



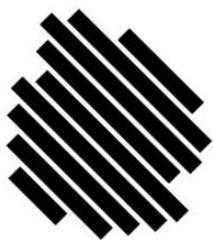
2018 HEREFORDSHIRE QUALITY OF LIFE SURVEY RESULTS

FOCUS ON:

ARTS, CULTURE, HERITAGE & WELL-BEING

(v 1.1)

M.Spinks



**HEREFORDSHIRE
A GREAT PLACE**

**4 DATA
GOOD**
BETTER DATA BETTER LIVES



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GET IN TOUCH

DATA ORCHARD CIC
Lower House Business Park
Staunton-on-Wye
HR4 7LR
01432 800523
info@dataorchard.co.uk
www.dataorchard.co.uk



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Acknowledgements

Thanks to the **Herefordshire, A Great Place** programme for contributing to the 'Better Data, Better Lives' project to run the Quality of life survey, and for funding this report.

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 arts, culture, heritage and well-being. 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. Please see the headlines and full report for more detail on other aspects, which can be found on the Data Orchard website.

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 on the weighting method can be found in the Technical report.

3. RESULTS

3.1 ABOUT YOUR LOCAL AREA

(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, 28% of residents felt that Cultural facilities (e.g. film, theatre, library, museum, music) were most important in making somewhere a good place and 15% said they were most in need of improvement. Please see the chart below. This is similar to 2012 although the 'most important' ranking of this aspect has increase to 15 from 19; and to 14 from 16 in terms of most in need of improvement.



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

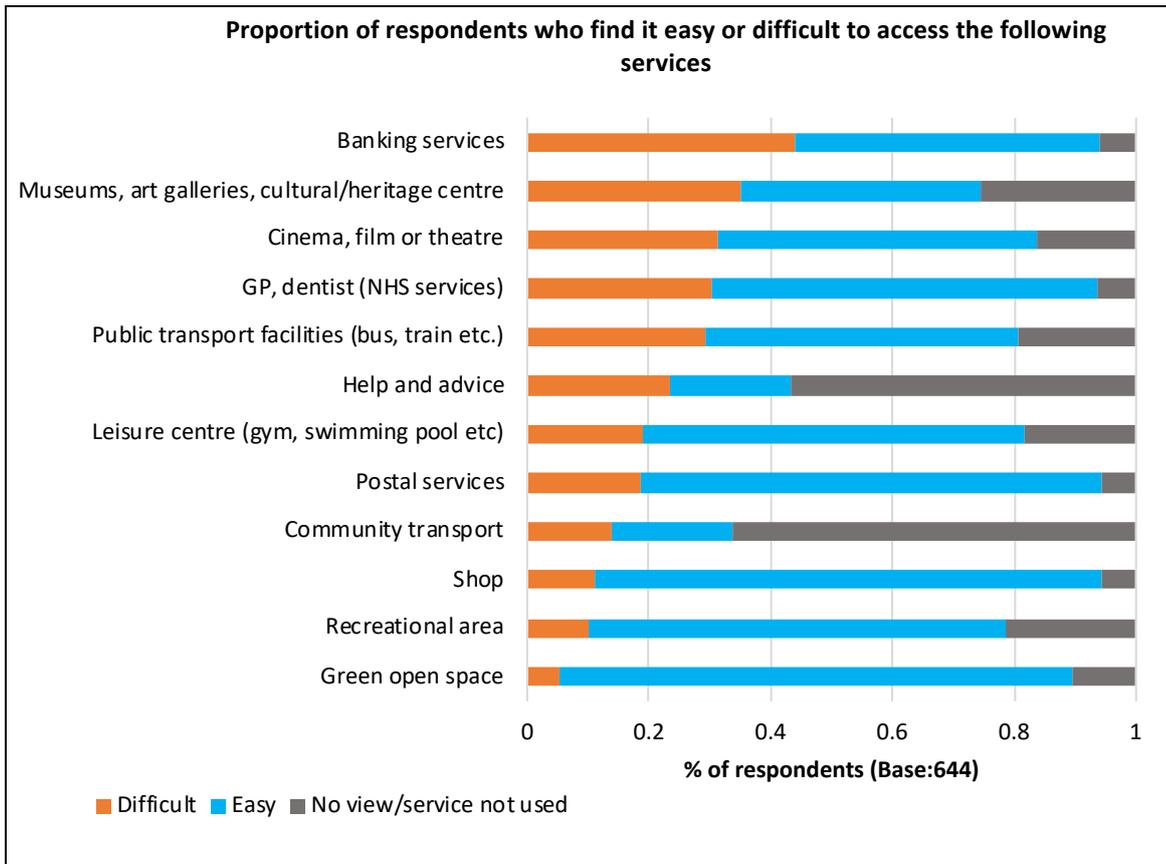
3.2 ACCESS TO SERVICES & FACILITIES

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.

