

YOUR HOME YOUR WELLBEING

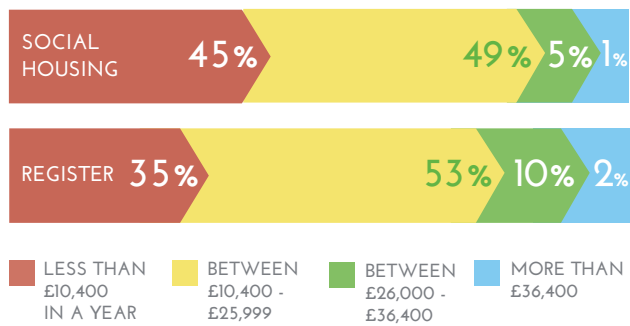
YEAR 2

1100+ people from the South West of England have taken part in the second year of a joint three year project exploring the relationship between housing and wellbeing with the Centre on Household Assets and Savings Management (CHASM) at the University of Birmingham, East Devon District Council (EDDC) and LiveWest.

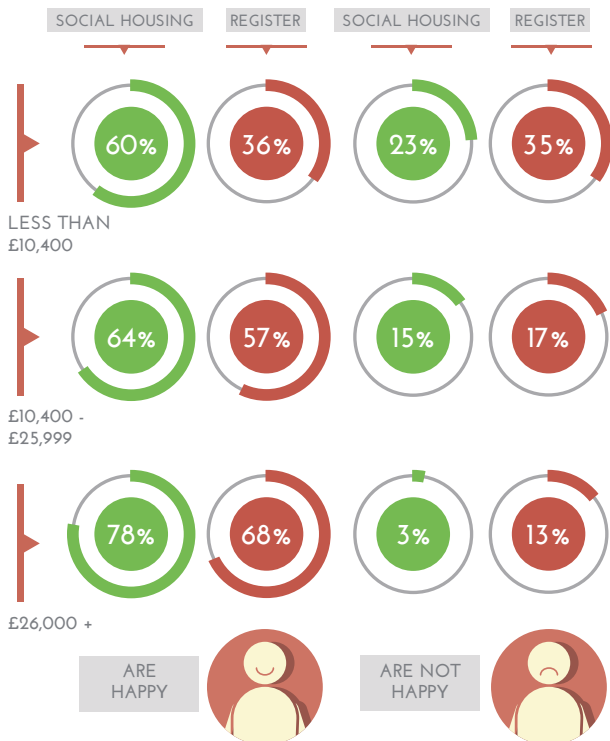
The respondents to the survey were a sample of social housing tenants from EDDC and LiveWest, shared owners from LiveWest and a sample of those who are on the waiting list for social housing (Register).

