



Rutland

Voluntary and Community Sector
Strategy - **Data Insights**

Supplement to the Rutland Voluntary
and Community Sector Strategy for
2024-2028

Version 1-3
Dated 31-1-24

Introduction



Background of this document

This document provides a statistics-based overview of Rutland and its people and in so doing highlights issues that may be pertinent to the VCS and the services and support it could be called upon to provide now and into the future.

A list of the data sources used can be found in [Appendix 1 - Data sources](#)



Introduction



Rutland is a predominately rural county in the heart of England bordering Leicestershire, Lincolnshire and Northamptonshire. It is the smallest historic county in England and the fourth smallest 'ceremonial' county in the UK.

Rutland has been a unitary authority¹ since 1997 when Rutland County Council became responsible for almost all local services except for the Leicestershire Fire and Rescue Service and Leicestershire Police, which are run by joint boards with Leicestershire County Council and Leicester City Council. It has the smallest population of any normal unitary authority in England.

Oakham and Uppingham are the only two towns in Rutland but there are many villages including Ketton, Ryhall, Langham, Whissendine and Cottesmore. At the centre of the county is Rutland Water, a large artificial reservoir some four miles wide by two miles long.



1. The unitary authorities of England are those local authorities which are responsible for the provision of all local government services within a district

The Place



Heritage

Rutland has been identified as a distinct area since at least Anglo-Saxon times and it was first named as a county in 1159. Oakham, Uppingham and many of the villages have historic houses and churches built of the distinctive local ironstone. Historic buildings open to the public include Oakham Castle, Lyddington Bede House and Tolethorpe Hall which is now noted as an outdoor Shakespearian theatre. Rutland has around 1,400 listed buildings and 32 scheduled monuments.

Several Roman villas have been excavated in Rutland over the years, most recently the 'Rutland Roman Villa' which includes a rare mosaic - the site has been described by Historic England as one of the most significant of its kind in Britain.

Rocks by Rail - The Living Ironstone Museum explores the history of iron ore quarrying in the area and the railway lines that supported it.

Culture

Uppingham School has a theatre which is open to the public and which hosts theatre and musical productions both by students and professional and amateur performers. Many of Oakham School's events are also open to the public - with performances by students and visiting societies and professional performers.

'Music in Lyddington' holds concerts by internationally renowned artists at Lyddington Church from March to October and the Rutland Sinfonia performs orchestral music to smaller towns and villages in and around Rutland. There are also several amateur musical groups and societies.

Rutland County Museum hosts arts and crafts exhibitions and is also a venue for films, as is Uppingham Town Hall (there is no permanent cinema in the county).

Natural Environment

Rutland has a varied and rich natural environment and there are several important natural sites in the county of both biological and geological interest.

Rutland Water is considered to be one of the best places to watch birds in the UK – it has conservation designations as a Site of Special Scientific Interest and a Special Protection Area.

Other sites of interest, many with designations and managed by Leicestershire and Rutland Wildlife Trust, include Eyebrook reservoir; Merry's Meadows; Bloody Oaks Quarry; Ketton Quarry and Great Merrible Wood.

The largest and most complete fossil of an ichthyosaur found in Britain was discovered at Rutland Water in 2022.

The Place



Recreation and Tourism

Rutland Water is popular with birdwatchers, cyclists, walkers, anglers and water sports enthusiasts as well as picnickers. In 2022 it had 1.2 million visits.

Rutland's strong agricultural and farming background and tradition of supporting local produce means there is a wide selection of highly regarded food and drink venues including a Michelin starred restaurant, several restaurants listed in the Michelin and/or Good Food Guide and several with AA rosettes as well as many cafes and country pubs.

Producers include a coffee roaster, brewery, craft bakery, gin producers and a vineyard. Farmers' Markets are held regularly in Oakham.



The Place

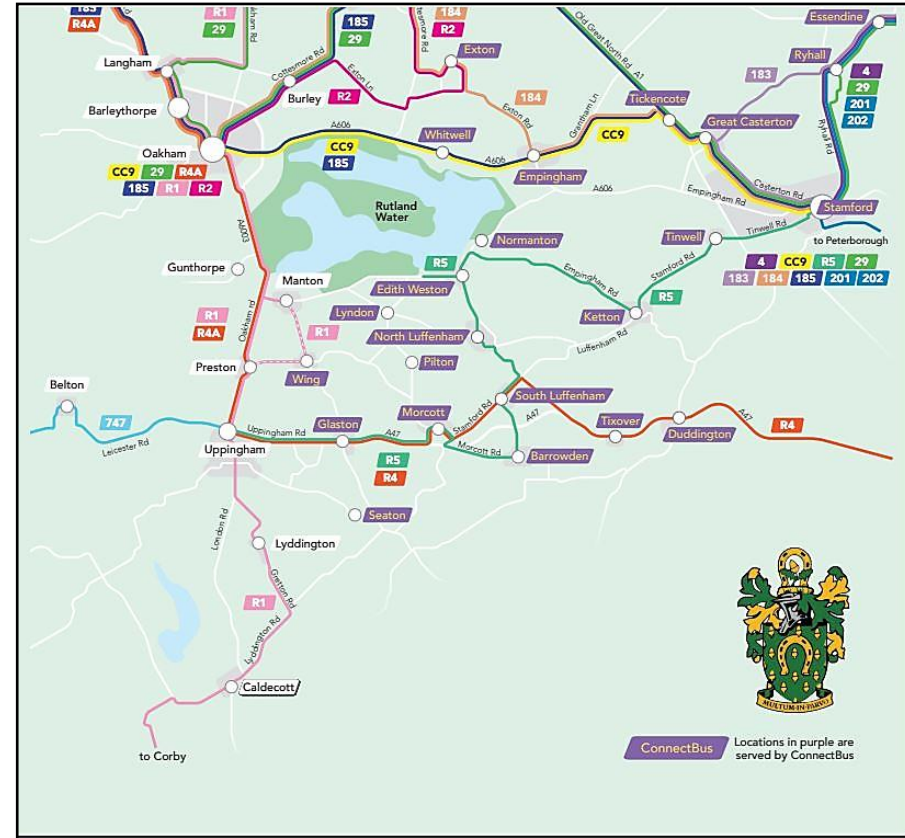
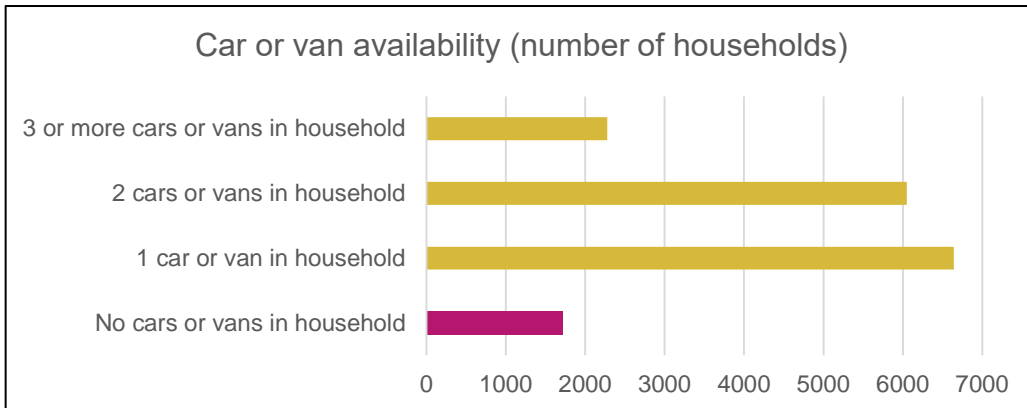


Transport

Oakham is the only place in Rutland with a railway station. It is on the cross-country line from Birmingham to Stansted with local connections to Melton Mowbray and Stamford and further afield to Leicester and Peterborough. East Midlands Railway operates an infrequent service to London St Pancras.

