



2018 HEREFORDSHIRE QUALITY OF LIFE SURVEY RESULTS

FOCUS ON:

ACCESS ON NATURE AND OUTDOORS

(v 1.0)

M.Spinks



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Acknowledgements

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1. CONTEXT

1.1 Background

This report gives an in-depth analysis of a 'quality of life' survey of Herefordshire residents undertaken in spring 2018, with a focus on the natural environment and outdoors. The survey is part of a project called 'Better data, better lives', It is unique, having been entirely driven and managed by the community and voluntary sector in Herefordshire. It will fill gaps where there is currently no recent data available for the county, so that hundreds of voluntary and community organisations can target their services and resources to the people and places most in need.

1.2 Aim

To provide baseline evidence for the 'Herefordshire, a Great Place' programme. In particular, engagement with and participation in arts, culture and heritage in Herefordshire and the effect on people's well-being.

2. METHODOLOGY

2.1 Random sample postal survey

The Quality of life survey was posted out to a random sample of 4,125 residential households in April 2018 to achieve a representative sample of Herefordshire's adult population. Any member of the household aged 16 years or over could respond anonymously and post the survey back in the Freepost envelope supplied. A reminder letter was sent after 3 weeks with a deadline of 6 weeks after the initial mailout. Postal returns were accepted up until 9 weeks after the mailout.

There were 644 responses, lower than the target but possibly a result of the partner organisations not being as well-known as Herefordshire Council, who ran the previous survey in 2012. It was also at the time that 'Cambridge Analytica' was in the news, which caused some anxiety about personal data as evidenced by some of the comments back from residents - despite this survey being anonymous.

2.2 Weighting

There was an over-representation of older respondents compared with the resident population, so the results were weighted to account for this and also size of the household. In other words, responses from younger respondents were given more weight to account for the lower number of responses from this age group. Larger households were weighted accordingly too. More detail can be found in the Technical report.

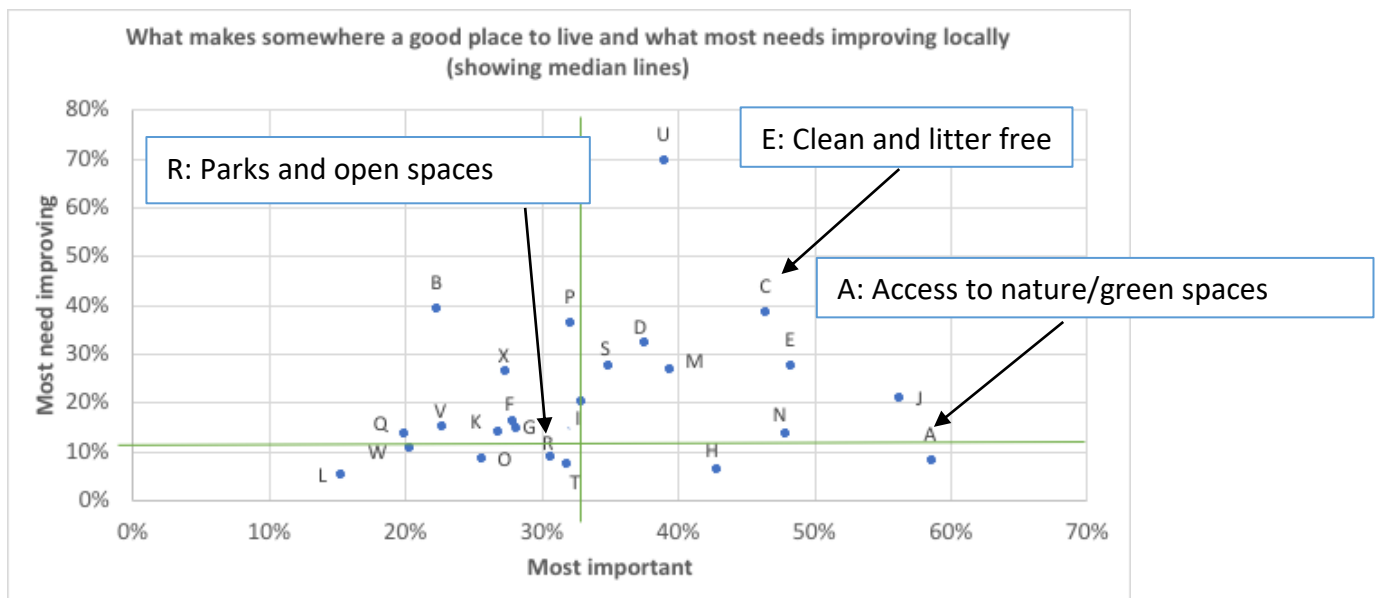
3. RESULTS

3.1 ABOUT YOUR LOCAL AREA

(local area is defined as 'within about 15-20 minutes walking distance from your home')

Question 7A. Thinking generally, which of the things below would you say are most important in making somewhere a good place to live? AND B. Thinking about your local area, which of the things below, if any, do you think most need improving?

Thinking about their local area, 58% of respondents felt that Access to nature/green were most important in making somewhere a good place (ranked 1st compared to 7th in 2012) aspects) and only 8% said it most needed improvement. 'Clean and litter free' was rated as most important by 48% (ranked the 3rd most important aspect, similar to 2012). Parks and open spaces were rated by 31% as most important (ranked 14th compared with 11th in 2012). Please see the following chart and table for more detail.



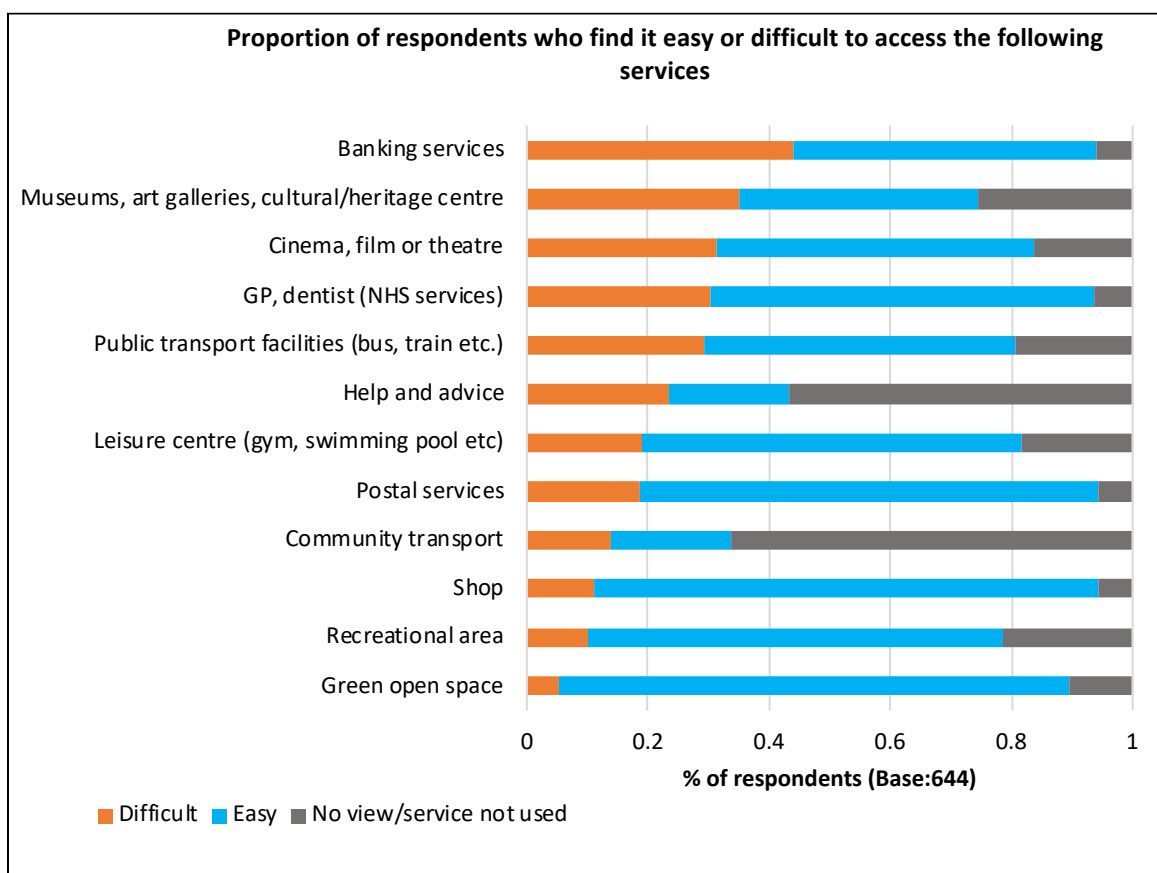
Access to nature/green spaces	A	Job prospects	M
Activities for teenagers	B	Level of crime	N
Affordable decent housing	C	Level of pollution	O
Broadband and mobile phone connectivity	D	Level of traffic congestion	P
Clean and litter free	E	Locally available support services	Q
Community activities	F	Parks and open spaces	R
Cultural facilities	G	Public transport	S
Education provision	H	Refuse collection and disposal	T
Facilities for young children	I	Road and pavement repairs	U
Health services	J	Shopping facilities	V
Help for disabled people	K	Sports and leisure facilities	W
Historic places, areas or buildings	L	Wage levels and the cost of living	X

3.2 ACCESS TO SERVICES & FACILITIES

Q11. Thinking of physical access, distance, opening hours and the like, how would you describe your access to the following services?

