Bailiwick of Guernsey Community Survey Report

Preliminary findings **Issue date** 20th August 2020

This report contains preliminary findings from the survey that was undertaken in June and July 2020 in order to begin to quantify how the community was impacted by lockdown. Respondents included those from the Islands of Guernsey, Alderney and Sark.



1.1 Introduction

This is the first of a series of reports that will be published containing the results of the 2020 Community Survey. The survey was launched on 22nd June and closed on 30th July 2020; during phase five of the exit from lockdown (which is described in **gov.gg/phase5**). It was intended to encapsulate the community's experiences of lockdown and the coronavirus pandemic. Analysis covers responses to key questions that were asked within the survey.

This preliminary analysis has been undertaken at "covid speed", to ensure the information provided by the community is reflected back within a timescale that means it can be used to inform the early thinking regarding the recovery strategy and associated action plans. As such, the results presented here could be subject to minor restatement when the data has been fully cleaned. However, it is not expected that the overall picture shown in this report will be changed during this process. By way of example, when asked about travel destinations, a small number of respondents selected "other" and then stated destinations in Scotland, rather than selecting UK. The cleaned dataset will categorise these responses as UK, rather than "other". The results are expected to be finalised in October, after which a series of reports (each focusing on a different group of questions from within the survey) will be published.

The survey was made available online (in English, Latvian, Polish and Portuguese) and also on paper. An alternative (easy read) version was issued on the same day to Adult Disability Service users and was also made available on the website and promoted by the States Disability Officer. **Page 13** provides a qualitative summary of the findings from the easy read version, on which a fuller report is available from the Adult Disability Service.

In total, 3,699 people completed one of the surveys, which equates to 7% of the population of the Bailiwick aged 16 or over. The profile of respondents did not match the demographic profile of the population of the Bailiwick, but weightings have been applied to statistically adjust for this and ensure the quantitative results provided in this report are representative. More information on how the survey was promoted, the profile of respondents and the weights applied is provided in the methodology section at the end of this report.

Respondents were not asked for any information that would personally identify them and were able to answer as many or few questions as they wished. As such, the confidence interval varies by question, but the lowest confidence interval for figures in this report is plus or minus 2.5% at a confidence level of 95%. Questions that had 2,300 or more respondents have a confidence interval of 2%.

All the data presented in this report is sourced from the 2020 Community Survey unless otherwise stated. Please note that some of the numbers presented may not appear to total to 100% due to rounding.

1.2 Headlines

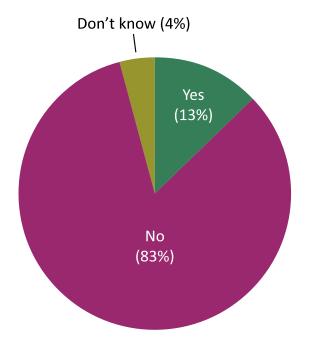
- 13% of respondents thought there were aspects of the lockdown restrictions that were unfair or unjustified. 83% didn't think there were and 4% didn't know.
- 10% of respondents said there were restrictions which weren't put in place that they had expected or wanted the States to put in place. 85% didn't think there were and 4% didn't know.
- More respondents said the impacts of lockdown had been positive or strongly positive than
 negative or strongly negative for six out of ten personal life factors. The four factors for which
 more respondents said the impacts had been negative or strongly negative than positive or
 strongly positive were: sleep quality, weight, mental health and anxiety and/or stress levels.
- Lockdown also had wide ranging impacts regarding how people spent their time and the choices they made that may impact on their health. As examples: the amount of time spent doing physical activities changed during lockdown for 80% of the respondents, with 20% saying it increased a lot, but also 17% saying it decreased a lot; the consumption of alcohol increased a lot for 12% and a little for 29% of all respondents.
- 27% of respondents described at least one new activity, sport or healthy habit developed during lockdown that they would like to continue in the long term.
- Most of the people that completed the easy read version of the survey referred to feeling safe during lockdown.
- 54% of respondents reported that their household expenditure decreased during lockdown. 29% said it stayed about the same and 17% said it increased. Regarding income, 57% said it stayed about the same, 38% said it decreased and 5% said it increased.
- The average score using the Warwick-Edinburgh Mental Wellbeing Scale (which goes from a minimum of seven to a maximum of 35) was 0.2 lower in 2020 than in 2018 and the standard deviation from the mean increased, which means that the distribution of scores is now broader than it had been in 2018.
- The proportion of respondents that rated their life satisfaction as six or more out of eight reduced from 63% in 2018 to 55% in 2020.
- The most frequently identified threat to the Bailiwick's recovery was that of a second wave of coronavirus cases (causing the need for a return to strict lockdown).
- The most frequently recurring opportunities identified related to promoting, supporting or investing in local businesses / services during recovery.
- 50% of respondents said they would like to travel in the next three months (9% by boat, 23% by plane and 18% by plane and boat). Regarding the longer term, compared with before lockdown, a greater proportion of people planned to travel less or a lot less (than more or a lot more) for leisure, visiting friends / relatives, business and other reasons.

2.1 Lockdown restrictions

Table 2.1.1 Responses to the question, were there any particular aspects of the lockdown restrictions you didn't think were fair or justified?

	% respondents
Yes	13
No	83
Don't know	4
Total	100

Figure 2.1.1 Responses to the question, were there any particular aspects of the lockdown restrictions you didn't think were fair or justified?



All survey respondents were asked the question, "Were there any particular aspects of the lockdown restrictions you didn't think were fair or justified?". The responses of those that provided an answer other than "prefer not to say" (3,174 respondents) are shown in **Table 2.1.1** and **Figure 2.1.1**.

As shown, overall 83% of respondents answered no i.e. that there were no particular aspects of the lockdown restrictions that they thought were unfair or unjustified. 13% said yes there were and 4% said they didn't know.

Further analysis was undertaken in order to better understand if there were any particular groups of the population that were more likely to answer yes to this question (compared with the 13% figure for all respondents). This analysis showed that males were more likely to answer yes (15%) than females (10%). However, pregnant females and those that had a baby within the past six months, were more likely to answer yes (at 18%). Those with an economic status of self-employed (predominately male) were also more likely, with 22% of that group answering yes. Also, 21% of the Alderney residents that responded answered yes and 16% of the Sark respondents.

All respondents had been asked if they had any long-standing illness, disability or infirmity (they could select one or more of these options): a physical disability, a long-term illness, a mental or emotional health condition or other. Those that had said they had a mental or emotional health condition were more likely to answer yes to this question (18%), but those that had said they had a physical disability or a long-term illness were less likely to answer yes (11% and 9% respectively).

A summary of the comments of those that answered yes is provided on the next page.

2.1 Lockdown restrictions

Over 400 respondents provided comments to explain why they answered yes to the question "Were there any particular aspects of the lockdown restrictions you didn't think were fair or justified?". A summary of those comments is provided below.

