

# A day in the life of...



REGENT STREET, BARNSELEY  
7 NOVEMBER 2017

November  
2017





I am the Director of Public Health in Barnsley. Every year I am required by law to produce a report about the health of people who live in our town. This report helps me, my team and our wider partners to identify any key issues, flag up any problems, make new recommendations and describe how we are helping residents, their families and their friends to live healthier lives.

Today it is the 7 November 2017 and I am asking residents of Barnsley to tell me about their physical and mental health through the completion of a diary.

This will provide us with an invaluable and unique insight into the daily challenges that affect our physical and mental health and a better understanding of what people think makes their health better or worse. We hope it will also form a piece of social history by providing generations to come with a record of everyday life in Barnsley.

I look forward to reading your diaries and to working with my colleagues and partners across the borough over the next 12 months to identify how we can respond to the issues you share.

*Julia Burrows*  
Director of Public Health  
Barnsley Metropolitan Borough Council



“ I am asking people to tell me about: ”

HOW THEY  
FEEL TODAY AND  
WHY THAT  
MIGHT BE

How they  
feel when  
they  
wake up

What they could  
do today that  
might make a  
difference to  
how they feel

What the  
low points  
of the  
day are

*What  
the high  
points of the  
day are*

What  
they are  
worried  
about

WHAT  
THEY ARE  
LOOKING  
FORWARD TO

What they  
have done  
today that  
makes them  
feel well

*What could  
improve the  
way they feel...*

FOREWORD

My 2016 annual report was a short film which aimed to find out what being healthy means to those living and working in Barnsley and how our approach to promoting good health might need to change, from the decisions we make, to the services we provide. Making this video taught us that if we want to succeed in raising health and wellbeing to be the best it can be, we need to get out more and listen and engage with what matters to people who live, work and learn in Barnsley.

We heard about the impact of alcohol, depression, smoking, food and exercise and how residents of Barnsley want to be the best of the best. Since last year, we have made progress on a number of programmes of work in response and give a few examples here:

REDUCING THE STRENGTH

We are tackling the issues linked with the availability and affordability of cheap, high strength alcohol through the introduction of the Reducing the Strength project. This aims to encourage and support local retailers to remove from sale low price, high-strength alcohol products through voluntary agreements. We have worked with local off-licences to help them make changes to how they sell and promote high strength alcohol, particularly single cans. This will not only contribute to reducing anti-social behaviour and less littering, but will also improve perceptions of our town centre as a vibrant, attractive place to shop.

‘MAKE SMOKING INVISIBLE’

Our journey to inspiring a smoke free generation has gained significant momentum with some key achievements in 2017. All 24 key play parks throughout the borough are now smoke free and we are the first northern town to introduce an outdoor smoke free public space. Barnsley is the only local authority we know of to enforce the smoking in cars legislation and since 2014, we have seized 79,000 illicit cigarettes and 800 packs of illicit hand rolled tobacco. Barnsley’s major town centre redevelopment programme has included Make Smoking Invisible from the outset in its planning and development and our smoke free market will be launched in 2018 - another northern first.

NATIONAL CHILD MEASUREMENT PROGRAMME

Findings from the Government’s National Child Measurement Programme (NCMP) for England show that levels of childhood obesity and excess weight in Barnsley have decreased significantly. This is encouraging news and we will continue to work with our partners to ensure all our children are a healthy weight. However, it is important to note that the proportion of underweight children in reception (2.2%) and year 6 (2.3%) is significantly higher than the regional and national averages and so we will continue to prioritise our healthy weight programme.

NOURISHING OUR TOWN, WITH GOOD FOOD FOR ALL

Food is extremely important to our local population, the health and wellbeing of our residents, the local economy and the environment. Food gives us pleasure, allows us to share and celebrate and connect with others. We are therefore developing a food strategy that will address issues around healthy weight, but is not limited to that alone. The strategy is about changing the food environment and culture within Barnsley as well improving access to quality food. Our approach will focus on the policies and structures within which we all live, work, shop, eat and learn and I look forward to sharing more with you over the coming year.

ACTIVE TRAVEL

We are continuing to work with others to develop new and exciting projects to encourage more walking and cycling for shorter journeys, for example to school or to work. New funding will enable us to research and deliver cycle leaders training and to expand existing cycling and walking projects. We will be developing a new active travel strategy to ensure that there is a clear forward plan for improving cycling and walking opportunities over the coming years.

DAILY MILE

We have been working hard to encourage all Barnsley’s primary school children to participate in The Daily Mile. This is a programme that helps get school children fit and improve their physical and mental health. In March 2017 we asked all primary schools to make a pledge to deliver the Daily Mile and to date, 29 schools have done so with a further 12 schools committing to do so in 2018.



A day in the life of...

In this year’s report, we have tried to capture a snapshot in time to illustrate the health and wellbeing of Barnsley’s residents. Through the completion of a short diary, residents told me about their physical and mental health on 7 November 2017 and what might have made it better or worse.

- We received a total of 266 completed diary entries.
- The majority of diaries were returned from residents aged between 25 and 54 (56.4%) with all other age groups fairly evenly represented:

AGE	(%) RESPONDED
15-24	13.5%
25-54	56.4%
55-65	14.7%
65+	11.3%

- We received more diaries from women (67.3%).
- 15.4% of those who responded described themselves to be a disabled person.





A MAN BORN IN BARNSLEY CAN  
EXPECT TO LIVE UP TO THE AGE OF...

**78.2 YEARS**

but only 58.6 years will be spent in good health. A man born in Barnsley will spend 19.6 years of his life in poor health. This is higher than both the regional and national averages of 17.4 years and 16.2 years respectively.

A WOMAN BORN IN BARNSLEY CAN  
EXPECT TO LIVE UP TO THE AGE OF...

**81.9 YEARS**

but only 59.8 years will be spent in good health. A woman born in Barnsley will spend 22.1 years of her life in poor health. This is higher than both the regional and national averages of 20.9 years and 19.2 years respectively.



It is clear that our health is shaped by where and how we live; by our jobs, families and our homes. Our ambition is for people in Barnsley to live as well as possible for as long as possible.

