

# Covid 19 Survey Report

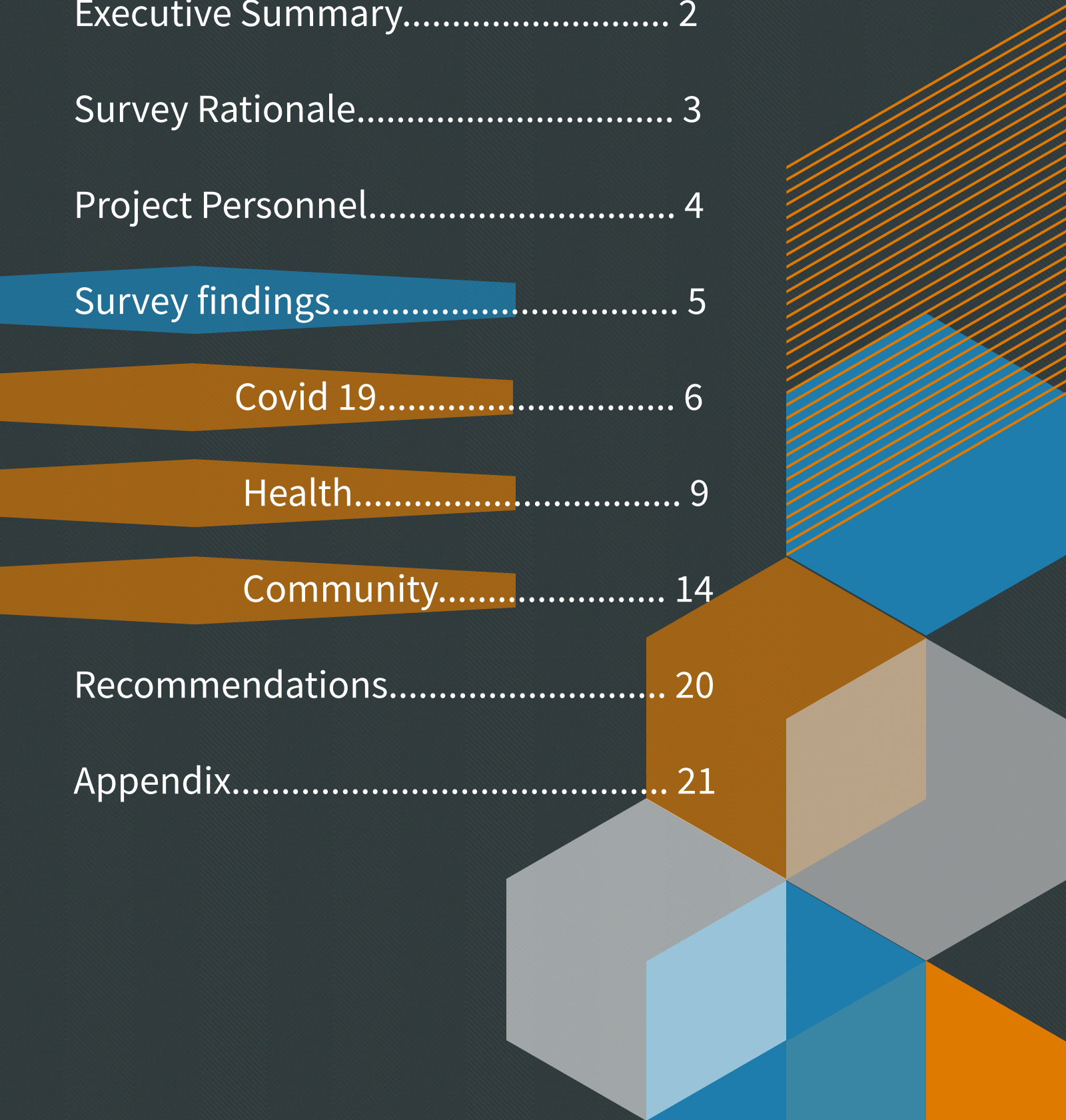
DEC  
2020



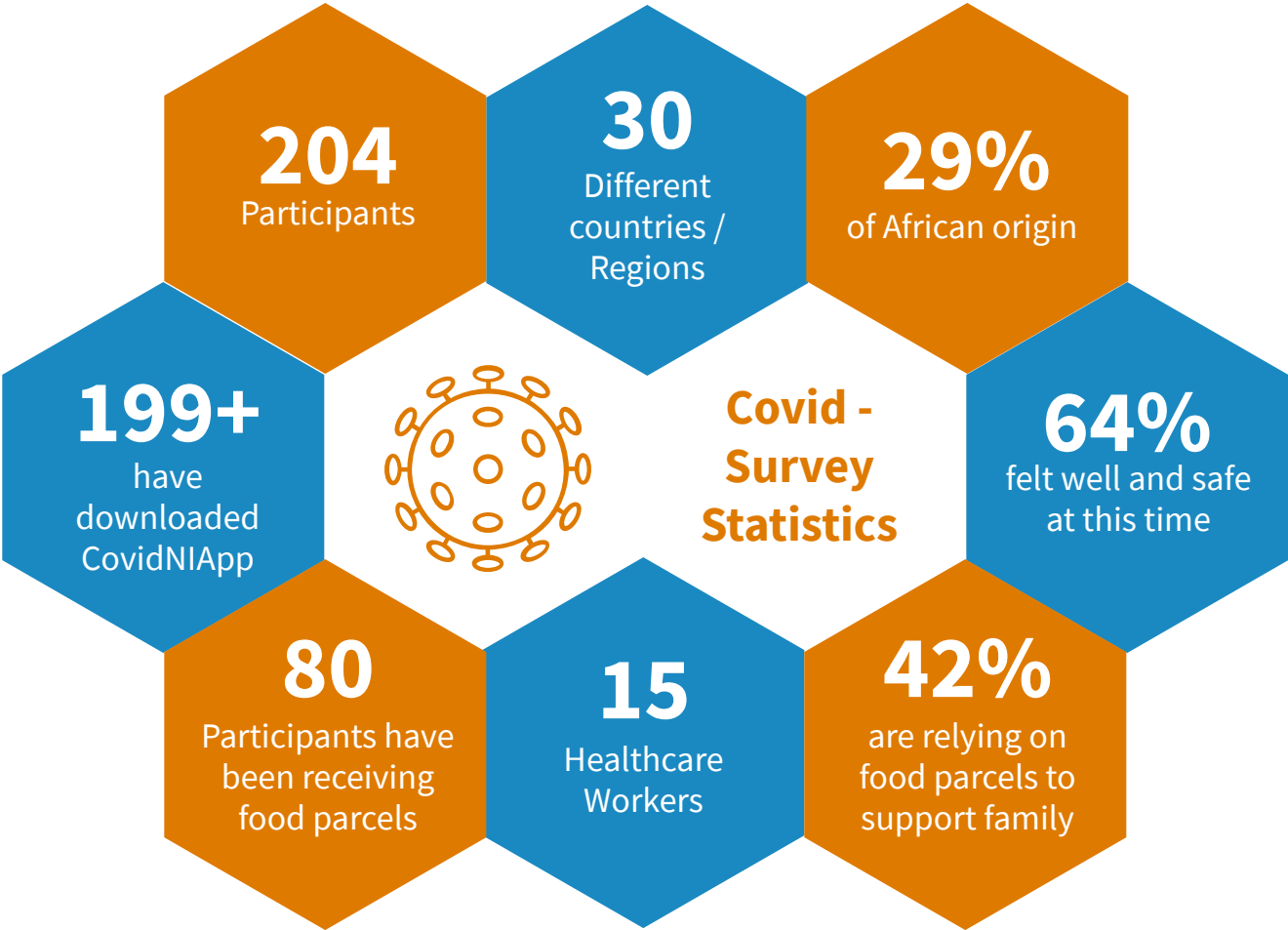


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# Fast Facts



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# Executive Summary



I trust you will find this report useful and will be able to utilise it for the furthering and strengthening of all our BME communities in Northern Ireland.

I would like to express my thanks to both Camilla- for all her efforts in coordinating this work and - to the team of BME Health Leads without whose help and commitment, this survey could not be realised.

| William Olphert

| Managing Director

For many of us 2020 will be forever remembered as the year of COVID-19. We will recall how all our lives have been affected by this global pandemic.

Published research already suggests that Covid 19 has exacerbated existing inequalities of age, sex and deprivation and although the picture is complex and changing over time, BME communities have been disproportionately affected by the pandemic.

At the beginning of this global health crisis, Chinese Welfare Association through our BME Health Link worker saw an opportunity to conduct some research into how our BME communities have coped throughout the pandemic and what help they are requesting for the future.

As the sustained effects of the pandemic will continue to impact health and wellbeing for the foreseeable future, our communities will need further resourcing especially around fitness and stress management.

Communities are less 'hard to reach' when empowered individuals within those communities are brought on board as allies in health promotion and delivery. This project demonstrates good practice in this regard.