Bus services primarily connect Oakham, Uppingham, Melton and Stamford and the villages in between. Most services are infrequent and don't run in the evenings. Many villages are not served by scheduled bus services but some villages do have access to a by-request minibus service. Only 0.4% of people in Rutland who travel to work do so by bus and 0.5% by train.

As the chart below shows, over 1700 households in Rutland don't have access to a car/van.



The People



Population numbers

Rutland has the smallest population of any unitary authority in England and Wales at 41,400. Oakham and Uppingham are the largest settlements but are, by national standards, small towns with populations of 12,100 and 4,200 respectively. The Cottesmore parish, which is the largest outside Oakham and Uppingham, has a population of around 2,400 people.

Rutland's population has increased at a faster rate than that of England and Wales as a whole - up 9.7% from 2011 compared to 6.3% for England and Wales. The increase in older age groups is projected to continue, with an 80% increase in people aged 80+ and a 115% increase in people aged 90+ by 2040.

Population density in Rutland is very low compared to England and Wales as a whole – it has an overall average of 108 persons per square kilometre making one of the least densely populated local authority districts in England and Wales (but not unusually so for a rural county). The figure drops as low as 12 persons per sq km in Clipsham/Pickworth in the far east of the county.

There are two large private schools in the county - Oakham School and Uppingham School – both of which have both boarders and day pupils. In the 2021 Census, from which much of the following data comes, boarding students are counted as residents. Particularly in Uppingham, where boarders represent almost 20% of the population, it should be noted that their inclusion skews some sets of data (for example the Age Profile and Ethnic Group datasets).

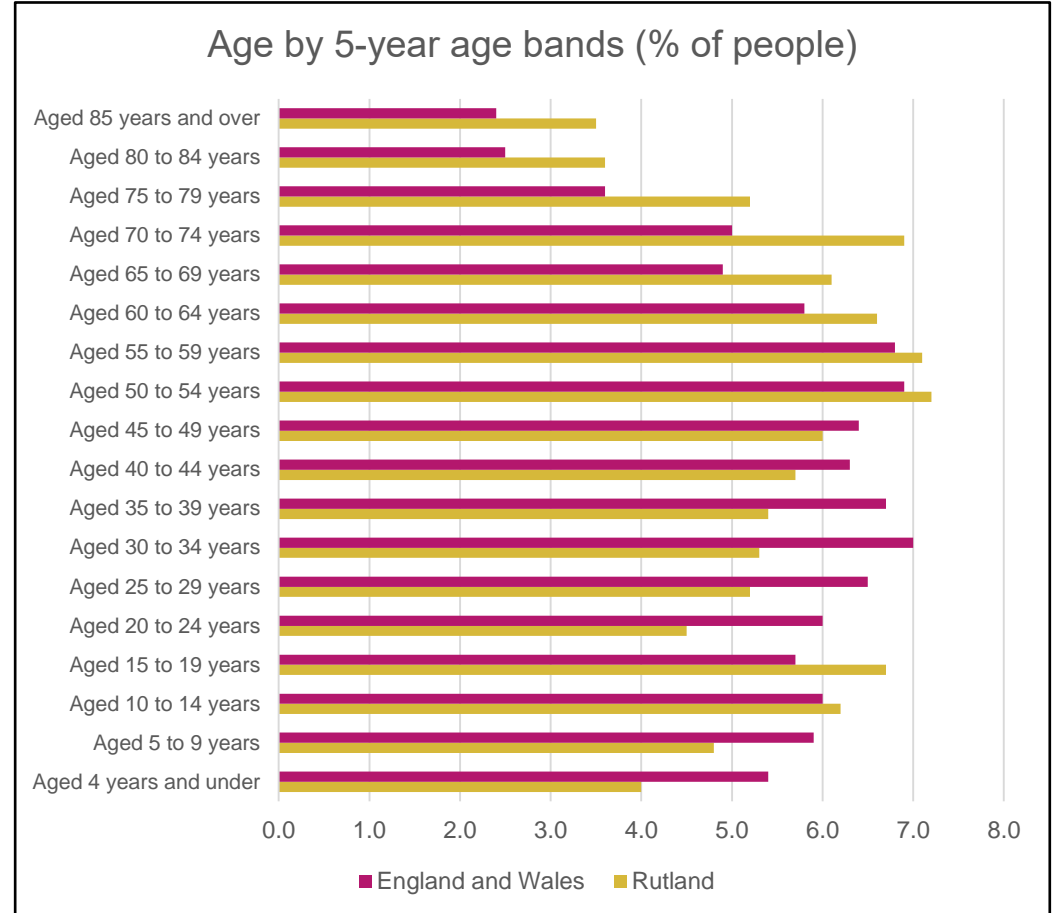
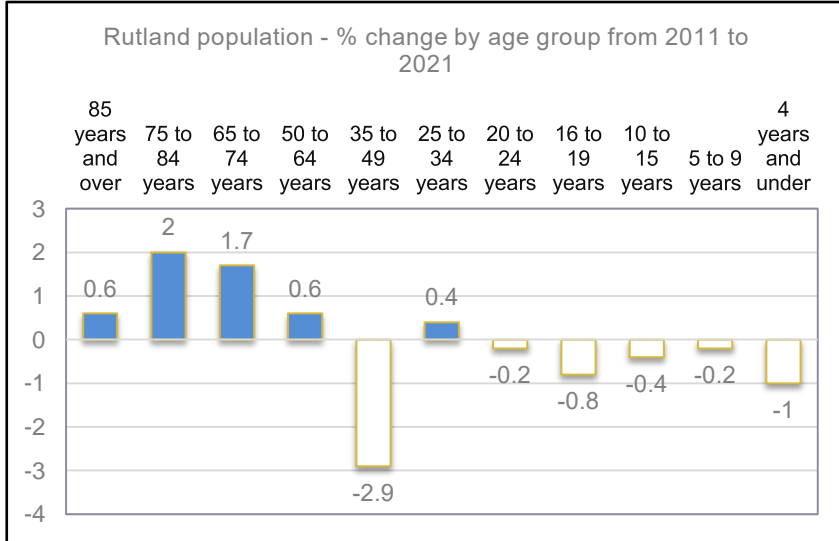
The People



Age profile

Compared to England and Wales, as a percentage of the population Rutland has:

- More older people - in all age bands from 50 years and over – this is especially true of ages 60 and over.
- Fewer people in all age bands from 20 to 49.
- More young people aged 10 to 19 but fewer very young people aged 0 to 9.



