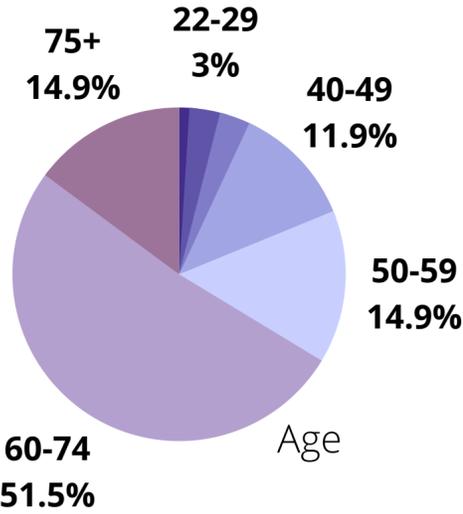
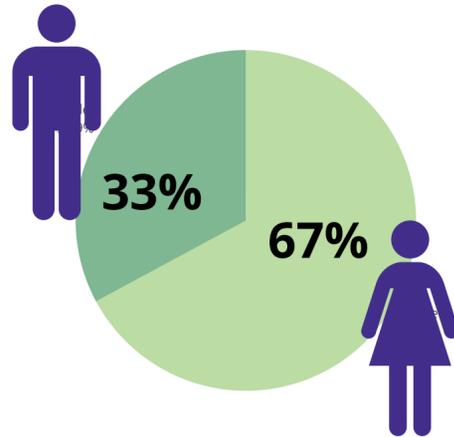
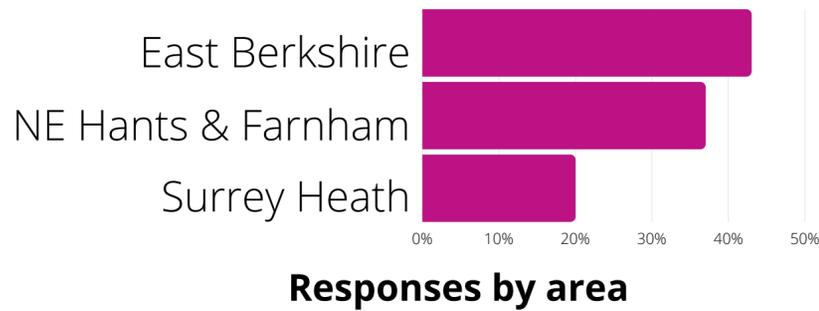




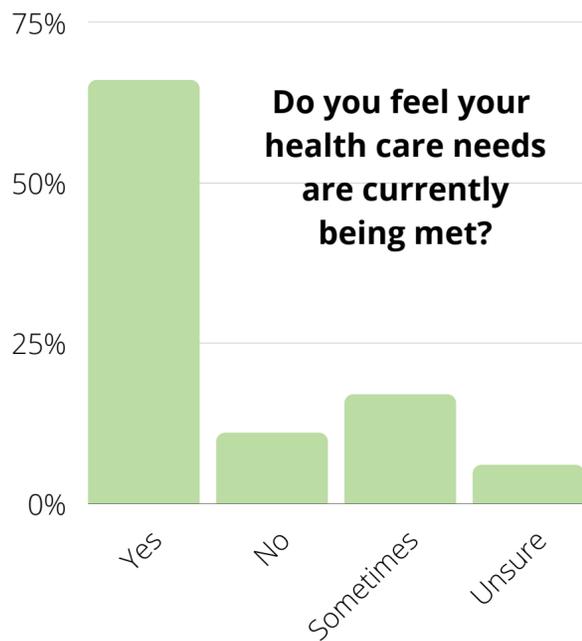
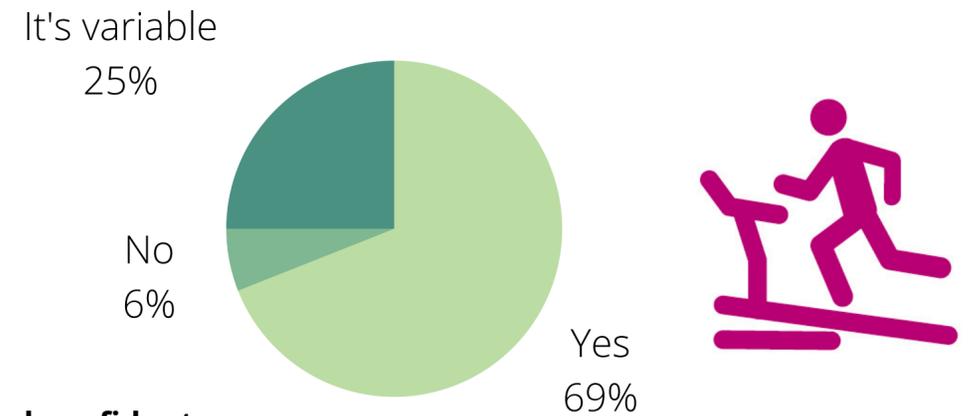
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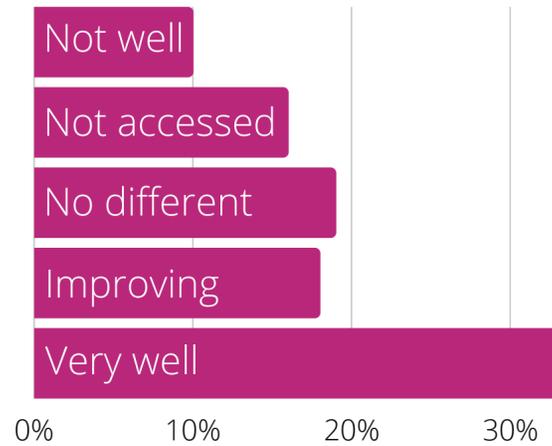
Health and Wellbeing during the pandemic Snapshot survey (Dec 2020)



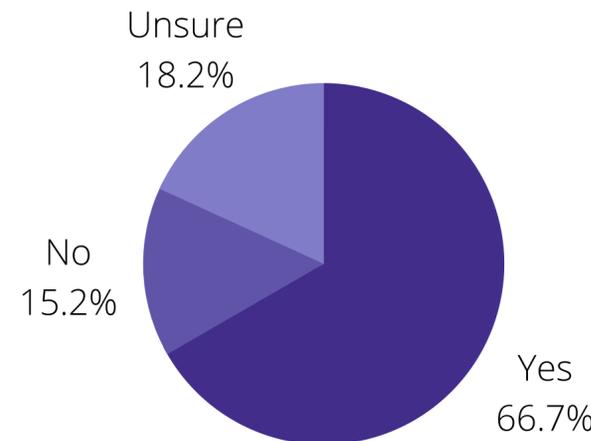
Do you feel able to be physically active at the moment?



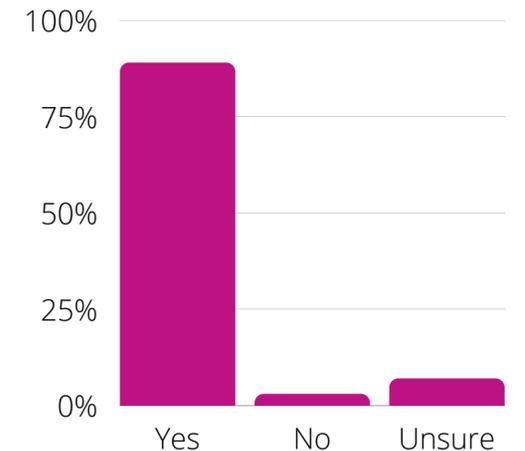
How are you coping with the need for many services to be delivered in a digital way or remotely?



Do you feel equipped and confident to access services, support and activities to their full potential where they have moved online?



Do you understand the current COVID-19 government guidance and restrictions in place in your area?





Health and Wellbeing during the pandemic Snapshot survey (Dec 2020)

What support could improve your mental health and wellbeing?



I don't need any support at the moment, but I did a few months ago and may need in the future, so just knowing support is available is good for now.

If one could have more interaction with people, (I live alone) as a Male there are very few clubs / Associations in the area for senior men

I accept the Covid restrictions wholeheartedly but am finding myself a little isolated now I'm not working. I need to find structure as I'm not particularly good with extended stays in my own company but am finding it difficult to access voluntary services.

I don't think I have felt worse than most people, just overwhelmed at times. I am lucky to have a kind and sympathetic husband, and friends I can turn to.

I can only express my admiration for the superb care and support given by both the NHS Hospital and my surgery . The Council and other voluntary and support organisations are working so well. I think the responsibility now falls on the members of the public. who could make a difference by making contact with people that are known to be living on their own.



How have your health and care needs have been met/not met?

Frimley Hospital has offered excellent maternity care so far, I found out I was pregnant 2 months ago and received my booking appointment and 12 week scan date quite quickly.

I feel better supported than ever and find the online consultations good and more in control of my own health and well-being.

There is something I should talk to my GP about but have avoided doing so because there is so much talk about pressure on services- it's easier (even if not very smart) to keep avoiding the issue. Also I would be scared of being sent to Frimley Park for investigation or having to wait on a list for months and months.

Our surgery has been exemplary. I have had two health issues and both have been dealt with face-to-face with the doctor. I have also been given my flu and pneumonia jabs. Our local pharmacy has also been very supportive and delivers my prescriptions.

I appreciate that during COVID the NHS is under a lot of strain, but I feel I am falling between the "cracks" - overdue for heart scan since September, have not had my yearly diabetes eye check-up. But I guess it is to be expected under the present circumstances.



Why do you find it difficult to access services, support or activities online?

We both struggle with online i have a very old computer which doesn't do video calls & hasn't the memory or speed for shopping & both our phones are basic so we are at a loss on how to do anything when we are told to go online.

It is assumed that everyone has a smart phone and one is directed to Apps. I do not have a smart phone and am unable to access these things via my PC as have no one to help me.

I'm retired and have never had to use computers for work (as I taught painting , drawing and ceramics to school children). I am not a natural with technology, and find it difficult to take on board, despite having done several Adult Ed courses.

It is not difficult to access services but I think on-line services are inferior to personal care.

What are your hopes and fears for 2021?

- Seeing more family and friends
- Being able to travel
- Successful vaccine roll out
- Improving health & fitness
- Becoming ill with COVID-19
- Health deteriorating due to the impact of the pandemic
- Finance/Job/Education concerns and worries
- Continued NHS backlog
- Life not returning to normal

HOPES

FEARS