High proportions of respondents found **green open space**, shops and postal services **easy to access** as shown in the following chart and table. Services that respondents found **difficult** to access were banking services, museums, art galleries, cultural/heritage centre and cinema, film or theatre.

85% of respondents found **green open space** **easy to access**, 5% found it difficult and 6% don't know or don't use green open space.



Quality of life survey: Spotlight on access to nature and outdoors

	Very difficult	Difficult	Easy	Very easy	Don't know	Service not used
Postal services	2%	17%	48%	28%	0%	1%
Banking services	16%	28%	39%	11%	1%	1%
Shop	1%	10%	51%	33%	0%	0%
Public transport facilities (bus, train etc.)	12%	17%	36%	16%	4%	11%
GP, dentist (NHS services)	6%	24%	51%	12%	2%	1%
Community transport	4%	10%	16%	4%	19%	41%
Cinema, film or theatre	10%	22%	43%	9%	2%	9%
Museums, art galleries, cultural/heritage centre	11%	24%	33%	6%	7%	15%
Recreational area	3%	7%	49%	19%	4%	12%
Leisure centre (gym, swimming pool etc)	5%	14%	48%	15%	3%	11%
Green open space	3%	2%	46%	39%	2%	4%
Help and advice	5%	18%	18%	2%	26%	23%

3.2.1 Differences by age, geography and disability

There were no significant differences found in access to green open space by where respondents live, their age or whether they have a disability/long-term illness.

3.2.2 Change to access to services over the last 5 years

Q12. If you think that access to the services above has changed over the last five years, please describe how they have changed:

There were 320 comments received, of which just 5 related to the natural environment, which are presented in the following table:

<i>All recreational areas are dirty, unloved. Roaming dogs, litter, you promised everything and deliver nothing</i>
<i>Buses not run as frequently. Litter not collected as frequently. Grass not cut at all. Post office moved further away. Lime trees on Highway not maintained and often dangerous. More difficult to get GP appointment. Relief <road> threatening green open spaces and wildlife and people's health.</i>
<i>Green open space is now being built on. Banks are closing esp. at weekends.</i>
<i>Less buses. Unable to access GP services. Dirty streets, potholes everywhere!</i>
<i>Times have been cut due to staff shortages/cuts, Ltd buses. Poor maintenance of playground equipment and pathway/ gate access</i>

3.2.3 Barriers to accessing services

Q13. If appropriate, what are some of the barriers to accessing the following services? Please tick all that apply

For green open spaces, the most common barrier was: 'getting there and back' (transport) experienced by 28% of respondents to this aspect. There were much lower proportions of respondents who experienced other barriers to green open space, compared to the average of other aspects (median). See the table below.

	Opening or operating hours	Physical access to the building	Getting there and back	Parking availability or cost	Cost of service	Only available online so can't use	Count
Green open space	7%	7%	28%	8%	3%	0%	104
Median	18%	2%	38%	26%	6%	0%	
Base: row total							

3.2.4 Differences in access to services by age, geography and disability

There were no significant differences found in access to green open space by where respondents live, their age or whether they have a disability/long-term illness.

Q13. Other (please specify):

There were 109 comments of which 7 related to green open space, as shown below

*Public transport - almost. On existent and journey times are too long. Community transport- not available / not used. Cinema/theatre- nearest cinema Monmouth or Gloucester Museums- as above. Recreational area- not used, we have plenty of land ourselves. Leisure centre- not required. **Green open space- we have lots of ever green open space***

*15-20 min walk. Only small shop, but access to bus. **Access to plenty green open space at present.** Limited access to GP as fewer of them.*

All services required easily accessible. Respondent commented on 'green open space' - "steps down from | Yazor road by bridge into field c/w hand rail.

*Comment '98 year old' next to postal services and shop parking availability. Comment 'Not used' next to public transport and leisure centre. Comment 'Flix in the sticks' next to cinema. Comment 'Whole countryside' next to recreational area. **Comment 'No end' next to green open space***

***Green open space - being built on.** Difficult to get a GP appointment within 5 working days.*

Hardly any green open spaces!

Recreational & green spaces - Ledbury lacks a proper park.

3.3 ARTS, CULTURE, HERITAGE, OUTDOORS & WELL-BEING

3.3.1 Frequency of visit by type of activity

Q14. During the last 12 months, how often have you been to any of the following?

High proportions of respondents had visited the following places **at least once** over the past year:

- ▶▶▶▶ Natural heritage place i.e. park or garden (78%)
- ▶▶▶▶ Film or play (77%)
- ▶▶▶▶ Historic place e.g. historic house or museum (68%)

The following places were visited more frequently (**at least every few months**):

- ▶▶▶▶ films or plays (62%)
- ▶▶▶▶ a natural heritage place (63%)

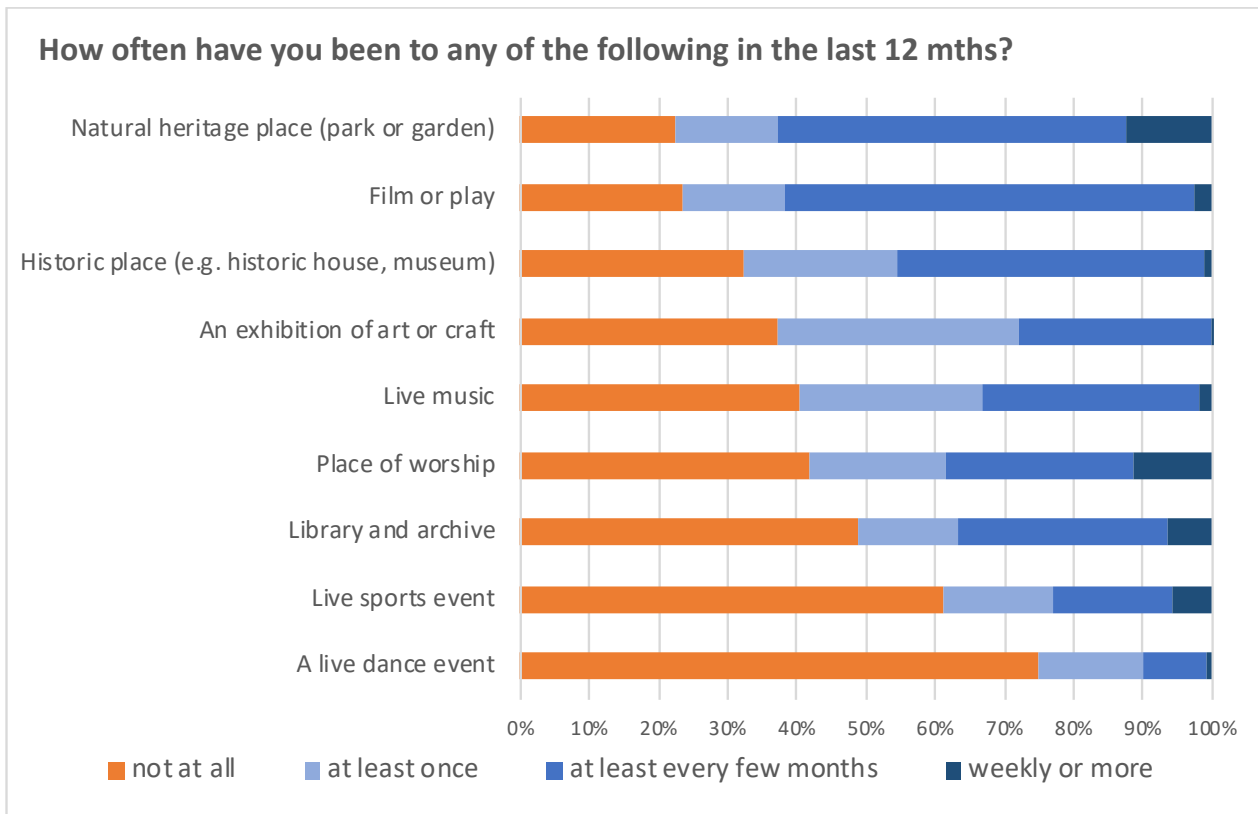
The events/places that most had **not** been to over the past year were:

- ▶▶▶▶ A live dance event (75%)

The following table and chart show the detail of frequency by type of visit.

Frequency (base = row total)	Never	Once	Every few months	Monthly	Weekly	More than once a week
An exhibition of art or craft	37%	35%	24%	4%	0%	0%
A live dance event	75%	15%	8%	1%	1%	0%
Live music	40%	26%	27%	4%	2%	0%
Film or play	23%	15%	46%	13%	2%	0%
Historic place (e.g. historic house, museum)	32%	22%	38%	7%	1%	0%
Live sports event	61%	16%	11%	7%	5%	1%
Library and archive	49%	15%	18%	12%	5%	1%
Natural heritage place (park or garden)	22%	15%	38%	13%	7%	5%
Place of worship	42%	19%	21%	6%	9%	3%
Other cultural place:	66%	9%	18%	4%	1%	3%

Appendix A shows the 'other' types of cultural places visited (54 comments given).