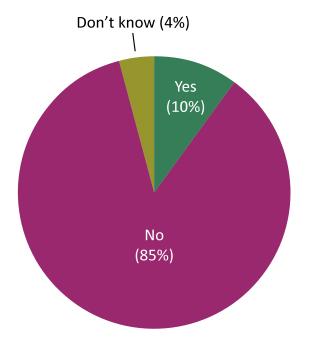
- Some respondents felt there should have been no lockdown; the vulnerable should have been shielded, but others allowed to carry on as usual. Others felt restrictions should have been eased as soon as it became apparent that health care services were not over-stretched.
- Some older people without health issues expressed frustration about being told to stay at home throughout and shield and the tone of some of the communications around this, which some perceived as patronising.
- There were various comments relating to what was and wasn't allowed during the daily exercise time allowance and the length of the time restriction itself. Respondents felt that some additional activities, such as maintaining and using boats, playing golf, tending allotments, sitting on the beach (particularly for those with no outdoor space at home) or going for a drive (particularly for those with limited mobility) should have been allowed.
- Several respondents indicated that they felt those living alone should have been allowed to "bubble" sooner.
- Similarly, several thought lone gardeners, window cleaners and builders should have been allowed
 to work sooner or throughout. There were additional concerns around the health risks caused by
 cleaners not being able to clean shared hallways, stairs etc.
- Some expressed confusion regarding why people were not able to go out to exercise with the
 people from other households that they were bubbled with (which seemed to contrast with being
 able to be 2m from a stranger in the supermarket).
- There were various comments relating to families being separated: grandparents that could not see their grandchildren, those separated at the end of a life and those unable to be together for a birth or antenatal appointment.
- Some expressed frustration that day-patient services at the hospital and other States' services, such as the green waste tip were unavailable.
- Several respondents felt that take-aways should not have been shut (at all or for as long as they
 were).
- Some residents of Alderney and Sark felt there could have been less restrictions in those Islands
- Some felt that 14 day self-isolation upon arriving in the Bailiwick should not have been required from the point testing became available onwards.

2.2 Lockdown restrictions

Table 2.2.1 Were there any restrictions you expected or wanted us to put in place, which we didn't?

	% respondents
Yes	10
No	85
Don't know	4
Total	100

Figure 2.2.1 Were there any restrictions you expected or wanted us to put in place, which we didn't?



All survey respondents were asked the question, "Were there any restrictions you expected or wanted us to put in place, which we didn't?". The responses of those that provided an answer other than "prefer not to say" (3,177 respondents) are shown in Table 2.2.1 and Figure 2.2.1.

As shown, overall 85% of respondents answered no i.e. that there were no particular restrictions they expected or wanted the States' to put in place, which we weren't. 10% said yes there were and 4% said they didn't know.

Further analysis was undertaken in order to better understand if there were any particular groups of the population that were more likely to answer yes to this question (compared with the 10% figure for all respondents). Those with an economic status of self-employed, unable to work due to long-standing illness, disability or infirmity or not employed, but seeking employment were more likely to answer yes to this question (15%, 18% and 28% respectively). The answers of those with another economic status were on or nearer to the overall figure of 10%.

All respondents had been asked if they had any long-standing illness, disability or infirmity (they could select one or more of these options): a physical disability, a long-term illness, a mental or emotional health condition or other. Those that had said they had a physical disability or a long-term illness were more likely to answer yes to this question (13% in both cases).

Also, 23% of the Alderney residents that responded to this question answered yes, which is higher than the overall figure and that for those residing in the other islands.

A summary of the comments of those that answered yes is provided on the next page.

2.2 Lockdown restrictions

Over 300 respondents provided comments to explain why they answered yes to the question "Were there any restrictions you expected or wanted us to put in place, which we didn't?". A summary of those comments is provided below.

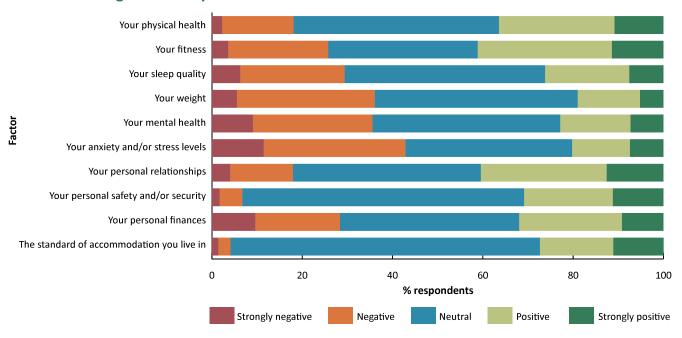
- A large portion of the comments related to feelings that there should have been earlier
 introduction of 14 day self-isolation on returning/arriving into the Bailiwick from travel i.e. as soon
 as it had been announced that non-essential travel was to be suspended.
- Some wanted restrictions to have been put in place earlier for care homes, bars, events etc.
- Various comments (including from those that had been in self-isolation themselves) called for more frequent monitoring of those in self-isolation or stricter / clearer rules on isolating away from other family members in the household. Many would like those arriving into the island from travel to be transported to a hotel or similar and effectively detained there for the duration of their self-isolation.
- Some wanted critical workers travelling to work in the Bailiwick to be tested on arrival.
- Some suggested making hand-sanitiser more readily available or compulsory in the arrivals halls of the ports.
- Some wanted the wearing of masks in public places to be compulsory.
- A few said that more consistency in shops would have helped e.g. with all applying one way systems, having specific times for critical workers etc.
- Some would have liked more action taken to catch those speeding, behaving anti-socially at/near
 home or being out at night during strict lockdown. Some would like to have seen more spotchecks on people driving during strict lockdown, with some feeling that people should not have
 been driving to exercise to enable easier policing of the roads.
- Several comments related to cyclists passing within two metres of pedestrians and suggestions that it could have been made clearer that the two metres distancing applied to all road users.
- A few would have liked there to have been more control over pets in public spaces (dogs off leads, cats etc) and/or more clarity regarding whether they could carry the virus.
- Respondents from Alderney and Sark suggested that the restrictions could have been made different for them.

3.1 Impacts of lockdown - factors of personal life

Table 3.1.1 Responses to the question, on reflection, what overall impact did lockdown have on the following factors of your life?

	% strongly negative	% negative	% neutral	% positive	% strongly positive
Your physical health	2	16	45	26	11
Your fitness	4	22	33	30	11
Your sleep quality	6	23	44	19	8
Your weight	6	31	45	14	5
Your mental health	9	26	42	16	7
Your anxiety and/or stress levels	11	31	37	13	7
Your personal relationships	4	14	42	28	13
Your personal safety and/or security	2	5	62	20	11
Your personal finances	10	19	40	23	9
The standard of accommodation you live in	1	3	68	16	11

Figure 3.1.1 Responses to the question, on reflection, what overall impact did lockdown have on the following factors of your life?



All survey respondents were asked the question, "On reflection, what overall impact did lockdown have on the following factors of your life?" for the ten factors listed as above. The responses of those that provided an answer other than "prefer not to say" (at least 3,053 respondents for each factor) are shown in **Table 3.1.1** and **Figure 3.1.1**. For six of the ten factors, more respondents said the impacts had been positive or strongly positive than negative or strongly negative. The four factors for which more respondents said the impacts had been negative or strongly negative than positive or strongly positive were: sleep quality, weight, mental health and anxiety and/or stress levels. Further analysis is provided on the next page.

3.1 Impacts of lockdown - factors of personal life

Further analysis was undertaken in order to better understand if there were any particular groups of the population that were more likely to answer strongly negative or negative to these questions (compared with the figures for all respondents). A summary is provided below and it can be seen that some of the same characteristics recur throughout, albeit with a few variations. It should be noted that some of the characteristics correlate with each other, for example, those with a long-term illness are more likely to be older, receive care and be unable to work. The 2018 Wellbeing Survey provides information on this aspect, see gov.gg/wellbeingsurveys.

Your physical health: Those with a physical disability and/or a long-term illness and/or a mental or emotional health condition and those receiving care were more likely to report that lockdown had a strongly negative or negative impact on this factor.

