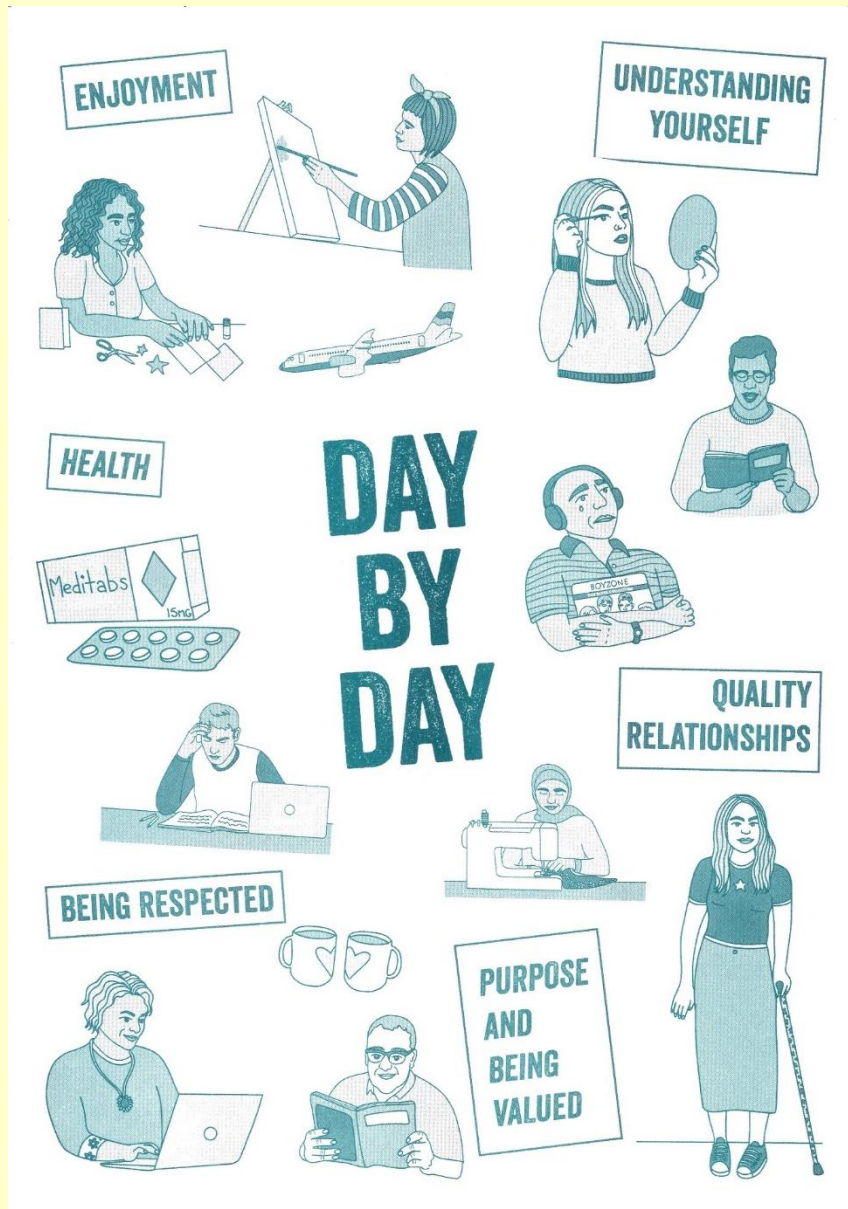


Day By Day



Priorities of people with long-term health conditions

August 2021

Unlimited Potential is a registered society under the Co-operative and Community Benefit Societies Act 2014 (Register number 30669 R at the Financial Conduct Authority).
Registered Office: Innovation Forum, 51 Frederick Road, Salford M6 6FP.



Summary

In spring 2021, Unlimited Potential spoke with 11 adults in Salford who had been on the 'shielding' list since March 2020, as a result of the COVID-19 situation. We spoke with people of different ages, genders, races, sexual orientations, backgrounds, faiths and reasons for 'shielding'.

We asked people about what they enjoyed doing and what they most valued in their lives. When we asked people how they managed their experience of having long-term health conditions, many people told us that they "take things day by day."

We wanted to collect people's stories and learn about the things that mattered most to them. People shared lots of individual and personal stories, and everyone's experience was unique. There were six themes that we heard most frequently:

- ★ **Being respected** – people talked about the importance of being believed and understood by other people, as well as fair access. Some people spoke of not wanting other people to perceive them as 'ill', in order to avoid prejudice.
- ★ **Health** – people talked about access to green spaces, exercise, being in spaces that felt clean and safe, day-to-day management of their health, and access to the health care system.
- ★ **Understanding yourself** – people spoke about mental health training and therapy, as well as expressive creative outlets, such as writing poetry or expressing their personality in their style.
- ★ **Purpose and being valued** – people talked about the importance of their work, learning new things, participating in social support groups or their faith community. They spoke as much about helping others as they did about being helped.
- ★ **Quality relationships** – people talked about their friendships, romantic relationships, pets and their family.
- ★ **Enjoyment** – people talked about things that were simply fun or distracting, such as television and movies, music, puzzles, shopping, travelling, art and crafts.

We want to use this learning to help us design, with people with long-term health conditions, projects that support them to have the best possible quality of life. It is hoped that the learning from the project will be:

- used to inform wider future developments in Salford, including through Public Health at Salford City Council and through the NHS in Salford
- shared with other parts of Greater Manchester

We want to thank all of the participants for taking part in this project, at what was an especially challenging time. We also thank [Jenny Gaskell](#) and [Anna Horton Cremin](#) for doing the project work.