

# Healthwatch Darlington Cost of living survey

## 1.

The rising cost of living is an issue that is likely to dominate the national policy debate for the next 18 months. We want to help decision-makers understand the impact on people's physical and mental health. We want to support our community to speak about the impacts of the cost of living crisis. By completing this survey we can ensure your voice is heard not only locally but at a national level too. We will be sharing our anonymised data with Healthwatch England

### 1. How would you describe your current financial situation?

- Very comfortable (I have more than enough money for living expenses, and a lot spare to save or spend on extras or leisure)
- Quite comfortable (I have enough money for living expenses, and a little spare to save or spend on extras or leisure)
- Not very comfortable (I have just enough money for living expenses and little else)
- Not at all comfortable (I don't have enough money for living expenses and sometimes or often run out of money)
- Prefer not to say
- Don't know

### 2. In the last six months, would you say that your financial situation has...?

- Got a lot better
- Got a little better
- Not changed at all
- Got a little worse
- Got a lot worse
- Prefer not to say
- Don't know

**3. Thinking about your health in the last two months, how has your physical and mental health been? When we talk about mental health we mean low mood, stress, anxiety and inability to concentrate as well as more severe mental health problems.**

	Got a lot worse	Got a bit worse	Not changed	Got a bit better	Got a lot better	Don't know/prefer not to say
My physical health has ...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My mental health has ...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**4. Have you made or are you anticipating making any of the following changes as a result of the current rising cost of living**

	I have already made this change	I anticipate making this change	Not applicable	Don't know/prefer not to say
Not travelling to see friends or family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Putting on more clothes than usual to stay warm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not turning on the heating when I usually would	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using a local warm hub (e.g. library or church) to avoid putting on the heating at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not being able to get to work because of the cost of petrol or public transport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cutting down or stopping social or entertainment expenditure (going out with friends, stopping streaming services etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Going to bed earlier than I usually would to save energy costs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turning off or avoiding using essential appliances to save energy costs (e.g. not using the oven)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cancelling or moving my broadband or mobile contract to save money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reducing how much food I eat and buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	I have already made this change	I anticipate making this change	Not applicable	Don't know/prefer not to say
Using a food bank	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Going into debt for the first time or going further into debt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buying less healthy food than I would normally	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cutting down or stopping things that make me stay fit and healthy (e.g. gym membership)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Needing to find cheaper accommodation because I can't afford my rent or mortgage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**5. Have you made or are you anticipating making any of the following changes to your health and social care due to the rising cost of living?**

	I have made this change	I anticipate making this change	Not applicable	Don't know/prefer not to say
Avoiding booking an NHS appointment because I can't afford the associated costs (e.g. phone calls, internet access)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoiding attending an NHS appointment because I can't afford to travel to the appointment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoiding seeking help from the NHS because I can't afford to take time off work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoiding buying over-the-counter medication that I usually rely on	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoiding taking one or more items on an NHS prescription because of the cost	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoiding going to the dentist because of the cost of checkups or treatment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cutting down on the use of medical	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



	Not at all	A little	Somewhat	A lot	Greatly	Not applicable	Don't know/prefer not to say
more often than before It has become harder for me to get to medical appointments (e.g. due to cuts in public transport)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I pay for or contribute to the cost of social care for myself and the cost has increased	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I pay for or contribute to the cost of social care for someone else and the cost has increased	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**8. Do you have any additional comments on the cost of living crisis and its impacts on your life and health?**

**9. Please tell us your age**

- 13 to 15 years
- 16 - 17 years
- 18 - 24 years
- 25 - 49 years
- 50 - 64 years
- 65 to 79 years
- 80+ years
- Prefer not to say
- Not known

**10. Please tell us your gender**

- Woman
- Man

- Non-binary
- Prefer not to say
- Prefer to self describe:

**11. Please select your ethnicity**

- Arab
- Asian/Asian British: Bangladeshi
- Asian/Asian British: Chinese
- Asian/Asian British: Indian
- Asian/Asian British: Pakistani
- Asian/Asian British: Any other Asian/Asian British background
- Black/Black British: African
- Black/Black British: Caribbean
- Black/Black British: Any other Black/Black British background
- Mixed/multiple ethnic groups: Asian and White
- Mixed/multiple ethnic groups: Black African and White
- Mixed/multiple ethnic groups: Black Caribbean and White
- Mixed/multiple ethnic groups: Any other Mixed/Multiple ethnic group background
- White: British/English/Northern Irish/Scottish/Welsh
- White: Irish
- White: Gypsy, Traveller or Irish Traveller
- White: Roma
- White: Any other White background
- Prefer not to say
- Other (please specify):

**12. From which of the following sources do you receive income?**

- Wages/salary
- Income from self-employment
- State retirement pension
- Disability benefits (eg Attendance Allowance or Personal Independence Payment)
- Means-tested benefits (eg Universal Credit, Tax Credits, Housing Benefit, Pension Credit)

- Other benefits
- Student loan
- Work/private pension
- Prefer not to say
- Other (please specify):

**13. How many dependent children live in your home (under 18)?**

- None
- 1
- 2 - 3
- 4 or more
- Prefer not to say

**14. Besides you, what other adults (18 or over) live in your home?**

- I'm the only adult (18 or over)
- My partner only
- I live with other adults who are not related to me and are not my partner (co-tenants, friends)
- I live with other members of my family (parents, siblings, other relatives)
- I live with my partner and other adults
- Prefer not to say
- Other (please specify):

**15. Please select any of the following that apply to you:**

- I have a disability
- I have a long term health condition
- I am a carer
- None of the above
- I prefer not to say

**16. So that we can contact you to discuss whether your story could be a case study for a campaign or to be passed on to the media, please leave your contact details here.**

Full Name:

Email  
Address: