

Key findings from Covid-19 Briefing Report



Born in Bradford (BiB) have carried out surveys of BiB participants during the first national lockdown (April – June 2020) and at a second time (Oct – Dec 2020) to look at the **effects of the Covid-19 Pandemic on the lives of the communities across Bradford.**

Thanks to the participation of our BiB families, we have learnt a lot about how hard the lockdowns are for families.

Participants of our second survey were from either the **BiB's Growing Up (GU)** or **Better Start (BiBBS)** cohorts and had children in pre-school, primary, and secondary school age groups.

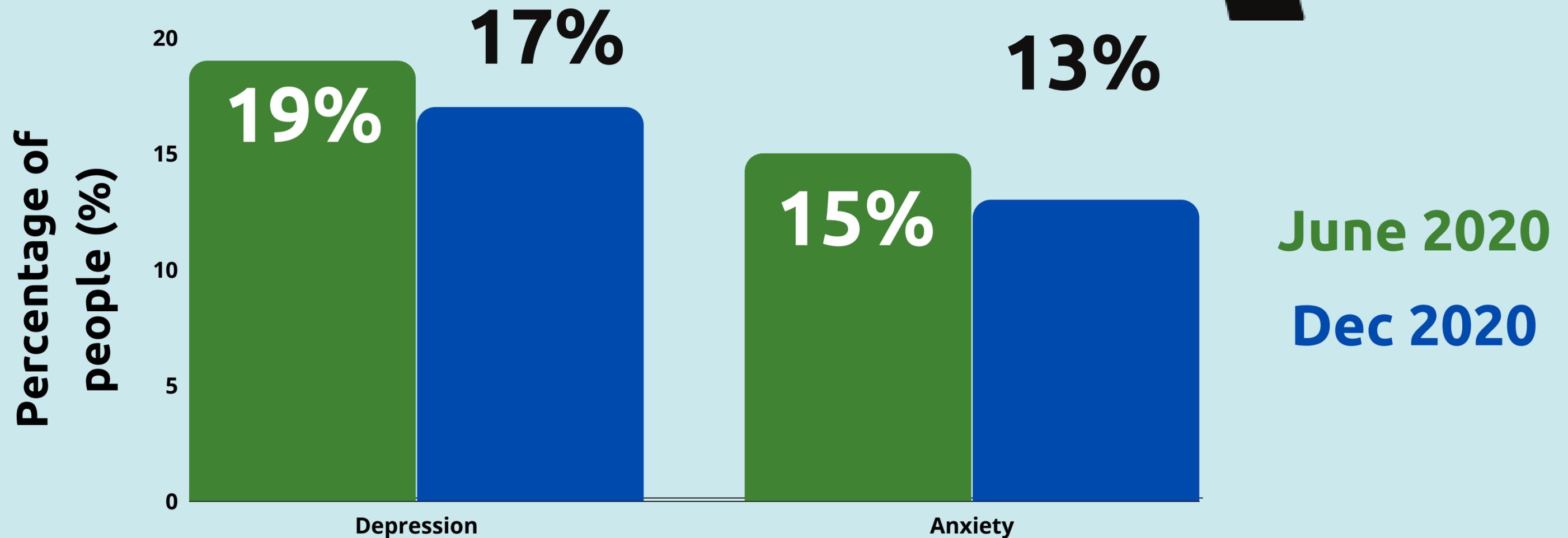
The following resource aims to highlight the key findings from the second Covid-19 survey (December 2020).

Overall there was little change in circumstances between the first survey (June 2020) and the second survey (Dec 2020).

*Whilst things appear not to have worsened, it is important to note that, aside from employment circumstances, things have also **not improved**.*

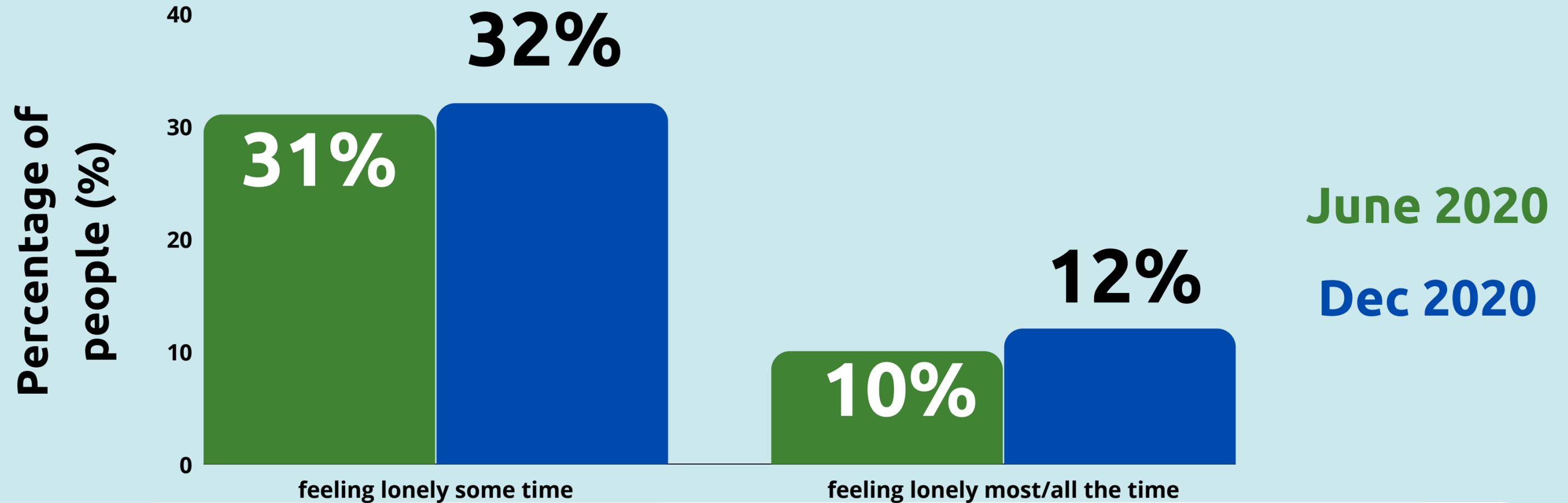
*Families have spent over **9 months in challenging circumstances**, which will have implications for their **long-term financial security** and their **physical and mental health**.*