The increase in older age groups is projected to continue, with an 80% increase in people aged 80+ and a 115% increase in people aged 90+ by 2040.

The People



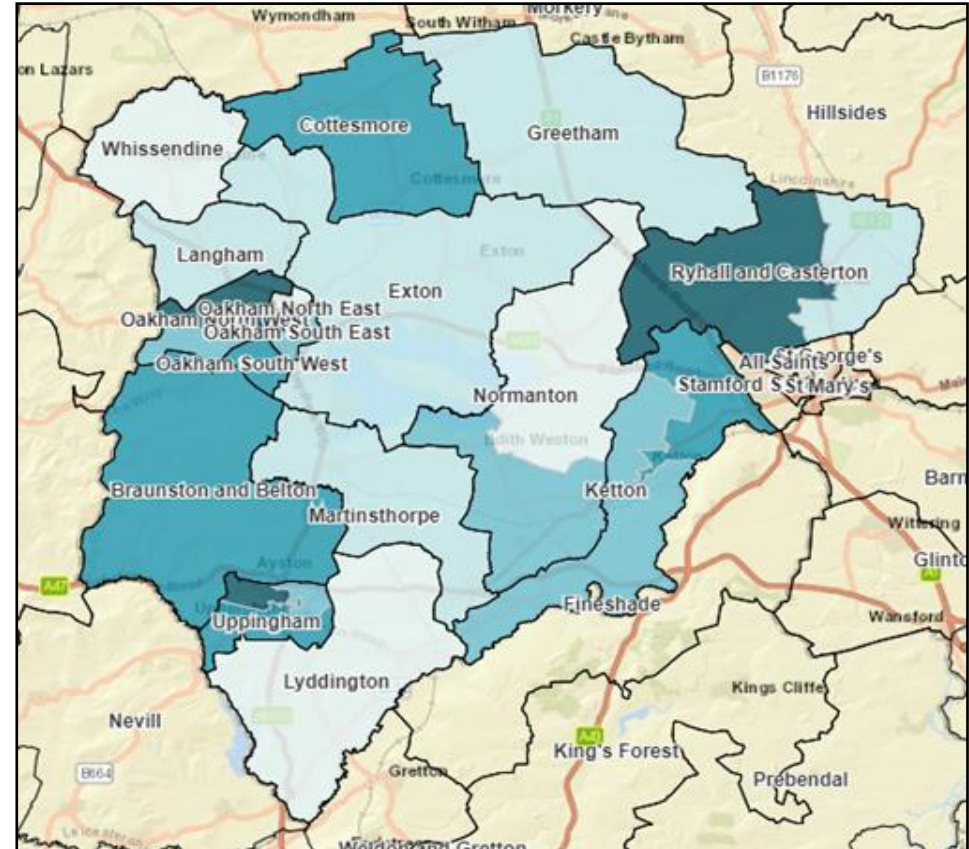
Risk of loneliness

Age UK has created heat maps showing the relative risk of loneliness – a measure that is based on the Census 2011 figures for the factors:

- marital status
- self-reported health status
- age
- household size

These four factors predict around 20% of the loneliness observed amongst older people 65 and over as represented in the English Longitudinal Study of Ageing (ELSA).

Oakham North and Ryhall and Casterton are the two areas that show the highest risk in the county.



Risk of loneliness at neighbourhood level
(based on 2011 figures)

The People



Disability and Health

Rutland has a smaller total percentage of people with a disability than England and Wales as a whole. Those whose activities are *limited a little* by their disability are slightly higher in Rutland and for the category of those whose activities are *limited a lot* the percentage in Rutland is lower. Overall, people in Rutland consider themselves healthier than people in England and Wales as a whole.

Access to health services

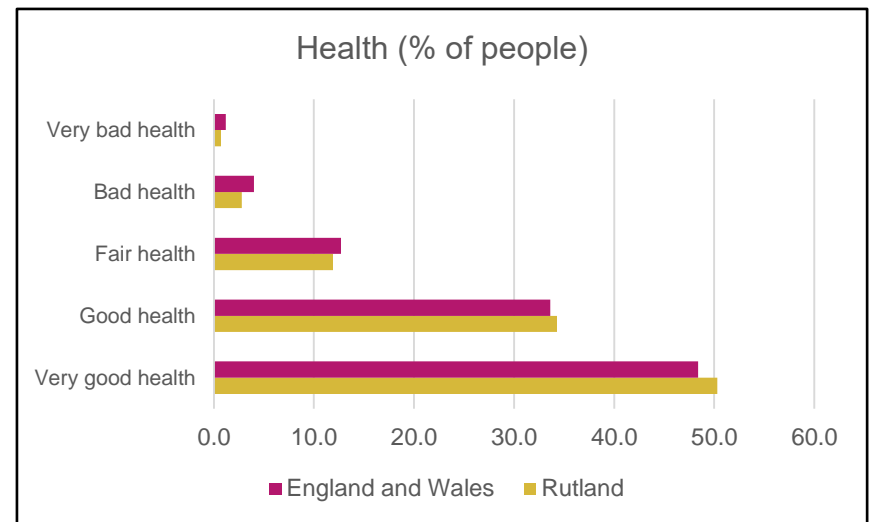
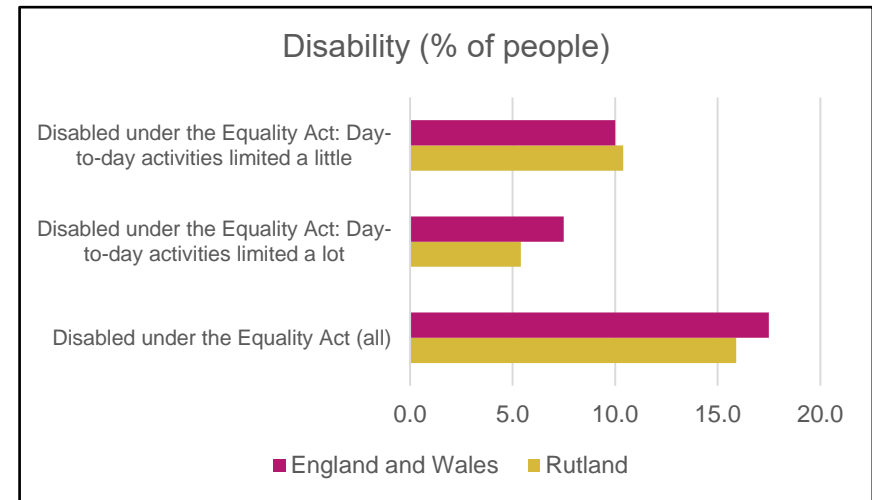
Primary Care

There are four GP Practices in Rutland. For households in rural areas without access to a vehicle getting to them can be difficult. 40.8% of Rutland residents living in rural villages cannot access a GP within 30 minutes travel time by public transport.