Your fitness: Those aged under 50, those with a physical disability and/or a long-term illness and/or a mental or emotional health condition and those receiving care.

Your sleep quality: Those with a physical disability and/or a mental or emotional health condition, those receiving or giving care, those who were pregnant and those that had a baby within the past six months, those with lower household incomes and those in full time education.

Your weight: Those with a physical disability and/or a mental or emotional health condition and those receiving care.

Your mental health: Those aged under 50, those with a physical disability and/or a mental or emotional health condition, those receiving care and those with lower household incomes.

Your anxiety and/or stress levels: Those aged under 50, those with a physical disability and/or a mental or emotional health condition, those receiving care, those with lower household incomes, the non-employed and unemployed.

Your personal relationships: Those aged under 40, those in full time education, those with a physical disability and/or a mental or emotional health condition, those receiving or giving care and those with lower household incomes.

Your personal safety and/or security: Those with a physical disability and/or a mental or emotional health condition, those receiving or giving care and those with lower household incomes.

Your personal finances: Those aged under 65, the self-employed, those without a long-term illness, those with a physical disability and/or a mental or emotional health condition, those receiving or giving care and those with lower household incomes.

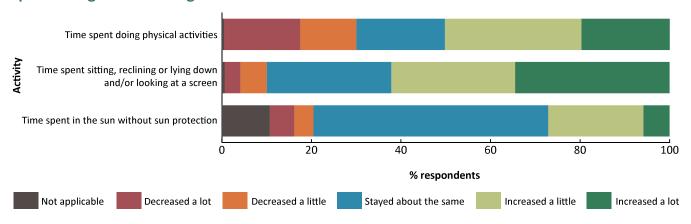
The standard of accommodation you live in: Those with a physical disability and/or a long-term illness and/or a mental or emotional health condition, those receiving or giving care and those with lower household incomes.

3.2 Impacts of lockdown - healthy choices

Table 3.2.1 Responses to the question, how did lockdown impact on the amount of time you spent doing the following?

	% not	%	%	% stayed	. %	. %
	applicable	decreased a lot	decreased a little	about the same	increased a little	increased a lot
Time spent doing physical activities	<1	17	13	20	30	20
Time spent sitting, reclining or lying down and/or looking at a screen	1	4	6	28	28	35
Time spent in the sun without sun protection	11	5	4	52	21	6

Figure 3.2.1 Responses to the question, how did lockdown impact on the amount of time you spent doing the following?



Respondents that opted to complete the full survey (3,117 people) were asked the question, "How did lockdown impact on the amount of time you spent doing the following?" for the three activities listed as above. The responses of those that provided an answer other than "prefer not to say" (at least 2,677 respondents for each activity) are shown in **Table 3.2.1** and **Figure 3.2.1**.

The amount of time spent doing physical activities changed for 80% of the respondents, with 20% saying it increased a lot, but also 17% saying it decreased a lot.

The amount of time spent sitting, reclining or lying down and/or looking at a screen also changed for a large portion of respondents (72%). However, for this activity, 35% reported that it increased a lot, compared with 4% saying it decreased a lot.

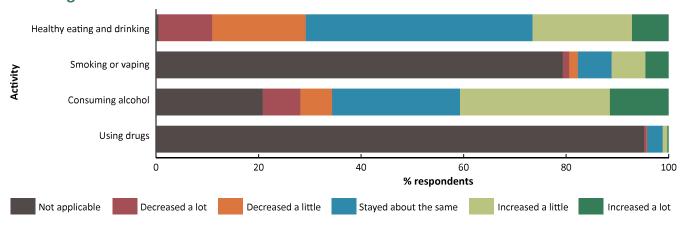
The amount of time spent in the sun without sun protection stayed about the same for 52% of the population, with a further 11% saying this activity was not applicable to them. 21% of respondents reported that the amount of time they spent in the sun without sun protection increased a little and a further 6% said it increased a lot. 4% reported that it decreased a little and 5% that it decreased a lot.

3.2 Impacts of lockdown - healthy choices

Table 3.2.2 Responses to the question, how did lockdown impact you in terms of the following?

	% not applicable	% decreased a lot	% decreased a little	% stayed about the	% increased a little	% increased a lot
				same		
Healthy eating and drinking	<1	10	18	44	19	7
Smoking or vaping	79	1	2	7	7	5
Consuming alcohol	21	7	6	25	29	12
Using drugs	95	<1	<1	3	1	<1

Figure 3.2.2 Responses to the question, how did lockdown impact you in terms of the following?



Respondents that opted to complete the full survey (3,117 people) were asked the question, "How did lockdown impact on you in terms of the following?" for the four activities listed as above. The responses of those that provided an answer other than "prefer not to say" (at least 2,610 respondents for each activity) are shown in Table 3.2.2 and Figure 3.2.2.

Healthy eating and drinking, which was applicable to over 99% of respondents, increased a lot for 7% of respondents, but decreased a lot for 10%. It increased a little for 19% but, on the other hand, decreased a little for 18%. It stayed about the same for 44%.

Smoking or vaping, was applicable to 21% of respondents (although it should be noted that a portion of non-smoking / vaping respondents may have answered "stayed about the same"). Of those respondents, it increased a lot for 22% and a little for 32% (this equates to 5% and 7% respectively of all respondents).

Of the 79% of respondents to whom consuming alcohol was applicable, it increased a lot for 15% and a little for 37% (this equates to 12% and 29% respectively of all respondents).

Using drugs, was applicable to 5% of respondents. Of those respondents, it increased a lot for 6% and a little for 18% (these two combined equate to 1% of all respondents).

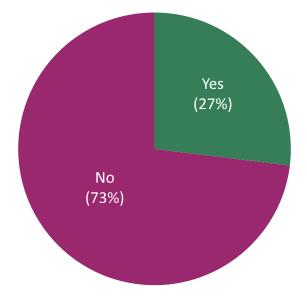
A small number of respondents reported that they gave up smoking, drinking alcoholic drinks or eating junk food during lockdown (some whilst in self-isolation).

3.3 Impacts of lockdown - healthy habits formed

Table 3.3.1 Did you discover any new activities, sports or form any healthier habits during lockdown which you would like to continue in the long term?

	% respondents
Yes	27
No or blank	73
Total	100

Figure 3.3.1 Did you discover any new activities, sports or form any healthier habits during lockdown which you would like to continue in the long term?



Respondents that opted to complete the full survey (3,117 people) were asked the question "Did you discover any new activities, sports or form any healthier habits during lockdown which you would like to continue in the long term?" and were given a text box in which they could provide a description.

