

BICESTER WEST COMMUNITY INSIGHT PROJECT: 2025

Appendix 2 Research Questions

Focus Groups

FG Process is semi-guided question but **BOLD = core questions to cover in all FGs:**

1. What do you like about Bicester west as a community?
2. Do you feel involved in decision-making locally and that you are listened to?
3. What do you do to keep healthy – mentally, emotionally and physically?
4. What kinds of things are most challenging for you living in Bicester west that impact on your health and wellbeing?
5. Do you feel safe in the community?
6. What local groups, services, organisations, community spaces etc. do you find particularly helpful or useful to your health and well-being?
7. What do you think helps you/your family maintain healthy habits around food and eating and getting out and about, or what would help you?
8. Do you think the local community would benefit from additional initiatives to support health and well-being?
9. Would you be interested in joining with others to work on projects to support health and wellbeing?
10. What do you think would encourage more local people to create or take part in health and wellbeing initiatives?

ADDITIONAL QUESTIONS FOR LOCALLY-ACTIVE COMMUNITY GROUPS, AGENCIES AND ORGANISATIONS

11. What works well in getting residents involved in projects and initiatives, and what doesn't (barriers to involvement)?
12. In terms of the discussion and design of community-based projects and initiatives – what are the ingredients for success in the long term?
13. Have you noticed any cost-of-living impacts affecting residents locally?
14. Do you have any other observations about health and wellbeing in Bicester west and how it could be improved?

Focus Groups – children and young people

1. What do you like and value about living in Bicester west?
2. Do you feel listened to and have a say in what affects your life?
3. What do you do to keep healthy?
4. What do you find difficult about living in Bicester west?
5. What do you think could be improved about Bicester west?

ADDITIONAL QUESTIONS FOR YOUNG PEOPLE

6. What helps you deal with difficult emotions (things like low mood, worry, anger, stress, sadness, fear, jealousy, feeling anxious)?
7. Who would you go to if you felt you needed support with these emotions?
8. Is there anything that might improve your health and well-being, yours or other people you know – is there anything in particular you would like to see happen?
9. Do you think there was any impact from the Covid-19 pandemic on your health and wellbeing?

121s

Agency and organisation 121s

Questions:

1. In your experience, what works well in getting residents involved in projects and initiatives, and what doesn't (barriers to involvement)?
2. In terms of the discussion and design of community-based projects and initiatives – what are the ingredients for success in the long term?
3. What are the key challenges you face as a community-based organisation/ what are the main challenges you think community-based organisations face – what would help solve them?
4. What do you think the main impacts of the pandemic were locally, and do you think any impacts are still being felt?
5. What worked well – locally- in terms of supporting the community through the pandemic, and what could be improved/ developed to help ensure the community is best equipped to deal with anything similar in the future?
6. Have you noticed any cost-of-living crisis impacts affecting residents locally?
7. Do you have any other observations about health and wellbeing in Bicester west and how it could be improved?

Resident 121s

1. What do you like about Bicester west as a community?
2. Do you feel involved in decision-making locally and feel that you are listened to?
3. What do you do, to keep healthy, mentally, physically, emotionally, and spiritually?
4. What kinds of things are most challenging for you living in Bicester west that impact on your health and wellbeing? *(Not worrying about money; Job security; Good quality, affordable housing; Healthy and affordable food; Good local schools; Adult education and training opportunities; Good, locally-available services; Access to the internet; Getting exercise (walking, cycling or playing sport))*

5. Do you feel safe in the community?
6. What local groups, services, organisations, community spaces etc. do you find particularly helpful or useful to your health and well-being?
7. What are the other local strengths and resources that support community health and wellbeing (*such as community spirit, individual skills, passions, knowledge, green spaces etc.*)
8. What do you think helps you/your family maintain healthy habits around food and eating and getting out and about, or what would help you?
9. Do you think you and the local community would benefit from additional initiatives to support health and well-being?
10. What do you think would encourage more local people to create or take part in health and wellbeing initiatives?
11. Would you be interested in joining with others (perhaps in a community group or project) to work on projects to support health and well-being?