3.3.2 Visits - differences by age, geography and disability

There were some differences found by **geography** and **age** as follows, but not for visits to natural heritage places.

For visiting an art or craft exhibition:

- There was a higher rate of respondents from the city or larger towns who had not visited an exhibition in the last year. Whereas those living in hamlets and isolated areas had a lower rate who hadn't been in the last year, and a higher rate who visited an exhibition every few months compared to other areas.
- There was a higher rate of younger respondents who had not been to an exhibition in the last year compared to middle and older aged people.

For attending a live dance event:

- There was a higher rate of respondents from the smaller towns and fringe area who had not been to a live dance event in the last year.

For visiting an historic place:

- There was a lower rate of respondents from the city or larger towns who visited an historic place every few months and higher rates from people living in villages and hamlets/isolated areas. Those living in hamlets and isolated areas also had a lower rate of those who hadn't been in the last year

- There was a higher rate of younger respondents who had not visited an historic place in the last year.

For visiting a library and archive:

- There was a lower rate of older aged respondents who had not visited a library and archive in the last year compared to younger and middle-aged people.

For going to a place of worship:

- There was a higher rate of respondents from the city or larger towns who had not been to a place of worship in the last year and a lower rate for those living in villages. Those living in hamlets/isolated areas had a higher rate of going to a place of worship more frequently (every few months or more).
- There was a slightly higher rate of younger respondents who had not been to a place of worship.

3.4 PARTICIPATION IN ACTIVITIES

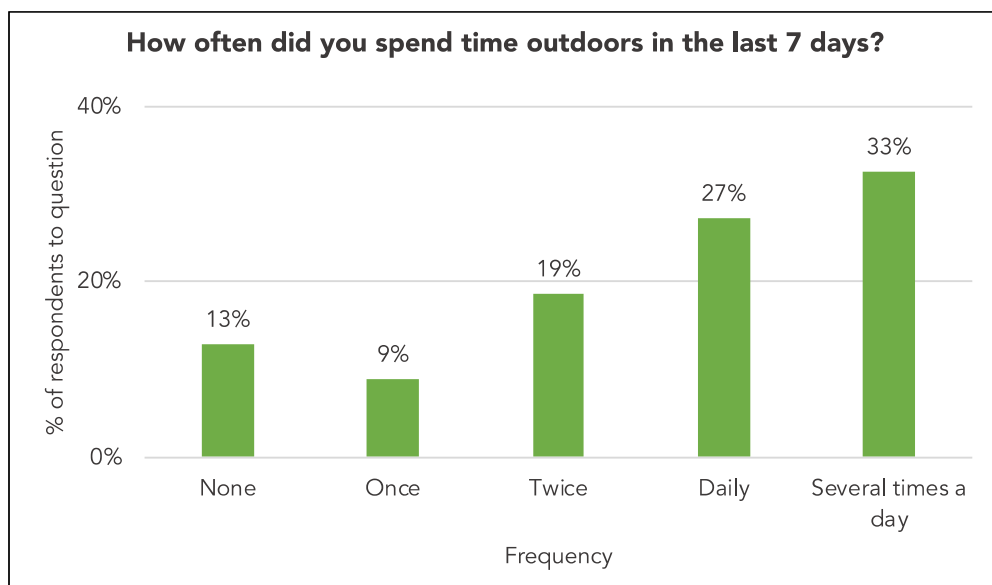
3.4.1 Time spent outdoors

Q15. How often did you spend time outdoors in the last 7 days (excluding shopping trips/chores or time spent in your garden)? For example, in open spaces such as the countryside and farmland, woodland, parks or nature areas, coast/beaches.

60% cent of respondents spent time outdoors daily (excluding shopping trips/chores or time spent in their garden) **and 87% spent time outdoors at least once in the last week** (see the following table and chart for more detail).

This is much higher than a similar national benchmark for 2017/18: 62% of people in England spent leisure time out doors at least once a week (*Source: Natural England, Monitor of Engagement with the Natural Environment*).

	Count	%
None	79	13%
Once	54	9%
Twice	114	19%
Daily	166	27%
Several times a day	199	33%
Base	612	100%



3.4.2 Details of time spent outdoors

240 respondents gave details on what they did when they spent time outdoors. These were categorised and analysed: 34% said walking/hiking/rambling; a further 27% walking the dog; 13% specified sports (cycling/golf/tennis etc); 12% gardening and 10% described barriers - see summary table below. See Appendix A for all the comments.

Category	% of all comments
walking/hiking/rambling	34%
walking the dog	27%
gardening	12%
visit park/garden	10%
barriers	10%
other	10%
live in the countryside/farm	7%
golf/tennis/other sport	7%
cycling	6%
part of job/volunteering	5%
shopping	4%

3.4.3 Time spent outdoors - differences by age, geography and disability

- There was a lower rate of respondents from towns and fringe who spend time outdoors daily compared to other areas. Whereas those living in hamlets and isolated areas had a lower rate of those who didn't spend much time outdoors (couple of times a week or less), and a higher rate who spent time outdoors several times a day.
- There was a higher rate of younger respondents who spent time outdoors a couple of times a week but a lower rate of those who spend several times a day outdoors, compared with

Quality of life survey: Spotlight on access to nature and outdoors

the overall rates. Middle aged respondents had lower rates of those who spent time outdoors once or twice a week compared to the average.

- There was no difference found in time spent outdoors by disability/long-term illness.

Q16. During the last 12 months, how often have you done the following?
(Please tick all that apply)

The activities that most respondents **did at least once** over the past year were:

- ▶▶▶▶ A walk of at least 10 minutes (97%)
- ▶▶▶▶ Reading (95%)
- ▶▶▶▶ Gardening (89%)
- ▶▶▶▶ Sport or fitness activity (74% per cent)

Over 90% of those that had taken part in these activities, felt that it 'made them feel better' both physically and mentally.

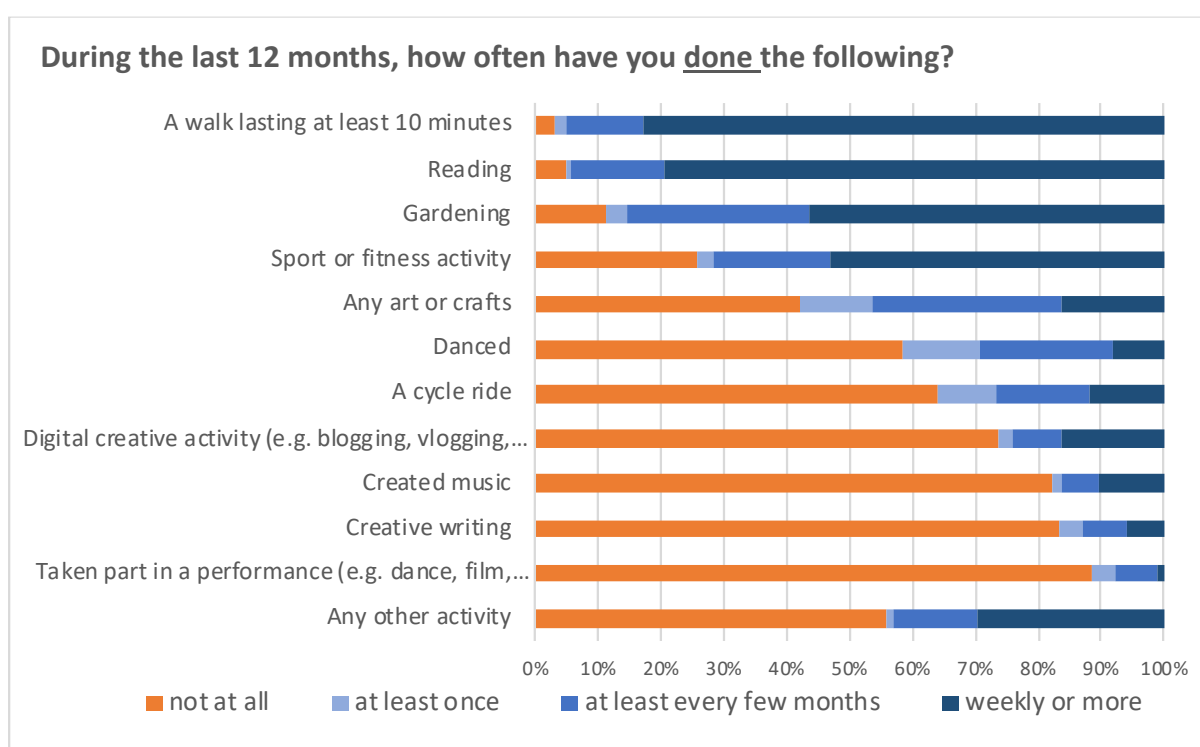
The activities that most respondents **had not done** over the past year:

- ▶▶▶▶ Taken part in a performance e.g. dance, film, poetry, theatre (88%)
- ▶▶▶▶ Creative writing (83%)
- ▶▶▶▶ Created music (82%)

Quality of life survey: Spotlight on access to nature and outdoors

The following table and chart show the detail of how often people participate in each type of activity over the last 12 months. Outdoor activities are highlighted in green with walking being the most frequent type of activity (83% did so weekly or more).

% of each activity by frequency	not at all	at least once	at least every few months	weekly or more	Count (base)
Any art or crafts	42%	11%	30%	16%	573
A walk lasting at least 10 minutes	3%	2%	12%	83%	613
A cycle ride	64%	9%	15%	12%	589
Created music	82%	2%	6%	10%	590
Creative writing	83%	4%	7%	6%	591
Danced	59%	12%	21%	8%	587
Digital creative activity (e.g. blogging, vlogging, gaming)	74%	2%	8%	16%	585
Gardening	11%	3%	29%	56%	617
Reading	5%	1%	15%	79%	610
Sport or fitness activity	26%	3%	18%	53%	596
Taken part in a performance (e.g. dance, film, poetry, theatre)	88%	4%	7%	1%	590
Any other activity	56%	1%	13%	30%	172



3.4.4 'Other' types of activities

Please see Appendix B for lists of the 'other' type of activities specified by respondents. There were 92 details given of which 12 related to outdoor activities from bird-watching to flying.

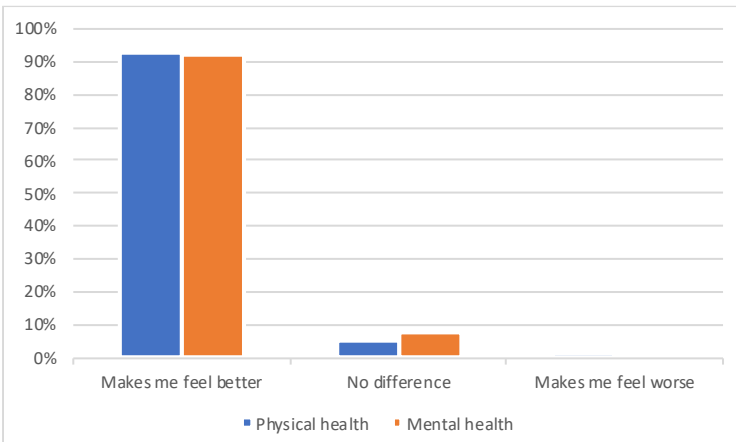
3.4.5 Differences in participation levels by age, geography and disability

There were some differences found by **age, geography** and **disability** as follows:

- Older people had a much higher rate of **'gardening more than weekly'** compared with other age groups. Those with a disability or long-term illness had a higher rate of **'gardening more than weekly'** than those who do not have a disability/long-term illness. Those living in villages had a higher rate who gardened more than weekly compared with overall, and those living in Hereford and the towns gardened less frequently.
- Older people were much more likely to say they had not been **on a cycle ride** in the last year. Those with a disability or long-term illness had a higher rate of **'not been on a cycle ride'** compared to those who do not have a disability/long-term illness.
- People who live in the smaller towns and on their fringes were much less likely to say they had **created music in the last year**.
- Older people were more likely to say they had not **danced** in the last year.
- Older people were more likely to say they had not done any **digital creative activity (e.g. blogging, vlogging, gaming)** in the last year.
- Middle and older aged people **read** more frequently than younger people. People living in villages and hamlets read more frequently than those living in more urban areas.
- There was a much higher rate of older people and a lower rate of younger people, who had not done any **sports or fitness activity** in the last year. Those who had a disability/long-term illness had a higher rate of **'not done any sports or fitness in the last year'** compared with others; although there were similar rates of those who did **sports or fitness activity** more frequently (weekly or more) regardless of disability.

3.4.6 Effect on health and well-being

Q17. To what extent do you think taking part in any of the activities in this section, affects your health and well-being?



93% of respondents said that taking part in any of the activities made their physical health feel better and 92% said that taking part made their mental health feel better as shown in the table below. Appendix C show the detailed comments given, of which there were 104.

% of responses	Makes me feel better	No difference	Makes me feel worse	Base*
Physical health	93%	5%	2%	594
Mental health	92%	8%	0%	582

base = total of responses to this question, excluding 'don't knows'

The few comments given by those who felt the activities they took part in made their physical health feel worse, were related to injuries. For example:

"I have injured myself several times completing garden tasks. However, I enjoy the challenge and cannot resist." [by someone who regularly gardens, digital creative activity, reading and arts and crafts]

"Have bad back & legs so physical hurts" [by someone who regularly gardens, reads and takes part in sports and fitness activity]

"I suffer with depression and am disabled so a lot of activities are out for me." [by someone who regularly does arts and crafts, creative writing, digital creative activity and reading]

The few comments given by those who felt the activities made no difference were from people who took part in a range of activities:

"Life continues."

"Physical activity is part of keeping medical condition from getting worse"

3.6 BARRIERS TO DOING ACTIVITIES

Q18. If appropriate, what stops you from doing any of the activities mentioned in this section?
Please give details:

There were four sections to this question where respondents could give open or 'free text' responses, one of which was 'spending time outdoors', the results for which are presented here.

3.6.1 Barriers to spending time outdoors

There were 162 relevant comments given to describe barriers to spending time outdoors. The most frequently mentioned barriers were time constraints (27% of comments); health/disability/mobility (19%) and the weather (18%). The following table shows the categories of comments made and further detail about other barriers.

Categories	Count of mentions	% of comments
busy/time constraints/work	44	27%
health/disability/mobility	31	19%
weather	29	18%
nothing	14	9%
carer	11	7%
age	10	6%
travel/parking	10	6%
Access	5	3%
cost	5	3%
not my thing	5	3%
confidence/on own	4	2%
other	13	8%
Base = 162 comments		

3.7 SOCIAL CAPITAL: arts, culture, heritage or well-being

Q19. Overall, about how often over the last 12 months have you given unpaid help to any group(s), club(s) or organisation(s)? Please only include work that is unpaid and not for your family. [tick one box only]

Overall volunteering rates remain similar to 2012 levels but are still much higher than national rates.

- **32% volunteered regularly at least once a month** i.e. gave unpaid help to a group, club or organisation. (This compares with 14% in the UK in 2014-15¹).
- 20% volunteered at least once a week. (This compares with 10% in the UK in 2014-15¹).
- Overall 45% volunteered at least once over the last year (compared with 21% nationally). A further 16 per cent gave help as an individual.

3.7.1 Effects of volunteering

Q20. If you have volunteered in the past 12 months, to what extent has it affected you?

- Most respondents to this question said there was no difference to their physical health from volunteering (67%) and 31% said it had improved.
- 54% of respondents said that volunteering made no difference to their mental health but 45% said it had improved.
- 59% of respondents to this question said that volunteering had made no difference to their education and skills but 41% said it had improved their education and skills.

The table below shows the details.

	Improved	No difference	Got worse	count
Physical health	31%	67%	2%	271
Mental health	45%	54%	1%	273
Education and skills	41%	59%	0%	256

¹ National well-being measures, ONS, September 2018 release

3.7.2 Type of volunteering

Q21. Please describe what type of volunteering you do (tick all that apply)

277 people described the type of volunteering they do. The most common types of volunteering are for charity, community events and fund-raising and/or campaigning. **11% volunteer for an art or cultural venue**, 35% for community events, 25% for a church/place of worship, **6% for a museum or heritage site**. There were 143 comments giving further details about the type of volunteering they do, 10 of which are related to help with the environment (such as litter-picking).

	Count	%
Art or cultural venue	30	11%
Charity	110	40%
Community events	98	35%
Fund-raising and/or campaigning	82	30%
Informal group	32	12%
Village hall	42	15%
Church/place or worship	69	25%
Preschool/school/college	57	21%
Museum or heritage site	17	6%

Base= 277 responses to this question

There were no differences found by **age, geography** and **disability** in relation to volunteering for art or cultural venues, village halls, community events or museum/heritage sites.

3.8 WELL-BEING

Levels of contact with family, friends or neighbours and loneliness remain level with 2012 and national rates.

- 60% of respondents were in **contact with family, friends or neighbours** most days; 34% at least weekly but 6% were only in contact once a month or less. This did not vary with age.
- 26% of respondents felt lonely some of the time during the past week.
8% felt lonely most or all of the time.

Self-reported measures of how people are feeling give an indication of personal well-being. Here we present the results of measures at either end of the answer scale ranging from zero (not at all) to ten (completely).

10% of respondents gave low **life satisfaction** scores compared to 5% cent in the UK. 31% gave very high **life satisfaction** scores, similar to the UK. On average life satisfaction in the county is similar to nationally.