39% of respondents found museums, art galleries, cultural/heritage centres **easy to access** and 35% found it difficult.

53% of respondents found cinema, film or theatre **easy to access** and 31% found it difficult.



	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

For cinema, film or theatre:

63% who had used the service or had a view found it **easy to access** compared with 37% who found it **difficult** to access [cinema, film or theatre](#). Respondents who live in Hereford and the larger market towns found these facilities easier to access, compared to other areas. There was no difference found in the rates by age. The data indicated that respondents with a disability or long-term illness found it marginally more difficult to access a [cinema, film or theatre](#) compared with those who do not have a disability or long-term illness.

For museums, art galleries, cultural/heritage centres

When considering only those respondents who had used the service or had a view; 53% found [museums, art galleries, cultural/heritage centres](#) **easy to access** and 47% found it difficult. Respondents who live in Hereford and the larger market towns found these facilities easier to access, compared to other areas, particularly in hamlets and isolated dwellings. There was no real difference found in the rates by age or disability

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:

[Only comments related to arts, culture and heritage are presented below]

An evening at the cinema/theatre is not easy as there is no public transport. Having to budget for a taxi each way puts most events out of reach
The cinema rarely operates other than a Saturday
Must have a car to go to cinema etc,...
Bus services not as good. Cinema, museums etc difficult for a non driver but good to have flick in the sticks.
'Flicks in the sticks' is being very successful in village hall. No ticket office or station
Courtyard theatre is the only theatre & centre for the arts & music (we miss out on many theatre productions which are 'on tour' unlike Malvern. Hereford is somewhat of a cultural backwater and have to travel a long way to access many shows. It does not make the most of its heritage e.g. city walls are an unremarkable feature - lost amongst 'Tesco' building for example.
Things like cinema and leisure centre are more expensive
Introduction of the cinema and restaurants excellent
Funding for museums & libraries has been cut.

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 cinema, film or theatre, the most common barriers were: 'getting there and back' (transport), parking and cost of service. For museums, art galleries, cultural/heritage centres the most common was 'getting there and back' (transport). 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	Base
Cinema, film or theatre	8%	2%	46%	34%	26%	0%	313
Museums, art galleries, cultural/heritage centre	11%	3%	51%	18%	7%	0%	260
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 subtle differences by **geography** and **age** indicated by the data as follows.

For access to cinema, film and theatre:

- Parking availability was the most common barrier for those living in Hereford and the larger market towns, with a lower proportion who found getting there and back a barrier.
- Opening or operating hours was the third most common barrier for those living in the smaller market towns and fringes, along with parking.

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- In Hamlets and isolated dwellings, getting there and back was by far the most common barrier (70% of responses).
- There was a much lower rate of the younger age group who said getting there and back was a barrier compared with other age groups, where it was the top barrier.
- Cost of services was less of a barrier for middle and older age groups.

For museums, art, galleries cultural/heritage centres:

- Smaller towns and fringes had lower proportions experiencing barriers due to transport compared to other areas.
- Parking was more of an issue to villages than other areas.
- In Hamlets and isolated dwellings, getting there and back was also by far the most common barrier (67%).

There were very small numbers of disabled people with responses, however the data suggests that they found physical access to cinemas, films and theatres a barrier compared to people who are not disabled. Cost appeared to be less of a barrier compared to those who are not disabled. For museums, art galleries, cultural and heritage centres, getting there and back was less of an issue for disabled people but physical access more of a barrier compared to non-disabled people.

Q13. Other (please specify): comments related to this spotlight report are shown below

Don't know anything about community transport. Cinema/theatre - a long way away other than occasional small local cinema. And same for museums etc

Flicks in the Sticks is a blessing!

.... I do not swim, I rarely go to the cinema. When I had a dog, I walked quite a lot, but I do not have a dog now. I used to go to art classes in Ross, but I have stopped. I am hoping there are classes in Ledbury. I'm going to the library to find out.

... Museums/art galleries = few available

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

Respondent starred 'postal services; banking services; GP etc; cinema etc; museums etc; and leisure centre etc.' and wrote "None within 15 - 20 mins walking distance!"

We don't drive at night now. Buses don't accept OAP cards until after 9.30 am. No community transport. Commented 'Need to go to London' next to Museums, art galleries option...

