



Langworthy Cornerstone Bridges the Gap

Happiness and Wellbeing Survey: March 2016



Summary.

We believe that this research, though small scale, shows clearly that ‘The Cornerstone Effect’ goes a long way towards bridging the well being gap between deprived and more affluent areas, in some cases overcoming it all together.

This is a very significant achievement, given the lack of progress more generally in reducing health inequalities nationally over the years.

Why we conducted the research.

Langworthy Cornerstone Association* has been developing & delivering services to improve health and wellbeing for local people for more than ten years.

In March 2016, following a news report on the publication of the Office of National Statistics (ONS) measures of the nation’s Happiness and Wellbeing, we decided to conduct our own small scale survey of our Cornerstone participants.

We wanted to see if there are any comparisons or differences with the local area and also to find out if people felt that the Cornerstone had a positive impact on certain areas of their lives.

How we conducted the research.

We ran the survey over two weeks. We gave all activity leaders the survey to hand out to their participants, our Children’s Centre took part and gave the survey to parents attending their centre, we had surveys out around our cafe area and we also had an online version. We explained in our questionnaire that we were using the same questions as the ONS and then asked some additional questions to see if the Cornerstone was an important factor in any differences with the general ONS results.

Our incentive was to enter all who participated into a prize draw to win a £10 Love2Shop Voucher.

We received 90 completed forms and these form the basis of this research.

Summary of participant demographics.

Postcodes - Majority from M5/M6

Gender - Majority Female

Ethnicity - Majority White British

Employment status:- Mixture of retired, working, looking for work

The survey questions

The questions asked by ONS and Langworthy Cornerstone were rated on a scale of 0 – 10 (where 0 = “not at all” and 10 = “completely”).

1. Overall how satisfied are you with your life nowadays?
2. Overall to what extent do you feel the things you do in your life are worthwhile?
3. Overall how happy did you feel yesterday?

* For further information about who we are and what we do please visit our website at www.langworthycornerstone.co.uk

or our Facebook page at <http://tinyurl.com/cxafbch>

or call John Phillips (Chief Officer) on 0161-121-4481, or email: john.phillips@langworthycornerstone.co.uk

Anne-Marie Lowe (Administrator) did all the hard work in completing this research and deserves all the credit.

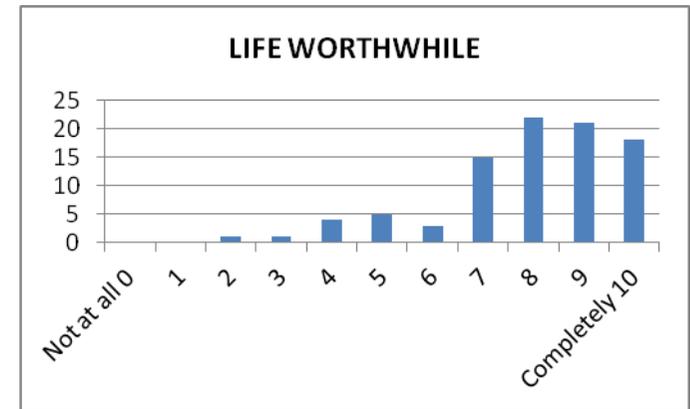
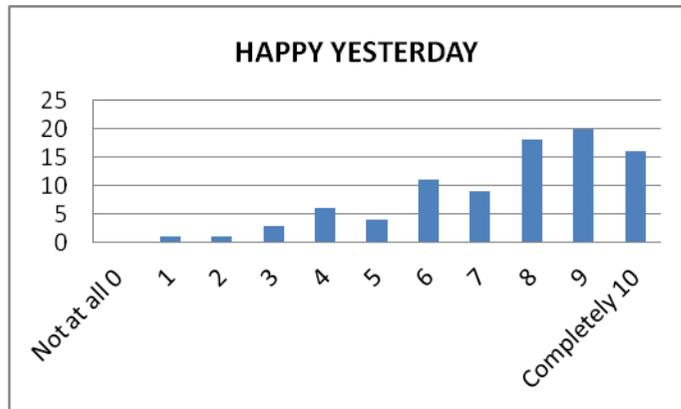
JP’s Conclusion**.