Hospitals

The closest hospital that takes acute cases is outside Rutland* so access to A&E can be challenging for Rutland residents. Rutland Memorial Hospital, a community hospital, is in Oakham but doesn't provide all the services typically available at a larger acute hospital.

67% of people in Rutland are more than 60 minutes away by public transport from an acute hospital and 36% are more than 90 minutes away.



* Major Hospitals for Rutland residents are in Peterborough or Leicester with other units in Melton Mowbray; Stamford; Grantham and Corby

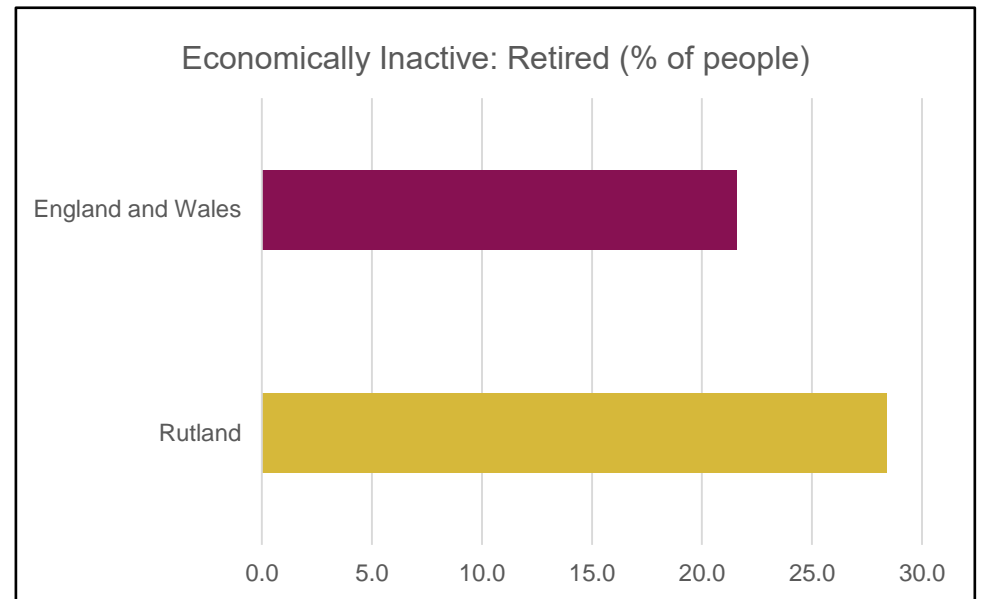
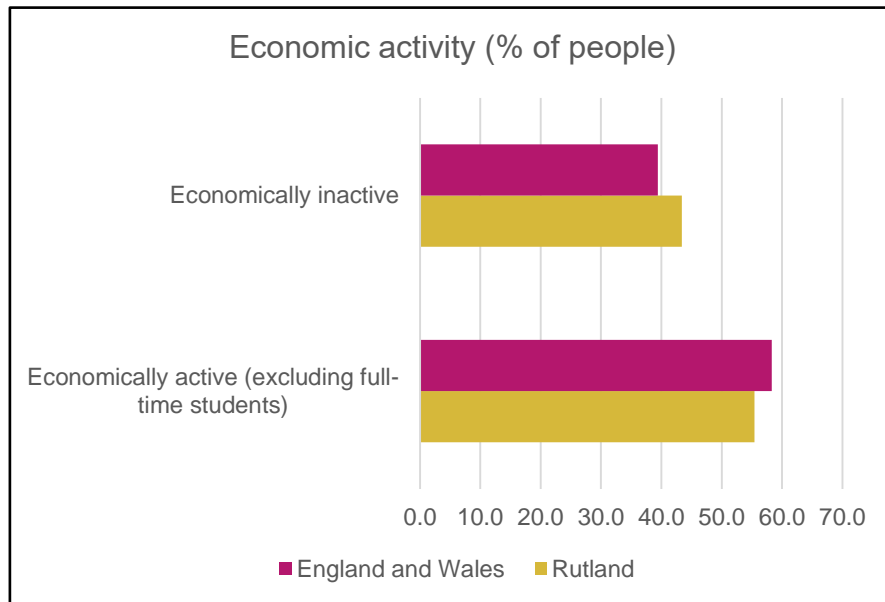
The People



Economic activity and Retirement

Slightly over 55% of people (excluding full-time students) are economically active - slightly lower than the figure for England and Wales as a whole. Over 43% are economically *inactive* – slightly higher than England and Wales.

However, looking at those that are economically inactive the percentage of people who are retired in Rutland is a lot higher than England and Wales as a whole (approximately 7%).



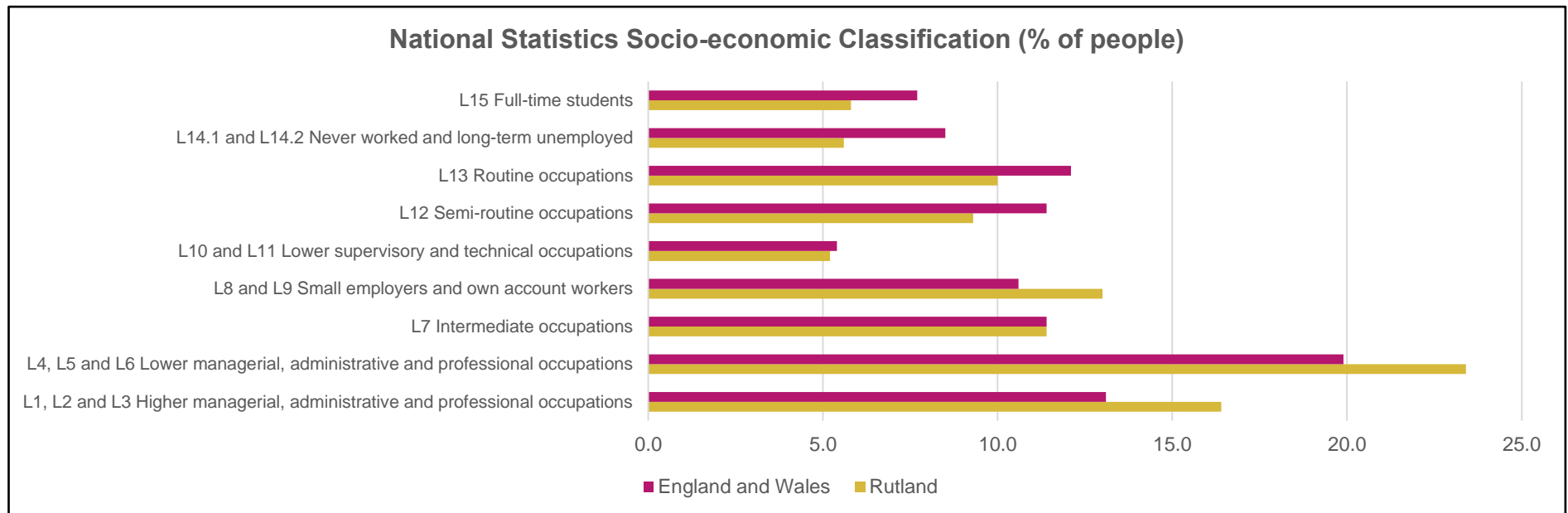
The People



Socio-economic classification and earnings

Rutland has a higher percentage of people in relatively well-paid categories of work (Higher/Lower managerial, administrative and professional occupations, Small employers) and relatively few long-term unemployed people and full-time students compared to England and Wales.