The length of time people live in good health in Barnsley (healthy life expectancy) is far too low and is lower than both the regional and national average. However, the latest figures available from the Office for National Statistics show that life expectancy and healthy life expectancy has not only improved for both women and men born in Barnsley, but the gap has also reduced between Barnsley and the regional and national averages, which is extremely encouraging.

Our report identifies the issues residents wrote about which they felt had a positive or negative impact on their health and wellbeing and therefore affected how good they perceived their health to be.

These issues are described in more detail in the pages to follow and will shape our work over the next year. We must continue to tackle major risks such as obesity, poor diet, physical activity, smoking and excessive alcohol consumption. We must reduce the stark inequalities which mean the most vulnerable and most deprived bear the heaviest burden of disease and we must create and sustain good mental and physical health at every life stage across every community in Barnsley.

Every photograph within the report was taken in Barnsley on 7 November 2017 and captures the beauty, vibrancy and diversity of our town. I would like to pay tribute to the public health team and all the council staff and volunteers for their energy and enthusiasm in supporting this report. While everything we do is a team effort and this is no exception, I must acknowledge the excellent and tireless work of Diane Lee and Kaye Mann who have been the driving force behind the report.

“

I have lived in Barnsley all my life, love the place, love the friendliness and honesty of most of the people. Think it's improving which makes me feel proud as well. I'm fed up at the moment, but I'm resilient and tomorrow's another day.

Female, 56

”

“

My tip for a healthy life is to take each day in your stride. Meet the challenges that life will bring and what doesn't get done today will wait until tomorrow. We only have one life so live it the best you can.

Male, 55

”

“

We all face challenges every day but it's how we react to these challenges that shape the outcome of the rest of our lives. Tomorrow's a new day. Be grateful, be kind.

Female, 27

”

“

I generally try not to worry about life as this helps to reduce stress levels (ie, not fretting about things that can't necessarily be changed).

Female, 42

”

“

Do what makes you happy. Change what makes you sad. A healthy life is what you identify as being healthy. To me a healthy life is: health, family, happiness, adventure and making my family proud.

Female, 26

”



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with others

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wellbeing

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From  
Barnsley people  
to Barnsley people

“

I'm lucky. I've got  
all of my family  
and friends. All  
of them would do  
anything for me.

Gender/age unknown

”





# Resilience

SMITHIES POND, BARNSELEY  
7 NOVEMBER 2017

# 1

## THE IMPORTANCE OF BEING RESILIENT

Over a third of residents who responded told me about their feelings of worry, anxiety and depression and the difficulty in keeping going and staying positive.

IN 2016/2017...

10.8%

of patients on GP registers had a recorded diagnosis of depression in Barnsley which is higher than the England and Yorkshire and Humber rates of 9.1% and 9.4% respectively.

IN 2015/2016...

6.2%

of people aged 16 and over living in Barnsley reported their life satisfaction as low which is higher than the England and Yorkshire and Humber rates of 4.6% and 4.8% respectively.

IN 2015/2016...

10.1%

of people aged 16 and over living in Barnsley reported their happiness as low which is higher than the England and Yorkshire and Humber rates of 8.8% and 9.9% respectively.

IN 2015/2016...

25.2%

of people aged 16 and over living in Barnsley reported feeling anxious which is significantly higher than the England rate of 19.4%.

“

Today I feel stressed but I feel this way most Mondays to Fridays.

Female, 50

”

“

I feel as miserable as every other day. I work for a rubbish company, poor prospects for the future, life is rubbish. Not much makes me feel well. I should have just rung in sick. I felt in pain, tired, fed up. No high points. Low points, all of them.

Male, 46

”

IN 2015/2016 EARLY REPORTS  
SUGGEST THERE WERE...

26,543

fit notes issued by GP's in NHS Barnsley Clinical Commissioning Group, of which 3548 were categorised as mental and behavioural disorders (13.4%), rising to 4106 in 2016/2017 (13.9%).



## THE IMPORTANCE OF BEING RESILIENT

“

Finding the right balance between work, home and social life is really important when this is right I am much more relaxed.

Male, 42

”

**It is clear that we need to do more to help local people to build their resilience.**

**BUT WHAT IS RESILIENCE? WHAT DOES IT MEAN AND HOW CAN IT HELP?**

Put simply, resilience is the ability to cope with and rise to the inevitable challenges, problems and set-backs you meet in the course of your life, and to come back stronger from them. It is having the ability to bounce back in the event of adversity.

Resilience is what gives people the psychological strength to cope with stress and hardship. It is the mental reservoir of strength that people are able to call on in times of need to cope with and recover from problems and challenges. These problems may include job loss, financial problems, illness or bereavement. Those who are not resilient may instead become overwhelmed by such experiences. They may dwell on problems and use unhealthy coping mechanisms to deal with life's challenges.

Resilience does not eliminate stress or erase life's difficulties. People who possess resilience do not see life through rose-coloured lenses. They understand that setbacks happen and that sometimes life is hard and painful. They still experience the emotional pain, grief, and sense of loss that comes after a tragedy, but their mental outlook allows them to work through such feelings and recover.

Resilience gives people the strength to tackle problems head on, overcome adversity, and move on with their lives.

“

I hope I'm not one of those people who don't or won't recognise stress in themselves. I am a bloke after all!

Male, 52

”

“

I have a great life. I'm fit and healthy despite a little flab.

Male, 17

”

“

Often I end the day with migraine type headache and feel very depressed.

Female, 63

”

“

I would feel better if I was under less stress. I am worried about dying too young and leaving my children -like my mother.

Female, 57

”

“

The dark clouds still fill my head but there are a few chinks of light getting through.

Female, 38

”

“

I worry about lots of things, my children, my health, my job and money.

Female, 36

”

“

It's been a cold, wet, grey, miserable day. I've run the heating for fifteen minutes at a time because of the cost, but I was bitterly cold at lunchtime. I've wasted my day browsing the internet. I do this as a distraction from facing up to tasks that I ought to do but can't bear starting. My life sounds miserable. It is.

Male, 68

”



## THE IMPORTANCE OF BEING RESILIENT

“

Today I woke up feeling anxious and a little nervous – this is not normal for me as I have a rich and active lifestyle. Today is different as I am about to go into hospital for a reoccurrence of breast cancer and surgery is booked for tomorrow, the 8<sup>th</sup> November.

