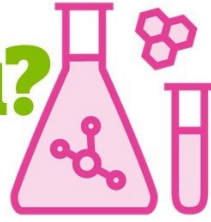


Covid-19

October
2020

How is it for you?



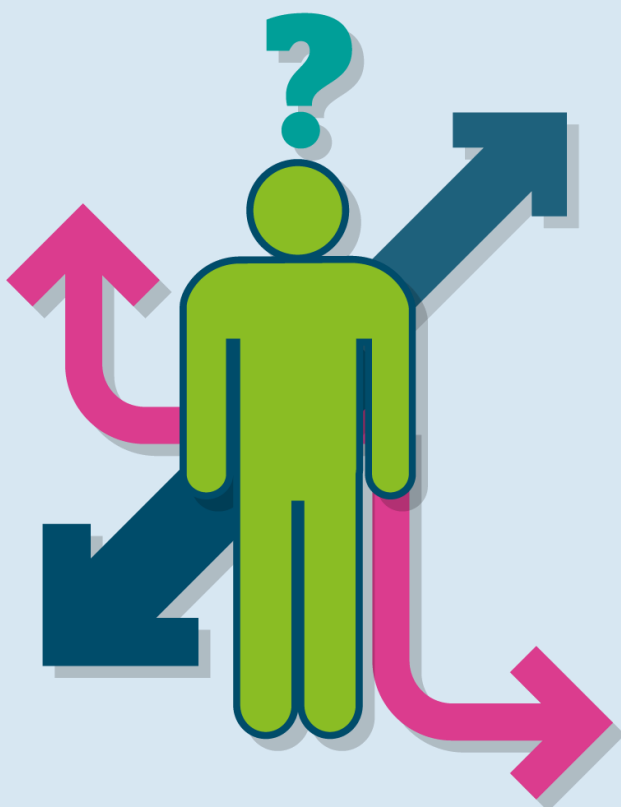
45 people told us:

24 felt the pandemic
had affected their
mental health

17 felt the pandemic
had affected their
physical health



I used to cycle to work everyday, now I just walk across my landing



22 people said they understood all of the public information:

'easy to understand and verify'
'greatly depends where the info has come from'
'yes, but it can be conflicting and bizarre'

21 people said they were a bit confused:

'contradictory'
'conflicting'
'it keeps changing'
'different areas having different rules'
'local advice great but national advice, not so'

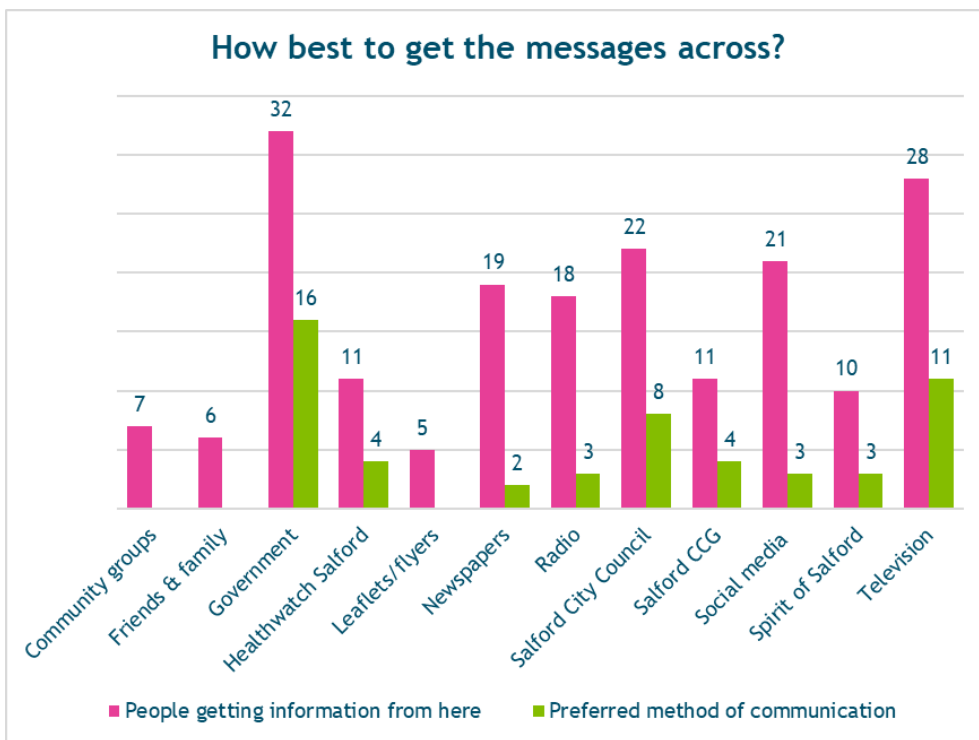
Summary

3 people had experienced COVID-19 symptoms during the last month, with 2 of them testing negative. The **2** people who had experienced a COVID-19 test said the process was easy with one telling us that at Salford Civic Centre it was 'quick and efficient'. The other person who had symptoms and was advised to have a test by their GP was subsequently refused the test when they enquired and therefore found this process to be very difficult.

24 people felt that the pandemic had affected their mental health. Isolation and loneliness coupled together with anxiety seemed to be the biggest problem. People mentioned their lack of connectivity with others (friends and family) massively impacted on their mental health leaving some more tearful, stressed, and frustrated. Juggling childcare and carers responsibilities, also contributed to how they were feeling.

17 people told us that they felt the pandemic had affected their physical health with the majority of them feeling they have put weight on due to lack of exercise or poor diets. A couple of people mentioned having chest pains together with either feeling tired or not being able to sleep.

29 people needed to access health or care services during the last month with **22** of those being able to access the service that they required. **7** however could not access the service they required mentioning: 2 cancelled outpatients appointments; not being able to access a dentist; and 3 comments to do with GP appointments whereby one patient wanted to see their Doctor face to face and the other 2 had difficulty in accessing an appointment in the first place.



The majority of people have sought their information on the pandemic from the Government during the last month, followed by television, Salford City Council and social media as other popular mediums.

22 of them felt that they understood all of the information with **21** still feeling a bit confused.

Despite this, people said that getting information from the Government, was the preferred way to stay informed about the pandemic.

If you have any further questions about this survey or Healthwatch Salford in general, please don't hesitate to contact us on the details below.