13% of respondents gave low ratings of **how worthwhile they feel their life is**, considerably above the UK rate of 4%; and 21% gave high ratings, much lower than the UK rate of 35%. Overall this

indicates lower levels of how worthwhile people in Herefordshire feel their life is compared to national levels.

9% of respondents gave low **happiness** scores, similar to the UK (8% in 2017). 40% of respondents gave very high happiness scores, compared to the UK rate of 35%. Overall this indicates slightly higher levels of happiness in the county compared to nationally.

4% of respondents had very high **anxiety levels**. 22% had some anxiety and 51% had very low anxiety scores. On average levels of anxiety in Herefordshire are similar to UK levels.

3.9 ABOUT THE HOUSEHOLD

644 residents of Herefordshire returned the questionnaire. There was an over-representation of older respondents compared with the resident population, and results were weighted to account for this.

59% of respondents lived in a two or three-person household; 34% live alone and 28% lived in a household with children aged 17 years old or under. The majority of respondents were either retired or working full time, followed by those working part-time time, looking after the home or family or were self-employed. Half of those working worked set hours with little or no flexibility and a third worked flexibly where they generally set their own hours.

For those that work or used to work, the majority felt that **education at school or college** was useful to them in getting a job or running a business compared to other aspects.

52% of the respondents were happy with the amount of time they spent working, whereas 44% wanted to work less.

In terms of managing everyday costs, 63% never have to choose between paying mortgage/rental costs, energy costs, transport cost, food and clothing costs. However, 16% did have to choose about once a year, 15% did so monthly and 5% had to choose between these costs weekly or daily.

The majority (56%) of respondents felt their health was **good**, a quarter thought it was **fair and** 20% reported their health to be **bad**.

38% of respondents said they have a long-standing illness, disability or infirmity compared with 26% in 2012.

Other demographic information about the respondents:

- 90% identified as white British (compared with 94% at the 2011 Census)
- For nationality, 61% identified as English and 24% as British (compared with 72% as English and 21% as British in 2012).
- 94% identified as heterosexual or straight.
- 60% identified as Christian and 28% had no religion/belief (compared with 68% as Christian and 23% as no religion/belief in 2012).

4.0 ANY OTHER COMMENTS (related to access to nature or outdoors)

About 37 out of 215 comments in the last question of 'any other comments' pertained to this themed report, which are shown in Appendix D. They included positive comments about living in beautiful surrounds/countryside and some areas for improvement (litter and development perceived as detrimental to the countryside).

APPENDICES

Appendix A: Q15. Time spent outdoors - details specified

Q.15. How often did you spend time outdoors in the last 7 days (excluding shopping trips/chores or time spent in your garden)? For example, in open spaces such as the countryside and farmland, woodland, parks or nature areas, coast/beaches

Barriers highlighted in orange.

No.	Frequency	Detail specified in Q15
1	Daily	Cycling trips.
2	Daily	Cathedral area a welcome breath of fresh air and green trees.
3	Daily	Cycling
4	Daily	Daily walks and cycle rides in the wider area
5	Daily	Dog walking
6	Daily	Dog walking
7	Daily	Dog walking
8	Daily	Dog walking
9	Daily	Dog walking
10	Daily	Dog walking and horse riding
11	Daily	Dog walking in local fields, footpaths
12	Daily	Dog walking on playing field and open countryside
13	Daily	Dog walking to various places.
14	Daily	Dog walking, cycling - golf - walking
15	Daily	Dog walking, walking with friend on hills and in woodlands
16	Daily	Dog walking; visiting friends.
17	Daily	Dog walks
18	Daily	Enjoying the village green
19	Daily	Fishing
20	Daily	Garden, open spaces
21	Daily	Gardening and outdoor jobs
22	Daily	Golf
23	Daily	Greenhouse activities
24	Daily	I exhibit angora rabbits and attend shows whenever I am well enough to drive the distance to the show
25	Daily	I walk most days and also garden on days off if weather permits.
26	Daily	I walk two miles a day
27	Daily	Large garden in property area
28	Daily	Local park.
29	Daily	Local walking group meets weekly at least
30	Daily	Local walks and attractions
31	Daily	Love recreational grounds
32	Daily	Nordic walking
33	Daily	On holiday
34	Daily	On holiday in Cornwall

Quality of life survey: Spotlight on access to nature and outdoors

No.	Frequency	Detail specified in Q15
35	Daily	One walk with friends taking a picnic. One season of Nordic walking with a group.
36	Daily	Play golf and walk almost daily.
37	Daily	Ride bike to work , walk most places as traffic is horrendous my side of town lately
38	Daily	Seaside Local walks
39	Daily	Spending time gardening and visiting local gardens which are open to view
40	Daily	Spent time outside while children were playing with friends
41	Daily	Usually 2-6times per week. I do some work on a farm in Whitchurch and I walk in parks and woodlands
42	Daily	Visit woods
43	Daily	Visiting daughter in Cheltenham
44	Daily	Walk 2-3 miles daily in the countryside
45	Daily	Walk my dog daily in the countryside.
46	Daily	Walk to Ledbury and back, walk to Colwall and back, walk loop to Suckley.
47	Daily	Walking
48	Daily	Walking
49	Daily	Walking
50	Daily	Walking
51	Daily	Walking
52	Daily	Walking at lugg meadows, queenswood etc.
53	Daily	Walking by river
54	Daily	Walking county paths using public footpaths
55	Daily	Walking dog & cycling
56	Daily	Walking dog for pleasure
57	Daily	Walking dog in Leominster
58	Daily	Walking dogs
59	Daily	Walking every day between 5 - 10 Km
60	Daily	Walking for health and walking a dog
61	Daily	Walking hills
62	Daily	Walking in parks , hiking long distance paths.
63	Daily	Walking lanes & footpaths & bridleways for exercise, visiting friends.
64	Daily	Walking locally
65	Daily	Walking my dogs
66	Daily	Walking my mum's dog. Shopping (food/supplies)
67	Daily	Walking nearby and on the Malvern hills
68	Daily	Walking our dog
69	Daily	Walking the dog
70	Daily	Walking the dog
71	Daily	Walking the dog. Rambling.
72	Daily	Walking the dogs

Quality of life survey: Spotlight on access to nature and outdoors

No.	Frequency	Detail specified in Q15
73	Daily	Walking to shop, visiting, local walks
74	Daily	Walking/cycling locally & further afield
75	Daily	Walks
76	Daily	Walks in nearby woodland.
77	Daily	We live in the middle of the countryside
78	Daily	Woodland & farmland
79	Daily	Work outside. Gardener.
80	Daily	Would spend more time in woodland at Dinmore but disagree with parking fees - my mum's illness and something as soon as she arrives she wants to return home as soon as she gets there - if parking free, not a problem - if paying a problem! Charges at Croft also - parking removed on Bircher Common also. The money 'wasted' (in my opinion) on the terrible road layout at the top of Dinmore could have subsidised the parking. Their parking fees I see are going up again and talk of a shop - food hall - why? It is a wood - people want to go for the nature - to get away from commercialisation.
81	Daily	Young child and local good park
82	None	Being disabled most of these places are not easy to access by wheelchair.
83	None	Cannot afford trips
84	None	Carer as above
85	None	Depression after recent bereavement & severe difficulty walking.
86	None	Have a very large garden
87	None	I live in the middle of nowhere. My garden is huge.
88	None	I spend several hours a day working or relaxing in garden.
89	None	Incapacitated (emphysema)
90	None	Invalided.
91	None	My activities are limited my heart problems at the moment. I am hopefully off employment in the future
92	None	No transport
93	None	Only go out shopping twice a week - disabled & use wheelchair
94	None	Poor weather
95	None	Too busy
96	None	Walk round the park in lunch break from work
97	None	Work mon - fri and rained at the weekend
98	Once	30 min at the park
99	Once	30 min walk around the block- no accessible public rights of way for pushchair and no park for children. Unsuitable for dog due to locked gates by stye and no hatch for them - had to lift dog over one, he's really heavy! Cost too much to park the car! No decent website for public pars/ woods etc! I'm not from around here

Quality of life survey: Spotlight on access to nature and outdoors

No.	Frequency	Detail specified in Q15
100	Once	A walk on the Malvern hills
101	Once	Drive in local countryside
102	Once	Looking at views in Welsh hills above Painscastle. Why don't you count gardening?
103	Once	Occasionally
104	Once	Old and disabled.
105	Once	Poorly and weather. Normally daily!
106	Once	Queens wood - would go more often but now have to pay for parking
107	Once	Riverside walk - weather too poor to do much!
108	Once	The seaside
109	Once	To golf club parkland
110	Once	Visit to garden centre
111	Once	Walk along riverside
112	Once	Walk in the countryside
113	Once	Will be more once weather improves
114	Once	Wye valley walk
115	Several times a day	All day depending on weather!
116	Several times a day	As a family we walk the dog every day, are active gardeners etc.
117	Several times a day	Camping trip
118	Several times a day	Cycling & walking
119	Several times a day	Cycling and walking for pleasure
120	Several times a day	Daily walk on field at back of house or along river or in park
121	Several times a day	Daily walks of an hour in the countryside
122	Several times a day	Dog walking
123	Several times a day	Dog walking
124	Several times a day	Dog walking
125	Several times a day	Dog walking
126	Several times a day	Dog walking
127	Several times a day	Dog walking in fields around here. Gardening
128	Several times a day	Dog walking, enjoy walking
129	Several times a day	Dog walking.
130	Several times a day	Dog walks and mountain biking
131	Several times a day	Dog walks in local woods
132	Several times a day	Dog walks on hills.
133	Several times a day	Farmer
134	Several times a day	Foot path officer fo village.
135	Several times a day	Garden most days if fine - visit other gardens via Yellow book.
136	Several times a day	Garden most days, countryside walks most days
137	Several times a day	Garden,shops. Countryside.
138	Several times a day	Gardening and walking footpaths
139	Several times a day	Gardening, playing tennis, walking, fishing
140	Several times a day	Gardening, walk the dog.
141	Several times a day	Going for coffee/golf/shopping