Female, 63

”

“

I decided at lunchtime to take myself out of the work environment, and went for a drive and did a bit of reflecting on the morning's events. I came back in a better frame of mind.

Female, 56

”

“

I feel stressed mainly due to issues at home, compounded by work issues that I have no power over.

Female, 56

”

“

I'm mentally exhausted – the pressures on working mums are huge.

Female, 34

”

“

I generally try not to worry about life as this helps to reduce stress levels (i.e. not fretting about things that can't necessarily be changed).

Female, 42

”

“

I'm one of life's worriers but now try to talk about issues as they are generally better out than in.

Female, 56

”



CAFE, MAY DAY  
GREEN MARKET,  
BARNLEY  
7 NOVEMBER 2017

Research has shown that while some people seem to have natural resilience, these behaviours can also be learned. The following are just a few of the techniques you could focus on in order to foster your own resilience:

- Find a sense of purpose in your life
- Believe in yourself and what you can achieve
- Develop a strong social network
- Embrace change
- Be optimistic
- Nurture yourself
- Develop your own problem solving skills
- Establish Goals

Resilience is strongly connected with mental wellbeing. People with higher feelings of wellbeing have lower rates of illness, recover more quickly and for longer, and generally have better physical and mental health.



# THE IMPORTANCE OF BEING RESILIENT

“

Today I feel really happy as I have come to the first TADS\* wellbeing programme. It has made me see a lot of difference about mental health and things I can do differently to help me and my family.

Female, 27

”



“

I worry about all the normal things – money, the weird noise my car keeps making, the health of my family and pets.

Female, 26

”

“

I must do more exercise! This is a stress reliever and obviously good for my health, but I also think it would make me more resilient to a bad night's sleep.

Male, 52

”

“

Having negativity is no good and I know it has an effect on my health and wellbeing.

Female, 56

”

“

Physically I'm sure I look fine but internally I'm not sure.

Female, 34

”

“

My mood is always low because of where I live, the way I live.

Female, 25

”

“

I woke up this morning feeling tired and already anxious about the day ahead. I worry about my health a lot. Not openly, but my weight is a big issue, always has been. On the whole, I have a good happy life – today has been 'one of those days'.

Female, 36

”

Mental wellbeing is a priority for Barnsley's Health and Wellbeing Board and we will use what you have said to inform our plans and programmes of work over the next 12 months.

I do not underestimate the daily challenges that residents face and the impact this has on health and wellbeing. If you have been feeling depressed for more than a few weeks and your level of anxiety is affecting your daily life then it might be time to seek further help, support or information.

NHS Choices Moodzone provides practical advice, interactive tools, videos and audio guides to help improve our mental wellbeing:

<https://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/low-mood-stress-anxiety.aspx>

It provides details on self-help such as mindfulness and other treatments you might want to consider including talking therapy.

However, if your mental health issue is urgent, you must make an appointment to see your GP.

If you've had thoughts of self-harming or are feeling suicidal, contact someone you can trust immediately, such as your GP, or a friend or relative. The Samaritans helpline is available 24 hours a day, 365 days a year, for people who want to talk in confidence. Call 116 123 (free).





## THE IMPORTANCE OF OUR CONNECTIONS WITH OTHERS

Loneliness and social isolation are significant public health issues which, as well as having broader social, financial and community implications, have a marked impact on our physical and mental wellbeing. Not only do they increase the risk of high blood pressure, they can cause depression, sleep problems, reduced immunity and dementia. It has a greater impact on our physical and mental health than other risk factors such as physical inactivity and obesity.

A study found that loneliness and social isolation has an equivalent risk for early death as smoking 15 cigarettes per day<sup>1</sup>.

- The quality and quantity of social relationships affect physical and mental health and risk of mortality. Social isolation and loneliness are associated with a 50% excess risk of coronary heart disease.
- Anyone can experience social isolation and loneliness. Although it is more commonly considered in later life, it can occur at all stages of the life course.
- Interventions to reduce social isolation and loneliness need to bring people together naturally in a way that is appropriate to their particular needs.
- A range of services provided by the public, private and voluntary services may have the potential to impact on social isolation, even if this is not their primary aim.
- Much can be done to tackle social isolation using the assets we already have in the community. This is particularly relevant in view of local spending constraints coupled with increasing demands for health and social care.

Loneliness is a subjective, negative feeling associated with lack or loss of companionship. If you feel lonely, you are lonely.

Social isolation can be defined as imposed isolation from normal social networks. This can lead to loneliness and can be caused by loss of mobility or deteriorating health.

It is possible to be lonely whilst not isolated, for example amongst those with caring responsibilities who receive little help.

It is possible to be socially isolated but not feel lonely.

<sup>1</sup> Holt-Lunstad J, Smith TB, Layton JB (2010) Social Relationships and Mortality Risk: A Meta-analytic Review. PLoS Med 7(7): e1000316. doi:10.1371/journal.pmed.1000316



## THE IMPORTANCE OF OUR CONNECTIONS WITH OTHERS

**More residents wrote about loneliness and social isolation and the importance of our connections with others than any other subject in the diary entries we received.**

It is important to remember that people are able to 'recover' from loneliness and social isolation which means that there is scope for interventions to improve the situation for residents. Loneliness and social isolation are responsive to a number of effective interventions, which are often low cost. Taking action to address loneliness can reduce the need for health and care services in the future.

We will therefore work across the borough to ensure that appropriate support is in place at a local level which enables people to have the social contact they need.

“

I do worry about what support network I actually have because I don't feel like anyone does anything for me or helps me.

Female, 27

”

“

The high point of my day will be seeing my friend after work.

Female, 51

”

“

I leave to go to the luncheon club at 11.30am. I love to go for the dinner and the company. We are all friends and enjoy each other's company.

Female, 83

”

“

I had visitors which cheered me up.

Female, 70

”

“

Feel good about the love and support from my family helping me to get better.

Male, 50

”

“

I am worried about something happening to me when I am by myself and no one is there to help.

Female, 17

”

“

Every morning I feel sad. I have no family and no friends.

Gender/age unknown

”

“

My low points are always on an evening when I am on my own. There's not much I can do about that, but I am grateful for my friends that keep me busy during the day.

Male, 56

”

“

My high points are simply waking up every day, living everyday - seeing my children happy and smiling and feeling loved.

Female, 33

”

“

I live on my own and like to meet people and go to meetings and community groups.

