

Date: 22.11.2021

Cheshire Community Action Mental Health Survey of Rural Residents

Dear Parish & Town Clerks and Community Building Committees,

Part of Cheshire Community Action's role is to help people in rural communities to access the services they need. We understand that there are barriers for rural communities in accessing services that are often provided in larger urban towns, which can be a disadvantage for rural residents.

We are aware of an increasing need for mental health support. To understand how the mental health needs of rural residents may be changing, and particularly how these may have been impacted by the pandemic, we would like your help to gather information that will inform the development of new services in mental health to benefit your communities. Therefore, we have put together a short survey to research what mental health support is needed and how access to services can be improved.

Our ask:

If your Parish or Town Council or Community Building circulates a newsletter to local residents, or perhaps you have a local website, social media page or notice boards – we would like you to share our online survey (<https://www.surveymonkey.co.uk/r/mentalhealthrural>) with the following text:

Mental Health Survey of Rural Residents

Cheshire Community Action is a local charity carrying out research on the mental health needs of rural communities to help it develop new mental health services in rural areas. Please can you spare 5 minutes to complete this anonymous survey by clicking this link, typing into your internet browser or pointing your smart phone camera at the QR code:

<https://www.surveymonkey.co.uk/r/mentalhealthrural>

The survey is open until 7th Jan 2022.



What will Cheshire Community Action do with the survey results?

Depending on what we find, this will inform the development of new projects and services in mental health. It could also inform our overall strategy by identifying where resources are most needed. It will give us valuable evidence to influence other service providers and funders within the public and voluntary sectors to help improve service provision in rural areas.

Thank you for your support.

John Heselwood

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