



DOORSTEP SPORT FOLLOW UP Survey 2019

These activity sessions are supported by Sport England and StreetGames - who in turn ask us to collect some information about the people that take part. To help us to do this, we would be really grateful if you could take a few minutes to fill out the questions and return to your project leader as soon as possible.

In this survey we are particularly interested in hearing about **WHAT DIFFERENCE** (if any) **TAKING PART IN THESE SESSIONS HAS MADE TO YOU**. We therefore want to hear from people that have been coming for a while – so **PLEASE ONLY COMPLETE THIS QUESTIONNAIRE IF YOU HAVE BEEN COMING TO THESE SESSIONS FOR 3 MONTHS or LONGER**.

Please be assured, that the answers will only be used in aggregated format – the surveys will not be used to identify any individual responses and you do not need to write your name on this questionnaire.

Thank you.

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What is today's date: DD / MM / YYYY

01 What is the name of the session you are attending today? (Please state the full name where possible e.g. Access to Sport, Hackney – Tuesday Football session)

02 What is your Date of Birth?

DD / MM / YYYY

03 Are you?

- Male Female Prefer not to say

04 Which of the following best describes your ethnic origin:

- White White (not British or English) Mixed Race Asian or British Asian Black or Black British None of these

These next few questions are taken from national surveys and aim to get a sense of how people feel about themselves and their communities. Please be assured, we will not be analysing or identifying any individual responses.

10 IN THE PAST WEEK, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?

This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job. **DO NOT INCLUDE ACTIVITIES IN SCHOOL LESSONS**

Please circle the relevant number of days you have done a total of 30 minutes or more of physical activity

0 1 2 3 4 5 6 7

11 Thinking about all types of exercise and sport - how much do you agree or disagree with the following statements?

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
I enjoy taking part in exercise and sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel confident when I exercise and play sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find exercise and sport easy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I understand why exercise and sport are good for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to get involved and improve my skills in lots of different types of exercise and sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12 To what extent do you agree or disagree that most people in your local area can be trusted?

Strongly Agree Agree Neither Agree nor Disagree Disagree Strongly Disagree

13 To what extent do you agree or disagree with the statement 'I can achieve most of the goals I set myself'?

Strongly Agree Agree Neither Agree nor Disagree Disagree Strongly Disagree

14 Using a scale of 0 to 10 where 0 is 'not at all' and 10 is 'completely', please circle one number:

Overall how happy did you feel yesterday:

Not at all											Completely
0	1	2	3	4	5	6	7	8	9	10	

Overall to what extent do you feel the things you do in your life are worthwhile:

Not at all											Completely
0	1	2	3	4	5	6	7	8	9	10	

Overall how satisfied are you with your life nowadays:

Not at all											Completely
0	1	2	3	4	5	6	7	8	9	10	



ABOUT THESE SESSIONS

15 What do you LIKE BEST about these sessions?

16 What do you LIKE LEAST or what IMPROVEMENTS would you suggest?

17 Thinking about these sessions and what has changed as a result of you attending this session. How much do you agree with the following statements?

	DO NOT AGREE	AGREE A LITTLE	AGREE A LOT
I feel healthier now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am more active now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am more motivated to engage in activities now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am more confident now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get on better with other young people now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am better at working in a team now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am a better leader now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to communicate better now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can be relied upon more now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am more tolerant now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get on better with adults now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have learnt things that will help me at school/college	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have learnt things that will help me prepare for getting a job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have learnt things that make me more employable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

18 What is the ONE MAIN difference that these sessions have made to you?

- I am more active now
- I am better at sport now
- I feel healthier
- I am more confident at taking part in sport/physical activity now
- I have learnt new things
- I have met new people/made new friends
- I have been able to try a new sport/activities
- I have been able to use a sports facility in my area I had not been to before
- Nothing, sessions have made no difference to me
- Other, please specify:

19 Overall, how would you rate these sessions:

- Very Good
- Good
- Ok
- Poor
- Very Poor

20 To what extent do you agree/disagree with the statement: 'I feel safe and cared for when I'm at sessions here'

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

21 How likely are you in the future to:

	Very Likely	Quite Likely	Not Sure	Quite Unlikely	Very Unlikely
Keep coming to these sessions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use a gym	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to an exercise/fitness class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to a local leisure centre	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Join a local sports team/club	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go for a run/cycle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Enter a local fun run	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take part in a sports tournament	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to watch a live sports match or event	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