73% did not flag anything, with some commenting that they had less or no more recreation time than normal due to working longer hours, providing child care, being retired or very active ordinarily. Others commented that they were unable to access their normal fresh foods, sports / gyms / active travel routes to work etc. However, some said they had more time due to a reduction in work or other activities, no "commute" or school run. 27% of respondents described at least one thing they started during lockdown that they plan to continue doing. A summary of these is provided below:

- Better meal planning / diet, more home baking / cooking, preparing healthier meals, less convenience foods / take-aways / meals out
- Walking, running / jogging, wombling, foraging, playing golf
- Cycling (which people felt safer doing when there was less traffic on the roads)
- Sea swimming, kayaking, paddle boarding / snorkelling, rowing
- Sports at home e.g. croquet, petanque, table tennis, badminton
- Yoga, Tai Chi, Pilates, online exercise classes, ballet, barre
- Meditation, mindfulness, enjoying nature / the Islands, spending time with family, bird watching / listening, reading
- Playing board, card and online games / jigsaws
- Learning a language, writing music / poetry / a book, painting, drawing, colouring, embroidery, crochet, sewing / knitting
- Gardening, growing edible crops, DIY, home maintenance, woodwork

3.4 Impacts of lockdown - Adult Disability Service users

Guernsey's Community Learning Disability Team, which is part of the Adult Disability Service and provides support for adults with learning disabilities, autism or both, issued a survey to people who received input from the Team during the lockdown period. The survey had also been issued by the equivalent team in Jersey. In total, 39 people completed the Guernsey survey, which had been issued to approximately 100 people. A slightly adapted version of the survey was made available to others via the States Disability Officer and online (a further 12 people completed this version). The survey asked nine questions with the aim of understanding more about service users' experiences of lockdown, explore what support people found helpful and what else they would have valued. The information is due to be used to make recommendations should further lockdown measures be required again in the future.

A summary of the responses from some of the questions have been included within this report to help give a fuller picture of the experiences of the community. The full report of findings from this survey will be available from the Adult Disability Service.

Respondents were asked how they felt during lockdown by choosing emotions that applied to them from a list (happy, calm, safe, lonely, worried). The most selected response was 'safe', followed by 'happy' and 'calm'. Over half of the respondents from a supported living setting indicated that they had been worried.

Respondents were also asked open ended questions designed to explore views on lockdown and the support they received. A thematic analysis of the results of these has been undertaken and four themes were recurring:

- Feeling safe most respondents referred to this in some way
- **Keeping busy** was identified as a challenge (with respondents missing everyday and special activities and needing to occupy their time in different ways to normal)
- Being connected with people was highlighted as being important (it should be noted that this was not limited to face-to face contact, phone calls etc were valued also)
- Person-centredness was also a recurring theme i.e. spending more time with fewer people than normal, but usually those with whom the respondent had a closer relationship (family, others within household and core staff at supported living accommodation)

It was notable that some respondents valued the social distance and removal of social pressure, which helped them feel safer than at other times. This sort of response tended to be felt more by some people with a diagnosis of autism, for whom social situations can be a source of considerable anxiety.

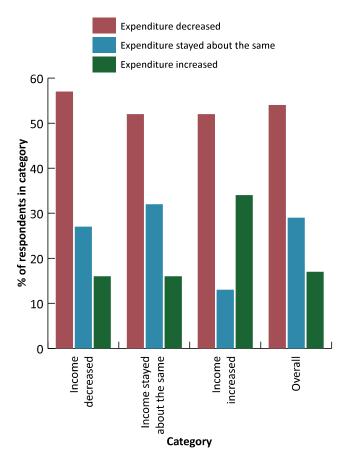
Most respondents reported being happy with the support received from the Community Learning Disability Team and Adult Disability Services. People who live in a supported living or group home setting almost all expressed positive views of the support received from the Community Learning Disability Team and Adult Disability Services. These views were more varied from people living in family homes, and it is people from this group who highlighted some of the most negative opinions of the support received.

3.5 Impacts of lockdown - income and expenditure

Table 3.5.1 Responses to the questions, how was your household income impacted by lockdown and how was your household expenditure impacted by lockdown?

	Income decreased	Income stayed about the same	Income increased	Overall
Expenditure decreased	21	30	3	54
Expenditure stayed about the same	10	18	1	29
Expenditure increased	6	9	2	17
Overall	38	57	5	100

Figure 3.5.1 Responses to the questions, how was your household income impacted by lockdown and how was your household expenditure impacted by lockdown?



Respondents that opted to complete the full survey (3,117 people) were asked the questions, "How was your household income impacted by lockdown?" and "How was your household expenditure impacted by lockdown?". The responses of those that provided answers other than "prefer not to say" or "don't know" (2,697 respondents) are shown in **Table 3.5.1** and **Figure 3.5.1**.

Overall 54% of respondents reported that their household expenditure decreased. 29% said it stayed about the same and 17% said it increased.

Regarding income, 57% said it stayed about the same, 38% said it decreased and 5% said it increased.

Table 3.5.1 also shows this information cross-tabulated, which reveals that 18% of respondents' income and/or expenditure was unaffected by lockdown i.e. 82% of respondents' income and/or expenditure was affected. 15% of respondents reported that their household income had decreased, but that their household expenditure had increased or stayed about the same. A further 9% reported that their household income had stayed about the same, but that their household expenditure had increased.

Figure 3.5.1 presents the same information slightly differently, showing the impacts on respondents' expenditure grouped according to how their income was impacted (and with overall figures for comparison).

As reported in **section 3.1** of this report, 29% of respondents said their personal finances had been impacted negatively or strongly negatively, which give an impression of the net impact of changes to incomes and expenditures shown on this page.

Further analysis on this topic has been undertaken in the context of the policy letter on Improving Living Standards, which can be accessed here: https://gov.gg/article/176562/Improving-Living-Standards.

4.1 Mental well-being now compared with 2018

Respondents that opted to complete the full survey (3,117 people) were asked seven questions about their thoughts and feelings over the last two weeks, which had also been asked during the 2018 Wellbeing Survey. The results of both are presented in this section of this report and full results of the 2018 survey can be found here gov.gg/wellbeingsurveys.

The questions are used to calculate a score using the Warwick-Edinburgh Mental Wellbeing Scale; developed to enable the measuring of mental wellbeing in the general population. See warwick.ac.uk/fac/sci/med/research/platform/wemwbs/ for further details. The mean score and standard deviation can be used to quantify the average score and how widely other scores vary from that. The same methodology has been used in this analysis as was used for the 2018 analysis.

The mean score (for the 2,656 respondents that completed this question of the 2020 survey) was 22.64 (out of a possible maximum of 35) compared with 22.85, when it was last measured in 2018. The standard deviation was 4.34, compared with 4.17 in 2018. This implies that overall mental well-being has depreciated by less than one point since 2018, but that the distribution of scores is now broader than it had been in 2018.

Tables 4.1.1 and **4.1.2** and **Figures 4.1.1** and **Figure 4.1.2** overleaf show the responses to each question individually.

Table 4.1.1 Responses to the question, for each statement, please select the option that best describes your experience over the last 2 weeks in 2018

	% none of	% rarely	% some of	% often	% all of the
	the time		the time		time
I've been feeling optimistic about the future	4	13	37	37	10
I've been feeling useful	3	10	34	41	11
I've been feeling relaxed	3	17	43	31	6
I've been dealing with problems well	2	9	38	40	12
I've been thinking clearly	1	7	27	47	17
I've been feeling close to other people	3	13	28	39	17
I've been able to make up my own mind about things	1	5	20	42	33

Table 4.1.2 Responses to the question, for each statement, please select the option that best describes your experience over the last 2 weeks in 2020

	% none of the time	% rarely	% some of the time	% often	% all of the time
I've been feeling optimistic about the future	3	12	44	30	9
I've been feeling useful	4	15	38	32	11
I've been feeling relaxed	4	17	37	33	10
I've been dealing with problems well	2	8	35	39	16
I've been thinking clearly	2	9	31	39	20
I've been feeling close to other people	3	12	32	38	15
I've been able to make up my own mind about things	2	6	23	40	30

4.1 Mental well-being now compared with 2018

Figure 4.1.1 Responses to the question, for each statement, please select the option that best describes your experience over the last 2 weeks in 2018