Mental Health



A large number of mothers *continued to report clinically relevant symptoms of depression (17%) and anxiety (13%)* (compared to **19%** & **15%** in **June 2020**)

Mental Health



32% of participants reported feeling lonely some of the time and **12%** most/all of the time (**31%** & **10%** in **June 2020**)

Mental Health Worries

“No, I hate it. I have anxiety and am not able to do the things I used to do as a coping mechanism”

“Just fed up with the whole thing now”

“Protecting my children's mental health and allowing them to enjoy their childhood as much as they can despite the restrictions”



Financial Health



17% of respondents reported that *the food they had did not last and they had no money to buy more* (**20%** in **June 2020**). **7%** stated that *adults in their household had to regularly cut the size of, or skip, meals* (**9%** in **June 2020**), and **4%** reported *being hungry but did not eat as they had no money to buy more*.

Food did not last and had no money to buy more

20%

17%

June 2020

Dec 2020

Household have to cut the size of, or skip, meal

9%

7%

0

5

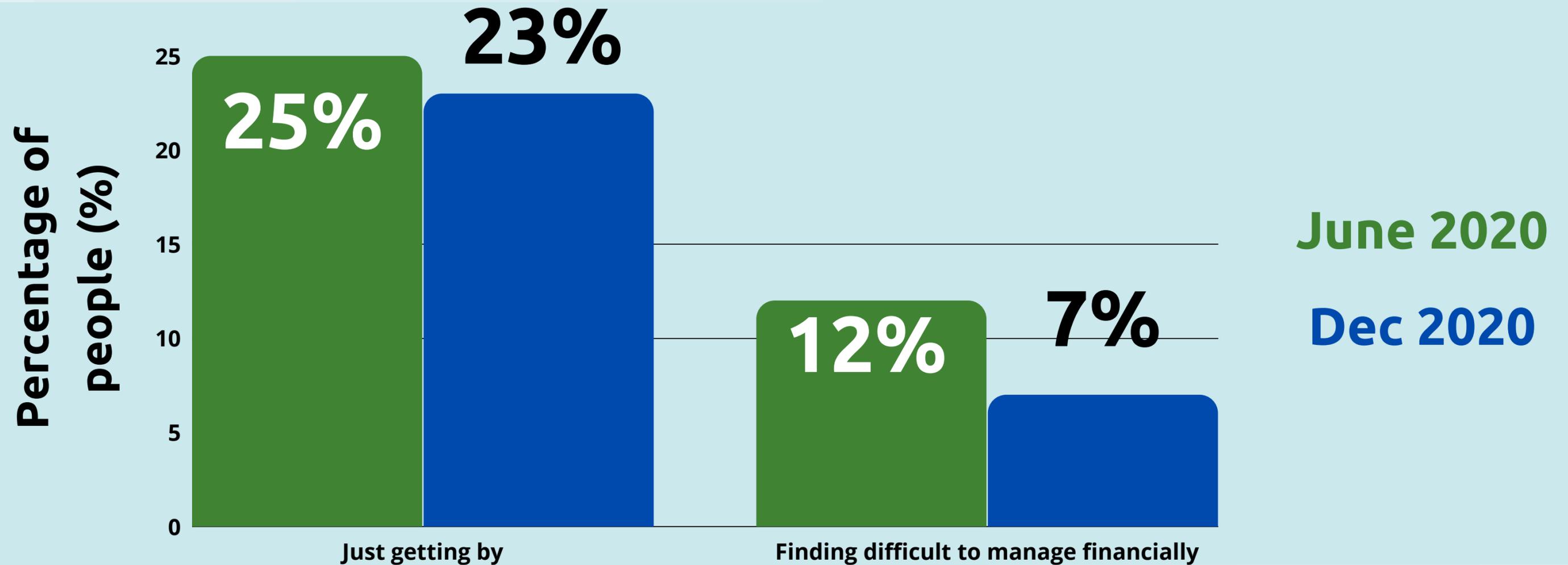
10

15

20

Percentage of people (%)

Financial Health



23% of respondents were just about getting by and **7%** finding it difficult/very difficult to manage financially (**25%** & **12%** in **June 2020**)

Financial Health Worries

“Sometimes it
is eat or heat”

