

## LOCKDOWN:

Number who accessed the Parish Council initiative support **47**

Number who gained assistance from family, friends or neighbours **189**

## SUGGESTIONS MADE, SHOULD WE FACE ANOTHER LOCKDOWN:

- Outside activities for children, teenagers and families
- Fitness groups continuing
- A work base
- Jigsaw library
- Nature trail
- Treasure hunt
- Entertainment leaflet - including a quiz, crossword, sudoku etc.
- Online support for all ages

- Fitness
- Stories
- Chats
- What's App groups
- Newsletters
- More signage regarding Covid - 19, e.g. mask wearing protocol.

\*Please note that some ideas would not be allowed in full lockdown.

## DID YOU STRUGGLE WITH YOUR MENTAL HEALTH DURING LOCKDOWN?

Yes: **42**

No: **221**

### FOR THOSE SEEKING SUPPORT WITH THEIR MENTAL HEALTH:

- Help/ Support group: **25**
- Drop in Café: **24**
- Written materials: **11**

## SUGGESTIONS:

- Anxiety clinic
- What's App groups
- Door chats
- Network support groups for young and old by telephone and Zoom.