Access to affordable recreation opportunities and facilities when I want to go					
c) Being able to access recreation opportunities and facilities for people despite having a disability or illness					
d) Local opportunities and facilities to suit all ages					
e) Having a professional, e.g. nurse, carer, doctor, say that it is OK despite my age, disability or illness					
f) Feeling safe in my local streets or parks					
g) Support to help me to be confident to do physical activity					
h) A policy in my workplace to promote physical activity					

### STRONGER AND SAFER - OPEN SPACE STRATEGY

In September 2011 the council published its Open Space Strategy 2011-2016. 'Open spaces' refer to green areas within and on the edges of settlements. These can include parks, gardens, playing fields, woodland, river corridors, play areas, amenity spaces (grass cut areas around residential and business areas, and road verges), allotments and civic space. The strategy sets out a new vision and aims to improve the quality of our open spaces in the city. Responses to the following questions will help the council to assess the progress of the strategy and contribute towards delivery of an action plan outlining priorities for future work.

1. Quality is defined as accessible and well connected open spaces close to the community, attractive and appealing. For example low levels of litter with well equipped material, properly maintained areas, support active and healthy life styles, good sense of personal security and absence of anti-social behaviour, and rich in biodiversity (variety of animal and plant life). On a scale of 1-10 (where 1 is very dissatisfied and 10 is very satisfied) generally how satisfied are you with the quality of open spaces in the city?

1 (very dissatisfied)	2	3	4	5	6	7	8	9	10 (very satisfied)

2. On a scale of 1-10 (where 1 is very dissatisfied and 10 is very satisfied), generally how satisfied are you with the safety, crime and antisocial behaviour (vandalism, dog fouling, burnt equipment etc.) in open spaces?

1 (very dissatisfied)	2	3	4	5	6	7	8	9	10 (very satisfied)

2	A				47
<b>3</b> .	Are you aware of	publicity and	promotion of o	pen spaces in the ci	LV !

a) Yes	1
b) No	

4. Have you seen promotion of open spaces in Aberdeen City over the last 12 months?

a) Yes	
b) No	

Part of the strategy outlines to involve communities in developing open space/ green space management plans to maintain the city's open spaces. (For example actively doing work in the open spaces, attending meetings, drafting and preparing documents etc.)

5. Have you been involved in developing open space/green space management plans in the last two years?

a) Yes	
b) No	

-	erested in getting involved in developing open nce management plans?
a) Yes b) No	
lf yes, do you kn	ow who to contact or how to get involved?
a) Yes b) No	
Are you currentl groups)?	y involved in park user groups (such as 'friend
a) Yes	
b) No	ne the group you are involved in.
b) No If yes please nai	
b) No  If yes please nai  If no, are you int	
b) No If yes please nai	
b) No  If yes please nat  If no, are you int a) Yes b) No	me the group you are involved in. erested in getting involved in park user groups ow who to contact or how to get involved?
b) No  If yes please nat  If no, are you int a) Yes b) No	erested in getting involved in park user groups
b) No  If yes please nat  If no, are you int a) Yes b) No  If yes, do you kn	erested in getting involved in park user groups
If yes please nar  If no, are you int  a) Yes b) No  If yes, do you kn  a) Yes b) No  Do you agree tha	erested in getting involved in park user groups
If yes please nar  If no, are you int a) Yes b) No  If yes, do you kn a) Yes b) No  Do you agree that improving the qu a) Yes	erested in getting involved in park user groups ow who to contact or how to get involved? at private business should contribute towards
lf yes please nau  If no, are you int a) Yes b) No  If yes, do you kn a) Yes b) No  Do you agree that improving the qu	erested in getting involved in park user groups ow who to contact or how to get involved? at private business should contribute towards

If you would like more information about getting involved in managing open spaces or developing open space/greenspace management plans or park user groups, please contact Aftab Majeed on Tel: 01224 523464 or email amajeed@aberdeencity.gov.uk. A copy of the Open Space Strategy 2011-2016 can be found at www.aberdeencity.gov.uk/openspace

### **STRONGER AND SAFER - QUALITY OF LIFE**

The economic manifesto of Aberdeen City and Shire Economic Future (ACSEF) includes a vision of our area as being one of the most interesting and enjoyable locations in the UK in which to visit, live, work and grow up. This means having a good quality of life.

In March 2012 we asked you — the City Voice panellists — to give your views on a series of topics which we thought could contribute to a good quality of life and to suggest any other relevant factors. From the results we were able to see what was important to quality of life in Aberdeen. We would now like to find out what you think has changed in the period since we first asked about your quality of life: have things got better, stayed the same or got worse?

The following topics are all important, to a greater or lesser degree, to our quality of life in Aberdeen. In relation to your own quality of life, please indicate how you think each of these topics has changed over the past two years. (Please fill out the column to indicate your level of satisfaction *and* tick one box for each topic to rate the changes over the past two years).