Male, 63

”

“

I am the only man in the company of all women who seem to be completely addicted to mobile phones. Why do I hate that? I guess I feel isolated.

Male, 54

”



## THE IMPORTANCE OF OUR CONNECTIONS WITH OTHERS

SUNNYBANK  
FAMILY CENTRE,  
BARNSELY  
7 NOVEMBER 2017



IN 2016/  
2017... **45%**

of Barnsley residents who were users of adult social care had as much social contact as they would like to have. Although this is only slightly lower than the England average of 45.4%, we must not lose sight of the fact that 55% of Barnsley residents who were users of adult social care did not have as much social contact as they would like.

IN 2016/2017...  
**33.5%**

of adult carers had as much social contact as they would like. Although this is only slightly lower than the England average of 35.5%, approximately two thirds of carers consider themselves to be lonely.

IN 2011, THE PERCENTAGE OF ADULTS LIVING  
IN BARNSELY WHOSE CURRENT MARITAL  
STATUS WAS SEPARATED OR DIVORCED WAS...

**12.9%**

This is significantly higher than both the England average of 11.6% and the Yorkshire & Humber average of 11.9%.

“

I go out to work which I enjoy but I sometimes feel lonely. I could improve this by going out more but I find this difficult on your own.

Gender unknown, 57

”

“

Going to luncheon club to see my friends, we do bingo and have a good time. The food is nice and I go every week.

Female, 82

”

“

I don't know what I would do without the television and audio books from the library.

Female, 82

”

“

If I don't get to see my friends it upsets me. I can feel lonely at times living on my own.

Female, 37

”

“

Today I am in tears again. Sometimes it is a few short times during the day, other days (like today) it's almost all day the tears are flowing, the memories torturing and the feelings of worthlessness building. I spend much of my time alone. I am normally not a worrier however I do worry about getting older and infirm.

Female, 65

”



MAY DAY  
GREEN MARKET,  
BARNSELY  
7 NOVEMBER 2017





COUNTY WAY, BARNSELEY  
7 NOVEMBER 2017

## THE IMPORTANCE OF FIVE WAYS TO WELLBEING

The Five Ways to Wellbeing are a wellbeing equivalent of ‘five fruit and vegetables a day’. It is recommended that we build the Five Ways (Connect, Be Active, Take Notice, Learn and Give) into our daily lives to improve our wellbeing and many residents told me how they are already doing this which is fantastic news. From a morning walk, to gardening, from learning something new, to helping other people, you described the importance of such activities for your feeling of day-to day wellbeing.



SMITHIES POND, BARNSELEY  
7 NOVEMBER 2017

### CONNECT

There is strong evidence to indicate that feeling close to and valued by other people is a basic human need and one that contributes to our overall healthy functioning. It is clear from your diaries that social relationships and networks with family and friends are critical in influencing how we feel, regardless of our age or gender.

Chapter 2 covers in more detail the importance of our connections with others including the people who surround us, either at home, at work, at school or in our communities and describes how these connections can support and enrich our everyday lives.



## THE IMPORTANCE OF FIVE WAYS TO WELLBEING

“

I feel that I am good at my job which gives me a sense of satisfaction and pride which is good for my mental wellbeing. However, my job is an inactive one and I am overweight. I feel that more physical activity (and time to complete the activity) would aid my physical health.

Female, 33

”

## BE ACTIVE

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. The activity doesn't need to be particularly intense for you to feel good – you have told me how slower-paced activities, such as walking or gardening, can have the benefit of encouraging social interactions as well providing some level of exercise.

We need to increase the number of residents who are participating in physical activity. Less than two-thirds (59.1%) of adults in Barnsley currently meet the recommended minimum of 150 minutes of moderate intensity physical activity per week which is significantly lower than the England rate of 64.9%.

# 14.5%

OF BARNSELY'S RESIDENTS USE OUTDOOR SPACE FOR EXERCISE AND HEALTH REASONS BETWEEN MARCH 2015 AND FEBRUARY 2016.

Although this is not significantly different to the England rate of 17.9% and to the Yorkshire & Humber rate of 17.5%, Barnsley has an abundance of outdoor space which we must use more in order to maintain our health and wellbeing.

Exercise is essential for promoting our health and wellbeing so starting today, why not:

- Use the stairs instead of a lift
- Go for a walk
- Swap a short journey for which you might normally use a car with walking
- Get off the bus one stop earlier than usual and walk the final part of your journey
- Do some 'easy exercise', like stretching, or something fun like dancing

Exercising makes you feel good, so most importantly, find an activity that you enjoy and that suits your level of mobility and fitness.



BARNSELY INTERCHANGE  
7 NOVEMBER 2017



## THE IMPORTANCE OF FIVE WAYS TO WELLBEING

“

I thought cycling to work was going to be a chore but as it turns out I rather enjoy it. I like the feeling of being very alert when I get to work. It seems some staff arrive at work looking very tired. Perhaps they should cycle too.

Male, 54

”

“

I walk the dog and keep myself positive.

Male, 58

”

“

I used to dance back in the day – dancing is good for the soul!

Female, 90

”

### TAKE NOTICE

Take notice and be curious. Barnsley is a beautiful borough with so much to look at and so much to do. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Studies have shown that being aware of what is taking place in the present directly enhances wellbeing. Be aware of the world around you and what you are feeling, as reflecting on your experiences will help you appreciate what matters to you.

It can be easy to rush through life without stopping to notice much so pay more attention to the present moment – to your own thoughts and feelings, and to the world around you – here are a few ideas:

- Take a different route on your journey to or from work, school or college
- Visit somewhere new
- Take notice of how people you know are feeling or acting and ask how they are
- Take a moment to look around to notice your surroundings

“

I am on the whole a very happy, positive and funny person and I love my life. Wherever I can I factor activities into my day to make me feel better, this is often going for a walk at lunchtime, or doing something nice for myself.

Female, age unknown

”

“

Tonight was ballroom dancing class, which although frustrating as we step on each other's feet and forget steps, is fun, provides some gentle exercise and is also a way of making new friends.

Female, 59

”

“

I went for a couple of short walks in the park, which is lovely at this time of year which has the benefit of a bit of exercise and a change of scene from the office desk, so wakes me up. I enjoyed the crispness of the air.