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:

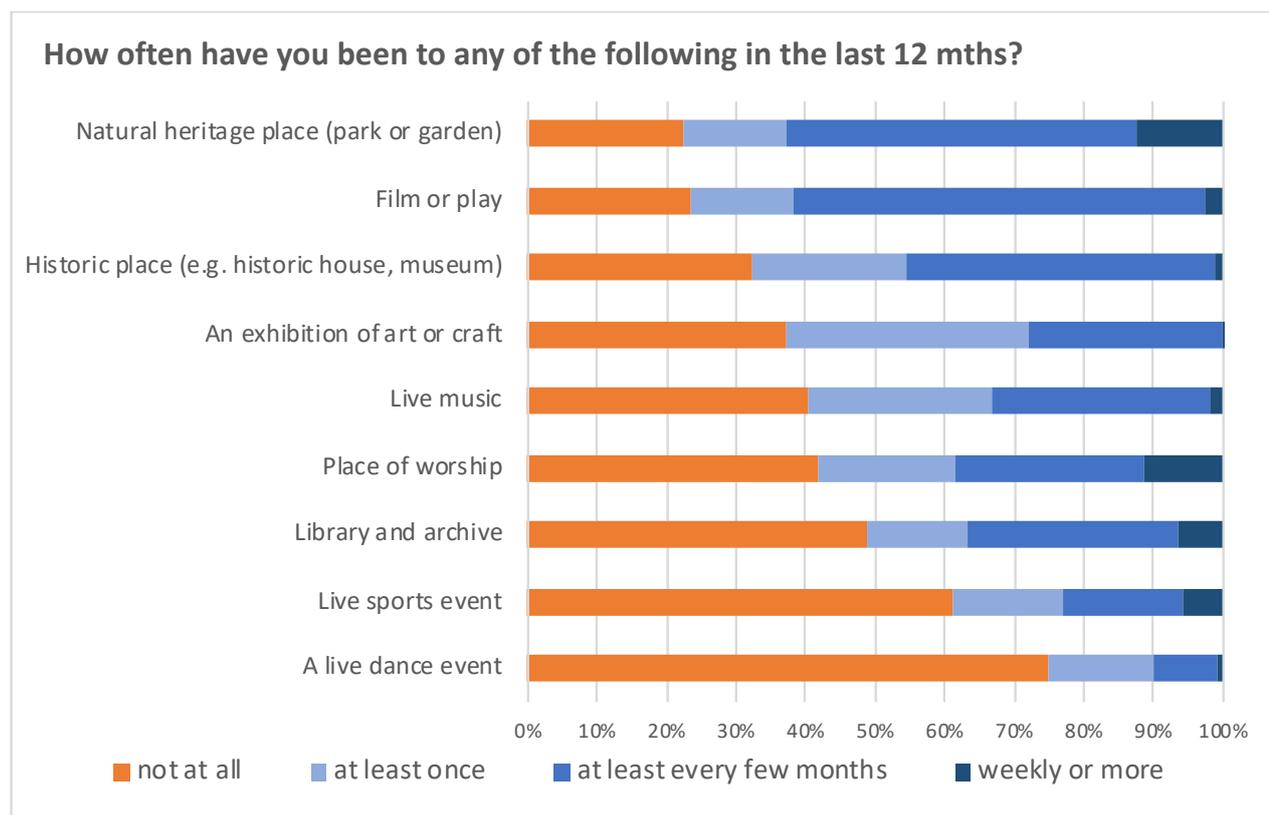
- ▶▶▶▶ A live dance event (75%)

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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.

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 a 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). This compares with 13% who spent no time outdoors in the last seven days.

3.4.2 Frequency by type of activity

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)