1. FINANCIAL WELLBEING

ANNUAL HOUSEHOLD INCOME OF RESPONDENTS

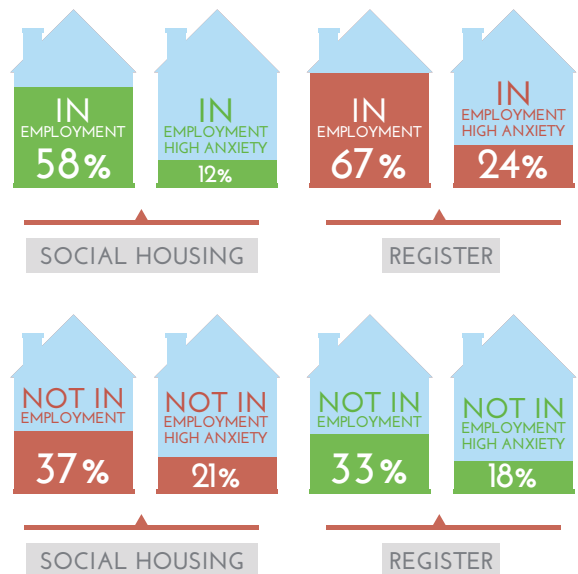


SOCIAL HOUSING RESPONDENTS REPORT MUCH GREATER HAPPINESS AT ALL INCOME LEVELS THAN THOSE ON THE REGISTER

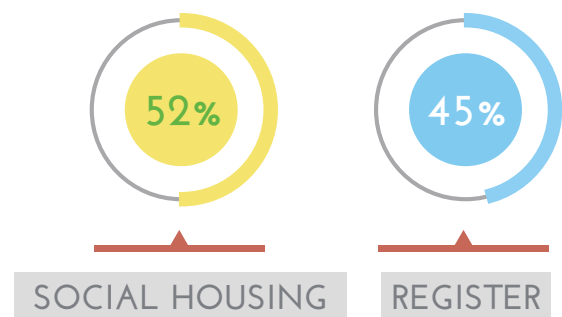


WORKING AGE RESPONDENTS AND LEVELS OF ANXIETY

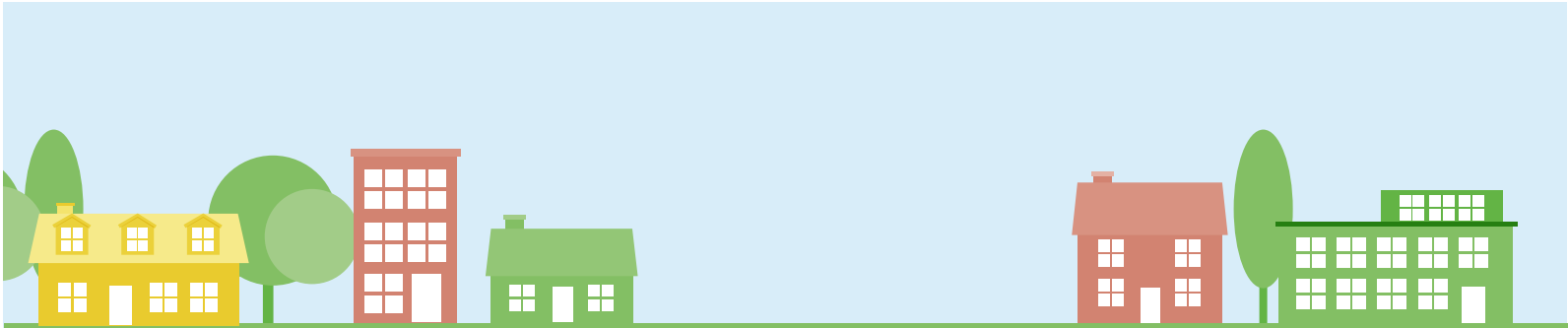
Social housing respondents in employment report lower levels of anxiety.



RESPONDENTS WHO HAVE RELIED ON HOUSING BENEFIT IN THE LAST 3 YEARS:

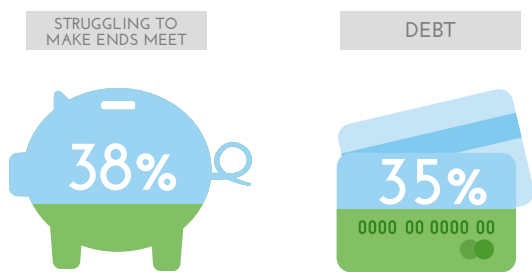


15% of social housing respondents reported benefit problems of delayed, over or under payments. **Women, working age adults, those living with a partner and households with children are more likely to experience problems with over payments.**

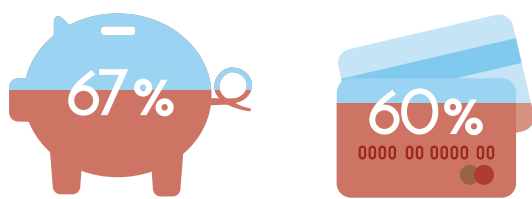


RESPONDENTS CURRENTLY STRUGGLING TO MAKE ENDS MEET AND WHO HAVE DEBT:

Working age adults and women are more likely to struggle financially.