Female, 59

”

“

Went to pilates class which always makes me feel better.

Female, 56

”

“

I felt quite spirited this morning as the sun was rising and it was clear and dry. The weather definitely impacts on my mental wellbeing. As does the drive to my son's nursery, as I get 15 minutes of headspace to listen to the radio!

Female, 32

”

“

I have lots of friends and they make me happy. If I didn't have friends it would make me miserable. My high point was thinking about Thursday. I'm doing a choir event to raise money for cancer. I am learning Christmas songs. I am very excited.

Female, 26

”



## THE IMPORTANCE OF FIVE WAYS TO WELLBEING

“

The high  
points of my  
day come from  
supporting  
others.

Male, 33

”



LUNDWOOD, BARNSELEY  
7 NOVEMBER 2017

### LEARN

Learning new things will make you feel more confident, as well as it being fun it creates an opportunity to meet other people. Many of you told me about the importance of trying something new and how learning to play an instrument or learning how to fix a bike can positively impact on how you feel physically and mentally. Rediscover an old interest or take on a different responsibility at work. Set a challenge that you will enjoy achieving.

The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing. So why not set a daily goal to do one of the following:

- Sign up for a class
- Read the newspaper or a book
- Set up a book club
- Do a crossword or Sudoku
- Research something you've always wondered about
- Learn a new word

“

I was looking  
forward to my day  
as I had two classes  
teaching adults with  
learning difficulties  
art, which is very  
rewarding.

Female, 60

”

“

Looking  
forward to  
choir tonight.  
I'm not a  
great singer  
but this choir  
was and is  
a lifesaver  
to me in my  
struggles  
with  
depression.

Female, 63

”

### GIVE

I was overwhelmed by the number of Barnsley people who told me how important helping other people is to their own feelings of wellbeing. Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

Individuals who report a greater interest in helping others are more likely to rate themselves as happy. So, why don't you:

- Do something nice for a friend, or a stranger
- Thank someone
- Smile
- Volunteer your time
- Join a community group

Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

“

I came to a  
volunteer session  
which made me  
feel better, trying  
to help other  
people.

Female, 57

”

“

I love  
being here  
for other  
people.

Female, 69

”





LUNDWOOD, BARNSELEY  
7 NOVEMBER 2017

# Sleep

# 4

## THE IMPORTANCE OF SLEEP

Regardless of your age or gender, sleep is crucial to your health and wellbeing. Unfortunately, too many people in Barnsley are suffering from a lack of sleep or poor sleep and we are not alone. In England, four in ten people aren't getting enough sleep while one in five people sleep poorly most nights. This represents the second most common health complaint after pain.\*

Although the occasional night without sleep makes you feel tired and miserable the following day, it won't harm your overall health and wellbeing. However, more prolonged nights with poor sleep can create more serious issues including an increased risk of injury or accident and a difficulty in making decisions and concentrating. You will undoubtedly feel down and your mood will be low.

“

I can't sleep at night. I feel stressed and want to get rid of it.

Female, 76

”

“

Alarm went off at 5.30am and woke me up after a lovely uninterrupted 8 and a half hours sleep. I wish I could sleep like this every night.

Female, 59

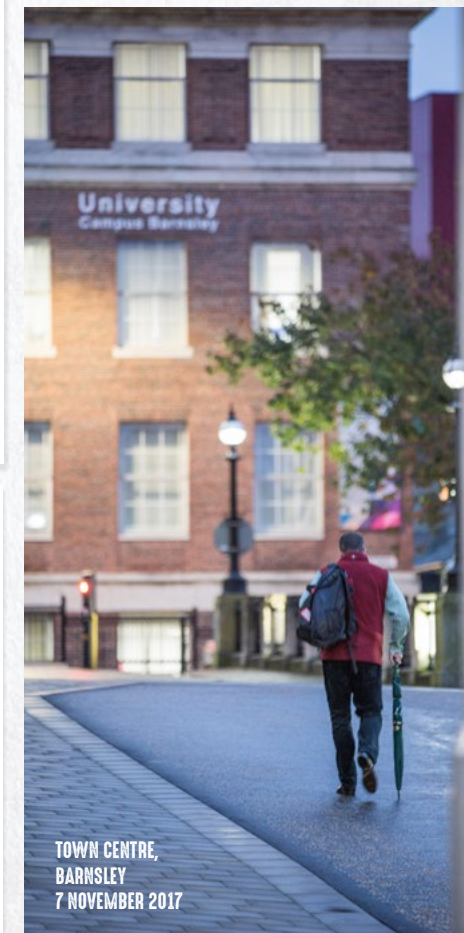
”

“

Today I feel very tired because I didn't sleep well last night. I generally don't sleep well and this catches up with me. I felt flat and bored and overwhelmed as a result.

Female, 57

”



TOWN CENTRE,  
BARNSELEY  
7 NOVEMBER 2017

\*Royal Society for Public Health (2016). Waking up to the health benefits of sleep. University of Oxford.





MEAT AND FISH MARKET, BARNSELEY  
7 NOVEMBER 2017

## THE IMPACT CAUSED BY POOR SLEEP CAN BE LONG LASTING:

- Short sleepers are more likely to be obese; and young children who do not get enough sleep are at greater risk of becoming obese as older children and adults.<sup>1</sup>
- The biggest killer of children and young people is transport collisions, and one in five crashes on major roads is related to lack of sleep.<sup>2</sup>
- Almost four in five long term poor sleepers suffer from low mood and are seven times more likely to feel helpless.<sup>3</sup>
- Persistent insomnia increases the risk of developing severe depression and suicidal behaviour.<sup>4</sup>

<sup>1</sup> Ruxton, C. Derbyshire, B. (2005), Does Sleep affect weight management? Complete Nutrition. Vol 15. Number 1.

<sup>2</sup> Department for Transport. Think! Fatigue. <http://think.direct.gov.uk/fatigue.html>.

<sup>3</sup> Sleepio. (2012). The Great British Sleep Survey. <https://www.sleepio.com/2012report/>.

<sup>4</sup> Royal Society for Public Health (2016). Waking up to the health benefits of sleep. University of Oxford.

“

I look forward to summer coming back around as I'm really not a winter person. Having a good night's sleep will improve the way I feel today.

Female, 25

”

“

After receiving a 'Fit Bit' as a gift, I checked my sleep pattern (not good).

Female, 53

”

“

Woke up feeling happy and well today, if a little tired. Memo to self - must put the book down and go to sleep earlier!

Female, 52

”

“

At one point today as I was driving I felt really fed up and tired and could have stopped and slept.

Female, 57

”



TOWN CENTRE, BARNSELEY  
7 NOVEMBER 2017

There is now a wealth of evidence suggesting that lack of sleep and poor sleep are bad for our health, and is associated with a huge range of conditions including diabetes, depression, obesity, heart attack and cancer. Sleep related accidents are a major cause of injury and in older people it may be related to accelerated cognitive decline.<sup>4</sup>

Although there is a growing body of national evidence, the local picture is not as clear and we need to find out more about the numbers affected and how this impacts on the health and wellbeing of Barnsley's residents.

However, there is no doubt that when you sleep well you feel refreshed. The amount of sleep that you need depends on what is happening in your life but good-quality sleep is important for your health and wellbeing, helping you to de-stress, concentrate during the day and learn new things.

## THEREFORE, OVER THE NEXT 12 MONTHS WE WILL:

- Produce self-help literature to encourage 'sleep hygiene'; habits and practices that are conducive to sleeping well on a regular basis
- Ensure people understand the links between poor sleep and smoking, diet and alcohol
- Raise awareness of what your 'slumber number' should be. Produced by the Royal Society for Public Health and in collaboration with experts in the field, the 'slumber number' provides guidance on roughly how much sleep you should be aiming to have according to your age.
- Ensure people know where to access support in Barnsley when they have a sleep problem



“

I woke up at 1am and didn't go back to sleep until after 3.30am so when it was time to wake up I still felt tired. This happens to me regularly.

Gender unknown, 57

”

“

I don't sleep very well. I've never had a full night's sleep for some reason.

Male, 92

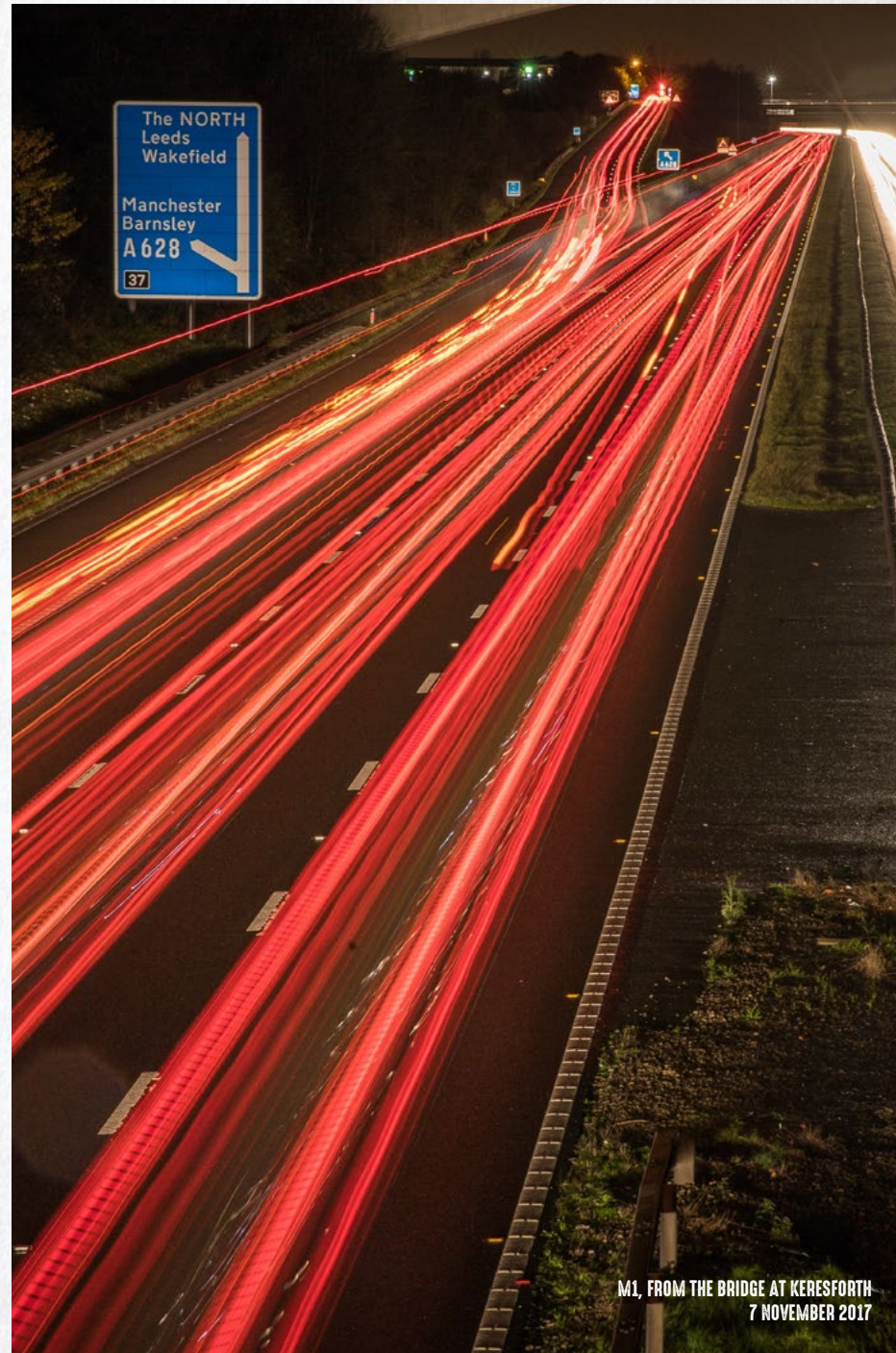
”

“

I didn't get home until just after 11pm and had to feed all my pets and make lunch for tomorrow so I became stressed knowing I wasn't going to get enough sleep.

Female, 26

”



## WHAT'S YOUR SLUMBER NUMBER?

Age group (years)	Hours of sleep per day
1 - 2	11 - 14
3 - 5	10 - 13
6 - 13	9 - 11
14 - 17	8 - 10
18 - 25	7 - 9
26 - 64	7 - 9
65+	7 - 8

\*Adapted from National Sleep Foundations recommendations 2015.