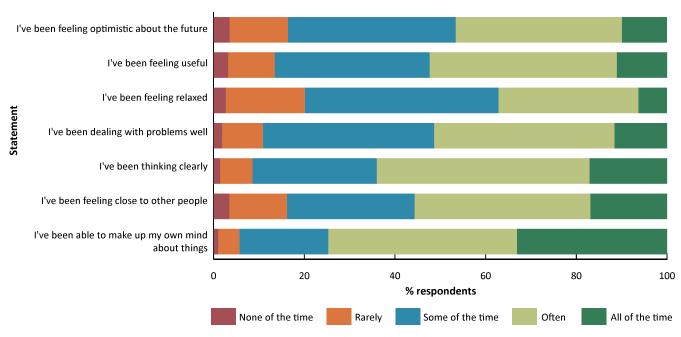
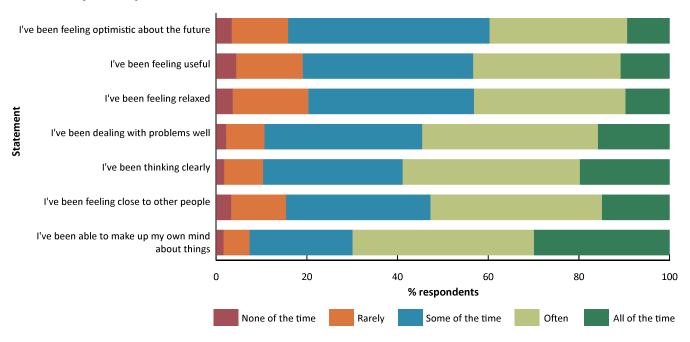


Figure 4.1.2 Responses to the question, for each statement, please select the option that best describes your experience over the last 2 weeks in 2020



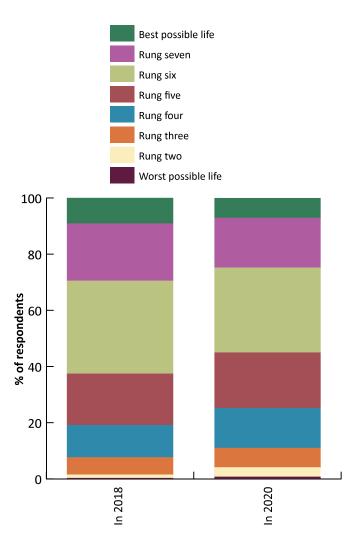
Certain groups of the population commonly tend to score lower on the mental well-being scale than others (for example, younger people and those in lower income households), as described in the **2018 Wellbeing Survey Report**. Preliminary analysis has shown that lockdown has impacted on the mental well-being of people across the community, but particularly those with pre-existing mental or emotional health conditions (as highlighted on page 9).

5.1 Life satisfaction now compared with 2018

Table 5.1.1 Life satisfaction ladder today

	% bottom rung - worst possible life		% rung three	% rung four	% rung five	% rung six	% rung seven	% top rung - best possible life
In 2018	<1	1	6	11	18	33	20	possible life
In 2020	1	3	7	14	20	30	18	7

Figure 5.1.1 Life satisfaction ladder today



Respondents that opted to complete the full survey (3,117 people) were asked to indicate where they felt they stood today on a ladder used to represent life satisfaction, with the bottom rung representing the worst possible life and the top rung representing the best possible life. This question had also been asked during the 2018 Wellbeing Survey. The results of both are presented in this section of this report and full results of the 2018 survey can be found here: gov.gg/wellbeingsurveys. 2,772 people answered this question in 2020.

As shown in **Table 5.1.1** and **Figure 5.1.1**, the proportion of respondents that put themsleves on one of the top three rungs reduced from 63% in 2018 to 55% in 2020. There were corresponding increases in the proportions that put themsleves on lower rungs. The mean was 5.7 in 2018, compared with 5.5 in 2020.

It is worth noting that this snapshot of people's thoughts was taken between 22nd June and 30th July 2020, with the majority of respondents completing the survey during June. These questions will be repeated again at a later date.

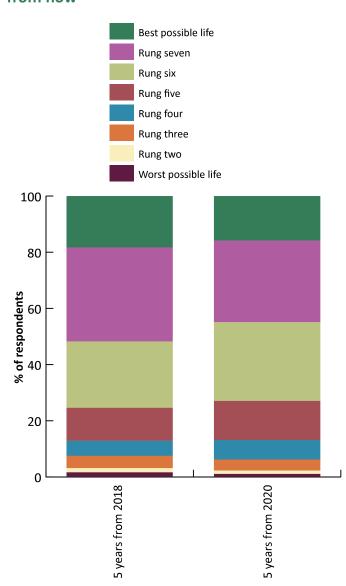
Certain groups of the population commonly tend to rate their life satisfaction lower on the ladder and these pattens were seen in 2020 (as they had been in 2018). For example, those with children aged under 15, a physical disability, a long-term illness or particularly those with a mental or emotional health condition tend to report lower life satisfaction. However, life satisfaction tends to increase with age and household income (and therefore also differs by economic status and housing tenure).

5.2 Expected life satisfaction five years from now compared with 2018

Table 5.2.1 Life satisfacton ladder five years from now

	Worst possible life	2	3	4	5	6	7	Best possible life
In 2018	2	1	4	5	12	24	33	18
In 2020	1	1	4	7	14	28	29	16

Figure 5.2.1 Life satisfaction ladder five years from now



Respondents that opted to complete the full survey (3,117 people) were asked to indicate where they felt they would stand five years from now on a ladder used to represent life satisfaction, with the bottom rung representing the worst possible life and the top rung representing the best possible life. This question had also been asked during the 2018 Wellbeing Survey. The results of both are presented in this section of this report and full results of the 2018 survey can be found here: gov.gg/wellbeingsurveys.

As shown in **Table 5.2.1** and **Figure 5.2.1**, the proportion of people that felt they would be on one of the top two rungs reduced from 52% in 2018 to 45% in 2020. There were corresponding increases in the proportions that felt they would be on the fourth, fifth and sixth rungs, but little change in the proportion that felt they would be on one of the bottom three rungs. The mean was 6.2 in 2018, compared with 5.8 in 2020. 2,745 people answered this question in 2020.

It is common for more younger people to expect their life satisfaction to be higher in five years time and for more older people to expect their life satisfaction to be lower in five years time. These patterns were seen in 2020 as well as 2018.

Respondents were given a text box in which they could expand on their answers to the two life satisfaction ladder questions. Some with longstanding health conditions, terminal illnesses and the oldest old commented that they did not expect to still be alive in five years time (and as such, some had skipped the second of the two questions). A summary of other responses, grouped by the respondents' answers to the two questions, is provided on the next page.

5.2 Life satisfaction now compared with expectation of five years from now

The common themes from comments provided in support of the questions on life satisfaction have been summarised below, grouped based on whether the person was starting in the top half of the ladder compared with the bottom half and whether the respondent saw themselves moving up the ladder, staying the same or moving down.