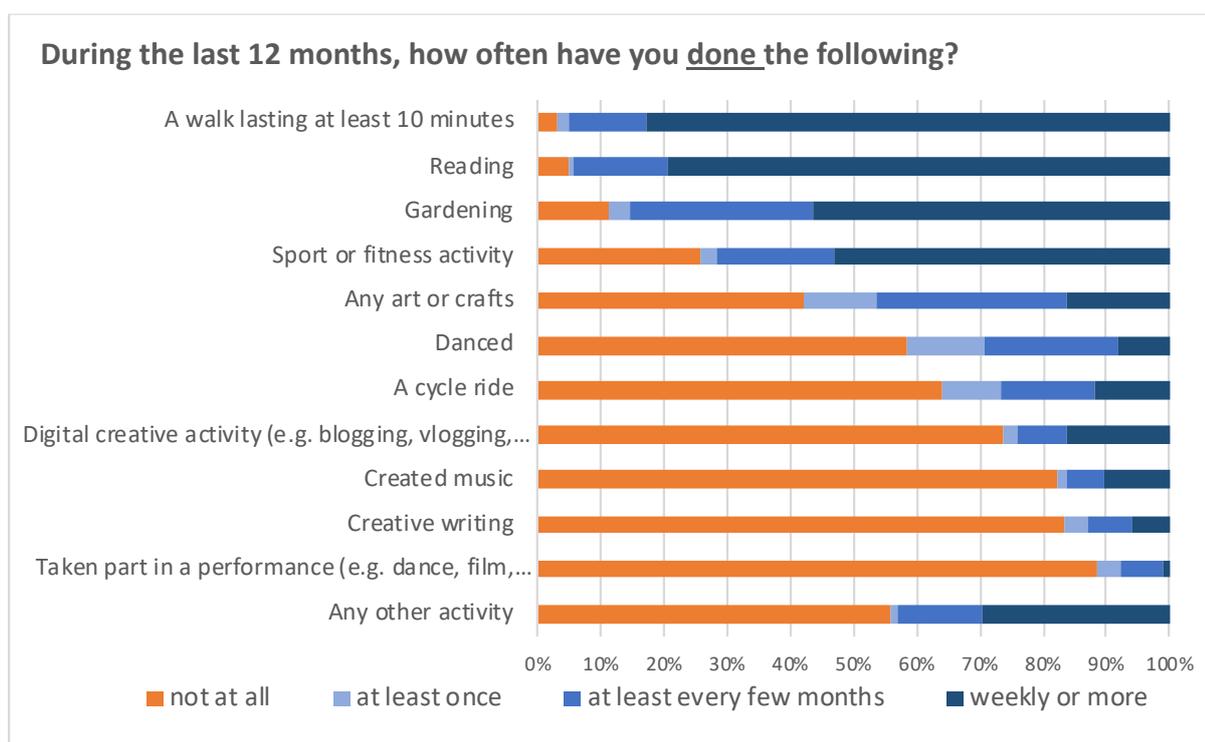
Over 90% of those that had taken part in these activities, felt that it 'made them feel better' both physically and mentally.

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%)
- ▶▶▶▶ Digital creative activity e.g. blogging, vlogging, gaming (74%)

The following table and chart show the detail of how often people participate in each type of activity over the last 12 months.

% 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



3.4.3 '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 23 related to sports and fitness activities and 16 to arts/crafts/theatre or music.

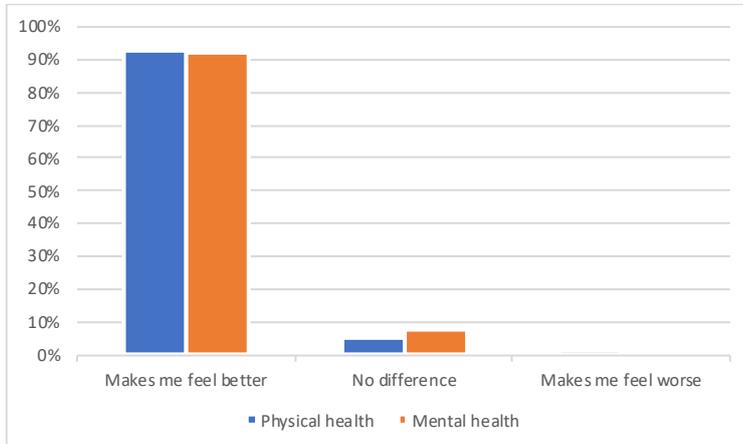
3.4.4 Differences in participation levels by age, geography and disability

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

- 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.
- 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.
- 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.

3.4.5 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. Two of the relevant sections for this report are presented here.

3.6.1 Barriers to going to cultural or heritage places

There were 283 comments given to describe barriers to going to cultural or heritage places. The most frequently mentioned barriers were time constraints and access (getting there and back, parking and physical access). 20% said cost was a barrier to going to cultural or heritage places. The following table shows the categories of comments made.

Categories of barriers	Count of mentions	%
access (transport, parking, physical access)	87	31%
old age	11	4%
carer	10	4%
ill-health/disability/limited mobility	31	11%
don't want to go on own/bereaved	5	2%
busy/time constraints/work	90	32%
cost	56	20%
limited choice	9	3%
not interested	16	6%
nothing	8	3%
other	24	8%
Base = 283		

3.6.2 Barriers to taking part in creative activities

There were 250 comments given to describe barriers to taking part in creative activities.

