



Listening to Local Voices

The Northamptonshire Community Wellbeing Report 2026

How Are We Really Doing?

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Welcome

The Northamptonshire Community Wellbeing Project 2026 was created with one simple aim:

To listen.

Behind every person is a story, and behind every answer is a real experience.

During June 2026, local residents across Northamptonshire were invited to anonymously share how they are really feeling, what challenges have affected their wellbeing, and what would make life feel better.

Local voices were heard from communities across Northamptonshire, including Daventry, Long Buckby, Northampton, Braunston, West Haddon and surrounding areas.

This project was not about making assumptions.

It was about asking:

“How are we really doing?”

About The Project

The Northamptonshire Community Wellbeing Project 2026 was created by Frances B. Lafferty, a Northamptonshire-based hypnotherapist and workplace wellbeing specialist.

Through her work supporting people with stress, anxiety, confidence, sleep difficulties and emotional wellbeing, Frances regularly hears how many people continue with daily life while carrying pressures that others may not always see.

This project was designed to create space for local voices to be heard.

The findings highlight common themes, encourage conversations, and provide insights that may help individuals, workplaces and communities think differently about wellbeing.



Key Findings at a Glance

Local voices shared that:

 **Stress, anxiety and sleep difficulties** were among the most common challenges affecting wellbeing.

 Many people described themselves as coping, while also admitting they sometimes say “I’m fine” when they are struggling.

 **Walking, exercise, connection with others, sleep and nature** were some of the most valued ways people support their wellbeing.

 **Lack of time and everyday pressures** were common barriers preventing people from prioritising themselves.

Who Took Part?

Local residents from Northamptonshire and surrounding areas completed the anonymous survey.

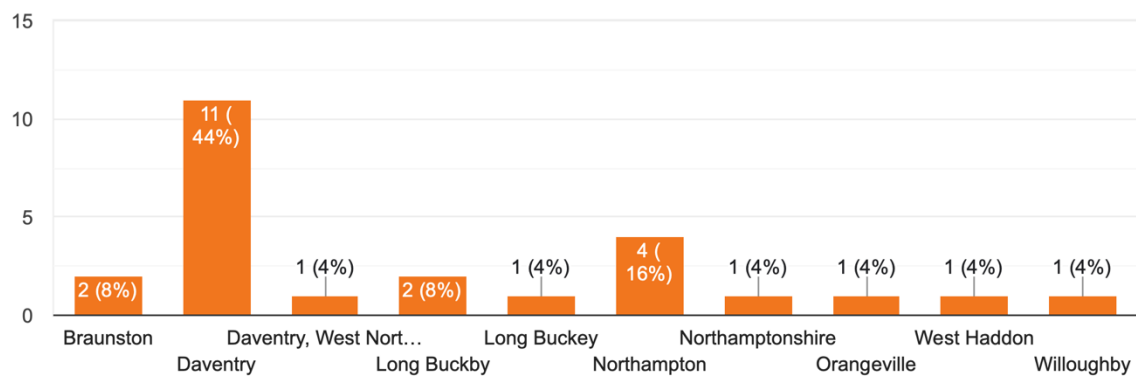
Responses included people from:

- Daventry
- Long Buckby
- Northampton
- Braunston
- West Haddon
- Surrounding villages

Age groups represented ranged from adults aged **35 through to 65+**.

1. Which town, city or area do you live in?

25 responses



Key Finding 1

Stress, anxiety and sleep are affecting everyday wellbeing

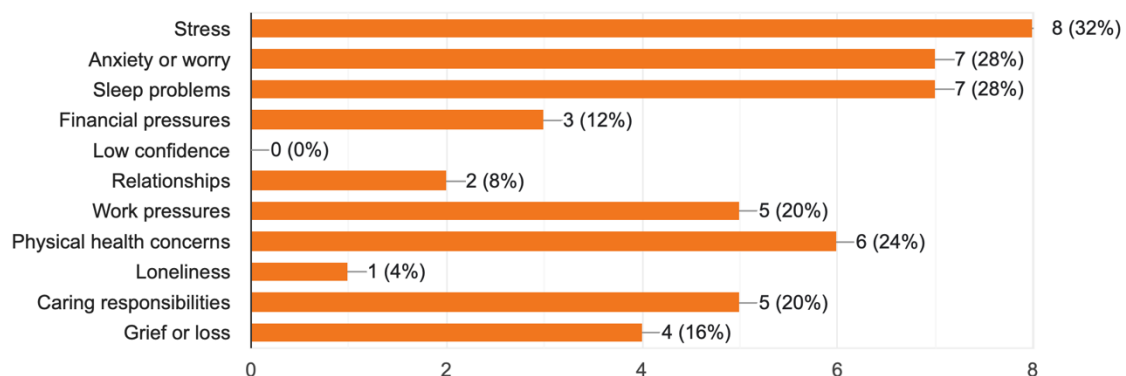
When asked what had the biggest negative impact on wellbeing over the last 12 months, common themes included:

- Stress
- Anxiety and worry
- Sleep difficulties
- Work pressures
- Physical health concerns
- Caring responsibilities

Although every person's circumstances were different, many people described carrying several pressures at the same time.

3. Which ONE of the following has had the biggest negative impact on your wellbeing over the past 12 months?

25 responses



Key Finding 2

“I’m Fine” Does Not Always Mean Someone Is Fine

One of the most powerful questions asked was:

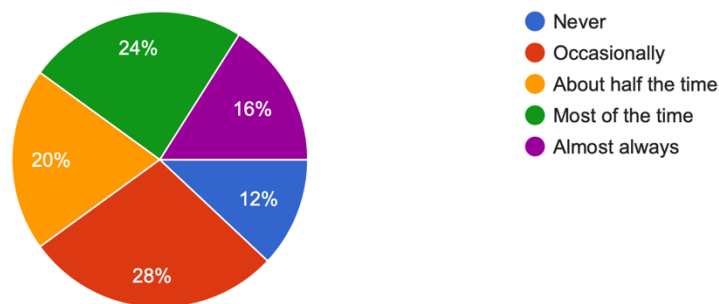
When people ask how you are, how often do you answer “I’m fine” when you are actually struggling?

Many participants shared that they sometimes hide how they are really feeling.

This highlights the importance of checking in with others, listening without judgement, and creating spaces where people feel comfortable talking openly.

5. When people ask how you are, how often do you answer “I’m fine” when you’re actually struggling?

25 responses



Key Finding 3

People know what helps but life gets in the way

When asked what supports their wellbeing, people mentioned:

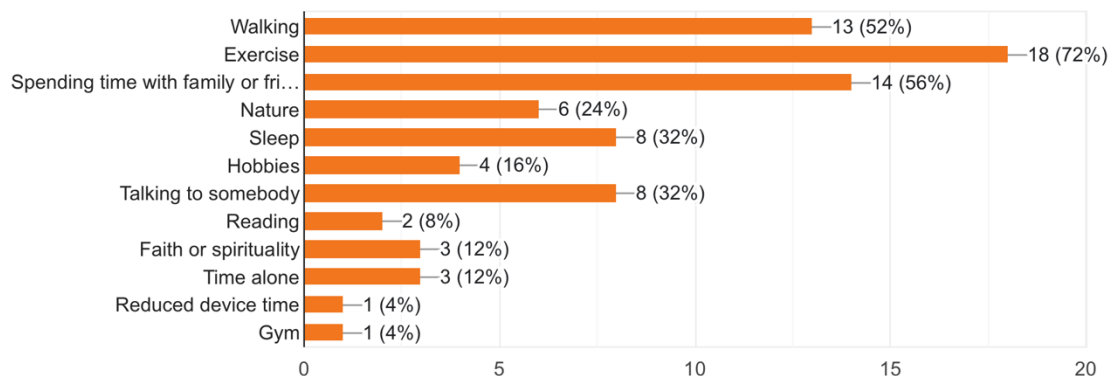
- 🚶 Walking
- 🏃 Exercise
- 🌿 Nature
- 👨👩 Time with family and friends
- 💬 Talking to somebody
- 😴 Sleep
- 📖 Hobbies

The challenge for many was not knowing what helps.

The challenge was finding the time, energy, or opportunity to make wellbeing a priority.

9.What helps your wellbeing most? (Please select up to three)

25 responses



What Is Holding People Back?

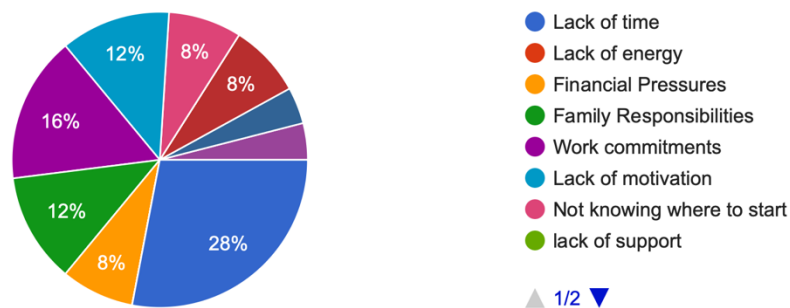
Common barriers included:

- Lack of time
- Work commitments
- Family responsibilities
- Health challenges
- Financial pressures
- Lack of motivation

Modern life is busy, and many people described putting their own wellbeing last.

10.What is currently stopping you from improving your wellbeing?

25 responses



Local Voices

When asked:

“Life would feel better right now if...”

People said:

“I had just a little more time to spend on me.”

“There was less pressure, expectations and things could be at a slower, more achievable pace.”

“I could sleep for more than three hours a night.”

“People were kind.”

“I could reduce my working week.”

These comments remind us that wellbeing is not just about statistics.

It is about real people and real experiences.

Recommendations

For Individuals

Small changes matter:

- ✓ Take short moments to pause
- ✓ Prioritise rest and sleep
- ✓ Spend time outdoors
- ✓ Talk to someone you trust
- ✓ Make wellbeing part of everyday life

For Workplaces

Organisations can support wellbeing by:

- ✓ Encouraging open conversations
- ✓ Recognising stress early
- ✓ Supporting realistic workloads
- ✓ Creating healthier workplace cultures

For Communities

Strong communities can:

- ✓ Reduce isolation
- ✓ Encourage connection
- ✓ Provide opportunities for people to support each other

Final Message

The Northamptonshire Community Wellbeing Project 2026 started with a simple question:

How are we really doing?

The answers showed that while many people are coping, many are also carrying pressures others may never see.

Sometimes the greatest support begins with listening.

If you are a local organisation, employer or community group interested in discussing wellbeing support or the findings from this project, please get in touch.

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About the Project Lead



Frances B. Lafferty
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Frances is a Northamptonshire-based hypnotherapist and workplace wellbeing specialist supporting individuals and organisations with stress, anxiety, confidence, sleep and emotional wellbeing.

She is passionate about helping people create more calm, clarity and control in everyday life.

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