However, median² gross weekly earnings in Rutland are lower than the UK average at £598 (£31,096 pa) compared to £640 (£33,280 p.a.) which, although not very different, puts Rutland in the second lowest quintile³ in the UK.



² The median is the middle value in a set of data. Unlike the mean, it is not skewed by a small proportion of extremely large or small values, and therefore provides a better representation of the centre.

³ A quintile is any of five equal groups into which a population can be divided according to the distribution of values of a particular variable.

The People

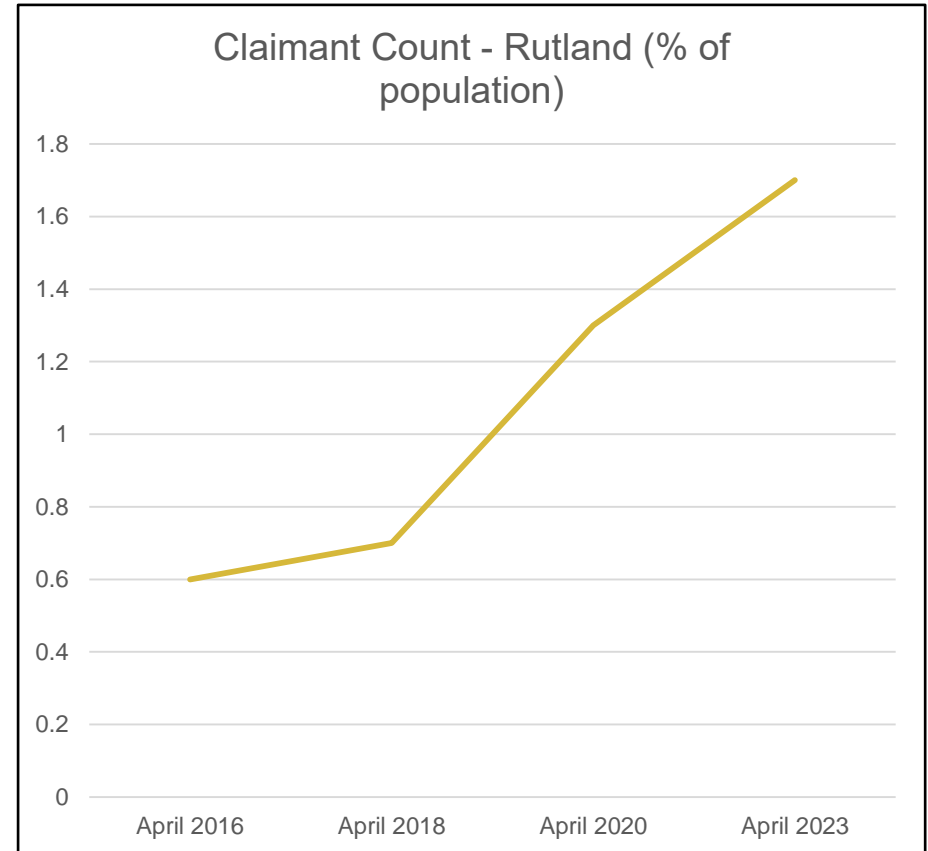


Claimant counts

The Claimant Count is a measure of the number of people claiming benefits principally for the reason of being unemployed. It counts those claiming Job Seekers Allowance or Universal Credit.

In Rutland, claimant numbers rose sharply in 2018 and have continued to rise since, albeit at a slightly slower rate. However, the percentage of Rutland's population claiming these benefits compared to that of England remains low (for England the figure was 3.8% for April 2023 while Rutland's was 1.7%).

Note: April 2016 is the earliest available data at unitary authority level.



The People

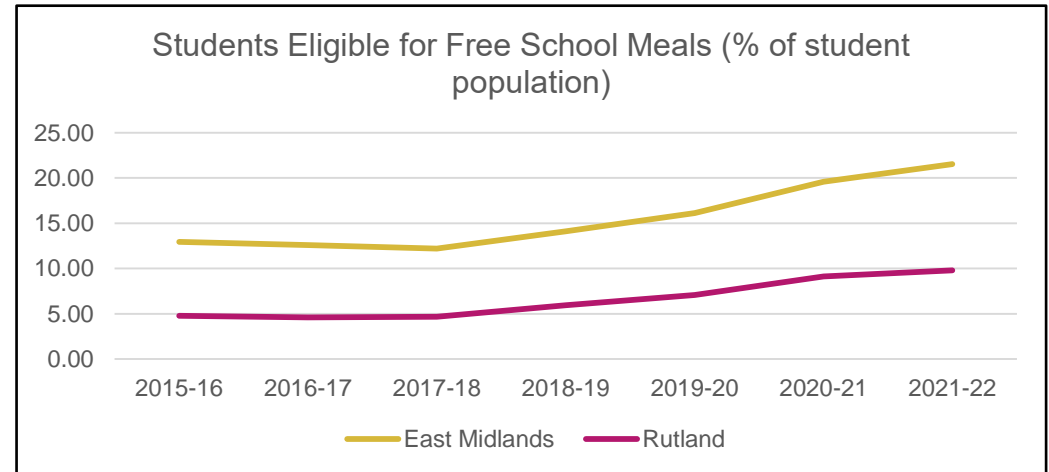
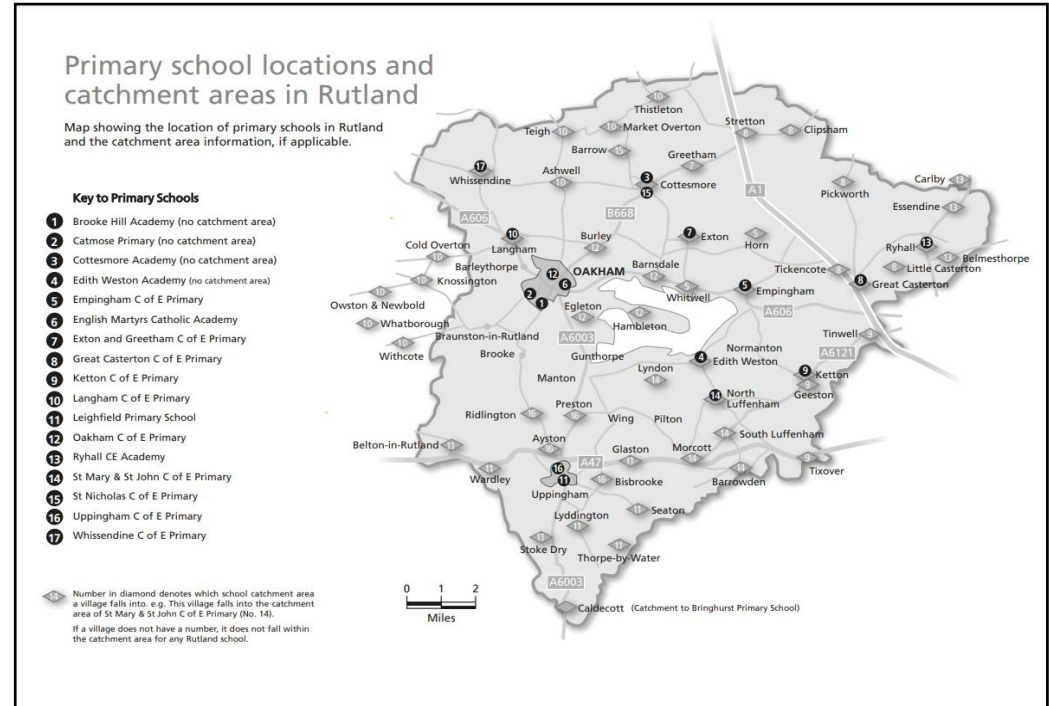
Education

Primary Schools in Rutland and their catchment areas are illustrated opposite.

There are three state secondary schools (taking students from ages 11 to 16) in the county, one 16-19 state school and no universities. Only 4.8 % of people aged over 16 are full-time students putting Rutland in the bottom 30% of areas in England and Wales by this measure.

Free School Meals

The percentage of pupils in Rutland eligible for free school meals is a lower than the East Midlands as a whole but significantly has almost doubled between 2015 and 2022.



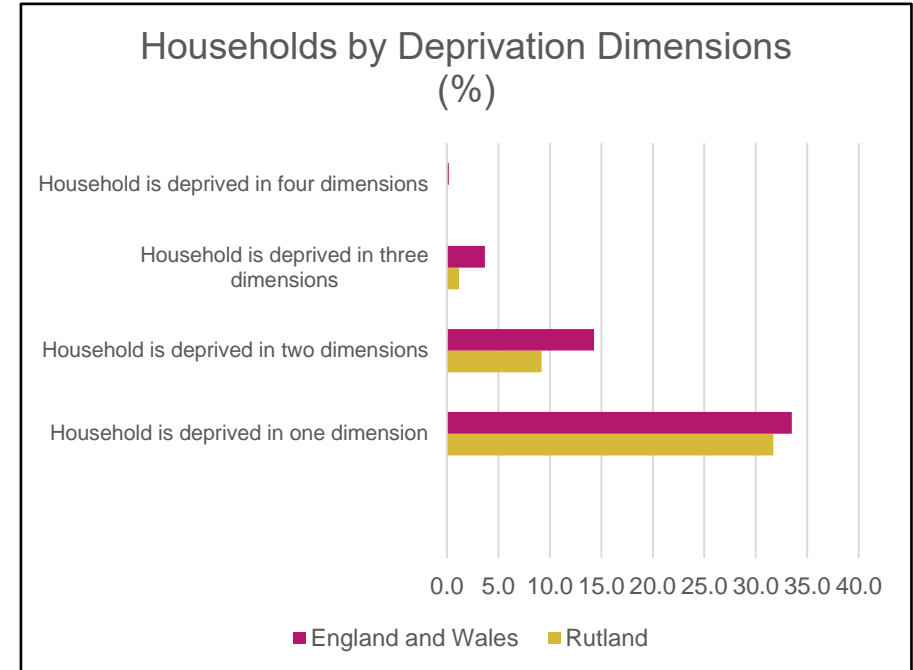
The People



Deprivation Dimensions

The dimensions of deprivation used to classify households are indicators based on four selected household characteristics related to Education, Employment, Health and Housing.

Rutland households that are deprived in one, two, three or four of these dimensions are lower than England and Wales as a whole but the data show that over 30% are deprived in one dimension and 14% in two - a total of 44%. Figures include households where no-one aged 16 to 18 years is a full-time student so may be affected by the relatively low number of 6th form/college students in the county.



The dimensions of deprivation used to classify households are indicators based on four selected household characteristics:

- **Education:** A household is classified as deprived in the education dimension if no one has at least level 2 education and no one aged 16 to 18 years is a full-time student.
- **Employment:** A household is classified as deprived in the employment dimension if any member, not a full-time student, is either unemployed or economically inactive due to long-term sickness or disability.
- **Health:** A household is classified as deprived in the health dimension if any person in the household has general health that is bad or very bad or is identified as disabled.
- **Housing:** A household is classified as deprived in the housing dimension if the household's accommodation is either overcrowded, in a shared dwelling, or has no central heating

The People



Income deprivation

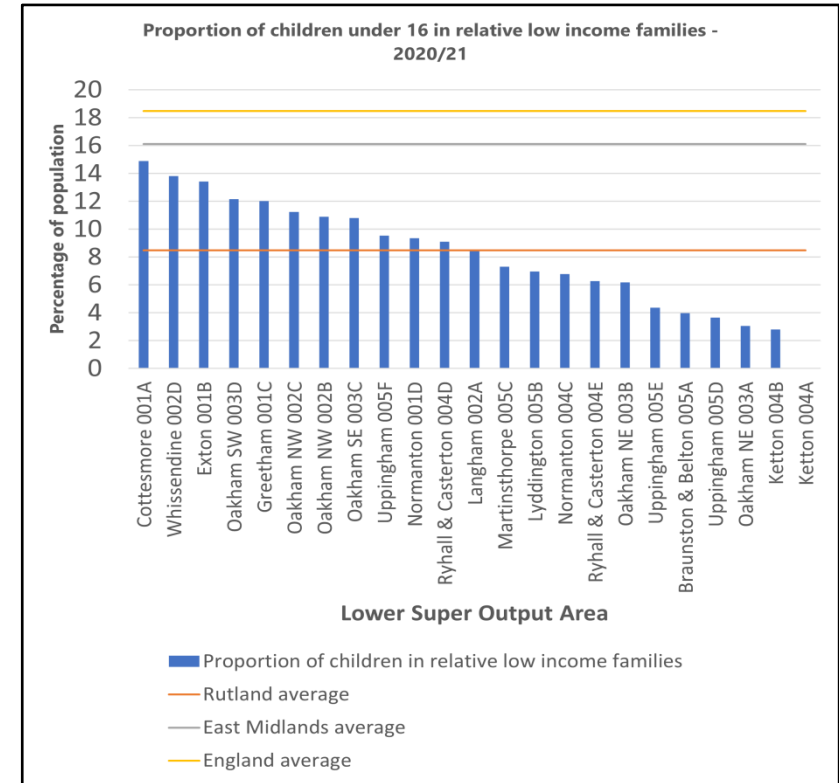
Looking specifically at income deprivation, of the 316 local authorities in England Rutland is ranked 302nd most income-deprived. In the least deprived neighbourhood in Rutland, 2.2% of people are estimated to be income-deprived. In the most deprived neighbourhood, the figure is 10.6%. It has the smallest deprivation gap (difference between most and least deprived neighbourhoods) of all local authorities in England.