All disadvantaged areas with health inequalities need a Langworthy Cornerstone; we have a major long term impact on health & wellbeing and don’t cost much.

(** A personal view.)

LANGWORTHY CORNERSTONE PARTICIPANT RESULTS

The following three graphs indicate the results. The majority of people rated themselves from 6-10 on all three questions i.e.: High (7 – 8) to Very High (9 – 10)



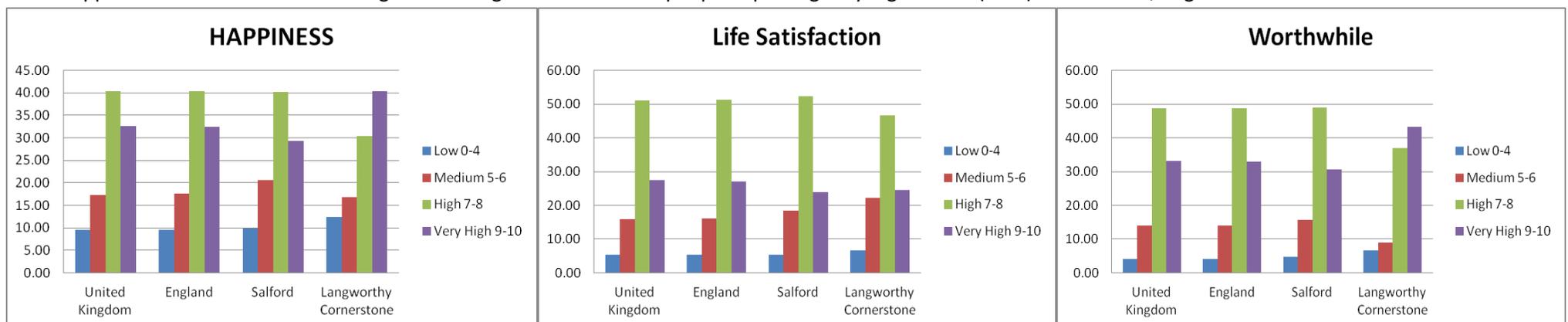
COMPARISON WITH SALFORD, ENGLAND AND UK

We can then compare our results with those from the ONS Wellbeing data results released in February 2016 and look at how we fared against Salford, England and the UK

(www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datalist?filter=datasets)

The results:-

For “happiness” and “worthwhile” ratings we had a greater number of people reporting very high scores (9-10) than Salford, England or the UK.