		Level of		Cha	nge over the	past two y	ears	
		satisfaction between 1and 5	Much better	A bit better	No change	A bit worse	Much worse	Don't know
Tra 1	ansport & communication Local public transport							
2	Levels of traffic congestion							
3	Maintenance of roads							
4	National and international transport connections							
5	Broadband connections and speed							
<b>Sh</b>	opping & entertainment Range of shops							
7	Choice of bars and restaurants							
8	Cultural facilities (cinemas, museums, theatres, etc)							
<b>Ho</b> 9	Access to the countryside							
10	Air quality/Levels of pollution							
11	Clean streets							
12	Attractive city centre							
13	Access to parks and open spaces							
14	Choice of housing							
15	Availability of affordable housings							
	onomy & jobs Employment opportunities							
17	The local economy							
18	Level of earnings/income							
19	Cost of living							
20	Impact of volunteering on your local community							

	between 1and 5	Much better	A bit better	No change	A bit worse	Much worse	Don't know
Lifelong learning 21 Quality of schools/ education							
22 Further/Higher Education opportunities							
23 Activities for young peop	le						
<b>Community safety</b> 24 Level of crime							
25 Level of anti-social behaviour							
Health & well-being 26 Quality of local health services							
27 Access to community facilities (e.g. libraries, community centres)							
28 Access to social services							
29 Access to sports facilitie	s						
2. Please use that you cons			-		-	t listed a	above)

Change over the past two years

Level of

### **ADDITIONAL QUESTIONS - WINTER MAINTENANCE**

 With respect to winter maintenance, the council intends to reduce, as far as practicable, the effects of adverse weather conditions on the movement of people and vehicles to permit safe travel on the more important roads in the city. To help prioritise limited budgets, please indicate whether you are satisfied or dissatisfied with our present performance in each of the following areas.
 (Please tick one box in each row)

	Very satisfied	Fairly satisfied	Neither satisfied nor dissatisfied	Fairly dissatisfied	Very dissatisfied	Doesn't apply/ don't know
a) The Roads Winter Service Plan						
b) The report of Expected Weather Conditions						
c) The gritting of bus routes and other main roads						
d) The snow-ploughing of bus routes and other main roads						
e) The gritting of side/ local roads						
f) The snow-ploughing of side/local roads						
g) The gritting of busy footways						
h) The snow-ploughing of busy footways						
i) The gritting of local footways						
j) The snow-ploughing of local footways						
2. Please indicate you conditions.	ır satisf	action \	with stree	et lighting	in winte	r
	Very satisfied	Fairly satisfied	Neither satisfied nor dissatisfied	Fairly dissatisfied	Very dissatisfied	Doesn't apply/ don't know
a) Street lighting in city centre						
b) Street lighting in residential areas						
c) Time taken to repair						

3.	Aberdeen City Cour £3M on winter main must have resource if required.	ntenanc	e on its	roads. Ev	en in a m	ild winte	r we
		Very satisfied	Fairly satisfied	Neither satisfied nor dissatisfied	Fairly dissatisfied o	Very dissatisfied	Doesn't apply/ don't know
	you think the council king adequate ions?						
roadsion to treat lnstead	een City Council until r de in locations where t areas of concern. Gr d, we provide a 1 ton b supervision can be as ole.	a need wit bins wloag of sa	as perce hich need It at app	eived to allo d replacing roved locat	ow road us will no loo ions on pr	sers to use nger be re ivate prop	e salt eplaced. erty
4.	Are you aware of the	ne chan	ge in se	rvice?			
	a) Yes						
	b) No						
5.	Have you ever mad	e use of	a comn	nunity sal	t bag?		
	a) Yes b) No						
6.	Have you ever mad	e use of	a grit b	in in the p	ast?		
	a) Yes						
	b) No						
7.							
		Very satisfied	Fairly satisfied	Neither satisfied nor d dissatisfied	Fairly dissatisfied o	Very dissatisfied	Doesn't apply/ don't know
what	ou used grit bins is your opinion of the e provided?						
comm is you	ou have used the unity salt bags what r opinion of the e provided?						
http:// be live	ther information on w www.aberdeencity.go from the beginning of tact Aberdeen City Co	v.uk/Roa f Novemb	ds/roa/ro oer to the	pa_winter_ e end of Ap	_main.asp. ril each w		site will

### ADDITIONAL QUESTIONS - CITY VOICE UPDATING YOUR INFORMATION

What is your address?

1.

When you joined the panel you provided us with some information about yourself. This allows us to undertake more in depth analysis when you provide your questionnaire responses. We realise that your circumstances may have changed while you have been on the panel and would appreciate you completing the following questions to ensure your information is up to date. This data will be used to update our current citizens' panel database. As usual your information will be kept confidential.

	What is your postcode?					
	What is your telephone number?					
	What is your email address?					
	What age are you? (Please tick one box)					
	a) 16-24					
	b) 25-34					
	c) 35-54					
	d) 55-64					
	e) 65+					
,	What is your employment status? (Please tick one box)					
	a) Employee or self employed					
	b) Unemployed					
	c) Student					
	d) Retired or permanent sick/disabled					
	e) Other, including looking after the home (Please specify)					
	Are there any children in your household? (Please tick one box					
	a) Yes					
	b) No					
	Do you own or rent your own home? (Please tick one box)					
	a) Owner occupied					
	b) Rent from council or housing association					
	c) Rented privately					
	c) Rented privately d) Rented with job/business (tied) e) Other (please specify)					

### 6. How would you prefer to receive the City Voice?

a) Hardcopy paper format

b) Email/online format (if you have selected email, please ensure you have provided your email address).

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