The challenge ahead for all of us is to use the learning we achieved in this process to maintain the momentum of - BME communities who are informed, engaged and resourced to overcome health inequalities.



## SURVEY

# Rationale

In April 2020 Chinese Welfare Association Staff were aware:

1/ The BME community were reported to be more affected by the coronavirus than the majority community members. (See Report Summary below)

2/ There was no-other organisation / BME Service Provider, collecting data on how the coronavirus was impacting on the health and wellbeing of local ethnic minority community members In Belfast.



[Disparities in the risk and outcomes of COVID-19 \(publishing.service.gov.uk\)](#)



*"It was important that this leadership opportunity was taken, to support and review how our local minority ethnic communities were managing during this pandemic. The Covid 19 BME project was started in April 2020 – and will continue running until the end of December 2020. This report forms part of the data collection and health promotion to date."*

**Camilla Reynolds**  
**BME Health Worker**  
**Chinese Welfare Association**



**Click here for more information**

# Project Personnel

The Health Leads ages ranged from **16 - 71** and represented some of the following communities:

**India, Pakistan, Poland, Zimbabwe**

**Romania, Somalia, South Africa**

## **Young People's Covid Health Leads**

1. Dr. Deepti Adlakha
2. Minaahil Shazad
3. Noura Jama

## **Adult Covid Health Leads**

1. Christiana Olujomog
2. Damola Bolajoko
3. Dikeledi Malebo
4. Ewa Kolakowowska
5. Gail Mazongo
6. Jahswill Emmanuel
7. Nilam Gautam
8. Portia Msonza
9. Pradnya Joshi
10. Ritika Dakshata Chaudhari
11. Sorina Toma