Quality of life survey: Spotlight on access to nature and outdoors

No.	Frequency	Detail specified in Q15
142	Several times a day	I enjoy gardening - busy as it's spring-summer
143	Several times a day	I have a dog & horses
144	Several times a day	I have dogs and young children. East access and cheap to entertain.
145	Several times a day	I live in a very rural area and have several days.
146	Several times a day	I live in the countryside.
147	Several times a day	I live in the middle of farmland and have a large garden to tend.
148	Several times a day	I live on my father in laws farm
149	Several times a day	I walk my dogs & garden and I live in a beautiful village surrounded by countryside.
150	Several times a day	I walk quite a lot
151	Several times a day	Keen walker/cyclist
152	Several times a day	Last 7 day on holiday
153	Several times a day	Live in a rural area, gardening, dog walking
154	Several times a day	Live near open space
155	Several times a day	Live on a farm
156	Several times a day	Live on farmland
157	Several times a day	Lots of wintery walks in Brampton Abbots - from my door. - Nordic walking or Wye Leisure
158	Several times a day	My garden space is important to me and my family as its safe place to play.
159	Several times a day	On my small holding.
160	Several times a day	Out most days I have walked. Belong to natural trust, keen gardener.
161	Several times a day	Regular dog walks
162	Several times a day	Regular job
163	Several times a day	Sailing - at sea Model engineering society
164	Several times a day	Shopping Gardening
165	Several times a day	Shopping, play bridge, go out to lunch when asked.
166	Several times a day	Three times a day with the dog
167	Several times a day	Volunteer for Nat. Trust as a bird surveyor. Volunteer for Nat. Trust doing estate work. Volunteer on a local farm at times of high demand.
168	Several times a day	Volunteering, walking, enjoying the countryside. Coastal walks. Geology.
169	Several times a day	Walk dogs
170	Several times a day	Walk hours with dog as well as supporting many sporting activities
171	Several times a day	Walk in countryside several times a week. Park car on outskirts of town and walk in a couple of times a week.
172	Several times a day	Walking
173	Several times a day	Walking
174	Several times a day	Walking 1/2 hr 8am Walking 1/2 hr 5.30 ish
175	Several times a day	Walking and bird watching

Quality of life survey: Spotlight on access to nature and outdoors

No.	Frequency	Detail specified in Q15
176	Several times a day	Walking dog
177	Several times a day	Walking dog
178	Several times a day	Walking dog & taking the grandchildren to park
179	Several times a day	Walking dog, etc
180	Several times a day	Walking dog, footpaths and bridgeways locally.
181	Several times a day	Walking dog, gardening
182	Several times a day	Walking dog, son playing in park, visiting Croft/Berrington, watching son play rugby, trip to inflatables, etc.
183	Several times a day	Walking dog, walking with family, caring for my animals in our local countryside/farmland & woodland.
184	Several times a day	Walking dog. Walking to garden centre for coffee with friends. Walking to local shops/post office taking the long route to enjoy the countryside
185	Several times a day	Walking enjoying countryside
186	Several times a day	Walking my dog
187	Several times a day	Walking my dog, running and playing tennis.
188	Several times a day	Walking on hills and footpaths with dogs etc
189	Several times a day	Walking playing tennis croquet
190	Several times a day	Walking the dog
191	Several times a day	Walking the dog in the lanes
192	Several times a day	Walking the dog twice a day; gardening; reading outside.
193	Several times a day	Walking, cycling in local area.
194	Several times a day	Walking, cycling, exercising dogs
195	Several times a day	Walks in the countryside
196	Several times a day	We live in the country
197	Several times a day	We live on a farm and walk the dog there as well as other local places.
198	Several times a day	Work on the land
199	Several times a day	Work outdoors
200	Twice	2 shopping trips to Hereford with Dore Transport. 1 shopping trip to Tescos & 1 to bank with daughter
201	Twice	Away from home on holiday
202	Twice	Browbury house garden
203	Twice	Country walk & historical town visits
204	Twice	Farmland and woodland
205	Twice	Go to parks and queenswood on weekends weather depending- also go to national trust parks.
206	Twice	Golf
207	Twice	Hiking, rambling
208	Twice	It was raining most of last week
209	Twice	job
210	Twice	National Trust property
211	Twice	National Trust, Woodland Trust, Parks etc

Quality of life survey: Spotlight on access to nature and outdoors

No.	Frequency	Detail specified in Q15
212	Twice	Not quite daily but more than twice - BBQ in park, walk during lunch break, walk to/back from work instead of driving.
213	Twice	Playing boules in the local pub car park in the countryside
214	Twice	Playing golf once a week - sometimes more than once on photographic trips
215	Twice	Prevailing weather conditions have been rather damp.
216	Twice	Taking daughter to the park.
217	Twice	Took family to Queenswood. Also went to Cotswold Water Park
218	Twice	Travelled to Builth Wells for a woolfest.
219	Twice	Trip to London
220	Twice	Try to do a reasonable walk at least once a week.
221	Twice	Walk in the park with grandson
222	Twice	Walk round lake
223	Twice	Walking by river and walking in local residential area
224	Twice	Walking dog/holidays/leisure time.
225	Twice	Walking in the countryside
226	Twice	Walking in Wales. Cross country skiing in Norway. Endurance swimming - Greece and Australia
227	Twice	Walking my dog & taking my nephew to the park
228	Twice	Walking the hills twice a week
229	Twice	Walking, running, visiting display at cathedral
230	Twice	Walking/cycling
231	Twice	We go walking in the Malverns
232	Twice	We live in the countryside, so easy to access
233	Twice	Weather poor not suitable to go out.
234	Twice	Went for a walk with the dog
235		Farmers - so can't answer!
236		I regularly visit Dinmore Hill for work in the woods.
237		Rain stopped play
238		Small Breeds and Owl Farm Kington, with grandchildren. Aylestone Park, Courtyard playground with grandchildren on 2 afternoons
239		Sometimes I drive up to the Malvern Hills and go for a walk, but only if I have my niece or sister with me. My niece has a dog, I used to have one, so we went walking, in my case particularly for the dog. She had to be kept on the lead as she only returned to me when she felt like it!
240		Walking in countryside on 4 days

Appendix B: Q16. Any other activity done in the last 12 months

Comments related to outdoors/nature highlighted in green.

Any other activity	Please give details:	Category
	3 shows at local theatre - on stage & directing.	art/craft/theatre/music
Every few months	Art exhibitions and H Art each year	art/craft/theatre/music
More than once a week	Artist	art/craft/theatre/music
Monthly	Attended flower arranging demonstrations/workshops	art/craft/theatre/music
Weekly	Choir - weekly	art/craft/theatre/music
	Comment 'with kids' next to art & crafts	art/craft/theatre/music
Weekly	Community choir	art/craft/theatre/music
	Cooking, sewing	art/craft/theatre/music
	I act (make films, theatre), keep fit and play the guitar	art/craft/theatre/music
Weekly	I belong to a very good contemporary choir	art/craft/theatre/music
Never	Knitting.	art/craft/theatre/music
Once	Participated in village art & craft show (my paintings).	art/craft/theatre/music
	Photo group - craft group - WI	art/craft/theatre/music
Never	Play music, guitar, keyboard, read	art/craft/theatre/music
Every few months	Sing in choir	art/craft/theatre/music
	Taken part in a performance - in London	art/craft/theatre/music
More than once a week	Bird watching	bird watching/conservation
	Bird watching	bird watching/conservation
More than once a week	Bird watching (& other wildlife) & recording BTO // Puzzles	bird watching/conservation
Monthly	Lecturing, study groups, participation in the National Trust, Herefordshire wildlife trust, RSPB, village activities and church	bird watching/conservation
Monthly	Woodland conservation	bird watching/conservation
Never	DIY	DIY
Never	DIY	DIY
More than once a week	Bridge playing.	games
	Indoor and outdoor bowls & village hall bowls	games
More than once a week	Playing board games/music at home, going to park with kids.	games
Weekly	Playing Boule	games
More than once a week	Meditating	Meditating
Weekly	Mindfulness/meditation	Meditating
Weekly	Driving to socialise with friends	motorsports
Monthly	Motorsports venues	motorsports
Weekly	Vintage car activities	motorsports
Monthly	Worked on an old car.	motorsports

