



# SPORT ENGLAND ACTION RESEARCH PROJECT BASELINE SURVEY

Sport England has given money to StreetGames to pay for the volunteering project that you are taking part in. Sport England has asked StreetGames to look at how well the project is working. To help the researchers to do this we would like to collect some information about you. This is important because if we know what difference volunteering is making to you and other people in your community, we can use that information to show why other projects like this should be given money to run in the future. That means that more young people like you will have the chance to take part in volunteering projects like this one.

We will ask you to answer some questions about you and your participation in the project. Don't worry: it is not a test and there are no 'right' or 'wrong' answers. We just want you to answer the questions honestly.

All personal information about you, such as your name, age and where you live will be kept confidential. This means that no one apart from the researchers at StreetGames will see any of your personal information. We will keep everything you tell us safe and we won't give your name or any information about you to anyone else.



**1 Today's date**

**2 Before you took part in this project, which of these options best describes your previous volunteering experience?**

- I volunteered regularly
- I volunteered before but not regularly (e.g. once or twice a year or on a one-off occasion)
- I had never volunteered
- Don't know

**3 Before you took part in this project, in the last 12 months on approximately how many days have you volunteered?**

**4 Before you took part in this project, had you volunteered in a sport or physical activity context before?**

- Yes
- No
- Don't know

**5 Who told you about the opportunity to take part in this project?**

- I searched for the opportunity myself
- My teacher or youth worker told me about it
- My employer told me about it
- A friend or family member told me about it
- A referral or recommendation (e.g. from a health care professional, social worker or community group)
- Other

**6 Where did you find out about the opportunity to take part in this project?**

- On social media
- On a leaflet or poster
- In a newspaper or magazine
- On a website
- At an event
- Other

**7 Which of these options best describes why you started taking part in this project? (select all that apply)**

- To help people
- To make friends
- I enjoy volunteering
- To have fun
- To socialise with other people
- The cause is important to me
- To have my say
- My friends/family did it
- To make a difference in my local area
- To be involved with sport
- To learn new skills
- To improve my career prospects
- To get a qualification
- To help fill my time
- It was part of a lesson or course
- To gain rewards (e.g. tickets to an event, vouchers, t-shirt)
- It was part of my religious beliefs

**8 Were you thinking of volunteering before you joined this project?**

- Yes, I was already searching for volunteering opportunities
- Yes, I was thinking about volunteering but had not searched for an opportunity
- I was not searching for a volunteering opportunity but this project appealed to me
- None of the above
- Don't know

**9 On a scale of 0 to 10 where 0 is 'not at all' and 10 is 'completely'**

Overall, how satisfied are you with your life nowadays?

0 1 2 3 4 5 6 7 8 9 10

Overall, how happy did you feel yesterday?

0 1 2 3 4 5 6 7 8 9 10

Overall, how anxious did you feel yesterday?

0 1 2 3 4 5 6 7 8 9 10

To what extent do you feel the things you do in your life are worthwhile?

0 1 2 3 4 5 6 7 8 9 10

I feel confident having a go at things that are new to me

0 1 2 3 4 5 6 7 8 9 10

On the whole, I am satisfied with myself

0 1 2 3 4 5 6 7 8 9 10

If something goes wrong I am able to bounce back and carry on

0 1 2 3 4 5 6 7 8 9 10

I am able to motivate and influence other people

0 1 2 3 4 5 6 7 8 9 10

I have skills and experience that are valued by employers

0 1 2 3 4 5 6 7 8 9 10

I think that most people in my local area can be trusted

0 1 2 3 4 5 6 7 8 9 10

I feel that I strongly belong to my immediate neighbourhood

0 1 2 3 4 5 6 7 8 9 10

**10 In the past week, how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? (excluding activity done in PE lessons)**

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days
- Don't know

**11 What is your name?**

**12 What is your home postcode?**

**13 What is your gender?**

- Male
- Female
- Other
- Prefer not to say

14 What is your age?

15 Which one of the following best describes your ethnic group?

- White British
- White other
- Mixed
- Asian/Asian British
- Black/Black British
- Prefer not to say
- Other

16 Do you consider yourself to have a physical or mental health condition that has a substantial and long-term effect on your ability to do normal daily activities?

- Yes
- No
- Prefer not to say

17 Which of the following options most closely describes you?

- I am at school/college/sixth form
- I am at university
- I am working full-time
- I am working part-time
- I am unemployed
- I am not employed and not looking for work
- Other

# THANK YOU!