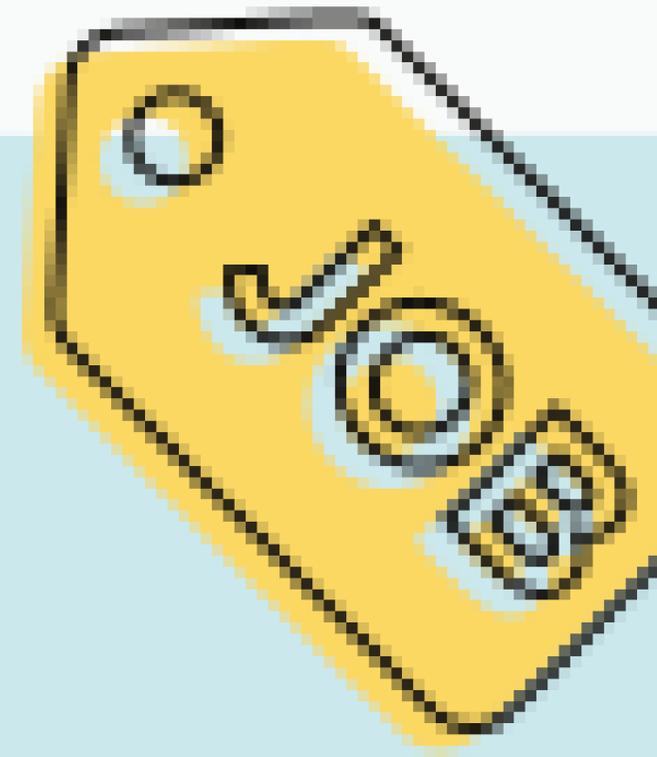


“Being able to afford to pay our
mortgage and all our monthly
bills and provide for our children
put nice and good food on the
table and packed lunches for the
kids”

Employment



*Employment circumstances had **improved** by December 2020, which may in part explain the reduced number of families who were finding it very difficult to manage financially:*



Employment



Lost their job

4%

9%

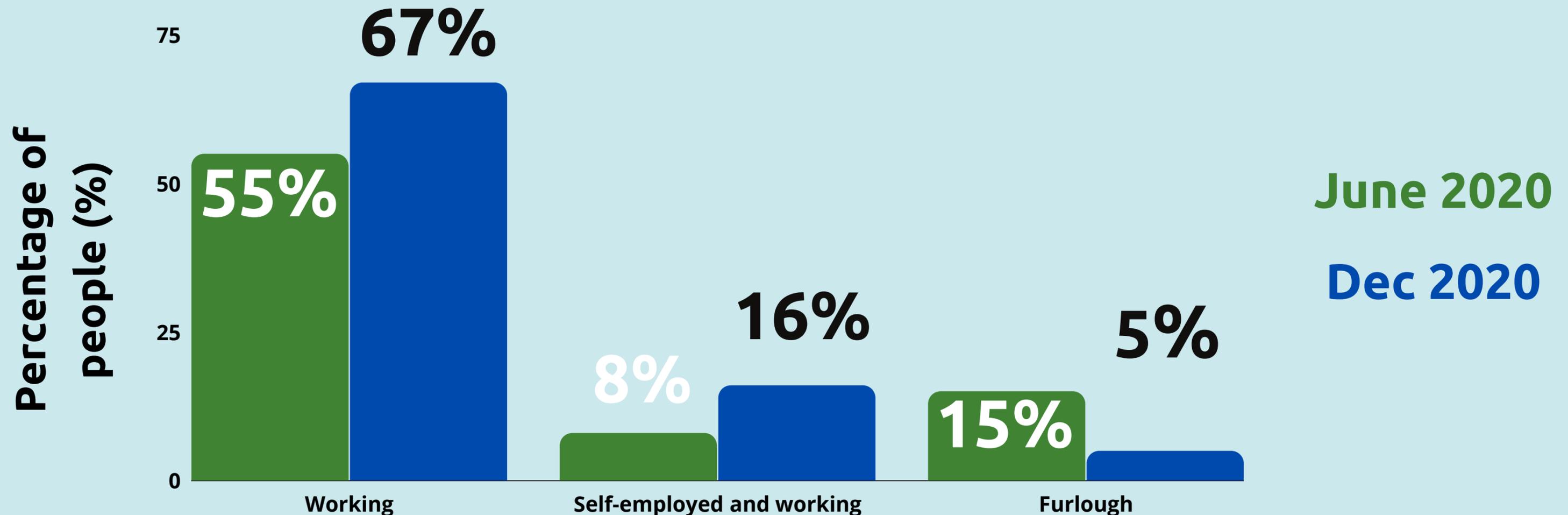
Partners lost their job

4% (n=32) of respondents had **lost their job**, and 9% (n=71) of respondents' **partners had lost their job** since the start of the Covid-19 pandemic.

Employment

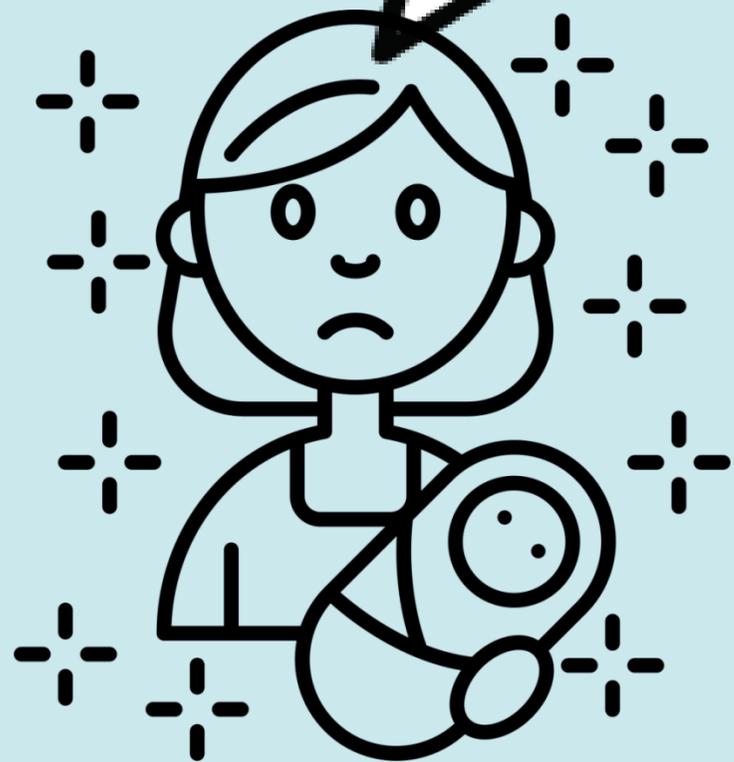


67% of main earners were employed and working (compared to **55%** in **June 2020**), **16%** were self-employed and working (8% in **June 2020**), **5%** were on furlough (**15%** in **June 2020**).



Employment Worries

“It’s been very difficult nothing has been easy. Husband and son lost their job, I have been ill it has taken an effect on our relationship”

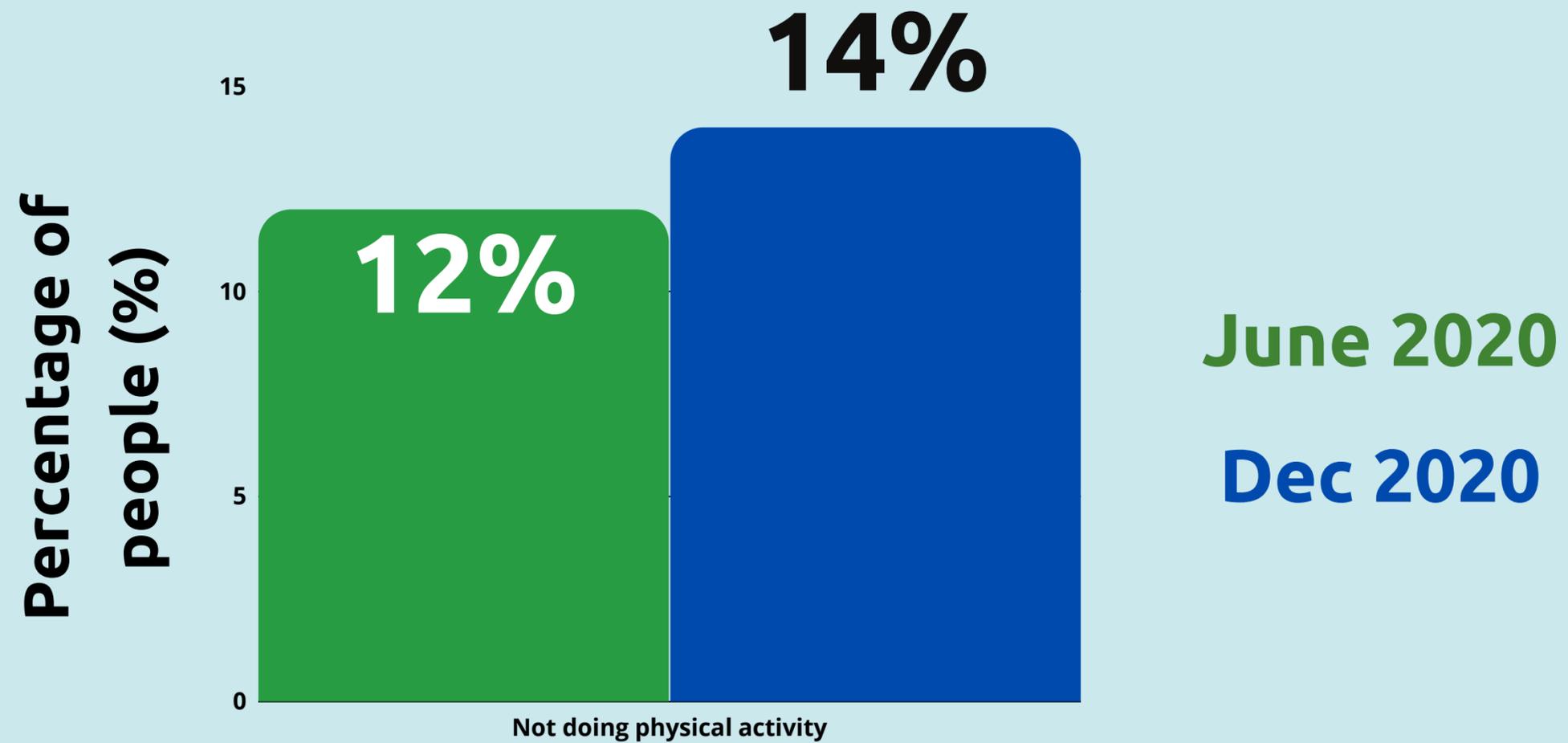


“Our business is closed again because of the latest restrictions, I worry that we'll miss our much needed trade”

“Unpredictable effect of coronavirus on our household income. For example not getting paid while isolating & less job security than before”