“

Woke up feeling cold and tired, thinking, another day I have to get through.

Male, 34

”

“

It's amazing how much a bad night's sleep can affect you. I try to take a glass half full approach, which I think is my natural inclination, but sometimes it's difficult, especially when you're tossing and turning at 4am.

Male, 52

”

“

When I woke up this morning, I felt tired but ready to face the day. I should probably have gone to bed earlier last night, but it is not always easy to switch off and settle down.

Female, 51

”

“

When I woke this morning I felt very well having had a very good night's sleep.

Male, 21

”

“

I feel tired and drained. When I woke up this morning I felt ok but as the day progresses I feel worse.

Female, 36

”



# Work



BARNSELY INTERCHANGE, 7 NOVEMBER 2017

## THE IMPORTANCE OF WORK

30% of those who completed a diary wrote about the importance of work and the impact it had on their health and wellbeing.

Evidence shows that a good working environment is good for health, and that a bad working environment (for example where there is low pay for more effort) may contribute to poor health. There is also evidence to show that healthier, active and engaged employees are more productive, have lower levels of sickness absence, creating a business imperative to take action as well as a public health one.

There remains little doubt that work is beneficial to health and wellbeing and the lack of work is detrimental to health and wellbeing leading to higher consultation rates with GPs, increased prevalence of depression and anxiety and higher suicide rates. For people without work, re-employment leads to improvement in health and wellbeing, whereas continued unemployment leads to deterioration. The health status of people of all ages who move off welfare benefits improves. These benefits apply equally to people who have mental health problems including those with severe mental health problems. There is no evidence that work is harmful to the mental health of people with severe mental illness.

Barnsley Council's More and Better Jobs Strategy acknowledges that the borough needs more jobs and needs as many of those as possible to be good jobs that support productive businesses and offer people:

- A decent income, fair terms and recognition of effort
- Progression opportunities and the chance to learn and develop
- Job satisfaction and a good, safe and healthy working environment
- Appropriate security, flexibility and opportunity to contribute

The Barnsley rate of 16-18 year olds who are not in education or training is 4.4%, this is not significantly different to the England rate of 4.2% IN 2015.

# 71.8%

OF PEOPLE AGED BETWEEN 16 AND 64 IN BARNSELY ARE IN EMPLOYMENT

“

Good bunch of people work at Barnsley and help to lift the mood massively.

Male, 34

”

“

I love this job!  
I love my working environment and I love the people I work with.

Female, 50

”



# THE IMPORTANCE OF WORK

“ Work can be stressful and I think it does sometimes take up too much of my head space - and then I worry about not being there for the kids enough. ”

Female, 44



“ I leave home for work - filled with dread of tedious repetition. ”

Male, 28

“ I think if I had a job that would make my life better. ”

Male, 16

“ I look forward to being at work, although it's a stressful and challenging job, colleagues and team work are a protective factor. ”

Female, 54

“ High points of my day included getting to work and having lovely colleagues to share my thoughts with. ”

Female, 57



“ I feel downbeat. Every day I come and open my business and every day I feel, what's the point? ”

Male, 36

“ Everything changed after the pits closed. No one had money. Shops closed. Villages went downhill. I was worried about money. I was only 30. Pit work was all I did. No other skills. ”

Male, 58

“ I feel very lonely and isolated at work. I wonder if the work I do is valued or noticed at all by anybody? ”

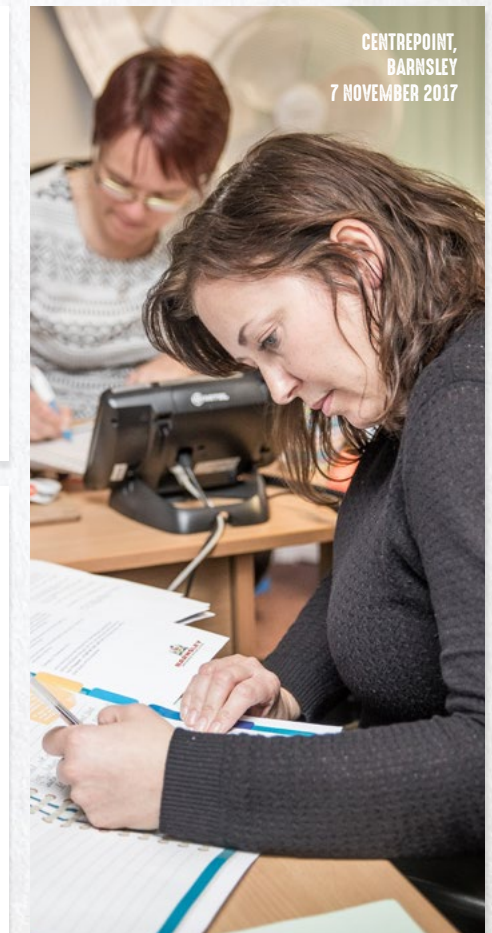
Female, 48

“ I feel fantastic today simply because I wake up every morning looking forward to going to work. ”

Male, 44

“ I regularly used to go the gym around 3 times per week but I feel unable to since I changed my job as I am too busy and mentally tired out after long days. ”

Male, 40





*From Barnsley people to Barnsley people*



SHAMBLES STREET, BARNSELEY  
7 NOVEMBER 2017

*Your advice on how to  
maintain good health and  
feelings of wellbeing*

“

My tip for a happy  
and healthy life is to  
avoid the sugar isle  
in the supermarket  
and do the things  
that make you  
happy.

Female, 34

”

“

Keep  
active to  
stay  
happy.

Female, 56

”

“

I suppose the tip for  
being happy and healthy  
is being realistic about  
what you can achieve. Be  
happy that you are doing  
your best and worry less  
about what other people  
think about you.

Female, 44

”

“

Tip - don't worry  
about the opinions of  
others - you'll never  
please everyone so  
you have to be happy  
with yourself.

Female, 59

”

“

Make time for yourself  
- even if you're just  
busy doing nothing.  
Emotional wellbeing  
is as important as  
physical wellbeing -  
don't neglect it!

Female, 51

”



BARNSELEY  
INTERCHANGE  
7 NOVEMBER 2017



## FROM BARNSELEY PEOPLE TO BARNSELEY PEOPLE

“

My tip for a happy and healthy life - don't worry about things that are out of your control and be kind.