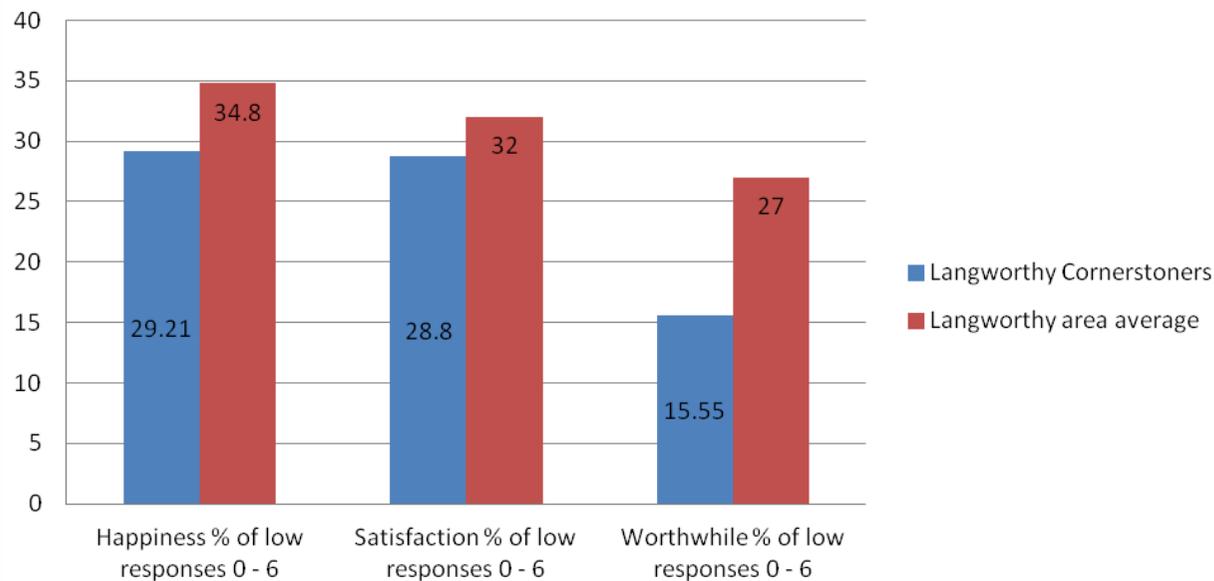


COMPARISON WITH LOWER SUPER OUTPUT AREAS

How do we fare against the local area? In order to compare with the local area, we looked at the ONS interactive local area maps (Lower Super Output Areas for 2011/2012) which show the % of **low responses** reported (: those rating their answers 0–6, where low = 0 – 4 and medium = 5 -6). This was the most recent ONS Data available for small areas.

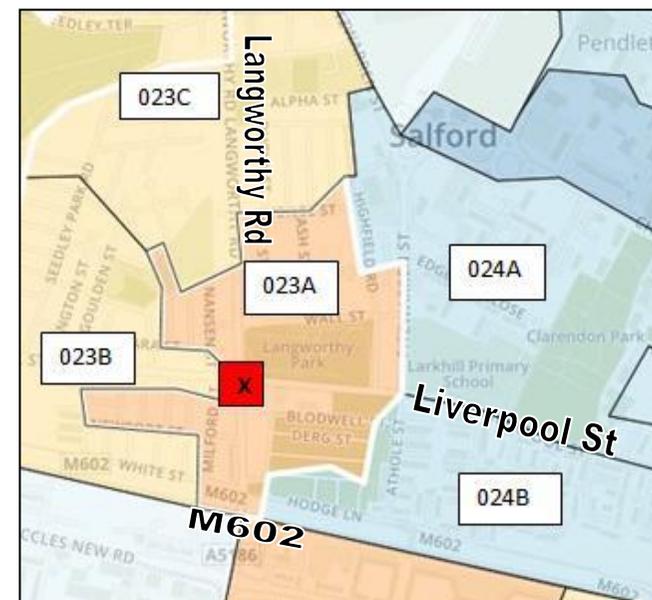
Area surrounding Langworthy Cornerstone	Happy Yesterday Low % responses 0-6	Life satisfaction Low % responses 0-6	Worthwhile Low % responses 0-6
Salford 023A (E01005654) Langworthy Park Area	31	27	22
Salford 024B (E01005658) Athole Street Area	39	38	32
Salford 024A (E01005655) Clarendon Park Area	39	37	32
Salford 023B (E01005656) Langton Street Area	33	29	24
Salford 023C (E01005657) Alpha Street Area	32	29	25
Langworthy Area Average	34.8	32	27
Langworthy Cornerstone participants	29.21	28.8	15.55

Comparison of Cornerstone low responses with Langworthy Area averages



The results:-

Fewer Cornerstone users reported **low levels** (0-6 on the scale) of happiness, life satisfaction and worthiness than the immediate surrounding area.



X = Cornerstone location: 451 Liverpool St, Salford, M6 5QQ.