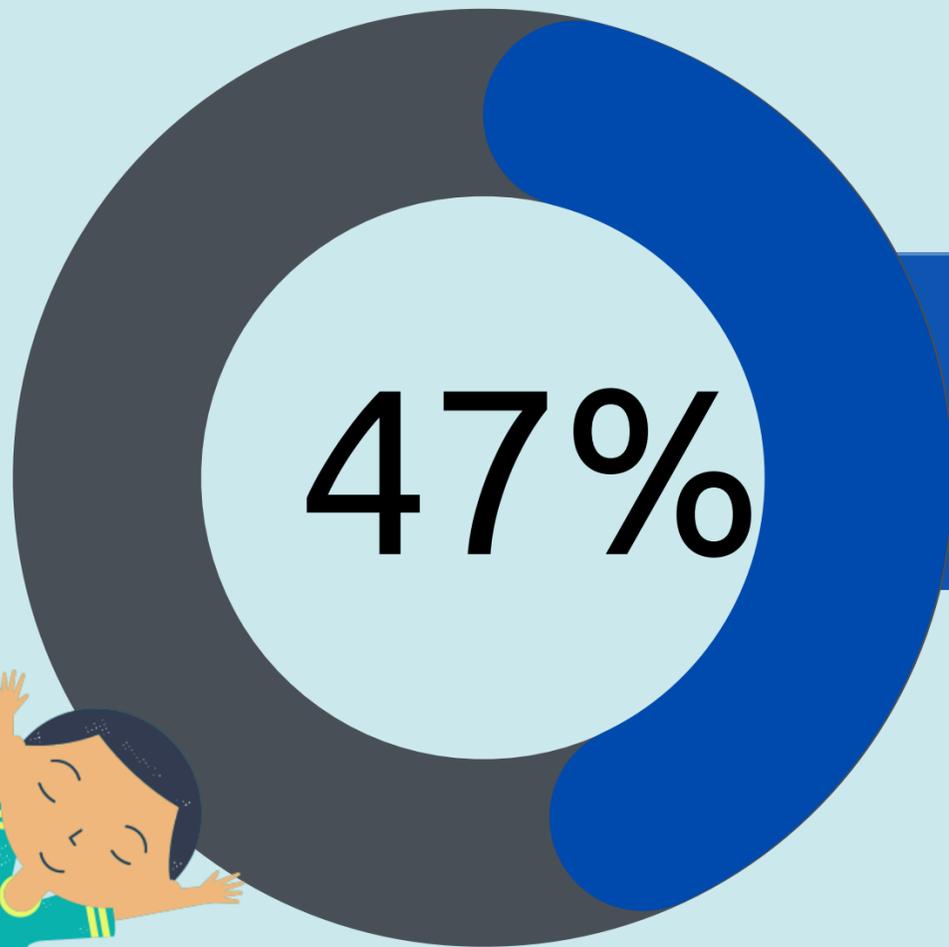


Physical Activity



14% of respondents reported not doing any physical activity (**12%** in **June 2020**).

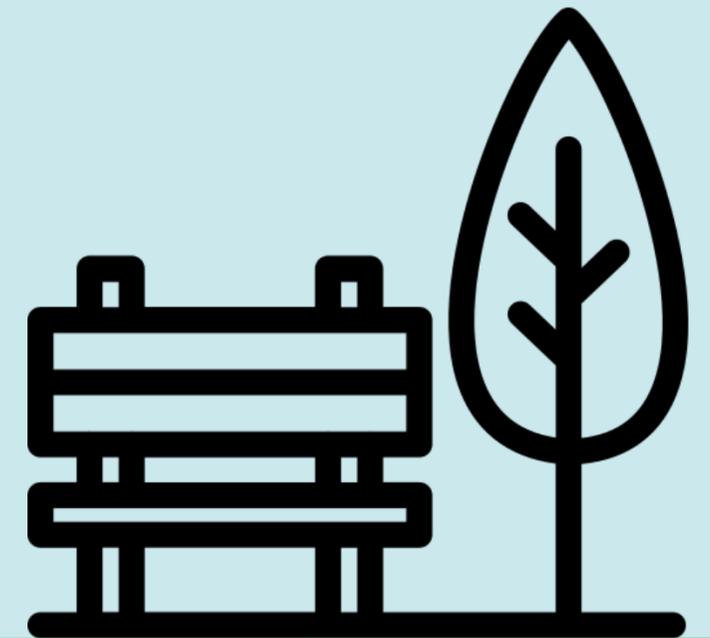
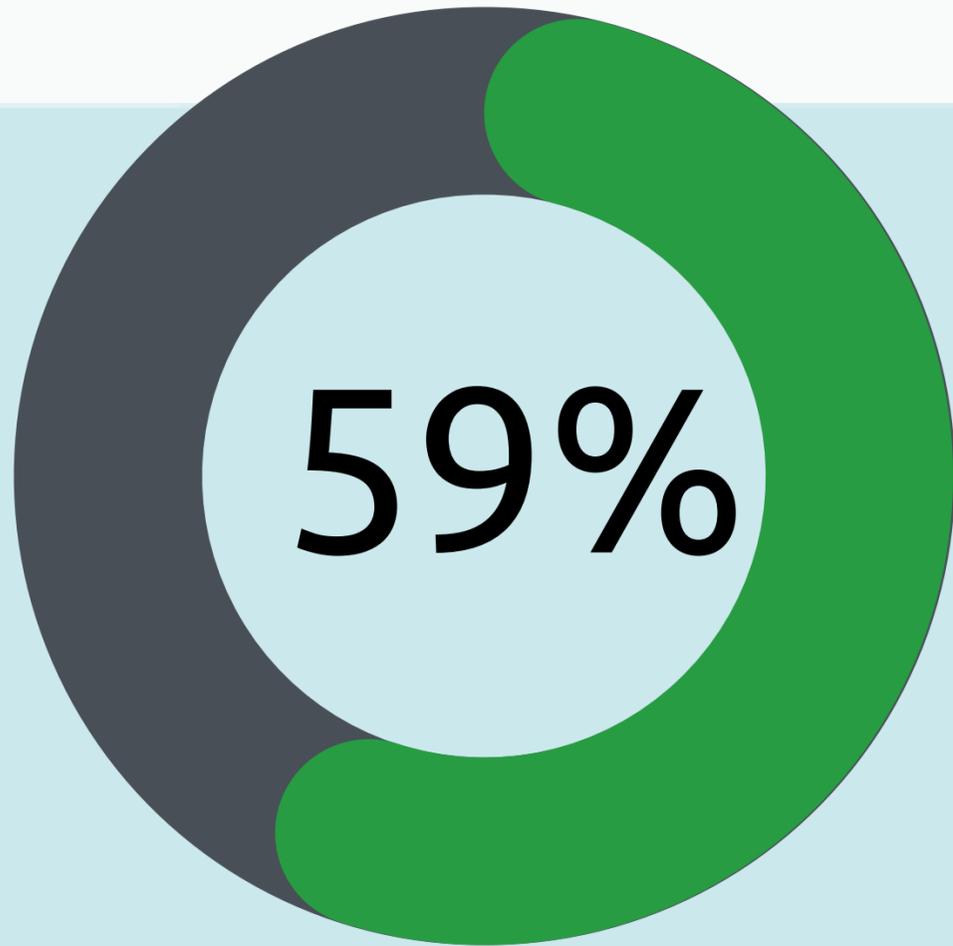
Physical Activity



of respondents' child(ren) did **physical activity** on **most days.**



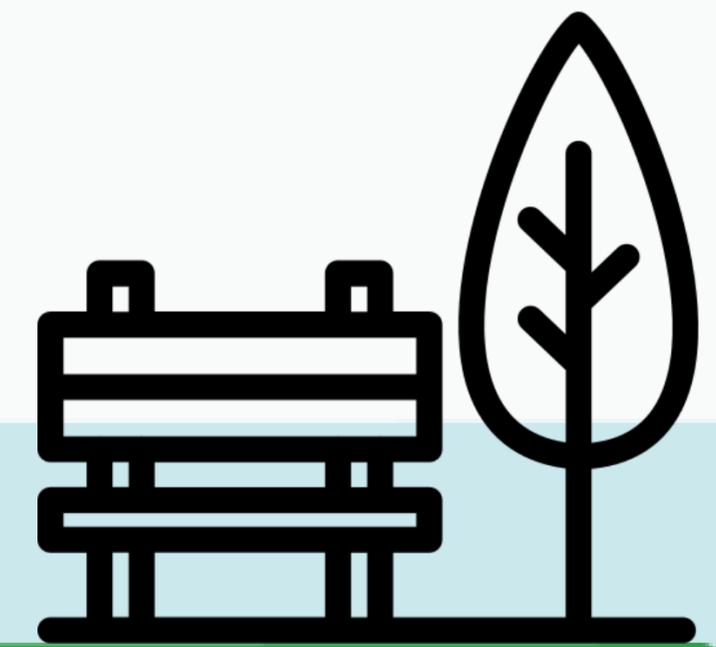
Local Area



At night, **59%** reported feeling very/fairly safe in their neighbourhood.

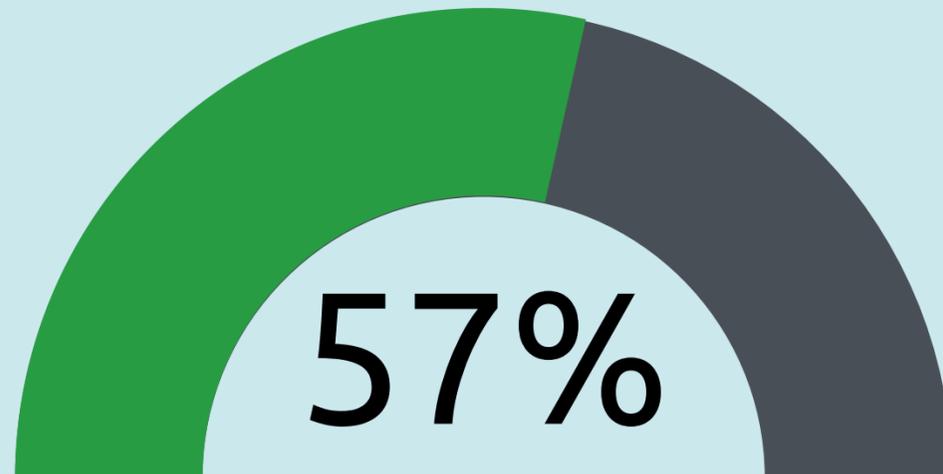


Local Area

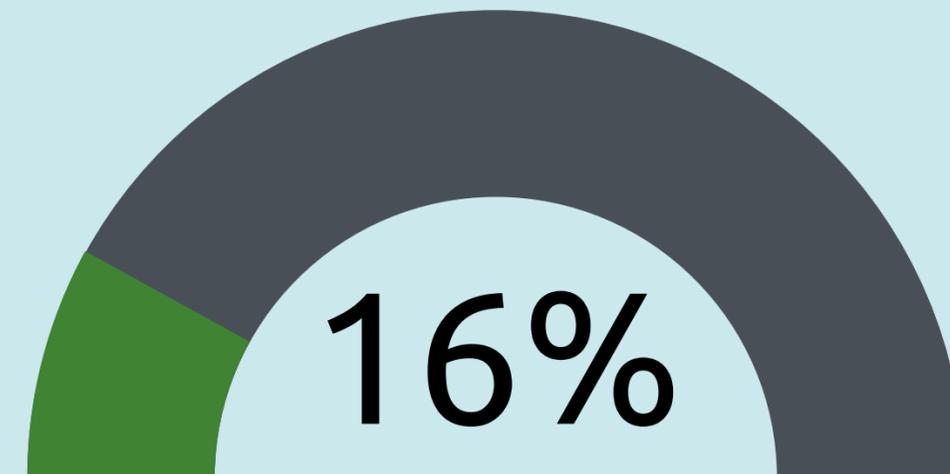


57% of respondents reported being very satisfied with the parks and green spaces in the local area, and 16% were very dissatisfied/dissatisfied.