A small deprivation gap does not necessarily imply there is no deprivation, it may just mean income deprivation is evenly spread throughout the local authority, rather than concentrated in a few neighbourhoods.

There is certainly variation between areas (specifically Lower layer Super Output Areas⁵) within Rutland for socio-economic indicators. For example, the proportion of children under 16 in relative low-income families ranges from 3% to 15% (2020-21). Cottesmore, Whissendine and Exton were the areas with the highest proportion, Uppingham, Oakham and Ketton the lowest.

The Income Deprivation Affecting Older People Index (IDAOPi) measures the proportion of all those aged 60 or over who experience deprivation relating to low income. The parts of Rutland with the highest rates are shown in table opposite:

Oakham NE	14.9%
Oakham NW	12.1%
Uppingham W	10.4%



5. Lower Layer Super Output Areas represent geographical areas. They comprise between 400 and 1,200 households and have a usually resident population between 1,000 and 3,000 persons.

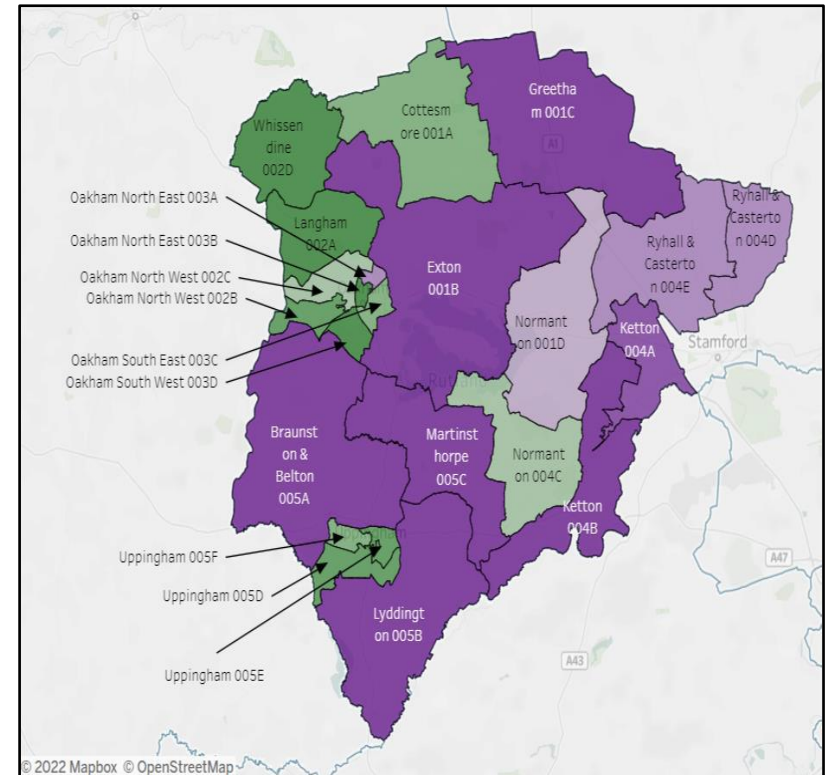
The People



Barriers to Housing and Services

The Barriers to Housing and Services Domain measures the physical and financial accessibility of housing and local services. The indicators fall into two sub-domains: ‘*geographical barriers*’, which relate to the physical proximity of local services, and ‘*wider barriers*’ which includes issues relating to access to housing, such as affordability. Its rurality means there is a dispersed population with limited access to public transport so it can be hard for people to access local services such as post offices, primary schools, general stores or GPs’ surgeries.

Although the average annual income is close to the national average the property price to earnings ratio in Rutland is at its highest level since 2017 making housing less affordable. In 2021/22, 20 additional affordable dwelling were completed in Rutland representing 0.03% of the total for England (Rutland’s population is approx. 0.06% of the population of England).



The map shows Rutland Lower level Super Output Areas using the Barriers to Housing & Services domain. The darker purple areas represent parts of the county which **are in the worst 10% nationally** for the indicators in this domain. In fact, two Rutland LSOA’s are in the most **disadvantaged 1% nationally** – *Greetham* and *Braunston & Belton*.

The People

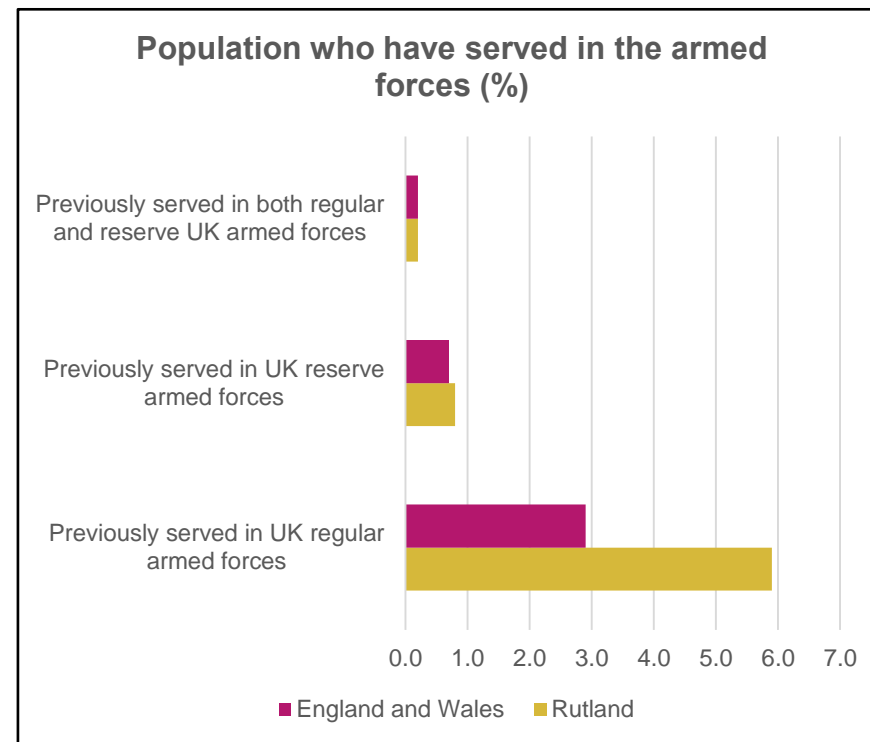


Armed Forces Community

There is a significantly higher percentage of Armed Forces veterans in Rutland (6.9%) than the national average (3.8%). Furthermore, there is a substantial element of the population that is currently serving at the two Army barracks within the County. Both groups bring varying challenges that range from an increased sense of isolation amongst the veteran community to a statistically high number of children with SEND in the families of those still serving.