Categories of barriers	Count of mentions	%
access	16	6%
availability	25	10%
age	12	5%
carer	14	6%
health/disability/mobility	29	12%
busy/time constraints/work	63	25%
cost	13	5%
limited choice	0	0%
only do at home	4	2%
not interested/not my thing	51	20%
nothing	10	4%
not creative	20	8%
other	10	4%
Base = 250		

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 higher than national rates.

- **32% volunteered regularly at least once a month** i.e. gave unpaid help to a group, club or organisation.
- 20% volunteered at least once a week.
- Overall 45% volunteered at least once over the last year. 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

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.

	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. ANY OTHER COMMENTS related to arts, culture, heritage and well-being.

A couple of comments in the last question of 'any other comments' pertained to this themed report as follows:

"2 big arts events i.e Borderliners film festival (FEB?MARCH) and HArt (September) make life worth while"

"A car is essential to my way of life - as I like to do things - activities - culture - entertainment - outside of Ross on Wye. "
*"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!"*

APPENDICES

Appendix A: Q14. Other types of visits to arts, cultural and heritage places

Frequency	Please describe 'other cultural place':
every few months	'TV only' next to film or play option
no visits	Can do shopping with help. Television keeps me up to date!
no visits	Carer full time at home
Monthly	Castle ruins, sites of industrial archeology
Every few months	Cathedral - outside! Not for religious purposes.
Once	Poppies at the cathedral
	We go to a different cathedral every Easter.
Every few months	Hereford cathedral for music
More than once a week	Choral society
Once	Church
Once	Circus
Monthly	Dane
no visits	Don't go out to do activities, anxiety
Every few months	Events laid on by the community/church/granddaughter's school
Every few months	Every few month leisure is outside Herefordshire
Every few months	Footpaths walking
	French group of members houses
Monthly	Gardens

Quality of life survey: Spotlight on arts, culture, heritage & well-being

Frequency	Please describe 'other cultural place':
Every few months	Gardens, cathedrals, Hay Festival
	Golf
Every few months	Hereford and Bath
Monthly	Historical areas in Gran Canaria (caves etc)
Once	Iron bridge museum
Every few months	Jewish quarter - Poland
Monthly	Lectures at Ludlow assembly rooms, history society, Tenbury pump rooms
Every few months	Ledbury poetry festival events
weekly	Chairman of history society
Every few months	Local history group
Every few months	Roman ruins across the country
Monthly	Local museum, craft market
Every few months	London
Every few months	London all sights
	NB only in London
	Not in Herefordshire- Stratford, Birmingham, theatres and concerts
Once	Courtyard
	Malvern Theatre
Every few months	Theatre.
Monthly	NADFAS-Probus.
Every few months	Mostly at a distance from my location
	NB tend to do research 'on line'
	None of these took place 'locally' ie 15 - 20 mins walk!
	Over 60's club
	Place of worship: only funerals and for visiting while on walks - not for religious reasons - but great buildings and part of our heritage - should be protected.
Every few months	Sea life centre
Every few months	Trip UK or abroad
Monthly	UBA
Every few months	Village hall
Monthly	Vintage vehicle club
	My garden, weather permitting
	Visit garden centre and gardens
More than once a week	The open countryside
Every few months	Walking croft ambery & wapley hill fort
Monthly	Walking in hills/fields/(mountains)

Quality of life survey: Spotlight on arts, culture, heritage & well-being

Frequency	Please describe 'other cultural place':
Every few months	Walking the dog.

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

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
	'Never' - because I don't want to - not because not available	other
	Age again 87	other
	Below to positive group. Weekly.	other

Quality of life survey: Spotlight on arts, culture, heritage & well-being

Any other activity	Please give details:	Category
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
Weekly	Sailing	other physical
More than once a week	Sailing - elsewhere	other physical
	Semi retired / golf	other physical
	Su ba classes	other physical
Weekly	Swimming	other physical
Weekly	Swimming.	other physical
Weekly	Tennis	other physical
Never	Yoga, swimming, sightseeing	other physical

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Any other activity	Please give details:	Category
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

Q17Physical health	Q17Mental 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
Makes me feel better	Makes me feel better	gardening - good exercise in fresh air & gives great satisfaction to grow my own fruit & veg.

Quality of life survey: Spotlight on arts, culture, heritage & well-being

Q17Physical health	Q17Mental health	Please give details:
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
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.

Quality of life survey: Spotlight on arts, culture, heritage & well-being

Q17Physical health	Q17Mental health	Please give details:
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	Organistaion 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
Makes me feel better	Makes me feel better	Relaxation/social aspect
Makes me feel better	No difference	Run, golf

Quality of life survey: Spotlight on arts, culture, heritage & well-being

Q17Physical health	Q17Mental health	Please give details:
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.