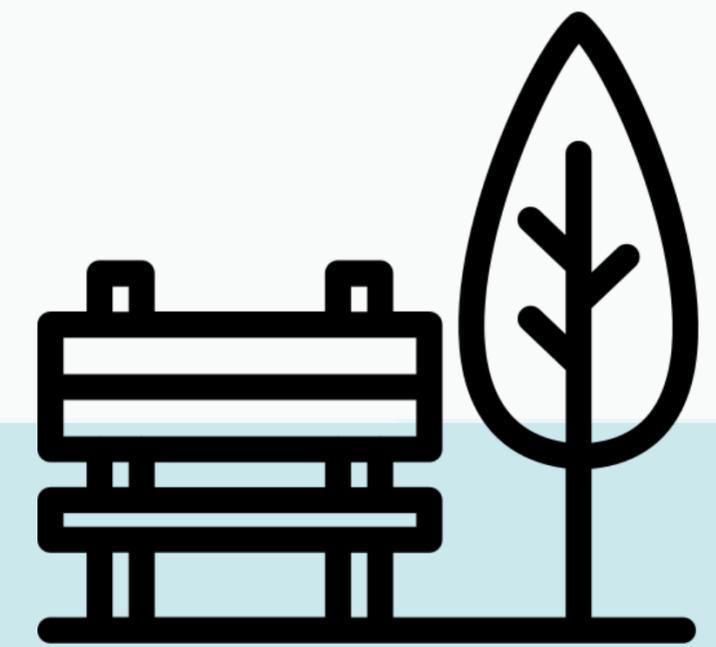
Very satisfied



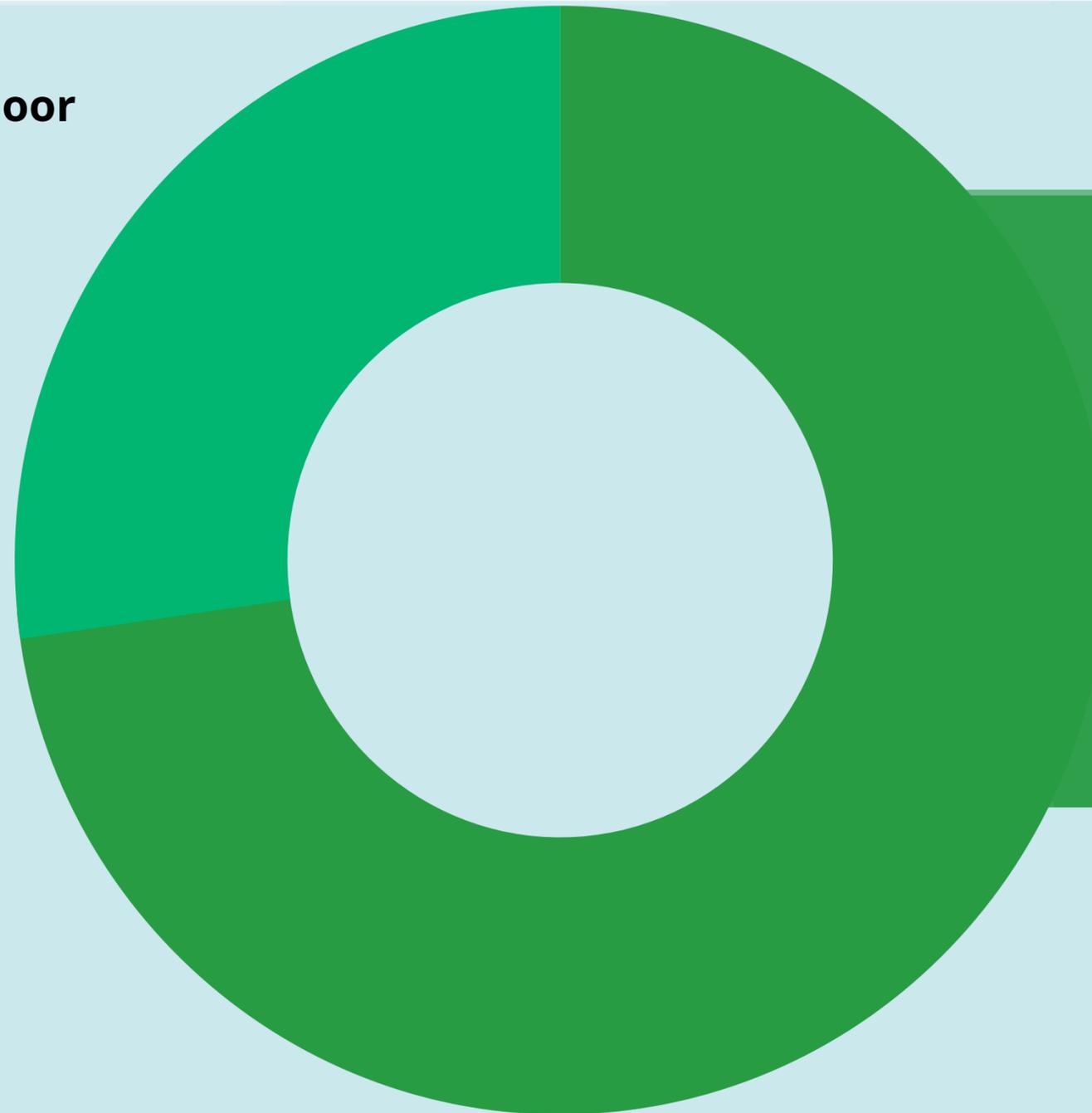
Very Dissatisfied



Local Area



Have no safe outdoor
space
27.3%



72% of respondents have an outdoor space where their children can play safely but 27% reported there was no safe outdoor space for their children to play.