SOCIAL HOUSING



REGISTER

2. MENTAL HEALTH AND THE HOME

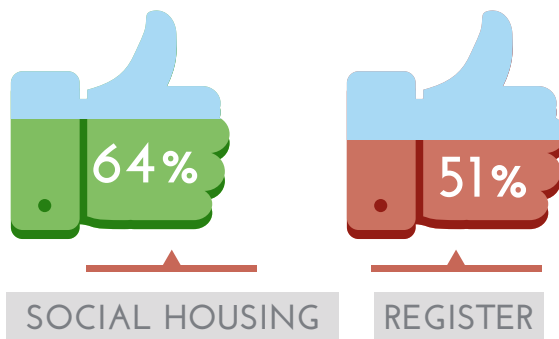
POOR MENTAL HEALTH

Self-reported levels of poor mental health:



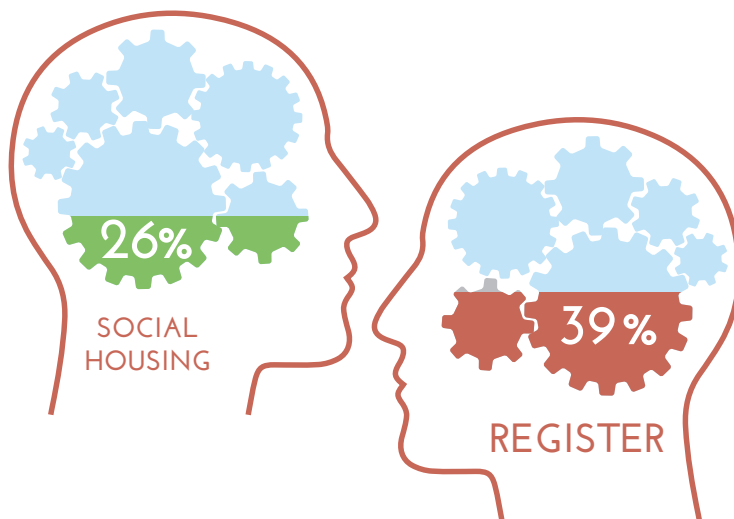
HAPPINESS

Respondents who reported being completely or fairly happy:

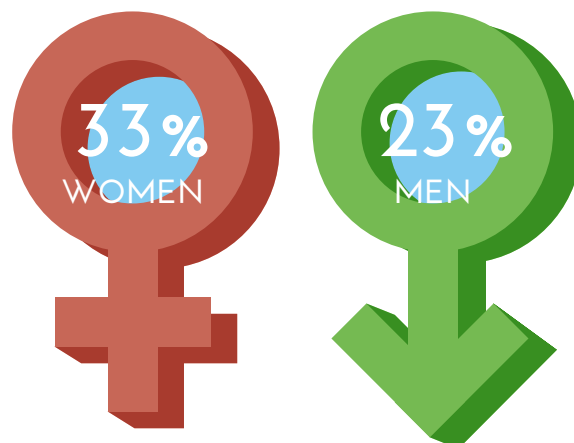


ANXIETY

Respondents who reported feeling completely or fairly anxious:



WOMEN REPORTED HIGHER LEVELS OF ANXIETY THAN MEN:



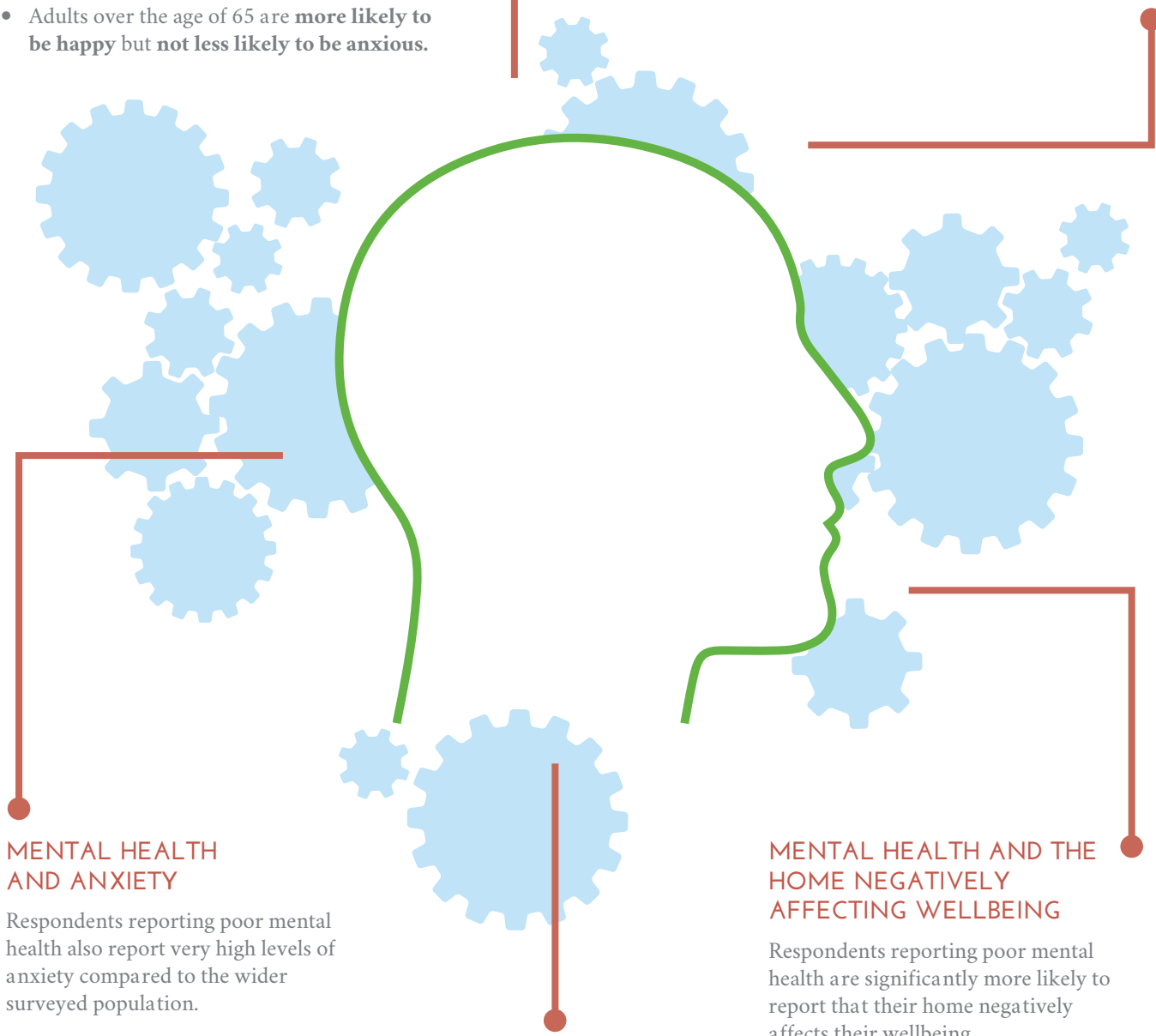


MOBILITY ISSUES, ANXIETY AND HAPPINESS

- People reporting mobility issues are a third more likely to say they are anxious than those who don't report any such issues.
- Adults over the age of 65 are **more likely to be happy** but **not less likely to be anxious**.

MENTAL HEALTH AND PHYSICAL ILLNESS

Two thirds of the respondents who report being affected by a physical illness also report poor mental health.