Female, 44

”

“

My tip for a healthy, happy life would be to eat well, exercise daily - even if it's just a steady walk and always make time for yourself.

Male, 26

”



BARNSELEY  
INTERCHANGE  
7 NOVEMBER 2017

“

I recommend writing a diary to remember happy memories.

Gender/age unknown

”

“

To enjoy life one day at a time. Make the best of what you have and do.

Female, 58

”

“

Keep the mind active - learning something new every day using the internet, books or TV.

Male, 70

”



WESTGATE  
PLAZA, BARNSELEY  
7 NOVEMBER 2017

“

Practice mindfulness.

Female, age unknown

”

“

My tip for a happy life is to volunteer and help one another. It gives you a good feeling and makes your days happy.

Female, 44

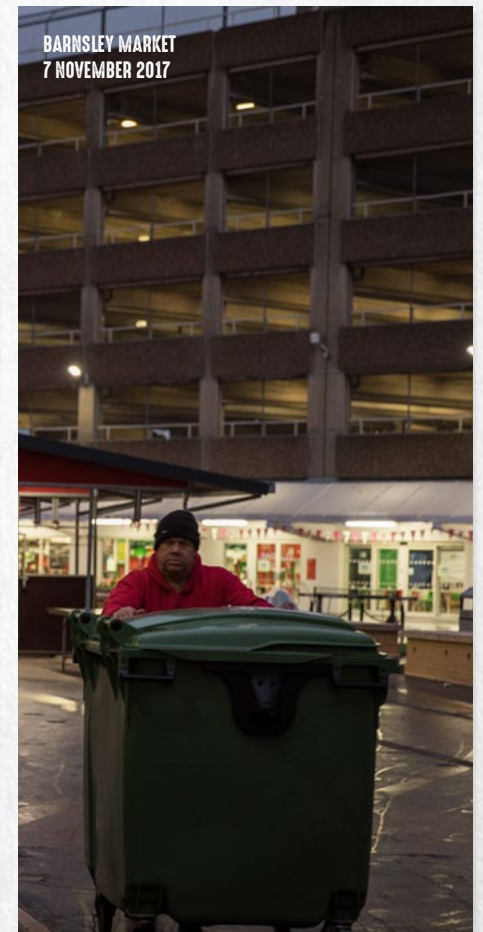
”

“

Don't try and juggle too much!

Female, 35

”



BARNSELEY MARKET  
7 NOVEMBER 2017

“

Allow yourself the odd 'grumpy day' but most of all try to be happy, smile (it's catching), say 'hello', 'good morning' ask if people are ok (and mean it). They may just want you to listen, but you might also be able to help.

Female, 50

”



## FROM BARNSELY PEOPLE TO BARNSELY PEOPLE

“

Tip for a happy and healthy life – try to be balanced with exercise and diet, always make time for friends and laugh a lot.

Female, 33

”

“

Be positive and don't look back except to learn from past experiences and mistakes.

Male, 70

”



“

It's nice to be nice and being nice makes you feel happier.

Female, 43

”



“

My tip for being healthy is keeping regularly active and connecting with communities and groups, remaining social.

Male, 33

”

“

For a happy and healthy life I would say have lots of laughs, be kind to people.

Male, 48

”



“

Whatever the weather, dress up appropriately and walk outside.

Female, 67

”

“

Smiles are infectious and of course, laughter is the best medicine!

Female, 47

”

“

My tip is not to worry too much and have a laugh with others.

Female, 72

”

“

My tip for a happy, healthy life would be to make the best of every day, spending time with positive, loving family and friends.

Female, 51

”





BARNSELY, 7 NOVEMBER 2017

There were some common themes in the diaries and these have been captured and discussed in chapters one through to five.

It has been impossible to do justice to everything you wrote about and this report contains only a snapshot of what you experienced on 7 November 2017. Here are a few examples of other issues you are facing.

Residents are worried about their children and their children's future which is impacting on their own health and wellbeing

“ Always worried about my children, although all doing well.

Female, 56

“ I worry about my two boys more than anything and what lies ahead for their future living in Barnsley, their happiness and health.

Female, 46

“ The main thing I worry about is my kid's futures, especially my son who is unemployed and suffers from anxiety and depression.

Female, 59

SUNNYBANK FAMILY CENTRE, BARNSELY  
7 NOVEMBER 2017





You have told me that it is so important to have things to look forward to, no matter what those things might be

“ I’m going out today – looking forward to this, even if it is to a hospital appointment. ”

Female, 84

The positive impact our pets can have on the way we feel – both physically and mentally

“ Get a dog and go out for a walk (borrow one if you don’t want one permanently). Strangers will talk to you and become your friend. ”

Female, 57

“ A dog walk in the fields. This is the best part of the day, so peaceful, just listening to the birds and enjoying the countryside. ”

Male, 64

Too many residents are in pain

“ It always takes me time to get up as I have stiff legs due to arthritis. But I keep myself going and moving forward. ”

Female, 72

“ I woke up this morning hoping for a better day without pain. ”

Female, 70

We were tragically reminded of the importance of good housing following the Grenfell Tower fire

“ If I had a home I could call home would improve things. That would be my wish long term tenancy. ”

Male, 50

“ I would like a room for myself instead of sharing with 12 people. ”

Male, age unknown



MAY DAY GREEN MARKET, BARNSELY, 7 NOVEMBER 2017



CHURCH STREET, BARNSELY  
7 NOVEMBER 2017



## *Final word from Julia...*

I want to thank the residents of Barnsley who took part in 'A day in the life of'. I have been overwhelmed by the response we received and I am incredibly grateful to all those who took the time to share their thoughts, feelings, worries and aspirations with us. I will finish with the most important recommendation that emerged from this and last years' Director of Public Health report and that is, we must keep listening to what Barnsley people are telling us. We will keep doing this and keep reading and reflecting on all of the diaries we recieved from Barnsley people. I look forward to sharing our public health plans and priorities with you moving forward.

## **DIRECTOR OF PUBLIC HEALTH 2017 ANNUAL REPORT**

*Photographs taken by Timm Cleasby  
on 7 November 2017*

*Design by Beth Heath*



**BARNSELY**  
Metropolitan Borough Council