**Who should complete this Questionnaire?**

This questionnaire should be completed by **residents of Swindon Borough Council area** who have **mental, physical** or **wellbeing** issues (e.g. unemployment, bereavement etc.), whether diagnosed or undiagnosed. Carers, families and friends are also welcome to complete this survey.

**Purpose of Questionnaire**

This questionnaire is part of a consultation process to help determine levels of interest for a new Wellbeing programme to be delivered the Swindon area. We will use responses to support a funding application for a new Wellbeing programme in Swindon.

The survey can be completed online at <https://www.surveymonkey.com/s/557FQ97> or electronically by email or in hardcopy and posted to us. We anticipate that it will take **3 - 5 minutes** on average to complete the short survey.

**Background**

Wiltshire Wildlife Trust’s adult Wellbeing Programme provides activity sessions outdoors in nature, in the local community, for adults experiencing **mental**, **physical** health or **wellbeing** issues.

The service can be used in parallel or where appropriate, as an alternative to existing clinical treatments. Activity sessions offer supervised opportunities to learn a broad range of skills and knowledge based conservation or craft activities. Activities are geared to all levels of physical ability and knowledge. Supervision, tools and transport provided.

Wiltshire Wildlife Trust currently runs an existing Wellbeing programme funded by Wiltshire Council for **Wiltshire residents only**.

Further information on the Wellbeing Programme in Wiltshire can be found at <http://www.wiltshirewildlife.org/green-living/wellbeingprogramme>

**Example of participant feedback:**

*‘’Everybody in this group is so friendly and they always have a smile for you and there is always somebody there to help if you need it. I would like to thank the Wellbeing team for giving me the chance to improve my life and become more active”.*

**Deadline Date for responses**: Midnight on **Monday 10th November 2014**

**Completed electronic questionnaires** should be emailed to: wellbeing@wiltshirewildlife.org

**Completed hardcopy surveys** should be posted to: The Wellbeing Programme, Wiltshire Wildlife Trust, Elm Tree Court, Long Street, Devizes SN10 1NJ.

If you have any queries regarding this survey, please contact the Wellbeing Team on 01380 725670 or Email: wellbeing@wiltshirewildlife.org

**This questionnaire should be completed by Swindon Borough Council residents who are over 18 only, with mental, physical health or wellbeing issues.**

Thank you very much for taking part in this survey and sharing your views with us. The information collected in this survey will be used to support a funding application to deliver The Wellbeing Programme in Swindon. Any personal information you provide to us will only be held until the application is considered. Your details will not be shared with any third parties.

**Contact Details**

In completing this survey, you give your permission for us to contact you in case of any queries about your responses. You will not be contacted for any other purpose unless you have requested us to do so at the end of this form.

**1. Your Contact Details:**

|  |  |
| --- | --- |
| Name: |       |
| Address: |       |
| Postcode: |       |
| Email: |       |
| Telephone: |       |
| Date: |       |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **2. Age Range**: | 18 – 24 [ ]  | 25-39 [ ]  | 40 – 54 [ ]  | 55 – 64 [ ]  | 65 + [ ]  |

**Outdoor Activity:**

**3. Do you currently engage in any outdoor activities for health or leisure?** Y [ ]  N [ ]

**4. If YES:**

As an individual? [ ]  Or With an Organisation? [ ]  Name of organisation:

**5. Please describe the type of activity:**

Walking/running in the countryside: [ ]  Walking/running in a local park: [ ]

Woodland skills: [ ]  Practical conservation skills: [ ]

Gardening: [ ]  Outdoor arts and crafts: [ ]

Other:

**6. How often do you participate?**

Daily [ ]  Weekly [ ]  Monthly [ ]  Occasionally [ ]  Other: (please state)

**7. Would you be interested in using a free nature-based therapeutic health service (wellbeing activity) offering a range of outdoor activities locally?**  Y[ ]  or N[ ]

**8.** **If YES, please tick any or all activities of interest:**

* Seasonal nature conservation and habitat management activities [ ]
* Woodland management and rural skills (e.g. hedgerow laying) [ ]
* Green woodland crafts – (e.g. spoon carving, pole lathe work) [ ]
* Guided walks [ ]
* Species based sessions (wildlife and plant, tree, mammal, dragonfly, bird and birdsong identification and recording) [ ]
* Fungal forays (mushrooms) [ ]
* Wild food and hedgerow foraging (e.g. making nettle soup and flat breads) [ ]
* Art in nature sessions (e.g. willow sculptures, basket weaving) [ ]
* Other: please specify:

**9. When would you prefer to participate in Wellbeing activity sessions? (Please tick all that apply)**

Weekdays (10.30am – 4pm) : [ ]

Weekday Evenings (6pm – 9pm): [ ]

Weekends: Saturday [ ]  Sunday [ ]

**10. What would you want to get out of attending these sessions? (Please tick all that apply)**

Improved health: [ ]  Improved wellbeing: [ ]

New skills: [ ]  Social opportunities: [ ]

Improved confidence: [ ]  Access to the countryside: [ ]

Knowledge about the environment: [ ]  Other:

**11. Would you be interested in attending a free Wellbeing Programme ‘taster’ session in Swindon? Y [ ]  N [ ]**

If Yes, please book attendance at a pilot activity session below as max 12 people per day. Please attend only if your booking is confirmed.

Sessions involve conservation work, green woodworking and craft activities. No experience required. Wear sturdy footwear & outdoor clothing, bring a packed lunch. Supervision, tools, tea coffee and biscuits provided. Transport is available. **10.30am pick up at Swindon Bus Station (New Bridge Close). Drop off at around 3pm.**

On Mon. 3rd Nov. for activity at Stanton Park  **[ ]  or**

On Mon. 10th Nov. for activity at Coate Water **[ ]**

**About you and your health:**

**12. Do you currently use NHS clinical or other healthcare services for (Please tick all that apply): (If NO, proceed to Q13)**

Mental Health Y[ ]  N[ ]

Physical health or Y[ ]  N[ ]

Wellbeing Y[ ]  N[ ]

**13. Are you on prescribed medication?** Y [ ]  N [ ]

**14. Are you under a Care Plan?** Y [ ]  N [ ]

**15. Would you consider yourself as belonging to any of the following groups? (Please tick all that apply)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Low income | [ ]  | Black and minority ethnic group | [ ]  | Lesbian, gay or bisexual | [ ]  |
| Chronic physical illness | [ ]  | Older adult | [ ]  | Carer | [ ]  |
| Vulnerable family | [ ]  | On Probation | [ ]  | Maternal Mental Health | [ ]  |
| Veteran | [ ]  | Relationship Breakdown | [ ]  | Other please state        | [ ]  |

**16. Would you consider yourself to be experiencing any of the following? (Please tick all that apply)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Unemployment | [ ]  | Homelessness | [ ]  | Poor housing | [ ]  |
| Loneliness | [ ]  | Violent Crime | [ ]  | Domestic Violence | [ ]  |
| Social exclusion  | [ ]  | Low levels of Physical activity | [ ]  | Other please state       |

**17. Have you been diagnosed with any of the following? (Please tick all that apply)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Mixed anxiety and depression disorder | [ ]  | Generalised Anxiety Disorder  | [ ]  | Post-traumatic Stress Disorder  | [ ]  |
| Depression or Depressive episodes | [ ]  | Schizophrenia | [ ]  | Bipolar | [ ]  |
| Alzheimer’s | [ ]  | Dementia | [ ]  | Learning Disability | [ ]  |
| Anxiety disorder  | [ ]  | Borderline Personality Disorder  | [ ]  | Antisocial Personality Disorder | [ ]  |
| Panic disorder | [ ]  | OCD | [ ]  | Eating disorder | [ ]  |
| Self-harm | [ ]  | Attention deficit hyperactivity disorder | [ ]  | Phobia | [ ]  |
| Alcohol misuse | [ ]  | Drug dependency  | [ ]  | Obesity | [ ]  |
| Problem Gambling | [ ]  | Other (please state):      |

**18. Any other comments**:

**19. How did you hear about this questionnaire?**

Please specify organisation or contact:

**20. If our funding application is successful for a Swindon service, would you like us to contact you to discuss what services we may be able to offer you?** Y [ ]  N [ ]

**Thank you very much for taking part in this survey and sharing your views with us.**

[**http://www.wiltshirewildlife.org/green-living/wellbeingprogramme**](http://www.wiltshirewildlife.org/green-living/wellbeingprogramme)

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