Quality of life survey: Spotlight on access to nature and outdoors

Any other activity	Please give details:	Category
	'Never' - because I don't want to - not because not available	other
	Age again 87	other
	Below to positive group. Weekly.	other
Never	CLOSED FACILITY!	other
More than once a week	Computing	other
More than once a week	Cooking daily - meals from scratch, no ready meals	other
Never	Farmer	other
	Most are age related	other
More than once a week	Ontology	other
Weekly	Puzzle books	other
	Respondent has written "disabled" next to 'a cycle ride'	other
	Talk!	other
Weekly	Times crossword	other
Never	Until recently we danced once a week. Age overtaken us.	other
Monthly	Visiting national trust properties and gardens and annually race for-life	other
Monthly	W1 meetings.	other
Never	Watching TV with dad (keeping company)	other
More than once a week	Daily keep fit exercise	other physical
	Do 'fall prevention' exercise & some yoga (now breathing and movement to keep joints flexible)	other physical
Never	Flash mob for Scope - held in the city by the exercise group i attend, plus super hero triathlon run fby EPower	other physical
More than once a week	Given guided walks	other physical
More than once a week	Golf	other physical
More than once a week	Golf	other physical
	Horse riding fortnightly	other physical
	I try to go swimming once a week	other physical
	I walk most days	other physical
	I was a gym member at my previous home 3x a week but have an injury hence nor going at present.	other physical
	Netball/hockey/crossfit	other physical
	Nordic walking, yoga, Tai chi - gym - swim - Wye leisure	other physical
	Play golf/do some running	other physical
Monthly	Private flying	other physical
More than once a week	Riding	other physical

Quality of life survey: Spotlight on access to nature and outdoors

Any other activity	Please give details:	Category
Weekly	Sailing	other physical
More than once a week	Sailing - elsewhere	other physical
	Semi retired / golf	other physical
	Scuba classes	other physical
Weekly	Swimming	other physical
Weekly	Swimming.	other physical
Weekly	Tennis	other physical
Never	Yoga, swimming, sightseeing	other physical
More than once a week	Dog walking	pet related
More than once a week	Grooming angora show rabbits, clipping rabbits for breeding	pet related
More than once a week	I walk the dogs daily. I go to dog training 3 times a week	pet related
More than once a week	My wife does agility with our dogs	pet related
Weekly	Learning a language with a group of friends and a health and fitness class.	study
Monthly	UBA general and group member (classical, writing for pleasure)	study
	Holidays in UK, visiting relatives.	travel
Every few months	Travel	travel
Every few months	AGMs & committee meetings	volunteering
Once	Climbed Snowden for teenage cancer trust	volunteering
Weekly	Drive weekly for Community Wheels	volunteering
	Help at club for slow learners over 18	volunteering
Every few months	Helping out on school extensions at my son's school	volunteering
Weekly	Involved in local beaver's club	volunteering
	Litter picking on yazar Brooke.	volunteering
Every few months	Organise charity events at cathedral of golf events.	volunteering
More than once a week	Volunteering	volunteering
	WI Activities	volunteering
	I cut the grass back and front, not a large patch, at the moment my mower is out of action so i had someone in to do it. I'm getting a new one in a week's time.	

Appendix C: Q17 Comments on the effect of taking part in activities

Detailed comments related to outdoors/nature highlighted in green.

Physical health	Mental health	Please give details:
Makes me feel better	Makes me feel better	'Simples' Do- don't sit still!
Makes me feel better	Makes me feel better	100% better
Makes me feel better	Makes me feel better	Activity and meeting other people doing the same things.
Makes me feel better	Makes me feel better	Activity is best way to detox physically and mentally. Keep moving exercises lungs and heart increases circulation boosts energy.
Makes me feel better	Makes me feel better	After losing my spouse, physical activities are very important in maintaining my well being
Makes me feel better	Makes me feel better	All of these stimulate brain so make you happier. Some of these make you fitter --> exercise makes you confident/happier.
Makes me feel better	Makes me feel better	All these activities help improve my physical and mental health
Makes me feel better	Makes me feel better	Always enjoy seeing friends - helps a lot with the pain
Makes me feel better	Makes me feel better	Any activity makes you feel better plus helps your mental health stay healthy making your overall well being balanced.
Makes me feel better	Makes me feel better	Becoming well established how the mind body are connected and need physical exercise and social contact
Makes me feel better	Makes me feel better	Being close to nature is life-enhancing
Makes me feel better	Makes me feel better	Being outdoors improves my mood and helps me sleep better. Crafts - find very relaxing as gardening
Makes me feel better	Makes me feel better	Being outside and singing in a group make you feel better.
Makes me feel better	Makes me feel better	Best when physical and mental activities are combined
Makes me feel better	Makes me feel better	Busier and creative.
Makes me feel better	Makes me feel better	Dog walking definitely helps both fitness & mental wellbeing.
Makes me feel better	Makes me feel better	Doing activities that energise the body makes you feel good
Makes me feel better	Makes me feel better	Effects are well documented
Makes me feel better	Makes me feel better	Endorphins
Makes me feel better	Makes me feel better	Energising and motivational
Makes me feel better	Makes me feel better	Essential for over 80's
Makes me feel better	Makes me feel better	Exchanging views and impressions with individuals and groups
Makes me feel better	Makes me feel better	Exercise and fresh air stimulate body and mood. Reading puzzles etc stimulate the brain
Makes me feel better	Makes me feel better	Exercise is beneficial for weight control - fitness & well-being.
Makes me feel better	Makes me feel better	Exercise is important for well being
Makes me feel better	Makes me feel better	fresh air in peaceful surroundings
Makes me feel better	Makes me feel better	Fresh air. Helping within the community

Quality of life survey: Spotlight on access to nature and outdoors

Physical health	Mental health	Please give details:
Makes me feel better	Makes me feel better	gardening - good exercise in fresh air & gives great satisfaction to grow my own fruit & veg.
Makes me feel better	Makes me feel better	Gardening improves everything
Makes me feel better	No difference	Gardening keeps me physically better
Makes me feel better	Makes me feel better	Getting fresh air and exercise
Makes me feel better	Makes me feel better	Good to get fresh air
Makes me feel better	Makes me feel better	Group activities ensures social interaction good for mental wellbeing. Physical activity has major health, use it or lose it!
Makes me feel worse	Makes me feel better	Have bad back & legs so physical hurts
Makes me feel better	Makes me feel better	Have bad knees waiting for x-ray results. Mental health on tablets every day
Makes me feel better	Makes me feel better	Have had a sport related activity all my life
Makes me feel better	Makes me feel better	Healthy bod and mind - positivity - mindfulness
Makes me feel better	Makes me feel better	Helps combat the effects of depression and anxiety
Makes me feel better	Makes me feel better	I am much happier and have more energy
Makes me feel better	Makes me feel better	I attend 3 sessions a week run by a disabled wheelchair user himself. Seated exercise and spin keeps my upper body fit and my mental state sane. A happy group of lovely people
Makes me feel better	Makes me feel better	I create every day
Makes me feel better		I enjoy my garden and it keeps me fit
Makes me feel better	Makes me feel better	I feel better after going to town and occasional opportunities for a hat. It is difficult to do gardening and have a painful knee.
Makes me feel better	Makes me feel better	I feel better mentally and physically after swimming
Makes me feel better	Makes me feel better	I feel that any of the above activities takes you away from the routine of life and it is good to focus on other activities that you enjoy for pleasure.
No difference	Makes me feel better	I find that the social interaction I get from going to 5 different U3A groups very beneficial
Makes me feel better	Makes me feel better	I have arthritis and doing yoga and Pilates keeps me flexible
Makes me feel better	Makes me feel better	I have been ill most of this winter and where I used to walk a lot this is now difficult- I still walk daily and write and paint
Makes me feel better	Makes me feel better	I have had mental health issues & being outdoors makes me feel calm & peaceful
Makes me feel worse	Makes me feel better	I have injured myself several times completing garden tasks. However, I enjoy the challenge and cannot resist.
Makes me feel better	Makes me feel better	I have limited mobility but socialise as much as possible
Makes me feel better	Makes me feel better	I just derive pleasure from doing these things
Makes me feel better	Makes me feel better	I like to go for a walk and not be caged in. Unfortunately, I have to drive to nearest park and open space due to distance

