



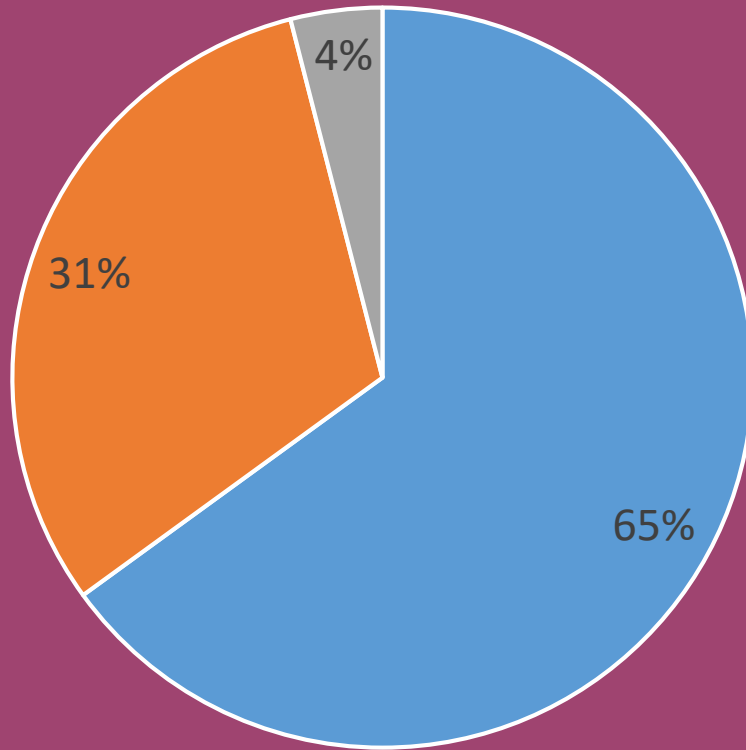
# #CheltenhamUnmuted Survey 2021

*Summary of responses*



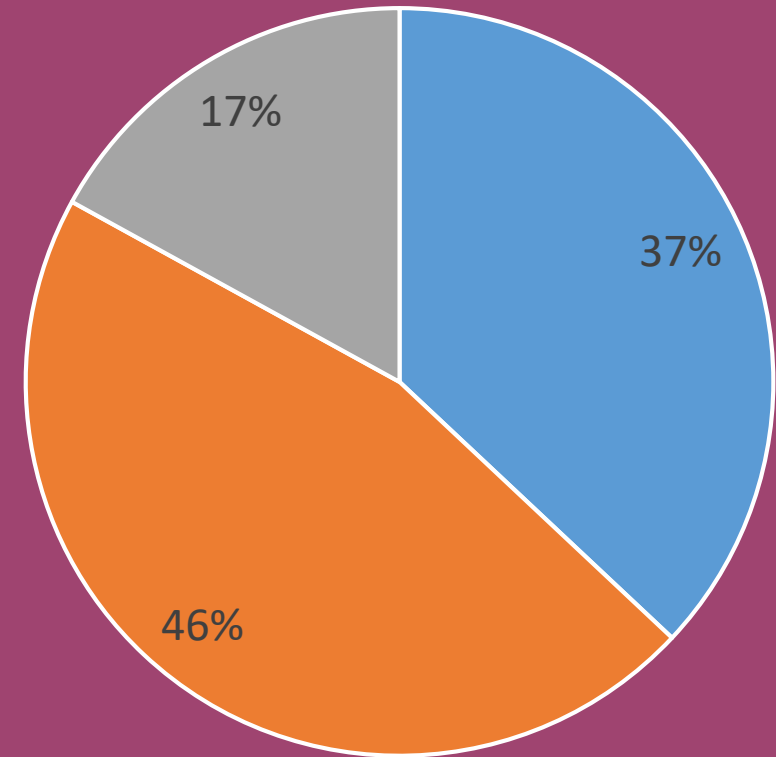
# #CheltenhamUnmuted Survey 2021

How were you feeling? – Pre-COVID



■ Happy ■ Neutral ■ Sad

How are you feeling? - Now



■ Happy ■ Neutral ■ Sad



# #CheltenhamUnmuted Survey 2021

What has made you sad in the last week?