Those starting on the top half of the ladder:

- Content with current life, feel lucky /privileged to live in Guernsey
- Recognise the value of their own good health (and that of friends and family)
- Grateful to the States of Guernsey for protecting population / prioritising health

Those starting on the bottom half of the ladder:

- Struggling with cost of living / finances
- Have no job, lost job, have limited employment opportunities or worries about work or working practices introduced during lockdown
- Disagree with approach / interference from States of Guernsey
- Have physical or mental ill-health or have recently had relationship breakdown, bereavement or ill-health in friends and / or family
- Feelings of being in limbo and uncertainty or feeling trapped or anxious
- Missing travel and / or friends and / or family worry they may not be able to travel again (soon)

Those going up the ladder:

- Taking personal responsibility for or active steps towards changing /re-prioritising their own lives
- Have a positive outlook / optimism e.g. "things can only get better"
- Looking forwards to: travelling or emigrating, seeing friends / family, retirement, getting married / divorced, having a baby, children finishing university, completing qualifications, changes in work practices, being able to access more health care or support services, having more control / certainty
- Hoping: to find a better house, (new) job, that work will be less stressful, to reduce working hours, pay off debts, mortgages, that Coronavirus will be eradicated (worldwide), that a vaccine will be developed, that reduced car use and more local shopping will continue

Those staying at the same rung on the ladder:

 Uncertain or unworried about what the future holds or can't see the current situation improving or changing

Those going down the ladder:

 Worried about or expecting: ageing, deteriorating health (of self and / or family and / or friends), dying, bereavement, living on a lower income, increasing living costs (tax, social insurance, travel etc), job opportunities, the economy, depopulation, climate change, extreme weather

6.1 Looking ahead to the future: threats

All survey respondents were asked the question, "What do you personally think are the biggest threats to the Bailiwick's recovery?" with a text box for their comments. 2,584 respondents provided a response, although eight of those were to indicate that they didn't wish to comment. The comments have been categorised and are summarised below (percentages are of those that identified at least one threat, noting that respondents could identify more than one threat each):

Second wave of cases / second lockdown: 48% of the comments referred to this in some way and often in association with travel e.g. opening the borders too soon, travellers not self-isolating fully on arrival into the Bailiwick, other countries having high rates or complacency or selfishness of travellers. There were also concerns of a second wave in winter flu season and associated pressures on health services.

The Bailiwick bubble being isolated from the rest of the world was the second most commonly identified threat, identified by 10%. Comments referred to the impacts on the economy (visiting investors, customers and staff and international businesses being able to compete with other jurisdictions) and mental wellbeing (visiting friends and family). It should be noted that at the time of the survey, no announcements had been made regarding when border controls would be changed.

All of the following were identified by less than 10% of respondents (listed in order of how frequently the comments recurred, with the most frequently recurring at the top of the list):

- Local businesses relocating elsewhere, lack of support for local businesses (from government or community), shopping off Island
- Lack of tourism (impacting on local businesses and particularly the hospitality sector)
- Government spending / prioritisation / reduced income / debt or affordability of tax increases
- Decision making process of government, lack of decisive leadership from States Members (with many noting that this had not been the case with the Civil Contingencies Authority)
- Current States Members or election / changes to new Members to be elected in October
- Unemployment / lack of employment opportunities in the Bailiwick
- Global economic recession and other external / UK / Jersey events e.g. UK's management of pandemic, Brexit, climate change, recession
- Inadequate / expensive / unaffordable air and sea links
- Community (physical and mental) health and wellbeing

Other comments that recurred less times included: impacts on those currently in education, increased income inequality, a lack of positivity / confidence, the Guernsey Together spirit being replaced with selfishness / personal agendas / pet projects, over-cautiousness (people not spending money), striking the right balance of (health vs. wealth), people and businesses reverting to old ways rather than embracing new opportunities / change, impacts / reliance on the finance sector, the lack of a vaccine, the cost of living / buying local products, reliance on importing goods and climate change.

The comments provided in response to this question will be used to inform the recovery strategy and associated action plans.

6.2 Looking ahead to the future: opportunities

All survey respondents were asked the question, "What do you personally think are the biggest opportunities during the Bailiwick's recovery?" with a text box for their comments. 2,258 respondents provided a response, although 102 of those were to indicate that they didn't wish to comment. The comments have been categorised and are summarised below (percentages are of those that identified at least one opportunity, noting that respondents could identify more than one threat each). The most frequently recurring refer to the opportunity to promote, support or invest in:

- Local businesses / services (20% of the comments referred to this)
- Tourism / the island as holiday destination (post pandemic) (identified by 12%).
- Inclusivity and the resilience of community (identified by 12%).
- The Island as a business / work destination (post pandemic) (identified by 10%).

Building on the successes of managing /coping with the pandemic was commonly referred to alongside all of the opportunities summarised on this page. The following opportunities were identified by less than 10% of respondents (listed in order of how frequently the comments recurred, with the most frequently recurring at the top of the list):

- Employers enabling more flexible / remote working
- Promoting, supporting or investing in the natural environmental / green initiatives / sustainability
- Investing in digital connectivity, technology and other Bailiwick infrastructure
- Reviewing traffic management policies (particularly reducing car use)
- Diversifying the economy
- Reviewing government structure and processes (quicker / more streamlined decision making / more decisive leadership / fewer deputies)
- Improving air and sea links / expanding to other parts of the world (post pandemic)
- Being more self-sufficient (mainly in terms of food)

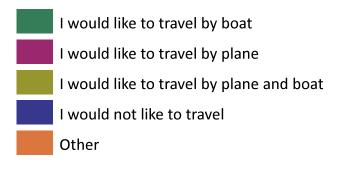
Other comments that recurred less times included: greater engagement between government and community in policy development, create a Channel Island bubble, improve business practices / resilience, have a slower pace of life, re-evaluate priorities, improve health / fitness, make the most of increased willingness to change.

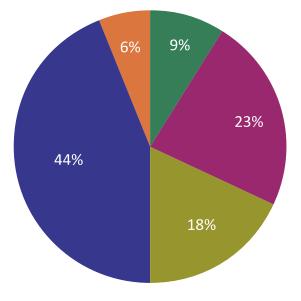
The comments provided in response to this question will be used to inform the recovery strategy and associated action plans along with responses to the question that followed the above, "Are there any ways in which you would like to contribute, that you cannot do at present?" and any further feedback provided at the end of the survey.

Table 6.3.1 Responses to the question, which of the following best describes your thoughts on travelling outside the Bailiwick in the next three months?

	%
I would like to travel by boat	9
I would like to travel by plane	23
I would like to travel by plane and boat	18
I would not like to travel	44
Other	6
Total	100

Figure 6.3.1 Responses to the question, which of the following best describes your thoughts on travelling outside the Bailiwick in the next three months?





Respondents that opted to complete the full survey (3,117 people) were asked the question, "which of the following best describes your thoughts on travelling outside the Bailiwick in the next three months?". The responses of those that provided an answer other than "prefer not to say" (2,615 respondents) are shown in Table 6.3.1 and Figure 6.3.1.

As shown, overall 44% of respondents answered that they would not like to travel in the next three months. 50% said they would like to travel (9% by boat, 23% by plane and 18% by plane and boat). 6% chose the "other" option and were given a text box in which to provide more detail. The majority of comments were from people saying that they would not like to travel but were going to have to for medical or other reasons or people saying they do not want to travel at all.

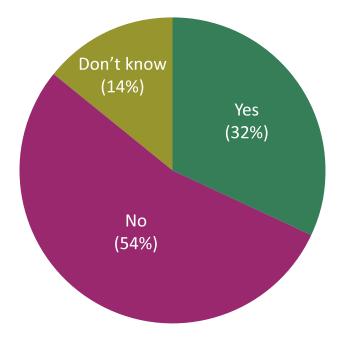
Further analysis showed that, there was a variety of factors linked to how likely respondents were to want to travel. Proportionally more of those in full time education wanted to travel outside the Bailiwick in the next three months, than those with any other economic status. Proportionally more of those with higher household incomes and countries of birth other than the Bailiwick of Guernsey also wanted to travel outside the Bailiwick in the next three months. Additionally, proportionally less respondents with a physical disability and/or a long-term illness wanted to travel outside the Bailiwick in the next three months.