Quality of life survey: Spotlight on access to nature and outdoors

Physical health	Mental health	Please give details:
Makes me feel better	Makes me feel better	I sing and perform with two choirs/musical groups which helps me both physically & emotionally - singing is good for all ages & is good for the soul. Performance is challenging in a good way.
Makes me feel worse	Makes me feel worse	I suffer with depression and am disabled so a lot of activities are out for me.
Makes me feel better	Makes me feel better	I use activity to stay off depression medication and it work. I feel better for the activities I do.
Makes me feel better	Makes me feel better	It's the company as well as the activity
Makes me feel better	Makes me feel better	Keep fit and mentally alert
Makes me feel better	Makes me feel better	Keeping active and occupied makes me feel well
Makes me feel better	Makes me feel better	Keeping fit & mentally healthy. Feel good factor.
Makes me feel better	Makes me feel better	Keeping fit and being creative releases happy hormones
No difference	No difference	Life continues.
Makes me feel better	Makes me feel better	Maintaining a healthy lifestyle allows me to enjoy and partake in so many things life has to offer- thank god!
Makes me feel better	Makes me feel better	Mentally a walk clears the brain and physically gets your circulation going
Makes me feel better	Makes me feel better	Mixing with others aids my mental health and physically it has improved
Makes me feel better	Makes me feel better	Mobility & distraction from constant pain
Makes me feel better	Makes me feel better	More 'go' in me, feel good
Makes me feel better	Makes me feel better	Most physical activity promotes wellbeing.
Makes me feel better	Makes me feel better	My garden is my therapeutic time
Makes me feel better	Makes me feel better	My outdoor activities contribute to a feeling of wellbeing.
Makes me feel better	No difference	Nearing the age 90 has some effects
Makes me feel better	Makes me feel better	Not been well over last 9 months. Sciatica and strained shoulder, had acupuncture treatment
Makes me feel better	Makes me feel better	Only time I see anyone
Makes me feel better	Makes me feel better	Organisation and group leadership of history society in good for fitness and the 'little grey cells'
Makes me feel better	Makes me feel better	Painting is very therapeutic for me
No difference	No difference	Physical activity is part of keeping medical condition from getting worse
Makes me feel better	Makes me feel better	Physical and mental activity keeps a body and mind healthy
Makes me feel better	Makes me feel better	Physical health, breathing, physical, creative, auditoral expression
Makes me feel better	Makes me feel better	Physically helps keep my joints working especially the arthritic ones. Mentally - helps keep my brain active.
Makes me feel better	Makes me feel better	Play golf , fresh air, in country no pollution
Makes me feel better	Makes me feel better	Reading and crossword. Similar puzzles help my mind active. Flower arranging helps me meet like minded people
Makes me feel better	Makes me feel better	Reading and gardening both allow me to forget work pressures and gives relaxation

Quality of life survey: Spotlight on access to nature and outdoors

Physical health	Mental health	Please give details:
Makes me feel better	Makes me feel better	Relaxation/social aspect
Makes me feel better	No difference	Run, golf
Makes me feel better	Makes me feel better	Singing is a community and social event and good for health and well-being. Gardening gets you out in fresh air
No difference	Makes me feel better	Singing is super cathartic!
Makes me feel better	Makes me feel better	Social interaction and exercise is the key to life- both are needed to be happy.
Makes me feel better	Makes me feel better	Socially beneficial, a beneficial health wise- keeps brain active.
Makes me feel better	Makes me feel better	Some activities involve meeting new people and others involve stepping out of your comfort zone.
Makes me feel better	Makes me feel better	Sport and fitness are great for physical health
Makes me feel better	Makes me feel better	Stops you sitting at home fussing and stretches mind & body
Makes me feel better	Makes me feel better	Suffered with depression for many years - exercise helps
Makes me feel better	Makes me feel better	Swimming makes me feel better.
Makes me feel better	Makes me feel better	Tennis & Tai Chi once a week at least.
Makes me feel better	Makes me feel better	The above depend on the agenda!
Don't know/not sure	Don't know/not sure	To old for much now.
No difference	No difference	Usually pretty active most days
Makes me feel better	Makes me feel better	Very soothing and rewarding and good social hobby too
Makes me feel better	Makes me feel better	Walking
Makes me feel better	Makes me feel better	Walking & swimming have known mental & physical benefits
Makes me feel better	Makes me feel better	Walking & yoga help with mental health & fitness + gardening & walking connect you back to nature
Makes me feel better	Makes me feel better	Walking dogs twice a day gives me my only exercise.
Makes me feel better	Makes me feel better	Walking for exercise & fresh air. Entertainment
Makes me feel better	Makes me feel better	Walking improves my well-being. on the whole
Makes me feel better	Makes me feel better	Walking-keeps you active as you age. Gardening/reading-Therapeutic.

Appendix D: Any other comments

Q46. Any other comments on your quality of life in Herefordshire?
A beautiful, peaceful, friendly county. Luck to have lived here!
Agriculture pay rates, conservation area- all affect the average Herefordian. We are a backwater, we have nobody that puts Herefordshire first
Beautiful country - largely unspoiled as yet
Beautiful rural county with attractive villages and towns, excellent amenities (with use if a car) and wonderful community spirit
Generally, is low. Cost of living is rising. More activities required for older kids, so they stop littering and vandalising kids parks. Q22 comment: 'Outside of immediate family which I live with.'
Great county - shame about the city planners etc. Why don't the council celebrate Hereford in the city - festival? Hereford cattle etc., cider
Hereford is a beautiful place in which to live. It is a pity shops are closing - could some of them be converted to affordable housing?
Herefordshire needs to provide recycling collections for garden waste. Currently we pay for green sacks for it and IT GOES TO LANDFILL. please organise a scheme where garden waste can be accumulated in bins, have a special collection bin lorry and be recycled
I have a very peaceful life in Herefordshire and only a few yards from beautiful Shropshire and a few from Wales
I love Herefordshire! It is a shame that such a beautiful place is in danger of being destroyed due to poor planning, short sightedness and a lack of insight.
I love living in Herefordshire, the countryside, people, history and heritage. I moved here approx 23 years ago and can't imagine moving away
I think Herefordshire is a beautiful county to live in
It is a beautiful county and a hidden gem. Perhaps needs to be more going on for young families, it's not just a place to retire to!
It is a beautiful county and quality of life is good if you have job and can afford accommodation. Lack of truly affordable housing is major problem particularly for young people and those on low income. I wish we had an arts cinema!
It is a beautiful county. Unrestrained poly tunnels covering the countryside detract greatly from this beauty. More housing must be matched with more doctor's surgeries and schools.
It is a beautiful peaceful place in which to live. People are friendly but not intrusive. The pace of life is gentle but interesting
It's a beautiful county - shame the town has been spoiled.
Lovely countryside but no play/open spaces in walking distance. Parking charges extortionate- everywhere- would rather shop at Merryhill, Birmingham.
Lovely rural county. Roads are pretty poor. Housing developments - seems there is just 'a free for all' with little restrictions.
More hospital beds. Better road infrastructure, i.e. by pass. Pothole repairs, litter clearance, speed limit enforcement, drainage issues.

Quality of life survey: Spotlight on access to nature and outdoors

Q46. Any other comments on your quality of life in Herefordshire?
I'm passionate about Herefordshire - it grieves me to see how it is being 'savaged' by housing developments of non-affordable houses for locals - as a local research company I'd like you to research1) How many houses are being built in Herefordshire 2.) How much farming land is being lost? 3.) Where are occupants coming from - are they local? 4. How many are affordable to local people on a local wage?5. How many people per doctor 6. How many new beds at Hereford hospital? (Cottage hospitals?). Herefordshire used to be a great place to live - it used to be a great rural untouched, unadulterated county - not any longer - Herefordshire can/is being ruined.
Quality of life anywhere is mostly dependant on positive attitude but Herefordshire (in the 20 years ive known its rural aspects) seems fairly unspoilt
Quality of life in Herefordshire is 1st class. As I am a true country person, involved in and love growing & making things I could not be in a better place!!!
Rural areas are beautiful, towns could be cleaner
Some aspects improving in the future- university and by-pass round Hereford both should boost Herefordshire. The countryside is truly beautiful but could be improved with more nature reserves and woodland to improve wildlife.
Stop the forest holidays in Mortimer Forest
The city needs cleaning more often not just main roads but the estates, example hedges need cutting back, the grass cutting not tidy, the gutters not cleaned out.
The council seem to want to shut the town centre down - parking - business rental costs, cutting the trees down.
The pollution levels are graded as 2 for my postcode. Locally other readings are 1!!
The roads are a disgrace and so is the litter dropping, are children educated not to drop litter?
Things that affect us daily- speeding- potholes- litter- dog mess- otherwise- best place to live.
Too many layabouts congregating in town drinking in a no alcohol area, get them litter picking to earn their benefits.
Too many poultry farms causing road congestion and pollution (air and rivers).
Very happy here - but roads need improving. Ledbury could do with a park. Swimming pool & hospital are GREAT. PLEASE KEEP OUR LIBRARY OPEN I read several books a week.
We moved from Worcestershire to get away from the 'artificial' commercialised impact that was being forced onto rural communities only to find that Herefordshire is following suit! Please stop the destruction of our fertile agricultural heritage. Back our farmers to provide quality local food!!! Post 2nd world war we were unable to grow enough food to sustain the population. There has been a mass explosion in population since then - what do we do when there is no more verdant land on which to grow????
Wonderful county, lovely place to live
Would be much improved if cycling/walking in & around city were better catered for.