MENTAL HEALTH AND ANXIETY

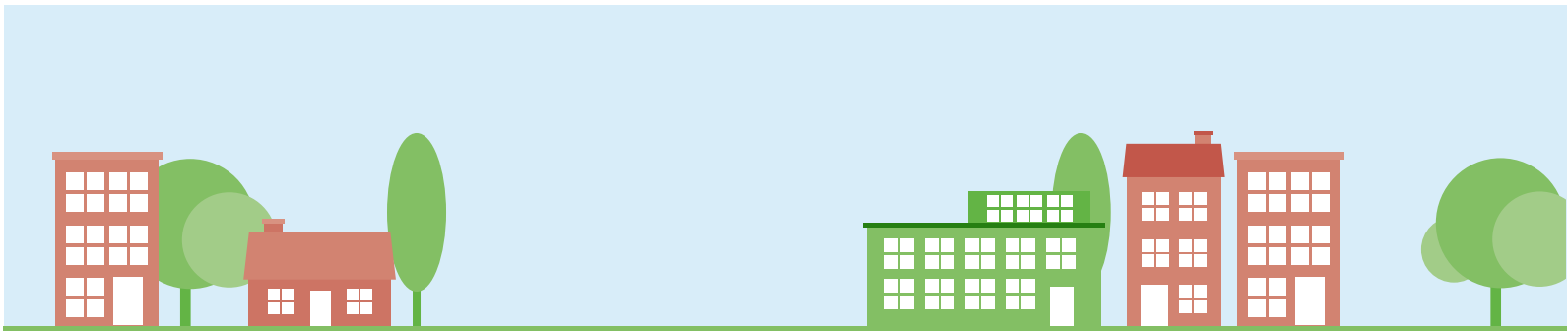
Respondents reporting poor mental health also report very high levels of anxiety compared to the wider surveyed population.

MENTAL HEALTH AND THE HOME NEGATIVELY AFFECTING WELLBEING

Respondents reporting poor mental health are significantly more likely to report that their home negatively affects their wellbeing.

MENTAL HEALTH AND GENERAL SATISFACTION WITH THEIR LANDLORD

Social housing respondents reporting poor mental health are twice as likely to be satisfied with their landlord than those on the Register.



3

WELLBEING AND THE EXPERIENCE OF HOME

HAVING A GOOD HOME MATTERS FOR OVERALL LIFE SATISFACTION

People who feel secure in their home are more likely to report satisfaction with their lives.

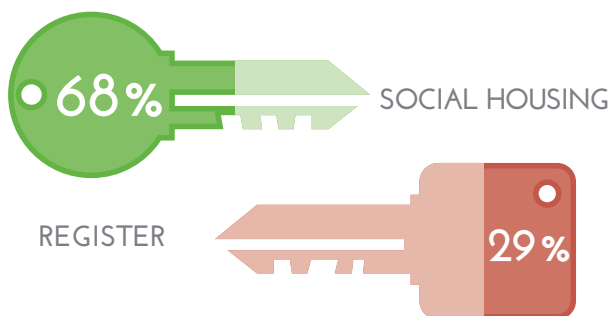
LANDLORD SATISFACTION AND WELLBEING

Satisfaction with the landlord as well as satisfaction with maintenance and repairs are both associated with more happiness and less anxiety.

RESPONDENTS WHO REPORTED SPECIFIC PROBLEMS WITH THEIR HOME THAT AFFECTS THEIR WELLBEING:



RESPONDENTS WHO ARE SATISFIED WITH THEIR LANDLORD:



RESPONDENTS' WELLBEING IS MORE LIKELY TO BE NEGATIVELY AFFECTED BY THEIR HOME IF THEY:



HAVE BEEN IN THEIR HOME A LONG TIME



ARE FEMALE



HAVE POOR MENTAL HEALTH

TOP PROBLEMS FACED RELATED TO THEIR HOME SOCIAL HOUSING:



PAYING BILLS



KEEPING WARM



NOISY NEIGHBOURS

REGISTER:



COST OF RENT

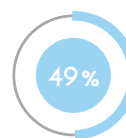


PAYING BILLS



HOUSE BEING SUITABLE FOR MY NEEDS

KEY REASONS CONSIDERED WHEN THINKING ABOUT MOVING OR STAYING IN CURRENT HOME:



LONG-TERM SECURITY



AFFORDABILITY



SUITABILITY



MAKES FINANCIAL SENSE

For more information about the research this summary is based on, please contact Dr James Gregory j.gregory@bham.ac.uk or Prof. Andy Lymer a.lymer@bham.ac.uk. This project was undertaken jointly by CHASM, East Devon District Council and LiveWest. Find out more about this project and follow its updates at www.bham.ac.uk/chasm.



This visual summary was edited and designed by the **Research Retold** team at www.researchretold.com.
Published in December 2019.