It should be noted that this question was asked in late June and July 2020, when bar some exemptions, those arriving (back) into the Bailiwick were required to self-isolate for fourteen days after arrival. More information is provided on the next page regarding the likely impacts of reducing the self-isolation period from fourteen to seven days.

Table 6.3.2 Responses to the question, if the required self-isolation period on return was reduced from fourteen days down to seven days, would you be more likely to travel in the next three months?

	% respondents
Yes	32
No	54
Don't know	14
Total	100

Figure 6.3.2 Responses to the question, if the required self-isolation period on return was reduced from fourteen days down to seven days, would you be more likely to travel in the next three months?



Respondents that opted to complete the full survey (3,117 people) were asked the question, "if the required self-isolation period on return was reduced from fourteen days down to seven days, would you be more likely to travel in the next three months?". The responses of those that provided an answer other than "prefer not to say" (2,541 respondents) are shown in Table 6.3.2 and Figure 6.3.2.

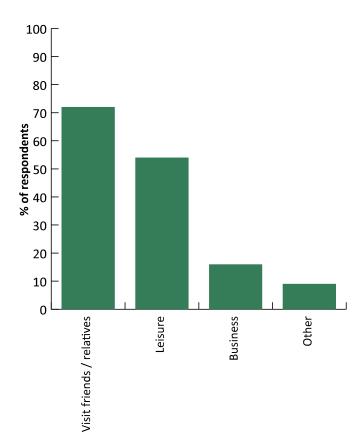
As shown, 54% of respondents said that reducing the self-isolation period from fourteen to seven days would not make them more likely to travel in the next three months. 32% said that it would and 14% didn't know.

Of the respondents that said that reducing the self-isolation period from fourteen to seven days would make them more likely to travel in the next three months, 14% were respondents that had said they would not like to travel in the next three months to the earlier question. This portion of respondents equates to 5% of all respondents. This implies that when the self-isolation period is reduced from fourteen to seven days, the proportion of respondents that would like to travel will reduce from 44% to 39%.

Table 6.3.3 Responses to the question, why would you like to travel outside the Bailiwick in the next three months?

	%
Visit friends / relatives	72
Leisure	54
Business	16
Other	9

Figure 6.3.3 Responses to the question, why would you like to travel outside the Bailiwick in the next three months?



Respondents that opted to complete the full survey (3,117 people) were asked the question, "why would you like to travel outside the Bailiwick in the next three months?". The responses of those that said they would like to travel in the next three months and provided an answer other than "prefer not to say" to this question are shown in Table 6.3.3 and Figure 6.3.3. Respondents could select as many options as they wished or leave the question blank (percentages are calculated as proportions of the 1,310 respondents that answered this question or left the question blank). Respondents could provide other reasons too, these included travelling for education or medical reasons, visiting or maintaining second homes, partners that lived overseas, collecting pets and to emigrate.

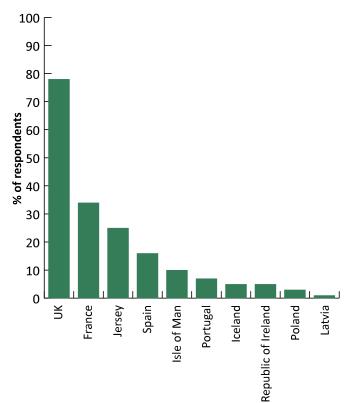
As shown, 72% of respondents that would like to travel (who constituted 50% of all respondents) said they would like to travel to visit friends / relatives. 34% said they would only like to travel to visit friends / relatives. By way of comparison, during quarter three of 2019, 16% of residents departing from Guernsey Airport and Harbour gave the only reason as being visiting friends / relatives. For information regarding actual passenger numbers, see guernseytrademedia. com/facts-figures/statistics-surveys/.

It should be noted that this question was asked in late June and July 2020, when bar some exemptions, those arriving (back) into the Bailiwick were required to self-isolate for fourteen days after arrival. Many destination countries also had restrictions in place for those visiting.

Table 6.3.4 Responses to the question, where would you like to go?

	%
ик	78
France	34
Jersey	25
Spain	16
Isle of Man	10
Portugal	7
Iceland	5
Republic of Ireland	5
Poland	3
Latvia	1

Figure 6.3.4 Responses to the question, where would you like to go?



Respondents that opted to complete the full survey (3,117 people) were asked the question, "where would you like to go?". The responses of those that said they would like to travel in the next three months and provided an answer other than "prefer not to say" to this question are shown in Table 6.3.4 and Figure 6.3.4. Respondents could select as many of the options listed in Table **6.3.4** as they wished or leave the question blank (percentages are calculated as proportions of the 1,317 respondents that answered this question or left the question blank). They could provide other destinations also; 23% of respondents stated at least one other destination and their collective list of responses included countries all over the world. However, not more than 2% of respondents stated the same country. That information is yet to be coded in a way that would enable it to be analysed efficiently, so only the listed options are included in this preliminary analysis.

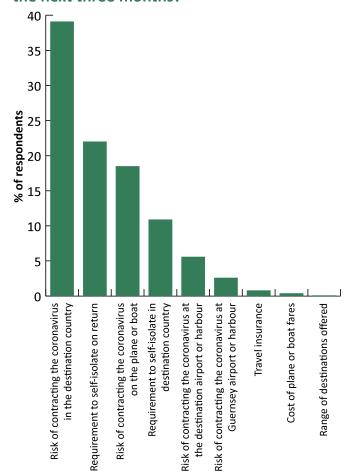
It should be noted that this question was asked in late June and July 2020, when bar some exemptions (including after travel to the Isle of Man), those arriving (back) into the Bailiwick were required to self-isolate for fourteen days after arrival.

As shown, 78% of respondents that would like to travel (who constituted 50% of all respondents) answered that they would like to travel to the UK. 34% said France, 25% Jersey and 16% Spain. Responses to this question varied by country of birth.

Table 6.3.5 Top ranked answer to the question, which of the following puts you off most from travelling outside the Bailiwick during the next three months?

	%
Risk of contracting the coronavirus in the destination country	39
Requirement to self-isolate on return	22
Risk of contracting the coronavirus on the plane or boat	19
Requirement to self-isolate in destination country	11
Risk of contracting the coronavirus at the destination airport or harbour	6
Risk of contracting the coronavirus at Guernsey airport or harbour	3
Travel insurance	1
Cost of plane or boat fares	<1
Range of destinations offered	<1

Figure 6.3.5 Responses to the question, which of the following puts you off most from travelling outside the Bailiwick during the next three months?



Respondents that opted to complete the full survey (3,117 people) were asked the question, "which of the following puts you off most from travelling outside the Bailiwick during the next three months?". The responses of those that said they would not like to travel in the next three months and provided an answer other than "prefer not to say" to this question (1,016 respondents) are shown in Table 6.3.5 and Figure 6.3.5. Respondents were asked to rank the options and only the option the respondent ranked top is shown in this preliminary analysis.

As can be seen, 39% of respondents that would not like to travel (who constituted 44% of all respondents) cited the risk of contracting the coronavirus in the destination country as the top reason. This was followed by the requirement to self-isolate on return, at 22%.

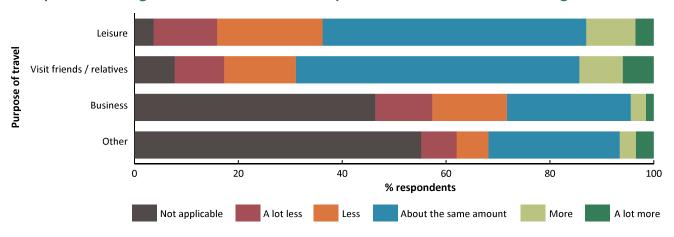
Overall, the risk of contracting the coronavirus at some point during travel was ranked top for 66% of the respondents that would not like to travel. Requirement to self-isolate at some point during or after travel was ranked top for 33% of the respondents.

It should be noted that this question was asked in late June and July 2020, when bar some exemptions, those arriving (back) into the Bailiwick were required to self-isolate for fourteen days after arrival.

Table 6.3.6 Responses to the question, thinking further into the future, how much do you anticipate travelling outside the Bailiwick compared with before lockdown began?

	% not	% a lot less	% less	% the	% more	% a lot
	applicable			same		more
				amount		
Leisure (holidays, cruises, sport trips etc)	4	12	20	51	9	4
Visit friends / relatives	8	10	14	55	8	6
Business	46	11	14	24	3	2
Other	55	7	6	25	3	3

Figure 6.3.6 Responses to the question, thinking further into the future, how much do you anticipate travelling outside the Bailiwick compared with before lockdown began?



Respondents that opted to complete the full survey (3,117 people) were asked the question, "thinking further [than three months] into the future, how much do you anticipate travelling outside the Bailiwick compared with before lockdown begun?" regarding four different purposes of travel. The responses of those that provided an answer other than "prefer not to say" (2,183 or more respondents) are shown in Table 6.3.6 and Figure 6.3.6.

As shown, for all four of the purposes of travel, more people responded less or a lot less than more or a lot more. For leisure travel, 20ppts more said less or a lot less than more or a lot more. For visiting friends / relatives, business and for other travel, the figures were 10ppts, 39ppts and 14ppts respectively.

It is worth noting that this snapshot of people thoughts was taken between 22nd June and 30th July 2020, with the majority of respondents completing the survey during June. These questions may be repeated at a later date to test if people's thinking has remained the same or changed.

For information regarding actual passenger numbers, see guernseytrademedia.com/facts-figures/statistics-surveys/.

7.1 Methodology

The Community Survey was commissioned as part of a research project aimed at understanding how the wellbeing of the community has been impacted by the global coronavirus pandemic and the measures put in place in the Bailiwick to control the spread of the virus locally. It was undertaken inhouse with costs kept to a bare minimum (with £2,500 spent on translation, advertising and printing being the only costs incurred). Data collected via this survey is intended to be combined with data from a wide range of States' sources and research undertaken by other organisations in order to understand the full picture.

The Survey was launched on 22nd June and closed on 30th July 2020. The questionnaire was made available online (in English, Latvian, Polish and Portuguese) and also on paper. Participation was voluntary but encouraged via media releases and briefings, on social media, via a fieldworker in town and the bridge and by email to those that had registered with the community monitoring tool and the States' notification system **mynotifications.gov.gg**. At the time of writing this report, 3,648 people had completed and returned the survey, which equates to 7% of the population of the Bailiwick aged 16 or over.

An alternative (easy read) survey was issued on the same day to Adult Disability Service users and was also made available on the website and promoted by the States Disability Officer. 51 people completed that survey (and qualitative analysis of those results is included on page 13). PDF copies of both survey questionnaires are available from gov.gg/communitysurvey.

Unless otherwise stated, all the other information presented within this report is based on the 3,639 responses that had been received on or before 31st July and where the responses were in English and did not require translation prior to analysis. The responses received have not been checked individually prior to analysis. As such (and because this report only includes some of the topics covered by the survey), it has been described as preliminary analysis. The results presented in this report could be subject to minor restatement when the data has been finalised. However, it is not expected that the overall picture shown in this report will be changed during this process. This approach was taken to ensure the headline results could be made available as quickly as possible to inform the recovery strategy and associated action plans (see gov.gg/recoverystrategy).

Respondents were not asked for any information that would personally identify them and were able to answer as many or few questions as they wished. There was an option to skip the more detailed questions and 295 respondents selected that option. Results are presented as percentages of those that didn't skip the question and provided a response other than "prefer not to say". Some questions were only applicable to some of the respondents (identifiable via responses to earlier questions); the results of these questions are presented as percentages of respondents to whom the question applied and are described as such in the report. As a result, the lowest statistical confidence interval for figures presented in this report is plus or minus 2.5% at a confidence level of 95%. Questions that had 2,300 or more respondents have a confidence interval of 2%. However, these confidence figures should be read in the context of the information above regarding the raw nature of the data used.

The profile of respondents did not match the demographic profile of the population of the Bailiwick, but weightings have been applied (relating to age, gender and household income, as described on the next page) to statistically adjust for this and ensure the quantitative results provided in this report are representative. All the results in this report are based on the weighted data.

7.1 Methodology

The profile of respondents was compared with Bailiwick population demographics in terms of age, gender, economic status, household income, household composition and housing tenure. It was apparent that the raw profile of respondents was not representative, but a good match was achieved after weighting by age and gender and, subsequently, household income. The effect on the age and gender profile is shown below in **Tables 7.1.1**, **7.1.2** and **7.1.3** ("other" includes those that left the question blank, selected "prefer not to say", "non-binary" or "prefer to self-describe".

Table 7.1.1 Bailiwick population age and gender

% % female male 15 to 19 3 20 to 24 3 3 25 to 29 4 4 30 to 34 4 4 35 to 39 4 4 40 to 44 4 3 45 to 49 4 4 50 to 54 5 4 55 to 59 5 4 60 to 64 4 4 65 to 69 3 3 70 to 74 3 3 75 and over 5 6 None 0 0 **Total** 49 51

Table 7.1.2 Unweighted survey respondents age and gender

	%	%	%
	other	female	male
15 to 19	<1	1	0
20 to 24	<1	2	1
25 to 29	<1	4	1
30 to 34	<1	5	1
35 to 39	<1	6	2
40 to 44	<1	7	3
45 to 49	<1	8	3
50 to 54	<1	9	3
55 to 59	<1	8	3
60 to 64	<1	8	4
65 to 69	<1	5	3
70 to 74	<1	5	2
75 and over	<1	3	2
None	1	1	1
Total	2	69	29

Table 7.1.3 Weighted survey respondents age and gender

	%	%	%
	, •		, ,
	other	female	male
15 to 19	<1	3	3
20 to 24	<1	3	3
25 to 29	<1	3	4
30 to 34	<1	4	4
35 to 39	<1	4	4
40 to 44	<1	4	3
45 to 49	<1	4	4
50 to 54	<1	4	4
55 to 59	<1	5	4
60 to 64	<1	4	4
65 to 69	<1	3	3
70 to 74	<1	3	3
75 and over	<1	6	4
None	<1	1	1
Total	1	51	48

8.1 Contact details

If you would like any further information on the Community Monitoring Survey or any of the other States of Guernsey Data and Analysis publications, which are all available online at www.gov.gg/data, please contact us for further information.

E-mail: dataandanalysis@gov.gg

Write: Data and Analysis

Sir Charles Frossard House

La Charroterie St Peter Port Guernsey GY1 1FH



For more information go to gov.gg/data