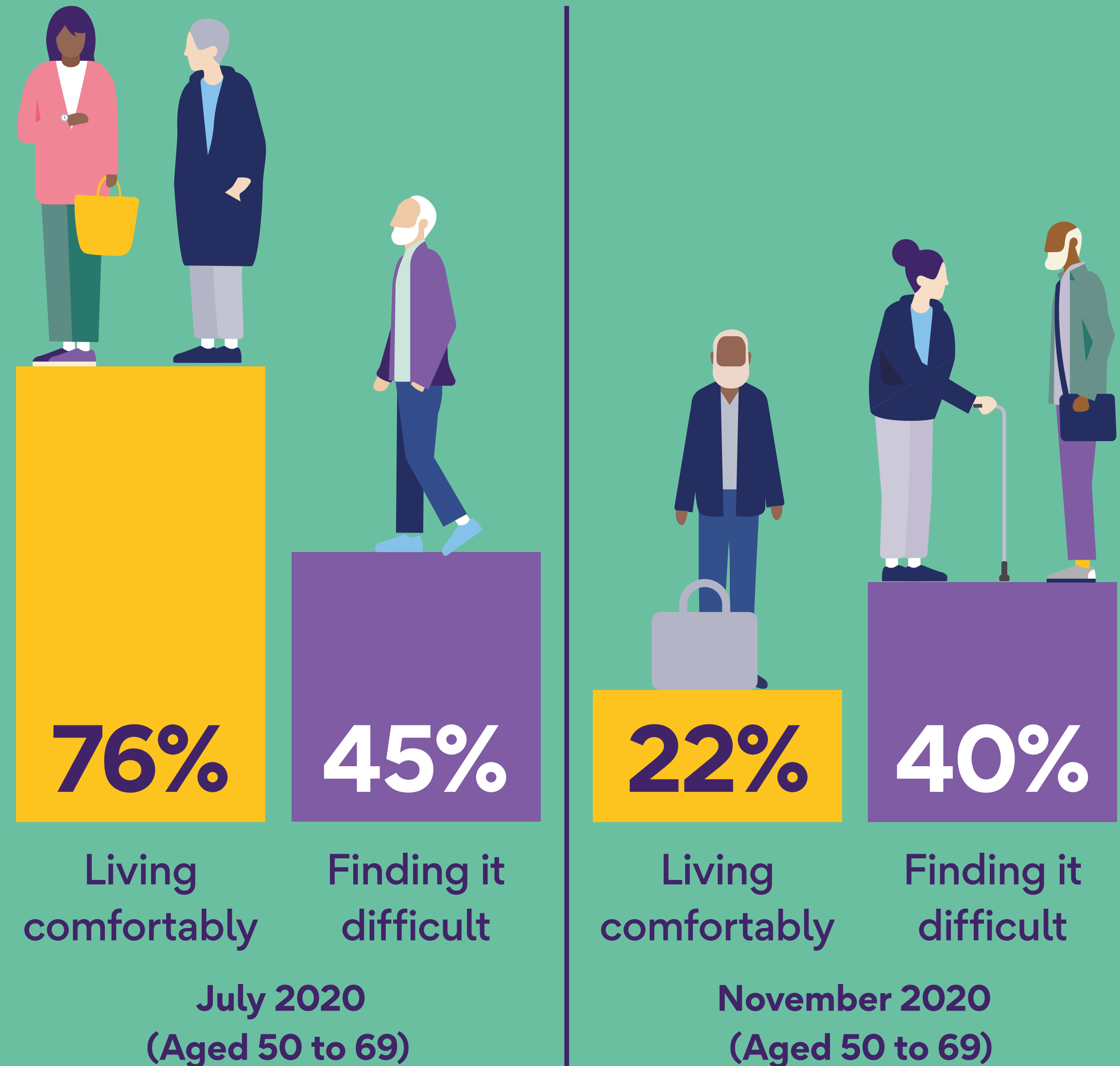


During the pandemic most people got to know others locally who they could turn to. But this happened later for people who were struggling financially.

July 2020: Percentage who agreed they knew more people who could help than pre-pandemic

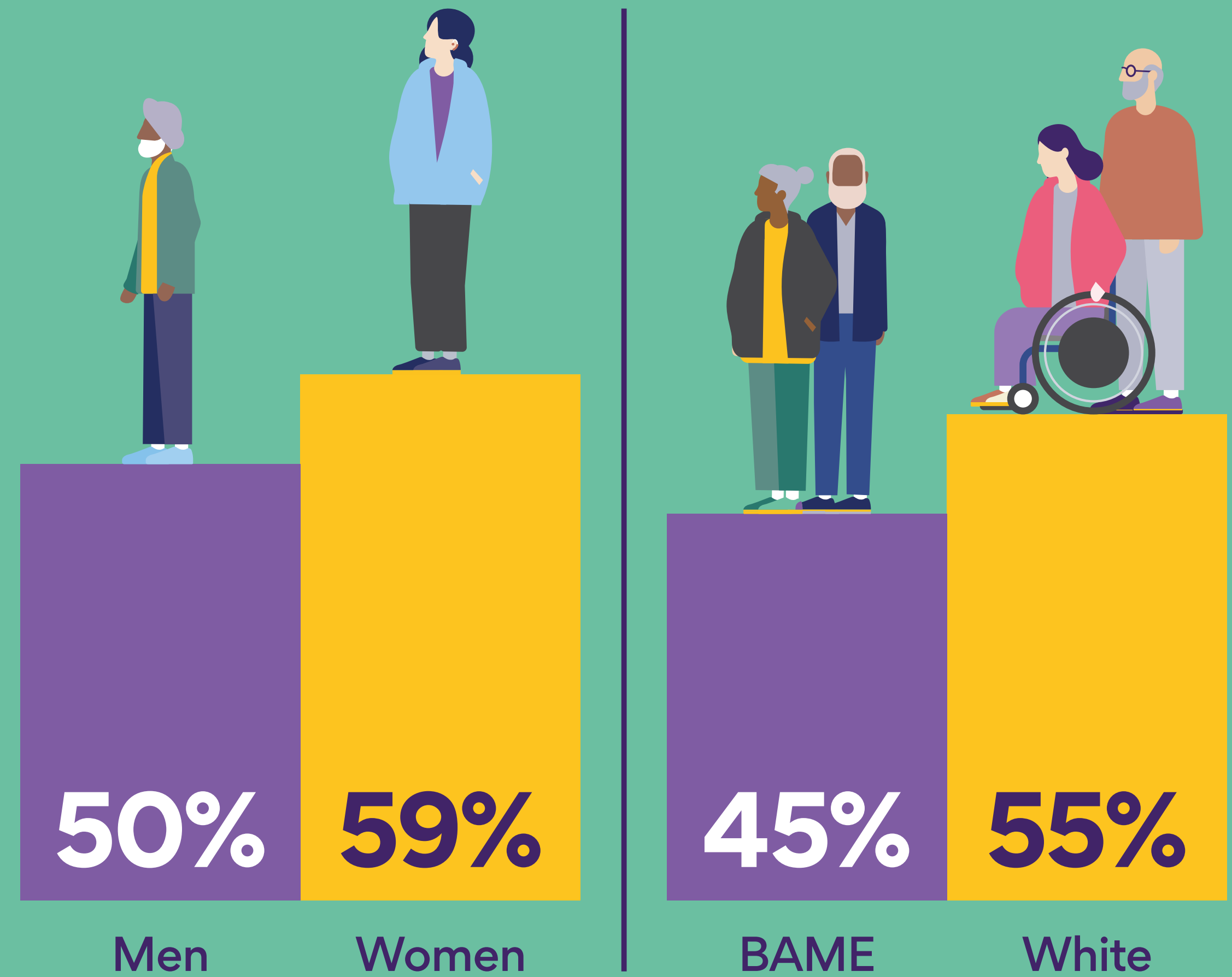
November 2020: Percentage who agreed more than in July 2020 that they knew people who could help



Source: NatCen Panel, July 2020, November 2020

People who are most likely to need support are least aware of voluntary groups that can help.

Proportion who said they were aware of local voluntary groups that offer help and support (aged 50 to 69)



BAME - Black, Asian and Minority Ethnic

During the pandemic well-connected people reported higher quality of life than less-connected people.

“**Local helpers**” trusted their neighbours and felt a sense of belonging to their local area. They helped family, friends and others locally but were unlikely to receive help themselves.



Quality of life is measured using CASP-12, where higher values reflect a better quality of life.

Isolated people had worse emotional health outcomes than others during the pandemic, and this gap increased with age.

“Local helpers” trusted their neighbours and felt a sense of belonging to their local area. They helped family, friends and others locally but were unlikely to receive help themselves.

Proportion reporting that the COVID-19 outbreak had negative effects on their emotional health