The data around mental health in this community isn't clear: research has found that UK veterans were more likely to report a significantly higher prevalence of certain mental health issues, post-traumatic stress disorder (PTSD) and alcohol misuse than non-veterans. On the other hand, MOD research suggests lower rates of mental health issues in UK armed forces than that seen in the UK general population.

Where they do occur, mental health issues in the armed forces community are often because of different life experiences (to civilians) and, therefore, frequently require a different approach to resolve. For example, levels of PTSD amongst the Armed Forces Community are higher than the civilian norm and are often because of circumstances and events not replicated in day-to-day life.



The People



Protected Characteristics

In terms of protected characteristics such as ethnic group, religion and sexual orientation Rutland is:

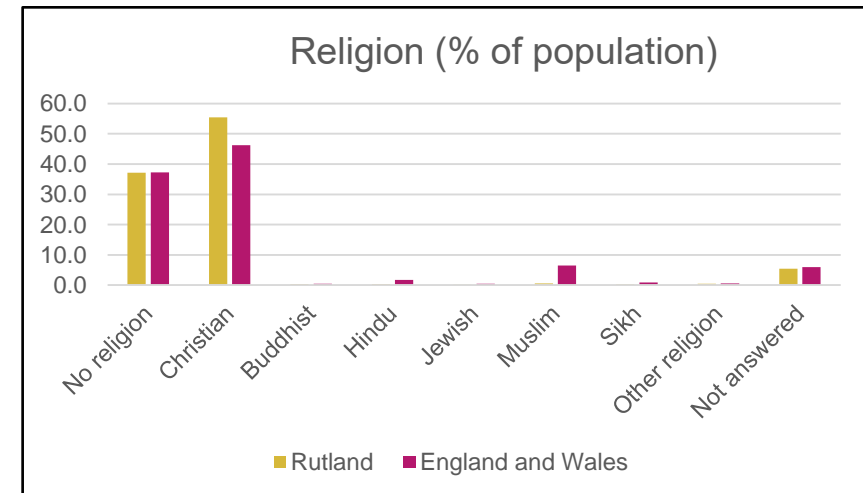
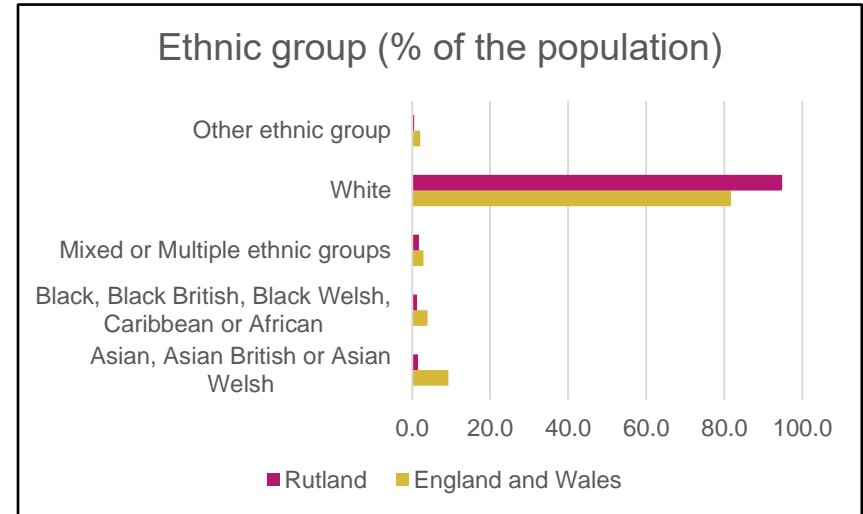
- Predominately White with a relatively low percentage of people from minority ethnic groups;
- Predominantly Christian or of no religion with a relatively low percentage of people from minority religions;
- Not far from the national average in terms of the proportions of people identifying as straight/gay/other.

Because of the small size of Rutland's population, there are relatively small actual numbers of individuals from minority groups. This can mean few or no local services specifically supporting people from these groups. Out of a population of 41,400 Rutland has the following numbers of people in these minority groups: Note this represents a 'snap-shot' as at the 2021 Census.

Asian, Asian British or Asian Welsh	634
Black, Black British, Caribbean/African	552
Mixed or Multiple ethnic groups	744

Muslim	258
Buddhist	150
Hindu	125
Sikh	67
Jewish	53

Gay or Lesbian	381
Bisexual	292



Appendix 1 – Data Sources



- **Listed buildings** - <https://historicengland.org.uk/>
- **Population sizes** [Settlements in Rutland \(East Midlands, United Kingdom\) - Population Statistics, Charts, Map, Location, Weather and Web Information \(citypopulation.de\)](#)
- **Health, Disability, Veterans, Religion, Ethnic Group, Sexual Orientation, Age profile/population change, Economic activity, Socioeconomic classification, Deprivation Dimensions** – various Census 2021, ONS and NOMIS downloads
- **Risk of loneliness** – <http://data.ageuk.org.uk/loneliness-maps/england-2016/rutland/>
- **Car or van availability** [Car or van availability - Office for National Statistics \(ons.gov.uk\)](#)
- **Population density** [Population density - Census Maps, ONS](#)
- **Access to health services** - Rutland Joint Strategic Needs Assessment - Health Inequalities Needs Assessment (Rutland County Council and LLR ICB)
- **Earnings** [Employee earnings in the UK - Office for National Statistics \(ons.gov.uk\)](#)
- **Claimant counts** – [CC01 Regional labour market: Claimant Count by unitary and local authority \(experimental\) - Office for National Statistics \(ons.gov.uk\)](#)
- **Deprivation dimensions** - [English indices of deprivation 2019 - GOV.UK \(www.gov.uk\)](#); Income deprivation [Exploring local income deprivation \(ons.gov.uk\)](#)
- **Proportion of children under 16 in relative low-income families** - Rutland Joint Strategic Needs Assessment - Health Inequalities Needs Assessment (Rutland County Council and LLR ICB)
- **Income Deprivation Affecting Older People (IDAOPI)** [English indices of deprivation 2019 - GOV.UK \(www.gov.uk\)](#)
- **Barriers to Housing and Services** [English Indices of Deprivation 2019: technical report \(publishing.service.gov.uk\)](#)
- **Housing** [Live tables on affordable housing supply - GOV.UK \(www.gov.uk\)](#), Census map [Housing affordability in England and Wales - Office for National Statistics \(ons.gov.uk\)](#)
- **Education** % of people aged over 16 who are students [Economic activity status - Census Maps, ONS](#)
- **Free School Meals** [Create your own tables, Table Tool – Explore education statistics – GOV.UK \(explore-education-statistics.service.gov.uk\)](#)
- **Armed forces community (mental health)** [Mental health disorders and alcohol misuse among UK military veterans and the general population: a comparison study | Psychological Medicine | Cambridge Core](#)