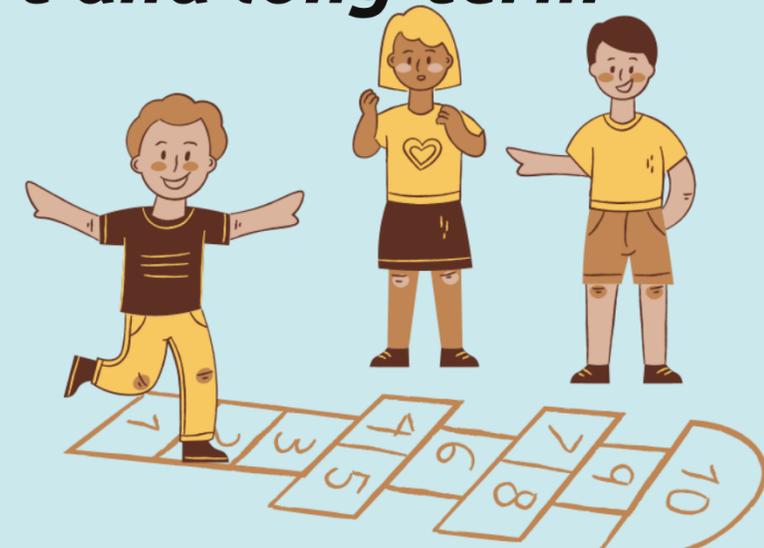
Have safe outdoor
space
72.7%



Children's Education

63% of respondents were confident in their ability to support their child learning at home which had reduced from June 2020 (76%).

*Some respondents were worried that their children had **fallen behind, lacked motivation and engagement** and were concerned about the **short and long-term effects of schools being closed.***



Children's Education Worries

"Children lost a lot of educational time, missed good 6 months of crucial time, how will they catch up with their curriculum when they take exams soon"

"My children becoming behind in their education through the need to self-isolate / bubbles collapsing"

"My children missing out on opportunities education because of Covid"



Positive experiences of Covid-19

“Spending more time together as a family, appreciating what we have. The children learning more life skills instead of all the academic learning”

“Have had lovely walks and chats with my son”

“Taking a step back from busy life, more calm”

*We asked respondents if there had been **any positive experiences of Covid-19**, and responses focused mainly on **spending time with family and a slower pace of life.***



thank
you ♥

Thanks to the **responses of BiB families to the COVID-19 surveys** we have been able to learn about how challenging the experiences of lockdown are and have been.

We aim to inform policy and practice, which in turn has increased action to protect, support and improve the lives of those within our community. We would not be able to do this without your help. Thank you!



Useful Contacts



If you require further advice or support, please contact the following organisations

Advice and Support on dealing with Coronavirus

Government Guidelines on how to stay safe and healthy:

<https://www.gov.uk/coronavirus>

How to access financial support during the Coronavirus outbreak:

This website gives you information on how to access financial support during the Coronavirus outbreak for individuals and businesses.

<https://www.gov.uk/coronavirus/worker-support>

General Support from Citizens Advice:

This website gives you general advice on what coronavirus means for you and your family and support and advice around working, paying your bills, taking your children to school and travelling abroad.

<https://www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/>

Foodbanks:

These websites give you information on how to access foodbanks in the local area <http://www.bradfordfoodbank.com/>

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

Useful Contacts



Mental Health Support

Mental Health and Coronavirus

Specific advice on how to look after your mental health during the coronavirus outbreak

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

First Response 01274 221181

First Response is a service that supports people experiencing a mental health crisis in Bradford, Airedale and Wharfedale. You can contact them direct 24 hours a day, 7 days a week. You don't need an appointment and you don't need a referral. You do not have to have used any mental health services before

Your GP

They will be able to provide help and advice. Your GP can also provide access to appropriate specialist services and local organisations.

Mental Health in Bradford: Wellbeing Guide

The website helps you find out more about mental health, different problems that people experience and where to access help and support. The service directory lists over two hundred services, mostly within the Bradford and Airedale district, which may be able to help.

www.mentalhealthinbradford.nhs.uk

The Samaritans

The Samaritans provide a confidential service for people in despair and who feel suicidal. Call free on 116 123

www.samaritans.org.uk

Mind

Mental health charity providing information, support, local groups and an online chatroom. 0300 123 3393

www.mind.org.uk

Useful Contacts



Domestic Abuse Support

National Domestic Violence Helpline

Provides an information service and access to 24-hour emergency refuge accommodation. 0808 2000 247

Domestic abuse support

Provides information on local and national support services for those experiencing domestic abuse <https://www.bradford.gov.uk/your-community/domestic-abuse/help-and-support/>

General Health Advice

Bradford and Airedale GPs

Information on how to access GPs <https://www.nhs.uk/service-search/find-a-gp>

Emergency Health Advice

NHS 111 - if you have an urgent health need that cannot wait until your GP practice opens, call 111. NHS 111 makes it easier for you to access local health services and is a free of charge number which is available 24 hours a day, 7 days a week. When you call 111, you will be assessed by a trained nurse or professional advisor. They will be able to give advice and information and will direct you to the local service that can help you best. For more information about NHS 111: <https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>

If you think someone is seriously ill or injured and you believe that their life is at risk, call 999 or visit your local accident and emergency (A&E) department. If the situation is not life threatening but you need help fast, please call NHS 111.

Useful Contacts



Support for Children's Learning

Resources and advice and support for children's learning from Primary School to Post 16+ <https://www.bbc.co.uk/bitesize>

Creative and entertaining activities and resources for children <https://www.visitbradford.com/daysin.aspx>

Follow the Born in Bradford Social Media for more updates: Facebook- Born in Bradford Twitter- @BiBResearch

Volunteering

Information on how to volunteer with Bradford Council to support local communities during the coronavirus outbreak

<https://www.bradford.gov.uk/emergencies/council-service-disruptions/coronavirus-covid-19-volunteering-and-community-support/>

If you require a volunteer as you are self-isolating and are unable to get outside to shop, get medication etc. please call Bradford Council on 01274 431000 and they can match you with a volunteer