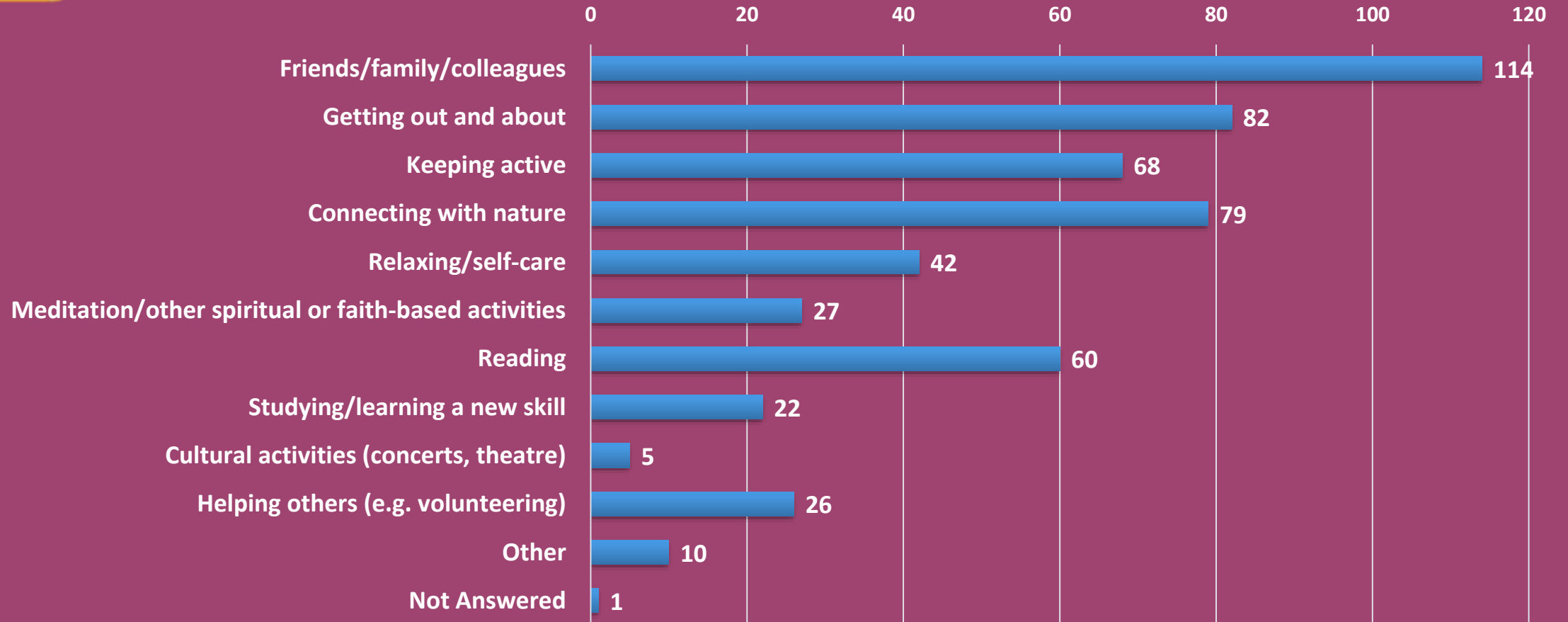


The most popular themes from “other” responses include: Health; Family & Children; The Environment; Employment; COVID; and, Politics.



# #CheltenhamUnmuted Survey 2021

What has made you happy in the last week?



Answers from “other” category include: Hobbies; Food; TV; Pets; Completing Tasks; Weather; Jobs; Family; and, Respite.



# #CheltenhamUnmuted Survey 2021

**What one thing do you think would help with your mental health and wellbeing?**

Main themes of responses – in descending order

- ✓ Improved access to help and advice with mental health and wellbeing issues
- ✓ More time with family and friends
- ✓ Opportunities for travel and holidays
- ✓ Decrease in COVID concerns and restrictions
- ✓ Fewer social concerns
- ✓ Keeping active and exercising
- ✓ Better employment prospects
- ✓ Reduced financial concerns
- ✓ More help with physical health issues
- ✓ Increased access to nature and culture
- ✓ And... a return to normality!