THE CORNERSTONE EFFECT

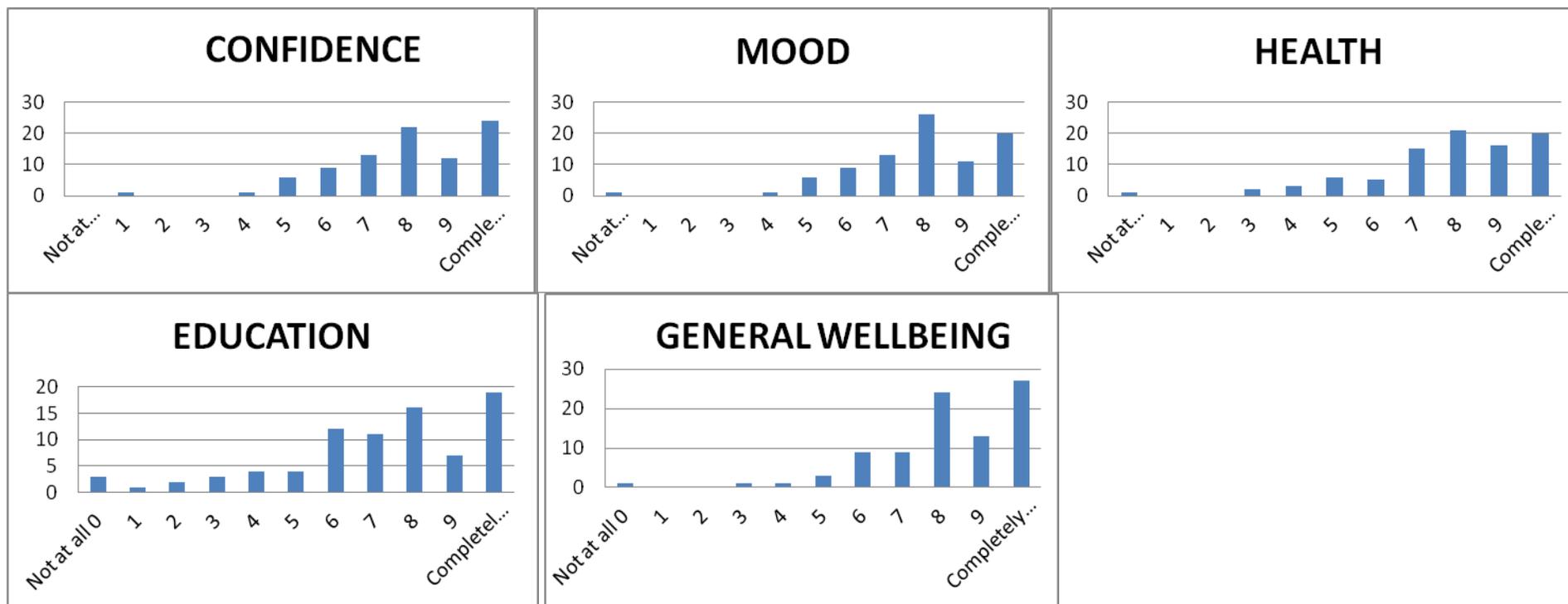
Has the Cornerstone had an impact on participant's Health and Wellbeing?

We asked participants the question:-

Do you feel that your participation in activities here at the Cornerstone has improved the following areas of your life?

We looked at mood, confidence, health, education and general wellbeing.

Answers rated on a scale of 0 – 10 (where 0 = “not at all” and 10 = “completely”).



The results:-

The majority of ratings are from scored 6-10 (high 7-8 and very high 9–10) indicating that people feel that we have made an improvement to these areas of their lives. (Not all of our activities fall into the categories of education or health and so could account for some of the “0 - not at all” ratings in these areas).

So the Cornerstone is an important factor in affecting people's sense of wellbeing.

We should probably go back to participants and ask them to rate other wellbeing factors in their lives such as Family & friends, the local environment, strength of the community etc, but needs a bit more thinking about to ensure we get an impartial & useful result.

PS: We have whole rafts of other research that we have done on our participants over the years, but we have never tried to match it to national research, which is the main reason why we are particularly excited about this approach. Happy to send you copies of our other research if you like.