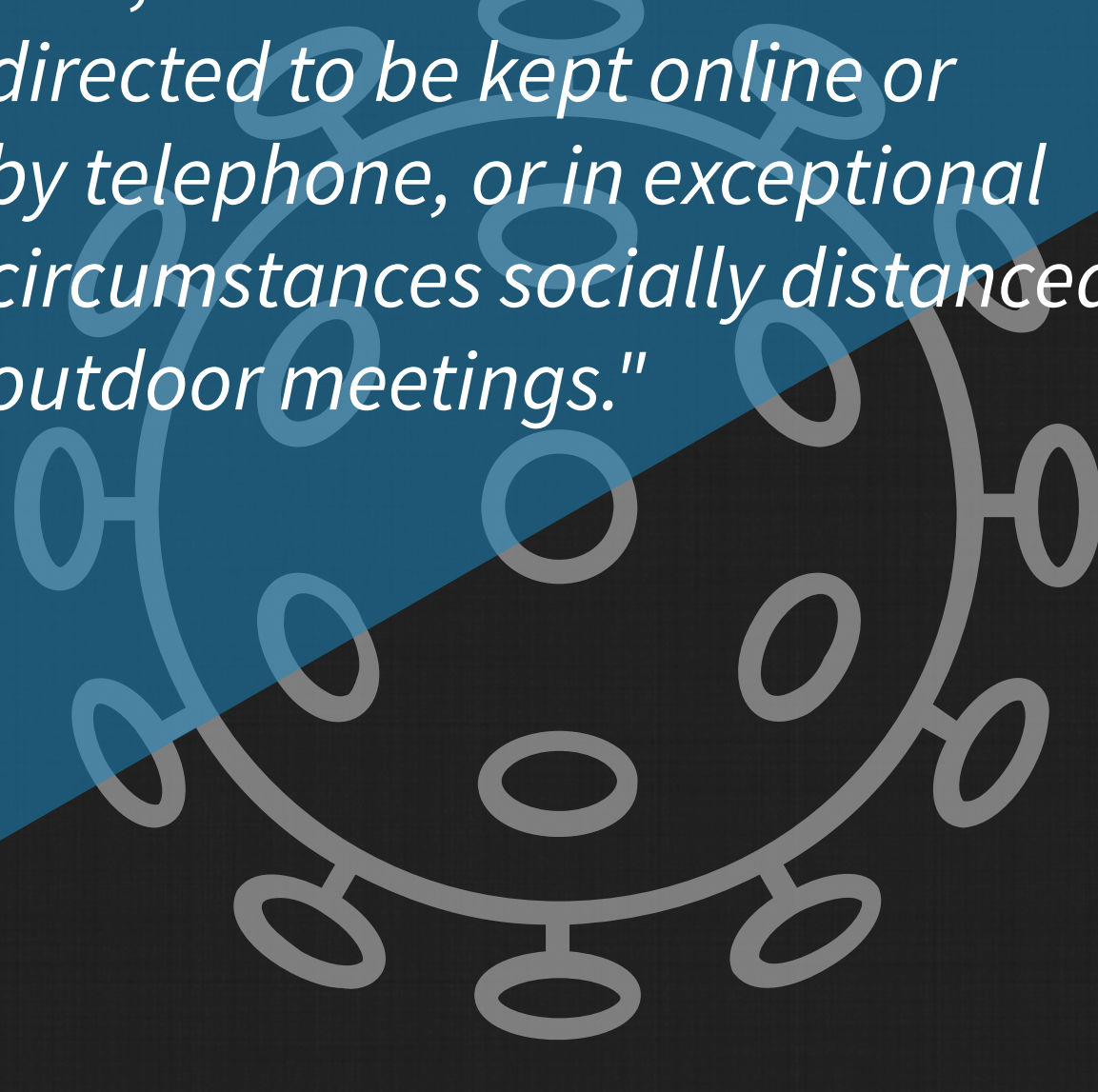


**Camilla Reynolds**  
*Project leader*

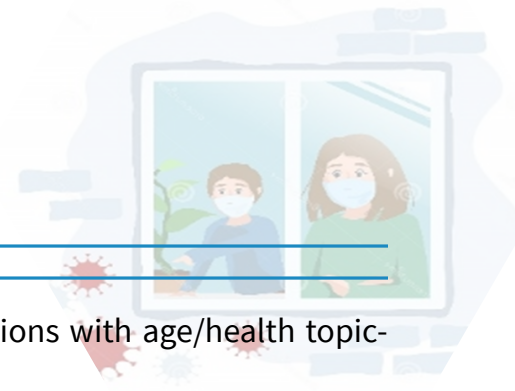


# Survey Questionnaire

*"Leading by example and to protect the safety of all volunteer staff, all communications were directed to be kept online or by telephone, or in exceptional circumstances socially distanced outdoor meetings."*



# Testing



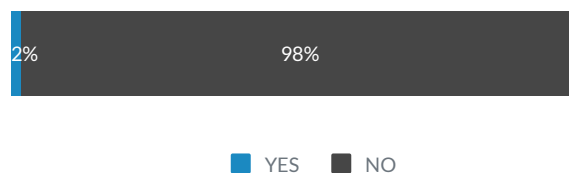
The survey was designed with **80 questions**: general health questions with age/health topic-specific questions. We wanted the survey to capture:

- a view of how people were managing with their health & wellbeing currently with the pandemic (Initial **Survey period May-June 2020**)
  - *What was working well / not so well, for individuals, families?*
  - *What was working well / not so well, for people who had been employed?*
- a view of people's aspirations for the post-covid period, and what health and wellbeing areas people might want support with, if any?

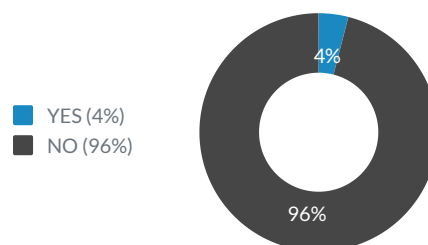
**90%** had not been tested for Coronavirus

**2** People stated that family members & friends had died due to the Coronavirus pandemic

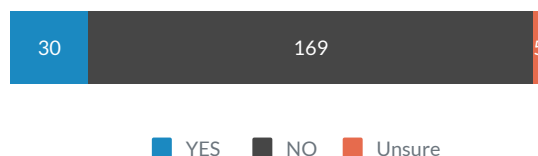
**Q 12. Have you been contacted by the health authority in relation to contact tracing, in case you may be at increased risk of contracting the coronavirus?**



**Q 10. Have you or anyone in your living accommodation, been "confirmed" as having the Coronavirus?**



**Q 11. Have you or anyone in your living accommodation had to self-isolate for 14 days, or are currently self-isolating?**





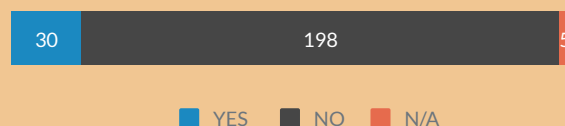
# PHA Health Messages

Q 20. How helpful have you found the coronavirus health messages in Northern Ireland, to keep you informed about how to be safe?

96%

Very  
informative

Q 7. If you are currently working outside your home, has your workplace been providing you with the Public Health Agency (PHA) health messages to keep you safe at work? e.g. staying 2 metres apart.



Q 8. If English is your 2nd language, did you receive any coronavirus health information in your native language?



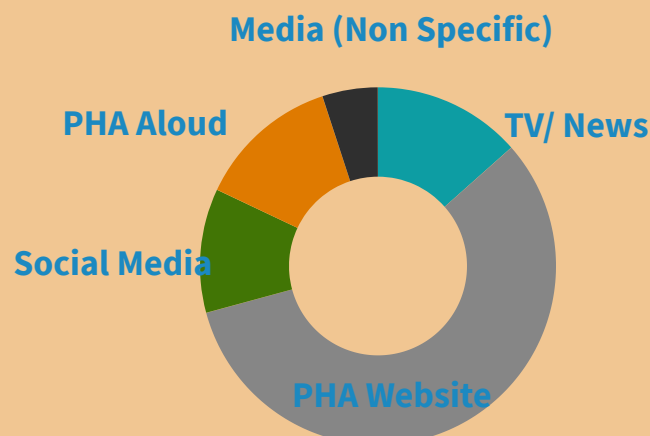
Q 9. Was translated health information easy to understand?

93%  
found it easy  
to understand

Q 17. Please state 3 ways in which the coronavirus is believed to be spread?

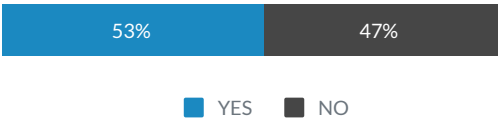
99.5%  
answered  
correctly

Q 21. Where did you access the PHA health messages?

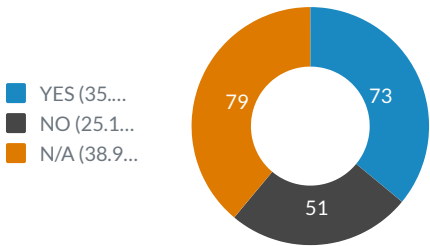


# Pandemic Support

Q 5. Have you/immediate family, been **advised** to wear PPE (Personal Protective Equipment), as part of your role i.e. gloves, mask, (and/or visors & aprons, if also applicable)?



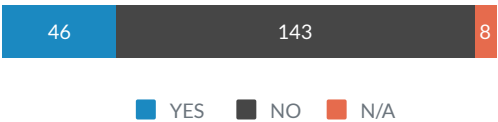
Q 6. Have you/immediate family, been **provided** with the "correct" PPE to enable you to work safely?



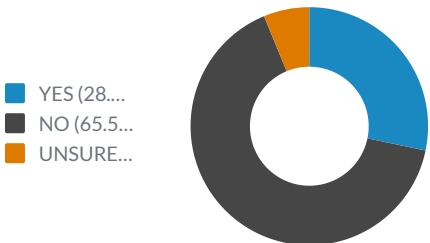
**80** People have been receiving food parcels

**37** survey respondents employed in private and public healthcare sector

Q49. **Food parcels** - if you have been receiving food parcels during the coronavirus lockdown, has the food been culturally appropriate for you?



Q 46. During the coronavirus lockdown, have you had any difficulty accessing particular foods, you would normally choose to eat?  
eg. 11 people stated plain, wheat flour was sold out



SAWA  
HOMEPLUS  
MSCNI  
FOOD BANKS  
STOREHOUSE  
BRYSON  
BH SCT  
BELFAST CITY COUNCIL  
REDCROSS

Q 16. Please write down the name of any organisations you have found helpful for you at this time of coronavirus lockdown?

CANS  
CHINESE WELFARE ASSOCIATION  
FORWARD SOUTH PARTNERSHIP  
IMAGINATION NI  
MEARS  
Northwest ISLAMIC ASSOCIATION  
St. Vincent de Paul  
PHA/NHS/NI DIRECT  
NEIGHBORHOOD PHARMACIES



# Diet



Q 48. Do you or members of your immediate family living with you, have any *special dietary requirements?* e.g. gluten-free, dairy-free etc.

# 81%

answered 'no'



*"Yes, because I have an a" allergy to some foods, I have to eat nuts but because they're expensive so I couldn't buy them"*

Q 23. Please list below any health conditions you have currently?

**26 High blood pressure (HBO)**

**24 Diabetes**

**10 Asthma**

**3 Heart Problems**

# 12%

of recipients had to self-shield due to higher risk of contacting the coronavirus.



# Diabetes

Unfortunately, people from the Black and Asian communities living in the UK are more at risk of developing diabetes. The reason for this is still unknown. \*B.D.A.G. a Belfast formed diabetes action group; works with local minority communities to educate people on their risk score of developing diabetes; whilst also working to support people living with the condition.

Q 26. Would you like to learn more about the work of B.D.A.G.? - Belfast Diabetes Action Group?



[Diabetes UK – Know Your Risk of Type 2 diabetes](#)



5

People stated, that they would like to receive support to stop smoking

&

7 People stated, that they are planning to stop smoking by themselves

7

People stated, that they are not ready to stop smoking at this time



[Stop Smoking \(stopsmokingni.info\)](http://stopsmokingni.info)



9

have increased alcohol levels, since coronavirus pandemic

&

103 people, do not drink alcohol



[Drugs and Alcohol | NI](#)

Q 40. *Before the coronavirus pandemic:* how much exercise would you usually do "per week"?

20 people don't do exercise

89 people exercise < 30-120min

69 people exercise > 180min



Regarding your exercise habits **AFTER** the coronavirus lockdown...

39 people has **not changed**

83 people do **less** exercise

69 people do **more** exercise

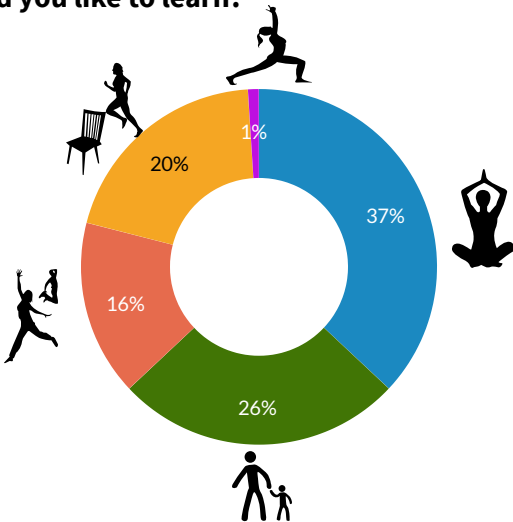


# Exercise

Q 41. If you were doing exercise with others at home, which type of activities do you enjoy?



Q 43. We asked you was there any exercise would you like to learn?



Q 45. Are there any exercise resources you believe you or your community would benefit from to help you keep healthier/fitter at home?



We provided a list of free health information & support services, and invited you to consider if you would like to find out more ways to be healthier. This is what you requested...



# Mental Health

"it is ok, not to be ok"

64%

stated that at the time they feel well and safe



13

people would like to support to manage stress

17

would like to attend a free stress programme



20

stated that they would like to learn mindfulness to support

7

people would like support to manage stress

8

people feel mentally not well at this time

6

people would like to attend stress control class & free online self-help support



[www.lifelinehelpline.info](http://www.lifelinehelpline.info)

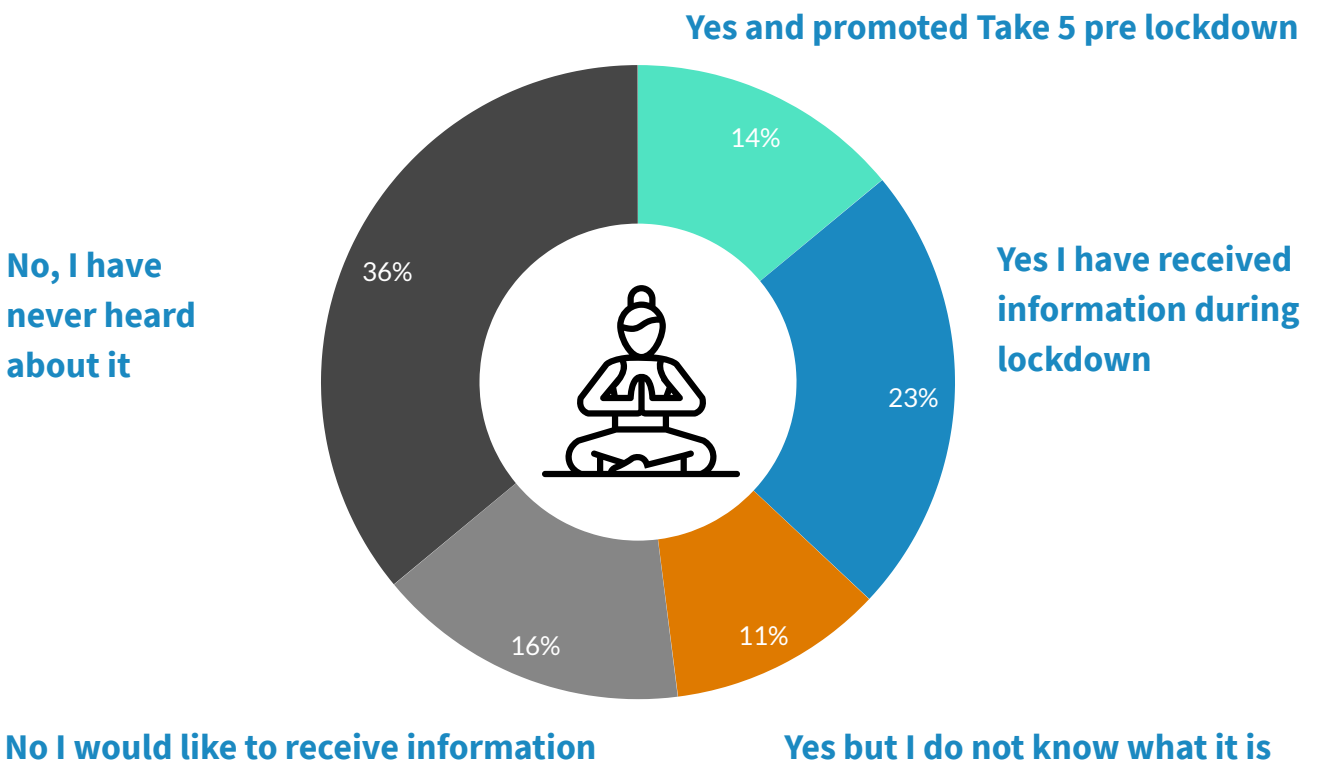
Q 37.Have you heard of the Lifeline Service, and do you know the main service it provides?



■ YES ■ NO ■ just the name ■ no need to save the number ■ saved their number

# Mental Health

Q 38. Have you heard of, Take 5 Steps for Wellbeing?

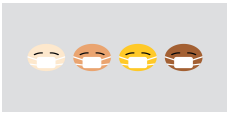


How do you access green-space / outdoors is for you and your families...



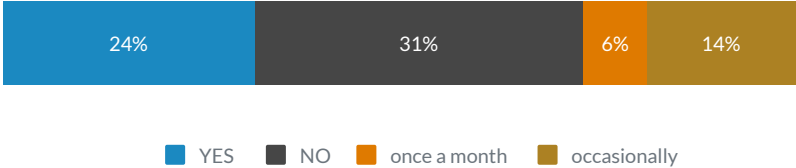


# Racism & Employment

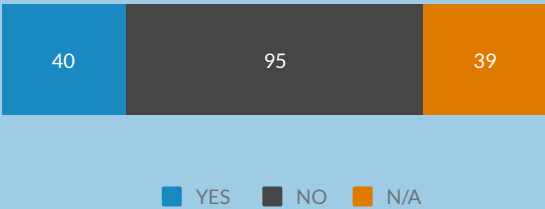


Racism is offensive and needs to be stopped. It can cause untold emotional and /or physical damage to people’s lives. We invited you to share your experiences of racism in Northern Ireland...

Q 35. Have you ever been a victim of racism in Belfast/ N.I.?

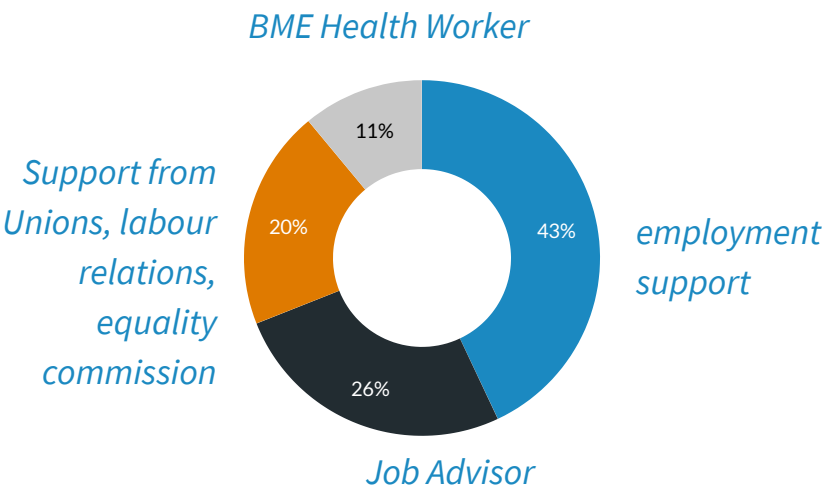


Q 71. has your employment status changed since the start of the coronavirus lockdown?



41 Reduced income  
21 Job loss  
18 Furloughed

Q 73. Are you experiencing extra stress at this time in relation to employment issues during the pandemic; to record if you would like more support?



COMMUNITY

Volunteering

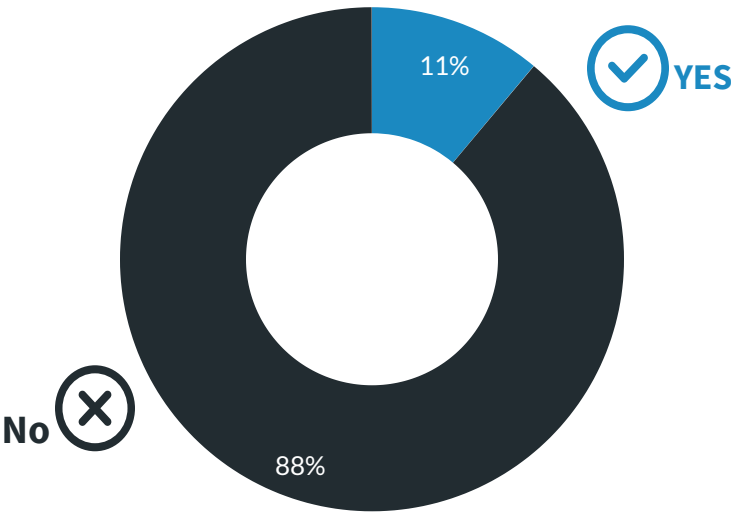
Q 76. We asked you if you would like to find out more about volunteering opportunities in Belfast - pre/post lockdown



COMMUNITY

Parents

Q 60. Did any of your family have unexpected health concerns during the lockdown period?



# Parents

**Q. 53 Did you have any health tips, that you thought may be helpful for other parents during the pandemic / lockdown. this is what you shared...**





# Parents & Young People

Q 52. List the top 3 challenges you have experienced to date, during this pandemic.

The MOST challenging experience

- 1). My own health
- 2). Family health
- 3). Teaching children at home

The LEAST challenging experience

- 1). Sharing computer & tablets
- 2). No personal time
- 3). Job loss



Q 53 What health tips that could potentially help another young person, who may be finding this pandemic - lockdown period difficult to deal with?



# Parents & Young People

List your Top challenges during this pandemic and lockdown period:



29 Missing people

37 Missing education

66 Missing activities

Q 54. What helped you cope during the pandemic lockdown period?

25 Internet / Games / Film with friends

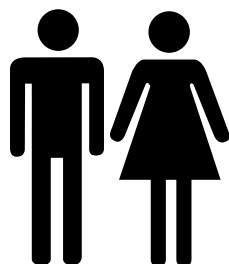
22 Phone Chat

15 Baking/ Cooking

15 Praying



Q 59. Please state how well you think your parent(s) / guardian(s) is (are) coping with pandemic?



90%\*

believed the parents are coping well to very well with the pandemic

\*: 40 young people responded

COMMUNITY

# Elderly people

Q 69. Is there anything that made life more difficult / stressful for you, during this pandemic?

Missing family

Isolation

Limited movement

Q 70. Have you received a service that is making life easier / more enjoyable for you, during this coronavirus lockdown? If yes, please detail any services below...



Neighbours more support and keeping in contact

Zoom Prayer meeting

Park walking

Zoom Meeting

Gardening



COMMUNITY

# Disability

6%

of the participants had a disability

Q xx. We asked you if you were finding anything particularly difficult during the pandemic or lockdown period.

- reduced GP support
- rehousing issues
- not able to go to appointments due to cancellations

# Recommendations



- Free fitness programmes were the top request (60 requests)
- Access to a selection of exercise resources ie. footballs, skipping ropes, gym memberships



- Post Lockdown - free family cooking / nutrition / exercise programmes
- Free Cooking programmes (30 requests) with healthy recipes from BME communities (47 requests)



- Tips to lose weight (37 requests)



- Support to manage stress ie. stress control classes
- Provision of mindfulness classes

- The survey findings show a BME community that despite the challenges that Covid 19 has brought, is remarkably resilient and self-aware.
- There is the request for further resourcing to strengthen both the physical and mental health elements of wellbeing.
- The well-established and effective network of BME Health Leads, established in the various BME communities through this project can used as a conduit for service providers for further development.



# Survey Questionnaire



1. Please record below who you live with at this time?
2. Do you have any of the following outside spaces near you?
3. Do you or someone in your immediate family, work in the private healthcare sector / public healthcare sector? Please detail any job roles below.
4. Do you or someone in your immediate family work/volunteer in a Coronavirus high-risk role? e.g. taxi driver, bus driver, security, cashier food store, etc.? Please list any job role(s) below.
5. Have you/immediate family, been advised to wear PPE (Personal Protective Equipment), as part of your role i.e. gloves, mask, (and/or visors & aprons, if also applicable)?
6. Have you/immediate family, been provided with the "correct" PPE to enable you to work safely?
7. If you are currently working outside your home, has your workplace been providing you with the Public Health Agency (PHA) health messages to keep you safe at work? e.g. staying 2 metres apart
8. If English is your 2nd language, did you receive any coronavirus health information in your native language?
9. Was translated health information easy to understand?
10. Have you or anyone in your living accommodation, been "confirmed" as having the Coronavirus?
11. Have you or anyone in your living accommodation had to self-isolate for 14 days, or are currently self-isolating for 14 days?
12. Have you been contacted by the health authority in relation to contact tracing, in case you may be at increased risk of contracting the coronavirus?
13. Have you had a test for the coronavirus?
14. Please only answer if you feel comfortable to do so. Has anyone in your family/circle of friends, in Northern Ireland, died/passed due to the Coronavirus pandemic?
15. Please state if you are receiving any of the following support services?
16. Please write down the name of any organisations you have found helpful for you at this time of coronavirus lockdown?

# Survey Questionnaire



17. Coronavirus Knowledge: Please state 3 ways in which the coronavirus is believed to be spread?

18. How many "metres apart" are we supposed to be from someone who does not live with us, when we are out walking in public areas?

19. Write down 3 personal things we can all do, to reduce our risk of getting the coronavirus?

20. How helpful have you found the coronavirus health messages in Northern Ireland, to keep you informed about how to be safe?

21. If applicable, where did you access the PHA health messages?

22. Self Shielding, Have you been advised by your GP/Health Specialist to self-shield for the period April - June 2020?

23. Please list below any health conditions you have currently have? e.g. diabetes, high blood pressure, cancer (currently receiving treatment), high blood pressure

24. Has your health deteriorated further, since the coronavirus lockdown started?

25. Below is a list of free information & support services, for anyone age 21 years and up, who may be interested in finding out more about ways to be healthier. Please tick any options that are of interest to you...

