

Want to become a Wellbeing Listener?

info@innercompassguide.com

IVYBRIDGE WELLBEING QUESTIONNAIRE



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Overview:

The purpose of the Ivybridge Wellbeing Questionnaire was to take a 'temperature check' from residents about wellbeing in the town. This questionnaire was sent out via two Ivybridge Facebook groups in June 2020.

63 people responded. The majority were from Ivybridge (52). Other local communities were represented including Lee Moor, Moorhaven, Lutton, Westlake, Ermington, South Brent, Bittaford, Wrangaton and Ugborough.

Three main questions were asked:

- i) Have you experienced stressful, anxious or worried thinking? If yes what in your view causes that thinking?
- ii) When you feel good about yourself and you experience mental wellbeing what is going on for you?
- iii) What would you like to see in Ivybridge to support a community with thriving wellbeing?

The main report explores each question and gives a break-down of the responses.

Summary

An overwhelming majority of respondents (over 90%) said they had experienced stressful and worried thinking. Many pointed to concerns about their family and to the Covid-19 situation. Mental illness and overthinking were also identified as areas that caused anxious thinking.

Many people had views on what caused wellbeing and their ideas included social interactions with family and friends, time with pets animals and being out in nature.

The final question was around ideas for Ivybridge to support thriving wellbeing. The majority of suggestions featured ways of bringing the community together through groups and outdoor spaces. People seemed saw social interaction as an important element of wellbeing in a community.

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The Inner Compass Guide is a Community Interest Company that is exploring ways of creating Ivybridge as a town founded on wellbeing. Listening is at the heart of the work of the Inner Compass Guide. Our mission is to train 200 residents as Wellbeing Listeners in the town.

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HAVE YOU EXPERIENCED ANXIETY AND WORRY? IF YES...

What causes that anxiety and worry?



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Overview:

Respondents pointed to worries about their family as being most on their minds. Covid-19 and the implications of this were also mentioned.

3 people said they didn't feel anxiety or worry.

Family

Concern about the family was high on the list for many people. This included time pressures, fears about ability as a parent, family conflict, health issues and bereavement.

20 family related comments

Covid-19

A strong theme emerged surrounding Covid-19 including fears about going out, social isolation and health of family.

14 Covid related comments

2 Isolation related comments

Mental Illness

There were examples of mental distress (like stress and anxiety) along with other conditions such as depression, paranoia and trauma

13 family related comments

Over-Thinking & Uncertainty

Overthinking: A variety of comments came into this category including overwhelm, low self-belief and worry about what others might think.

13 comments related to over-thinking

Uncertainty: Uncertainty was mentioned on several occasions –

7 comments of which 3 specified a sense of discomfort at not being in control

Health

Health and illness were mentioned in 7 comments. These were general statements that don't specify what the health concerns were.

Employment

Some people were finding work stressful and others were worried about future employment and job security. Finances also came up as an area of concern for people

7 Employment related comments

3 comments on finances

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WHEN YOU FEEL GOOD ABOUT AND EXPERIENCE MENTAL WELLBEING

What is going on for you?



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Overview:

There were wide-ranging responses to this question. The answers were both tangible (like family and exercise) and also descriptions of the quality of wellbeing. One of my favourite descriptions of the feeling of wellbeing was: *"Everything just works without me thinking about it. I sort of melt into my surroundings"*

Family & Friends

20 people commented about their family. This fell into two categories

- i) The joy and pleasure at being around friends & family
- ii) Witnessing happiness within the family & friends

Examples include: *"My children laughing makes me extremely happy"*
"Enjoying times and catch up with my friends."

Exercise, Sleep and Diet

The importance of exercise in its different guises was mentioned 13 times. Things like walking, cycling and martial arts were given as examples of exercise. 2 respondents highlighted the importance of sleep and 2 mentioned eating a good diet. This following quote encapsulates the comments relating to the question: What is going on when you experience mental wellbeing? *"I eat better, sleep better, exercise more and feel confident."*

Animals and Hobbies

6 people mentioned the importance of animals (pets and horses). This is a wonderful quote: *"Laughing at the interaction between my cat and dog."*
6 people talked about hobbies including reading, gardening, yoga, meditation and sport.

Nature and Outdoors

13 people noted how lucky they were with where they live in relation to the countryside and abundance of nature nearby. A typical sentiment was: *"Being in nature whether it is a country or coastal walk."*

Qualities Wellbeing

There were rich comments about wellbeing in general. 'Balanced' – 'Valued' – 'Calm' – 'Inner Peace' – 'Relaxed' – 'Happy' – 'In the moment' – 'Fulfilled' – 'Heard' – 'Caring' – 'Purpose' – 'Creative' – 'Confident'

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IMPROVING WELLBEING IN IVYBRIDGE

What would you like to see in the community?



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Overview:

There were many ideas and several people had more than one idea. This page represents the 83 suggestions that were forthcoming from the questionnaire.

Social and Talking Groups

The most popular ideas were around social, talking and support groups. This included supporting young people and families. There was also a call for organized events and exercise groups.

- ✓ 27 Talking and social groups
- ✓ 8 Exercise groups (including walking)
- ✓ 8 Organised community events
- ✓ 7 Groups for young people and families
- ✓ 5 Wellbeing activities (like yoga/meditation)

Outdoor Spaces and Information Hub

There was enthusiasm for green, relaxing spaces that were outdoors. Ideas included thoughts on a sensory or community gardens. An information hub (offline) and a drop-in centre with good community resources were also recommended.

- ✓ 27 Outdoor and indoor community meeting spaces
- ✓ 9 Drop-in centre: information hub
- ✓ 4 Improve shopping area and infrastructure of town

Community Spirit

People commented on the simplicity of care, compassion and acts of kindness. These answers focused more on how we interact with each other.

- ✓ 5 people commented on the importance of being kind to each other