26. Would you like to become a member of the Belfast Diabetes Action Group?

27. Cigarettes: do you currently smoke cigarettes? If yes, please tick any boxes that are relevant from the options below...

Options

28. Alcohol: do you drink alcohol? If yes, please tick any boxes that are relevant from the options below...

29. Please state how you would describe your mental health and wellbeing, "before" the coronavirus pandemic started?

30. Please state how you would describe your mental health and wellbeing, now, during the coronavirus pandemic?

31. Please share below what self-help activities you do to help relieve any moments/periods of stress or anxiety during the coronavirus lockdown?



## APPENDIX

# Survey Questionnaire



32. Only if you feel comfortable to share, please indicate below, if you have experienced any of the following mental health conditions illnesses, "before" the coronavirus pandemic started?

33. If you have had an existing mental illness/condition, please indicate if your mental health has changed since the coronavirus lockdown? It would be useful to know if your health improved or deteriorated?

34. If you have been feeling mentally unwell during the coronavirus lockdown, at any stage, did you seek and receive medical support?

35. Being a victim of racism can affect someone's mental health and wellbeing. Have you ever been a victim of racism in Belfast/ N.I.? Please tick any answers below that are applicable

36. Please tick any comments below that are applicable for you, regarding your mental health and wellbeing at this time?

37. Have you heard of the Lifeline Service, and do you know the main service it

40. Regarding your exercise habits since the coronavirus lockdown, please tick any boxes below that are applicable..

41. Are you doing exercise with others at home? If yes, what type of exercise are you doing?

42. Would you like support to learn how to do more exercise easily at home?

43. If Yes, what type of exercise would you like to learn?

44. Post lockdown, are there any community exercise classes you would like to attend? If Yes, please list below...

45. Are there any exercise resources you or your community would benefit from to help you or your community keep healthier/fitter at home? If yes, please list below... e.g. skipping rope, football etc.

46. During the coronavirus lockdown, have you had any difficulty accessing particular foods, you would normally choose to eat?

47. If yes above - can you please list foods you have been unable to purchase?

48. Do you or members of your immediate family living with you, have any special dietary requirements? e.g. gluten-free, dairy-free etc.

# Survey Questionnaire



49. Food parcels - if you have been receiving food parcels during the coronavirus lockdown, has the food been culturally appropriate for you?

50. If you have a disability or extra support needs: to date, has there been any health services you normally receive, that have stopped due to the coronavirus lockdown? Detail below as useful...

51. If you have a disability or extra support needs: has the coronavirus lockdown made life more challenging/difficult for you, because you have an existing disability or support needs? If yes, please detail why below.

52. Young Person Question Only: Please list the top 3 challenges you have experienced as a young person during this coronavirus lockdown?

53. Young Person Question Only: What activities, if any, have helped you cope better with the coronavirus lockdown? [Internet / games / films with friends etc]

54. Young Person Question Only: What activities, if any, have helped you cope better with the coronavirus lockdown? [Phone chat with friends]

55. Young Person Question Only: Can you share any of your health tips, that could potentially help another young person, who may be finding this coronavirus lockdown difficult to deal with?

56. Young Person Question Only: Please state how well you think your parent(s)/guardian(s) is (are) coping at this time with the coronavirus lockdown?

57. Parent Question Only: Please list the top 3 challenges you have experienced to date, during this coronavirus lockdown?

58. Parent Question only: Are there any services you have assessed, that have made family life easier to manage, during this coronavirus lockdown? Please list below...

59. Parent Question Only: Have you any health tips, that could help other parents; who may be finding the coronavirus lockdown difficult? Please share below...

60. Parent Question Only: Have any of your family had unexpected health concerns during the coronavirus lockdown?

61. Parent Question Only: If you answered yes above, please state below if you sought medical help?

62. Parent Question Only: If you did not seek medical help for your family member(s) please state why below?



# Survey Questionnaire



63. As applicable, as a person age 60+, are you a member of any Social Club or Group? Please share any name(s) of groups below...

64. As applicable, as a person age 60+, how often have your Club/Group been in contact with you since the start of the coronavirus lockdown?

65. As applicable, as a person, age 60+, how beneficial have you found the support offered by your Club/Group during this coronavirus lockdown?

66. If applicable, as a person age 60+, is there anything that is making life more difficult/stressful for you, during this coronavirus lockdown? Please comment below.

67. If applicable, as a person age 60+, have you received a service that is making life easier / more enjoyable for you, during this coronavirus lockdown? If yes, please detail any services below...

68. As applicable, as a person age 60+, have you had any unexpected health concerns during the coronavirus lockdown?

69. As applicable, as a person age 60+, if you answered yes above, please state if you sought medical help?

70. As applicable, as a person age 60+, If you did not seek medical help please state why?

71. Employment- has your employment status changed since the start of the coronavirus lockdown?

72. Employment Continued - Please indicate if any of the following changes have taken place?

73. Employment Continued...if you are experiencing extra stress at this time in relation to employment issues; please tick below if you would like support to contact any of the following service providers?

74. Volunteering: Please tick the answer that is applicable from the options below.

75. Volunteering: Please list below any volunteering you have started since the coronavirus lockdown? Please include details on the name of the organisation you volunteer for?

76. Volunteering: If you would like to find out more about volunteering opportunities in Belfast - pre/post lockdown, please tick boxes as useful...

77. Optional - Please share your details below as appropriate...to be posted information etc...



## Contact us



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### SPECIAL THANKS

This report was designed by Chen Yan Lin,  
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